



**Humber Teaching**

NHS Foundation Trust



**Pharmacy**  
Wellbeing  
Service

# Pharmacy Wellbeing Service

## Campaign plan 2022

Working to improve access to  
wellbeing support for pharmacy  
staff and their families

# PWS Campaign Plan

A one stop shop for your HLP Campaign information

We know it can be hard to keep on top of all the campaigns happening locally and nationally. This is why we have brought all the campaigns into one simple document with links to resources and further information.

If you would like the PWS or YOURhealth to support your campaigns then please get in touch and we will be happy to discuss further:

[hnf-tr.healthtrainers@nhs.net](mailto:hnf-tr.healthtrainers@nhs.net)



**Caring, Learning  
& Growing Together**



**Humber Teaching**  
NHS Foundation Trust



Working to improve access to wellbeing support for pharmacy staff and their families



# PWS Campaign Plan

May 2022



Humber Teaching  
NHS Foundation Trust

Campaign	Date	Details	Resources & Links
National Walking Month	May 2022	Encouraging people to walk more throughout the month of May.	<a href="#">National Walking Month   Living Streets</a>
Sun Awareness Week	2-8 May 2022	Aiming to highlight the dangers of exposure to the sun.	<a href="#">Sun Awareness Week - BAD Patient Hub (skinhealthinfo.org.uk)</a>
Mental Health Awareness Week	9-15 May 2022	Raising awareness of mental health issues in the UK and around the world, providing help and advice.	<a href="#">Mental Health Awareness Week 2022   Public Holiday Guide</a>
May Measure Month	May 2022	Highlighting the importance of measuring blood pressure and raising awareness of the dangers of hypertension.	<a href="#">May Measure Month</a>

Caring, Learning  
& Growing Together

# PWS Campaign Plan

June 2022



Humber Teaching  
NHS Foundation Trust

Campaign	Date	Details	Resources & Links
BNF Healthy Eating Week	13-17 June 2022	Highlighting what we can all do to sustain healthier lifestyles.	<a href="#">Healthy Eating Week - British Nutrition Foundation</a>
Men's Health Week	13-19 June 2022	Raising awareness and encouraging men to seek professional support for preventable health-related problems.	<a href="#">Men's Health Forum</a> <a href="#">Suicide prevention</a> <a href="#">Supporting our most vulnerable people</a>
Bike Week	6-12 June 2022	Encouraging people to cycle more to help the planet and their physical health.	<a href="#">Bike Week 2022   Cycling UK</a>
My Marathon	June 2022	Complete a distance of 26.2 miles in June to raise money for charity.	<a href="#">The Big Marathon Month 2022 - Emmaus UK - Raise Money For Charity</a>
Love Your Lungs Week	21-27 June 2022	Raising awareness for lung health.	<a href="#">Love Your Lungs Week 2022 - Imaan Healthcare</a> <a href="#">Love your Lungs Week   Asthma + Lung UK (hlf.org.uk)</a>

# PWS Campaign Plan

July 2022



Humber Teaching  
NHS Foundation Trust

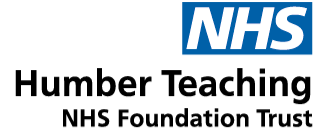
Campaign	Date	Details	Resources & Links
Talk To Us	July 2022	Raising awareness that Samaritans are here to listen to anyone who is struggling.	<a href="#">Talk To Us Campaign   Samaritans Campaigns</a>
Thank You Day	4 July	A national day of recognition to celebrate the work of NHS staff.	<a href="#">NHS England » Thank You Day</a>
Good Care Month	July 2022	Recognising the contribution carers make to their families and communities throughout the UK.	<a href="http://sjmt.org.uk">July is Good Care Month (sjmt.org.uk)</a>
Childhood Obesity Week	4-10 July 2022	Raising awareness of childhood obesity issues.	<a href="http://whathealth.com">Childhood Obesity Week 2022 - 4th July to 10th July (whathealth.com)</a>

Caring, Learning  
& Growing Together



# PWS Campaign Plan

August 2022



Campaign	Date	Details	Resources & Links
Cycle to Work Day	4 August 2022	Encouraging the nation to minimise excess waste of natural gases and sustain physical health.	<a href="#">Cycle to Work Day – Cyclescheme</a> <a href="#">CYCLE TO WORK DAY - August 6, 2022 - National Today</a>

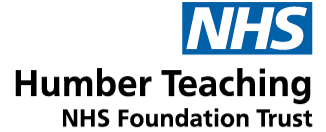


Caring, Learning  
& Growing Together



# PWS Campaign Plan

September 2022



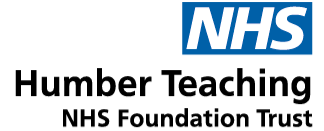
Campaign	Date	Details	Resources & Links
Know Your Numbers Week	6-12 September 2022	Encouraging people to know their blood pressure numbers and take necessary action to maintain a healthy blood pressure.	<a href="#">Blood Pressure UK</a>
World Suicide Prevention Day	10 September 2022	Promoting encouragement for worldwide action to prevent suicide.	<a href="#">International Association of Suicide Prevention</a> <a href="#">Suicide prevention</a>
National Fitness Day	27 September 2022	Highlighting the importance physical activity has and raising the importance of leading healthier lifestyles.	<a href="#">National Fitness Day</a>



Caring, Learning  
& Growing Together

# PWS Campaign Plan

October 2022

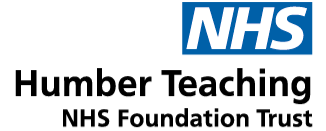


Campaign	Date	Details	Resources & Links
Stoptober	October	Encouraging smokers to make a quit attempt for October and beyond.	<a href="#">Stoptober: the 28-day stop smoking challenge</a>   <a href="#">Asthma + Lung UK (blf.org.uk)</a>
Sober October	October	Raising money for people with cancer by going alcohol-free in October.	<a href="#">Macmillan Cancer Support</a>
National Cholesterol Month	October	Raising funds for HEART UK and raising the awareness of cholesterol dangers.	<a href="#">Heart UK</a>
World Mental Health Day	10 October 2022	A chance to show support, talk about, look after and get help for mental health.	<a href="#">World Mental Health Day</a> <a href="#">How managers can support workplace mental wellbeing</a> <a href="#">Mental health in the workplace</a>



# PWS Campaign Plan

November 2022



Campaign	Date	Details	Resources & Links
Movember	November	Raising funds and awareness for men's health.	<a href="#">Movember UK</a>
National Stress Awareness Day	2 November 2022	Raising awareness and reducing the stigma around stress whilst promoting wellbeing and stress reduction.	<a href="#">Stress Awareness Day (rethink.org)</a>
Alcohol Awareness Week	11-16 November 2022	Aiming to improve knowledge, better policies, shift cultural norms, improve drinking behaviours and better support and treatment.	<a href="#">Alcohol Change</a>
World Diabetes Day	14 November 2022	Raising awareness of diabetes.	<a href="#">World Diabetes Day in 2022   Calendar Labs</a>
World COPD Day	16 November 2022	Raising awareness of COPD.	<a href="#">WORLD COPD DAY - Third Wednesday in November - National Day Calendar</a>

# PWS Campaign Plan

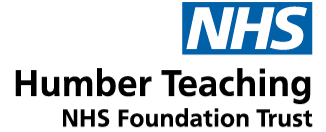
How can we help you?

- Information points at your pharmacy which support your campaign promotion.
- Support your staff with resources relating to the campaigns.

Utilisation of our YOURHealth team for specific campaign promotion support.



**Caring, Learning  
& Growing Together**



Working to improve  
access to wellbeing  
support for pharmacy  
staff and their families