

HEALTHY WORK



Better Health at work award e-bulletin



Financial Wellbeing

Talk Money Week - 6th - 10th November 2023

Even with an increase in cost of living-related news, it can be hard to talk about money. Every year the Money Advice and Pensions Service host Talk Money Week to encourage people to open up about their finances. This year, they're asking stakeholders, partners, organisations and businesses all over the UK to encourage their own audiences to 'Do One Thing' that could help improve their financial wellbeing - and to make a noise about it, to inspire others to do the same.



Stopping smoking



Calculate how much you could save



Healthy Recipes on a Budget

Being healthy on a budget doesn't have to be hard. BBC good food have some easy recipes that are rich in nutritious ingredients and great flavour.

"The average drinker in the UK spends £62,899 on alcohol in a lifetime"

- based on a new estimate by Alcohol Change UK

There are so many other costs associated with alcohol; our health, time, impact on relationships with others, and more. Find out more about the costs to individuals and to society, read about personal experiences with alcohol and find out how to reduce the harm it can cause...

The Cost of Alcohol



olio

Share More,
Waste Less

Beat waste with Olio: the app for finding what you need and sharing what you don't with local people.

Download the app and get sharing!

- give and get items
- help the planet
- help each other

Cheap Period Products

Money Saving Expert have shared a period products guide, giving advice and information on ways to help you save money on period products, where to find freebies and information on reusable options.



November Awareness

Lung Cancer Awareness Month

Lung Cancer is the *third most common type of cancer in the UK*. It's also difficult to spot the symptoms early on, so it's important to know what to look out for and how you can reduce your risk. Find out more about signs and symptoms, where you can find information and support, and how you can make a difference this Lung Cancer Awareness Month. There are booklets available to download, as well as an audiobook, contact details for support for people affected by lung cancer and ideas for fundraising opportunities.



World Diabetes Day: November 14th 2023

1 in 10 adults worldwide have diabetes. Participating in World Diabetes Day allows individuals to contribute to diabetes awareness and support those affected by the condition. The theme for World Diabetes Day is 'Access to Diabetes Care', there are many ways to get involved and lots of resources available.



International Stress Awareness Week: October 30th - November 3rd 2023 National Stress Awareness Day: November 1st 2023

In 2021/22, there were 914,000 cases of work-related stress, depression or anxiety. Every year the International Stress Management Association runs a campaign 'to raise awareness of stress around the world and improve the ways in which stress is managed in the workplace and in our personal lives'. This year the theme is 'Beyond Stress Management: From Stigma to Solutions'. **Mates in Mind** offer organisations a number of tools and resources to help them improve the mental health of their workforce, such as; awareness day resource packs, posters, infographics, factsheets and much more



Movember and Men's Health **Men are dying on average 4.5 years earlier than women.**

Movember are the leading charity changing the face of men's health. They focus on: mental health and suicide prevention, prostate cancer and testicular cancer.



Doing Movember at work is a great way for you and your workplace to champion men's health. Not only is it loads of fun - it also brings people closer together, drives employee engagement and boosts job satisfaction. Start your fundraiser at work today and visit the [resource hub](#) for more support!

More November Awareness...

- Mouth Cancer Action Month - raise awareness of mouth cancer and request free resources
- National Family Caregivers Month - raise awareness of family caregiver issues
- World Kindness Day - 13th November - make kindness the norm
- Odd Socks Day - 13th November - Odd Socks Day marks the start of Anti-Bullying Week
- International Men's Day - 19th November - celebrates worldwide the positive value men bring to the world, their families and communities
- White Ribbon Day - November 25th - campaign to end violence against women and girls

Find out about more awareness days for the UK and around the world: [Awareness Days](#)