

Mental Health		Physical Health	
<ul style="list-style-type: none"><li>■ <b>Time to Talk Day – 4th February 2021</b> <a href="https://www.time-to-change.org.uk/get-involved/time-talk-day">https://www.time-to-change.org.uk/get-involved/time-talk-day</a> <a href="https://www.rethink.org/get-involved/awareness-days-and-events/time-to-talk-day/#:~:text=Time%20to%20Talk%20Day%202021,health%20and%20help%20change%20lives.">https://www.rethink.org/get-involved/awareness-days-and-events/time-to-talk-day/#:~:text=Time%20to%20Talk%20Day%202021,health%20and%20help%20change%20lives.</a></li><li>■ <b>Stress Awareness Month – April 2021</b> <a href="https://www.stress.org.uk/national-stress-awareness-month-2019/">https://www.stress.org.uk/national-stress-awareness-month-2019/</a></li><li>■ <b>Mental Health Awareness Week – 10th-16th May 2021</b> <a href="https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week">https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week</a></li><li>■ <b>Loneliness Awareness Week – 15th-18th June 2021</b> <a href="https://letstalkloneliness.co.uk/">https://letstalkloneliness.co.uk/</a></li><li>■ <b>World Suicide Prevention Day – 10th September 2021</b> <a href="https://www.iasp.info/">https://www.iasp.info/</a> <a href="https://www.rethink.org/get-involved/awareness-days-and-events/world-suicide-prevention-day/?gclid=EAlaQobChMIdqn-aWW7gIVFUiRBR0nYwF3EAAYASAAEgLvD_BwE">https://www.rethink.org/get-involved/awareness-days-and-events/world-suicide-prevention-day/?gclid=EAlaQobChMIdqn-aWW7gIVFUiRBR0nYwF3EAAYASAAEgLvD_BwE</a></li><li>■ <b>World Mental Health Day – 10th October 2021</b> <a href="https://www.mentalhealth.org.uk/campaigns/world-mental-health-day">https://www.mentalhealth.org.uk/campaigns/world-mental-health-day</a></li></ul>		<ul style="list-style-type: none"><li>■ <b>Walk of Light for Blood Cancer UK – 27th March 2021/ Walk all over Cancer – March 2021</b> <a href="https://bloodcancer.org.uk/get-involved/fundraising-events-and-challenges/sports-challenges/walk-of-light/?gclid=EAlaQobChMIhPLE3MnI7gIVUoFQBh3YPAOmEAAAYASAAEgLUaPD_BwE">https://bloodcancer.org.uk/get-involved/fundraising-events-and-challenges/sports-challenges/walk-of-light/?gclid=EAlaQobChMIhPLE3MnI7gIVUoFQBh3YPAOmEAAAYASAAEgLUaPD_BwE</a> <a href="https://www.cancerresearchuk.org/get-involved/find-an-event/walk-all-over-cancer">https://www.cancerresearchuk.org/get-involved/find-an-event/walk-all-over-cancer</a></li><li>■ <b>National Walking Month – May 2021</b> <a href="https://www.walkingforhealth.org.uk/">https://www.walkingforhealth.org.uk/</a></li><li>■ <b>Sun Awareness Week – 3rd - 9th May 2021</b> <a href="https://www.bad.org.uk/sun-awareness-campaign">https://www.bad.org.uk/sun-awareness-campaign</a></li><li>■ <b>Carer’s Week – 8th – 13th June 2021</b> <a href="https://www.carersweek.org/">https://www.carersweek.org/</a></li><li>■ <b>British Nutritional Foundation- Healthy Eating Week – 28th September – 4th October 2021</b> <a href="https://www.nutrition.org.uk/healthyliving/hew.html">https://www.nutrition.org.uk/healthyliving/hew.html</a></li></ul>	
Women’s Health		Men’s Health	
<ul style="list-style-type: none"><li>■ <b>Cervical Screening Awareness Week – June 2021</b> <a href="https://www.jostrust.org.uk/get-involved/campaign/cervical-screening-awareness-week">https://www.jostrust.org.uk/get-involved/campaign/cervical-screening-awareness-week</a></li><li>■ <b>Breast Cancer Awareness Month – October 2021</b> <a href="https://breastcancernow.org/get-involved/breast-cancer-awareness-month">https://breastcancernow.org/get-involved/breast-cancer-awareness-month</a></li><li>■ <b>World Menopause Day – 18th October 2021</b> <a href="https://thebms.org.uk/">https://thebms.org.uk/</a></li></ul>	<div>Charity Days</div> <ul style="list-style-type: none"><li>■ <b>Red Nose Day – Comic Relief: 19th March 2021</b> <a href="https://www.comicrelief.com/rednoseday/">https://www.comicrelief.com/rednoseday/</a></li><li>■ <b>Christmas Jumper Day – Friday 10th December</b> <a href="https://www.savethechildren.org.uk/christmas-jumper-day/about">https://www.savethechildren.org.uk/christmas-jumper-day/about</a></li></ul>	<ul style="list-style-type: none"><li>■ <b>Testicular Cancer Awareness Month – April 2021</b> <a href="https://www.testicularcanceruk.com/">https://www.testicularcanceruk.com/</a></li><li>■ <b>Men’s Health Week – 14th – 20th June 2021</b> <a href="https://www.menshealthforum.org.uk/mhw">https://www.menshealthforum.org.uk/mhw</a> <a href="https://www.nhs.uk/conditions/breast-cancer-in-men/">https://www.nhs.uk/conditions/breast-cancer-in-men/</a></li><li>■ <b>Men’s Health: Movember – November 2021</b> <a href="https://uk.movember.com/">https://uk.movember.com/</a></li><li>■ <b>Prostate Cancer Awareness -</b> <a href="https://prostatecanceruk.org/">https://prostatecanceruk.org/</a></li></ul>	
Corporate Support			
<ul style="list-style-type: none"><li>■ Occupational Health – Accessed via your manager of HR Team</li><li>■ Access to Westfield Health</li><li>■ Discounted access to Leisure Facilities</li><li>■ Employee Assistance Programme <a href="http://www.axabesupported.co.uk">www.axabesupported.co.uk</a> (username: Information)(password: Supported)</li></ul>		<ul style="list-style-type: none"><li>■ Cycle to work scheme – Accessed via HR Team</li><li>■ KAARP Benefits</li><li>■ Work life balance policies, practices and training sessions</li><li>■ Work Well noticeboards</li></ul>	
<ul style="list-style-type: none"><li>■ <b>DCC’s Five Ways to Wellbeing –</b> <a href="https://www.derbyshire.gov.uk/social-health/health-and-wellbeing/mental-health-and-wellbeing/five-ways-to-wellbeing/five-ways-to-wellbeing.aspx#:~:text=Evidence%20suggests%20there%20are%205,notice%2C%20keep%20learning%20and%20give">https://www.derbyshire.gov.uk/social-health/health-and-wellbeing/mental-health-and-wellbeing/five-ways-to-wellbeing/five-ways-to-wellbeing.aspx#:~:text=Evidence%20suggests%20there%20are%205,notice%2C%20keep%20learning%20and%20give</a></li></ul>			

If you want to know more or would like to arrange any activities please speak to: The HR Team, Sarah Chambers (BDC Leisure) or your Manager.