

























Health in Hand Calendar 2024



THIS HANDY CALENDAR is designed to help employers maintain workforce health with a rolling programme of health promotion support and information in the form of webinars, literature and hands on 'clinics' provided by HCB Group. Investing in staff health & wellbeing will improve your sickness absence statistics. Pick and choose what you think is important to your business or give us a call to discuss your selection from the range of support services available. This calendar is an indication of what is available, but is not prescriptive - we can blend services to meet your specific culture and corporate requirements.

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE
<p>Putting ourselves on CHARGE: The importance of self care </p> 	<p>25 February – 2 March: Eating Disorder Awareness Week. Eating Disorders and seeking support </p> 	<p>8 March: International Women's Day</p> <p>25–31 March: World Autism Acceptance Week. Neurodiversity and Neurodivergent conditions </p> 	<p>Stress Awareness Month: financial wellbeing and debt management </p> 	<p>20 May: International HR Day. Supporting HR teams </p> 	<p>5 June – 11 July: National Carers Week. Supporting Carers in the workplace </p> 
JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
<p>3–9 July: Alcohol Awareness Week. Support with Addictions and Dependency </p> 	<p>Obesity Awareness </p> 	<p>29 September: Macmillan Day. Cancer and Work </p> 	<p>National Cholesterol Month - Lowering Cholesterol </p> <p>18 October: Menopause Day</p> 	<p>2 November: Stress Awareness Day. Supporting Partners with Their Mental Health </p> 	<p>Loneliness, Isolation and finding support </p> 



Webinar
These are virtual events where we work together online in convenient and interactive sessions.



Literature Piece
These are detailed and helpful guides with links to additional resources.

Call Helen Crook, Head of Clinical Services directly on 01235 750592 or email enquiries@hcbgroup.co.uk for more information.

