

HEALTH AND WELLBEING

CALENDAR 2023

We understand that your employees are more engaged than ever before in not only their own health and wellbeing, but also in that of their family and friends.

Our 2023 health and wellbeing calendar has been designed to address key physical and mental health concerns, as well as lifestyle topics. It provides you with access to information, resources and expert-led webinars to share with your employees to encourage positive behaviour change. These resources will help to give them the understanding they need to optimise their lifestyle and reduce their risk of ill health.



Look out for this symbol on the calendar for our available webinar packages*.

For more information about the webinar programme, or to discuss bespoke webinars and programmes email: corporatewellbeing@hcahealthcare.co.uk



January

LIFESTYLE AND NUTRITION



EMBEDDING HEALTHY BEHAVIOURS



It takes an average of 66 days to form a new habit, so it's worth keeping this in mind if you've made a New Year's resolution.

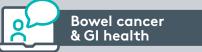


February

PHYSICAL WELLBEING



There are 42,886 new cases of bowel cancer in the UK each year, and it's the fourth most common cancer in the country.



March

MENTAL WELLBEING



The business case for diversity has highlighted the need for employing people with many perspectives and different ways of problem solving and innovation.



Supporting neurodiversity

Cervical Cancer Prevention Week

KEY AWARENESS CAMPAIGNS

Eating Disorders Awareness Week

Nutrition and Hydration Week

Neurodiversity Celebration Week

No Smoking Day

April

MENTAL WELLBEING



Not having access to nature can have a number of effects on our health. One in eight UK households don't have access to any kind of garden but houseplants can improve your mental health.



The positive impact of nature on mental health



74 days.

Exercise and mental health

May

LIFESTYLE AND NUTRITION



The average man in the UK spends around a

fifth of his life sitting. That's equivalent to

78 days each year. For women, it's around

June

PHYSICAL WELLBEING



WOMEN'S
WELLBEING
IN THE
WORKPLACE



89% of women have said they have experienced anxiety or stress in the workplace due to their period, and a quarter believe that taking time off because of menstrual health issues has impacted their career progression.

Study from Bloody Good People bloodygoodperiod.com/employers-research



Women's health from Menarche to Menopause

KEY AWARENESS CAMPAIGNS

World Health Day Mental Health Awareness Week

National Walking Month

Pride month

On Your Feet Britain

July

LIFESTYLE AND NUTRITION



August

MENTAL WELLBEING



September
PHYSICAL WELLBEING



SUSTAINABLE HEALTH AND NUTRITION



PARENTAL MENTAL HEALTH



SEXUAL WELLBEING



A proactive approach to health management enables an individual to manage, postpone and even prevent some medical conditions. The health and wellbeing of mothers during and following pregnancy impacts presenteeism and absenteeism in the workplace. One in ten mothers will experience postnatal depression.

Sexual health is defined by the World Health Organisation as 'a state of physical, emotional, mental and social well-being in relation to sexuality'.



Sustainable health and nutrition



Paternal physical and mental health



What is sexual wellbeing and why does it matter

KEY AWARENESS CAMPAIGNS

Alcohol Awareness Week

Breastfeeding Awareness Week

Cycle to Work Day

Know Your Numbers Week

Eye health

Migraine Awareness Week

National Fitness Day

October

November

December

PHYSICAL WELLBEING



LIFESTYLE AND NUTRITION



MENTAL WELLBEING

BREAST CANCER



MEN'S HEALTH AND WELLBEING



IMPOSTER SYNDROME



One in four women under 40 admit they have never examined their breasts for potential signs of cancer, or can't remember the last time they did.

Testicular cancer can affect men aged 20 to 54, while most prostate cancer cases develop in men aged 50. Do you know the health risks and how to identify signs and symptoms?

Imposter syndrome is defined as doubting your abilities and feeling like a fraud. It tends to affect high-achieving people who find it difficult to accept their accomplishments.



Breast cancer awareness



Health through a man's life



Imposter syndrome

KEY AWARENESS CAMPAIGNS

National Cholesterol Month **Breast Cancer Awareness Month** World Menopause Day National Work Life Week

Movember

Action Against Domestic Violence

Festive season







The Harley Street Clinic

The Lister Hospital

London Bridge Hospital

The Portland Hospital

The Princess Grace Hospital

The Wellington Hospital

The Christie Private Care

HCA UK at University College Hospital

HCA UK at The Wilmslow Hospital

Leaders in Oncology Care

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