



HEALTH
AND
WELLBEING

CALENDAR 2023

HCAHealthcare uk

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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

*fee applicable



LIFESTYLE AND NUTRITION

Nutrition, sleep and physical activity are all essential components of a healthy lifestyle and contribute to a reduction in disease risk.



PHYSICAL WELLBEING

These topics will help you recognise the potential causes of physical ill health and the steps you can take to prevent long-term implications.



MENTAL WELLBEING

Mental wellbeing is a key component of holistic health. Recognising common mental health concerns and how to support the mental wellbeing of others are covered in this area.



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.



Embedding healthy behaviours

February

PHYSICAL WELLBEING



BOWEL CANCER AND DIGESTIVE HEALTH



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.



Bowel cancer & GI health

March

MENTAL WELLBEING



THE BENEFITS OF A NEURODIVERSE WORKFORCE



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

KEY AWARENESS CAMPAIGNS

Cervical Cancer Prevention Week

Eating Disorders Awareness Week

Nutrition and Hydration Week

Neurodiversity Celebration Week

No Smoking Day

April

MENTAL WELLBEING



MINDFULNESS AND POSITIVE MENTAL HEALTH



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

May

LIFESTYLE AND NUTRITION



STAYING ACTIVE



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 74 days.



Exercise and mental health

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

On Your Feet Britain

Mental Health Awareness Week

National Walking Month

Pride month

July

LIFESTYLE AND NUTRITION



SUSTAINABLE HEALTH AND NUTRITION



A proactive approach to health management enables an individual to manage, postpone and even prevent some medical conditions.



Sustainable health and nutrition

August

MENTAL WELLBEING



PARENTAL MENTAL HEALTH



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.



Paternal physical and mental health

September

PHYSICAL WELLBEING



SEXUAL WELLBEING



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



What is sexual wellbeing and why does it matter

KEY AWARENESS CAMPAIGNS

Alcohol Awareness Week

Breastfeeding Awareness Week

Know Your Numbers Week

Cycle to Work Day

Eye health

Migraine Awareness Week

National Fitness Day

October

PHYSICAL WELLBEING



BREAST CANCER



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.



Breast cancer awareness

November

LIFESTYLE AND NUTRITION



MEN'S HEALTH AND WELLBEING



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?



Health through a man's life

December

MENTAL WELLBEING



IMPOSTER SYNDROME



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.



Imposter syndrome

KEY AWARENESS CAMPAIGNS

National Cholesterol Month

Breast Cancer Awareness Month

World Menopause Day

National Work Life Week

November

Action Against Domestic Violence

Festive season

Our group

Connect with us



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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