

Happier.
Healthier.
Safer.



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Join our interactive LIFE events throughout 2024-25

Strategic Alliances LIFE Calendar

2024

April
Wellbeing Spotlight: Micro-stress Behavioural safety bitesize: The impact of stress on safety
May
Mental health awareness week: supported by the Good Mental Health Ambassadors Behavioural Safety Spotlight: Breaking the silence: reasons we don't speak up (TOFL)
June
Wellbeing Spotlight: Sun safety site focus Lunch and Learn: Men's health Behavioural Safety Spotlight: Summer behavioural safety hazards
July
Wellbeing Lunch and Learn: Digital detox Behavioural Safety Spotlight: Stay focussed: Minimising distractions for a safer workplace

August
Wellbeing Spotlight: Social wellbeing (in collaboration with Anglian Water) Behavioural safety bitesize: Communication
September
LIFE on the Road Interactive sessions and workshops at live locations across our region
October
World Mental Health Day: supported by the Good Mental Health Ambassadors Behavioural Safety Spotlight: Fit for work – how happier and healthier supports safer
November
Lunch and Learn: Winter wellbeing Behavioural safety bitesize: Winter BHS Hazards

December
Lunch and Learn: The art of rest LIFE wellbeing advert Behavioural Safety Spotlight: Fatigue - End of Year: End Safe

2025

January
Wellbeing Spotlight: Brew Monday Start Safe: Behavioural Safety Refresh
February
Time to talk: supported by the Good Mental Health Ambassadors Behavioural Safety Spotlight: Active listening
March
Lunch and Learn: Managing and adapting to change (Wellbeing Focus) Behavioural Safety Spotlight: Managing and adapting to change

Awareness calendar

2024

Apr

- **Bowel cancer awareness month**
- **Stress awareness month**
- **Testicular cancer awareness month**
- 7th World Health day
- 25th On your feet Britain day

May

- **Skin cancer awareness month**
- **National walking month**
- **Womens health month**
- 13th-19th Mental health awareness

Jun

- 8th Global wellness day
- 10th-16th Men's health week

Jul

- **Samaritans talk to us month**
- 30th International day of friendship

Aug

- 1st Cycle to work day

Sep

- **Sleep September**
- **GMHA and EAP site campaign**
- 10th suicide prevention day
- 20th National fitness day
- 20th-25th Happiness at work week
- 23rd-29th Inclusion week
- 27th MacMillan coffee morning

Oct

- **Breast cancer awareness month**
- 2nd-8th Backcare
- 10th World mental health day
- 18th World menopause day

Nov

- **November**
- 6th Stress awareness day
- 13th World kindness day
- 19th International mens day

Dec

- 2nd-8th Grief awareness week

2025

Jan

- 20th Not blue Monday – Brew Monday

Feb

- 4th World cancer day
- 6th Time to talk day
- 3rd-9th Children's mental health week
- 17th Random acts of kindness day

Mar

- 8th International women's day
- 14th World sleep day
- 20th International day of happiness
- 22nd World water day

Sessions can be run on demand in team meetings - contact khousley@anglianwater.co.uk

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