



Health campaign calendar

June

Your monthly campaign tool kit to help promote health and wellbeing to your community



**Live Life
BETTER
DERBYSHIRE**



June

National Campaigns

Diabetes Week. 13th - 19th June.

We know diabetes is complicated and hard to understand so we want to help people know more about diabetes. We want people to see diabetes differently. Sign up to the campaign and get resources by clicking the box.



Men's Health Week 13th- 19th June

Led by the Men's Health Forum, the purpose of Men's Health Week is to raise awareness of preventable health issues and encourage men and boys to seek professional advice for health-related problems.



Cervical Screening Awareness Wk 20th-26th June

Around 3,200 women are diagnosed with cervical cancer in the UK each year. More than half of cases in the UK are diagnosed in women aged 45 or under.



National Clean Air Day 16th June 2022

National Clean Air Day is a chance for the whole country to come together and improve air quality through collective action.



June

Social Media posts

Diabetes Awareness Week.

It's #DiabetesWeek which aims helps tackle the stigma many people with all types of diabetes feel. Find out more about diabetes, the risks and how to manage the condition at Diabetes.co.uk here: <https://www.diabetes.co.uk/>

During #Diabetes Week find out more about the condition and what causes it here: <https://www.diabetes.org.uk/diabetes-the-basics>

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Men's Health Week

#Men'sHealth Week aims to raise awareness of preventable health issues and encourage men and boys to seek professional advice for health-related problems. Find out more <https://www.menshealthforum.org.uk/mhw>

Men - is it time for a health MOT? During #MensHealthWeek the Men's Health Forum is encouraging you to see if you can get healthier. Find out more here: <https://www.menshealthforum.org.uk/mhw>

Cervical Screening Awareness Week

During #CervicalScreening Awareness Week it's time to talk about how to make the test better. Find out more here: [https://www.jostrust.org.uk/get-involved/campaign/cervical-screening-awareness-week#:~:text=During%20Cervical%20Screening%20Awareness%20Week,cervical%20screening%20\(smear%20tests\).](https://www.jostrust.org.uk/get-involved/campaign/cervical-screening-awareness-week#:~:text=During%20Cervical%20Screening%20Awareness%20Week,cervical%20screening%20(smear%20tests).)

Around 3,200 women are diagnosed with #cervicalcancer in the UK each year. Find out more about the signs, risks and treatment here: <https://www.jostrust.org.uk/information>

If you, or someone you know, has concerns or questions about #cervicalcancer then Jo's Trust can help. Can them to talk through anything you need to: <https://www.jostrust.org.uk/get-support/helpline>



June

Social Media posts

National Clean Air Day

#NationalCleanAir Day is a chance for the whole country to come together and improve air quality through collective action. Find out more here:

<https://www.actionforcleanair.org.uk/campaigns/clean-air-day>

What small steps can we take to help improve the air that we all breathe? Find out more about the little changes that can make a big difference during #CleanAirDay

<https://www.actionforcleanair.org.uk/campaigns/clean-air-day>

Newsletter / payslip / intranet copy

Diabetes Week

Diabetes afflicts more people in the U.K. than any other serious health condition. One in 15 people in the UK have diabetes, including one million people who have type 2, but haven't been diagnosed.

Diabetes can have serious, long term health impacts so it is important to be aware of the disease, the risk factors and how to manage the condition.

Around 8% of people in the UK have Type 1 diabetes and while it is not preventable it is manageable.

Type 2 diabetes is preventable in the majority of cases. Changes to lifestyles and diet can help prevent it along with the risk of serious complications that can come with it.

Find out more about the risks, and symptoms, of diabetes at www.diabetes.org.uk



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We hope this toolkit is useful to you. If you have any suggestions for improvements please email colleen.marples@derbyshire.gov.uk

You can follow us on the following social media accounts:



[@DCCPublicHealth](https://twitter.com/DCCPublicHealth)



www.facebook.com/derbyshirepublichealth



www.instagram.com/livelifebetterderbyshire



www.pinterest.co.uk/livelifebetterderbyshire