



# Health campaign calendar

## November

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



**Live Life**  
**BETTER**  
**DERBYSHIRE**



# November

## National Campaigns

### Movember

Movember is an annual month of awareness raising around men's health. Covering prostate and testicular cancer, mental health and suicide prevention. Sign up to the campaign and get resources by clicking the box.



### Stress Awareness Week. 7th to 11th November

International Stress Awareness Day aims to develop greater understanding of stress and signpost to support on offer. Find out more by clicking the tick box.



### Lung Cancer Awareness Month

November is #LungCancer awareness month and we'll be highlighting the signs & symptoms to be aware of. Find out more online at the NHS:



## Local campaigns

### Stay warm, stay well

Every year we encourage local residents to get ready for winter with a wide range of health and wellbeing advice, from getting your seasonal vaccinations to keeping your home warm.



## Useful websites and resources

NHS. Dealing with stress.



Every Mind Matters



# November

## Social Media posts



### Movember

It's #Movember - a chance to concentrate on #men's health, get advice & share support. Find out more about the campaign at <https://uk.movember.com/>

Men will die on average 4.5 years earlier than women., and for reasons that are largely preventable. This #Movember it's time to talk about #menshealth <https://uk.movember.com/mens-health/general>

### Stress Awareness Week. 7th - 11th November

During #Stress Awareness Week why not get some handy tips on how cope if things are starting to get on top of you. The NHS has lots of advice here:

<https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/stress/>

During #Stress Awareness Week we're looking at easy ways to deal with stress, and also how to spot if it is becoming an issue. Find out more:

<https://www.mentalhealth.org.uk/a-to-z/s/stress>

The Five Ways to Wellbeing are simple, everyday things we can do to help boost our mood and reduce #stress. Find out more, and get some ideas, at [www.derbyshire.gov.uk/wellbeing](http://www.derbyshire.gov.uk/wellbeing)

Long term stress can impact your health and wellbeing, so it's important to get help if you're struggling. You can find mental health support online at

[www.derbyshire.gov.uk/mentalhealthsupport](http://www.derbyshire.gov.uk/mentalhealthsupport)

### Lung Cancer Awareness Month

November is #LungCancer awareness month and we'll be highlighting the signs & symptoms to be aware of. Find out more online at the NHS:

<https://www.nhs.uk/conditions/lung-cancer/symptoms/>

Around 48,500 people are diagnosed with #lungcancer every year in the UK. Find out more on the NHS website here: <https://www.nhs.uk/conditions/lung-cancer/>

# November

## Social Media posts

### Stay warm, stay well

Winter is heading our way and with it the usual sniffles, colds and seasonal ailments. We'll be sharing information around how to stay well during winter. For general advice visit the NHS: <https://www.nhs.uk/live-well/healthy-body/keep-warm-keep-well/>

Cold weather can have a serious impact on vulnerable people. Can you help someone to keep healthy and safe this winter? Checking in older people to ensure they've got enough food and medicines can really help them #staywell this winter. For more advice visit [www.derbyshire.gov.uk/staywellinwinter](http://www.derbyshire.gov.uk/staywellinwinter)

Vaccines are the best protection we have against viruses like #flu and #COVID19. Find out more: <https://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/>

Having hot drinks throughout the day helps you to stay warm and well and try to eat at least one hot meal a day too. Find more advice on how to #staywarm in winter here: [www.derbyshire.gov.uk/staywarminwinter](http://www.derbyshire.gov.uk/staywarminwinter)

## Newsletter / payslip / intranet copy

### Stay warm, stay well

Winter is heading our way and with it comes the usual sniffles, colds and seasonal ailments.

**While the** cold weather can make all us feel a bit glum, it can have a serious impact on the health and wellbeing of older and more vulnerable people.

But there's lots of advice around how to keep you - and the people around you - safe, warm and well this winter.

From making sure you are up to date with all your winter vaccinations, to help keeping you and your home warm.

Get more advice on how to stay warm in winter here: [www.derbyshire.gov.uk/staywarminwinter](http://www.derbyshire.gov.uk/staywarminwinter)





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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](mailto:colleen.marples@derbyshire.gov.uk)

You can follow us on the following social media accounts:



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



[www.facebook.com/derbyshirepublichealth](https://www.facebook.com/derbyshirepublichealth)



[www.instagram.com/livelifebetterderbyshire](https://www.instagram.com/livelifebetterderbyshire)



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