

The [Health & Wellbeing](#) team have prepared a series of activities and events to raise awareness of various health issues, and to highlight the importance of taking care of your wellbeing.



January



Cervical Cancer Prevention Week
Read more information with [Jo's Trust](#)

Dry January: 26/01, 13:00

Lunch & Learn: "Me and mindful drinking" with Alcohol Change UK

New Year resolutions

Whether you are looking to stop smoking, or taking care of your health, there are plenty of resources through [NHS Inform](#) and [Quit your Way Scotland](#) and taking part in the Napier Step Up Challenge

February



FeelFab February
From dancing to yoga, the month will be full of activities organised by ENSA.

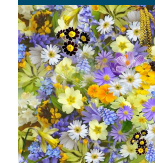
Time to Talk: 08/02, 12:00

Lunch & Learn: Volunteer speaker Liam Rankin from SeeMeScotland will speak about his own experiences of mental health difficulties and how he sought help.

National Heart Month

Checkout the [British Heart Foundation website](#) for advice on looking after your heart.

March



Prostate Cancer Awareness Month: Learn about the symptoms of prostate cancer and how to get support

World Sleep Day: 16/03, 13:00

Lunch & Learn: Poor sleep can result in low mood, poor concentration, lack of energy, increased appetite, and relationship disharmony. It can also lead to physical and mental health problems.

Donna Fairley from Sleep Consultancy will provide us with relevant information and advice on sleep and sleeping habits.

April



World Autism Awareness Day
Training sessions will be available to staff delivered by the National Autistic Society.

Stress Awareness Month: 06/04, 12.30

Lunch & Learn: Dr Taylor from ThriveWise will deliver a session called "Energy MOT" to increase our understanding of energy levels and stress, and how we can learn to manage energy throughout the day.

Bowel Cancer Awareness Month

27/04, 11.30: Awareness session with [Bowel Cancer UK](#)

May



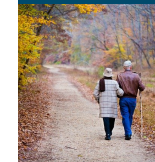
Stroke Awareness Month
There are different types of stroke and understanding the symptoms is vital.

Mental Health Awareness Week:

11/05, 13:00

Lunch & Learn: This year focuses on loneliness. Kerry Watson from The Holistic Psychotherapist will talk openly about her experience of loneliness and mental health concerns. Kerry is a Napier alumna and set up her own business to provide support to people experiencing mental health issues and trauma.

June



Diabetes Week 14 - 20/06
Learn about the two main types of diabetes, recognising the symptoms and getting support

Men's Health Week: 15/06, 13.00

Lunch & Learn: Dan Cross and Efrem Brynin are the founders of the bereavement support charity [StrongMen](#), highlighting the connection between mental and physical health and the importance of looking after both. Efrem is also a survivor of Prostate Cancer highlighting the importance of early diagnosis which saved his life.