

Trigger Warning- Suicide! - Please speak to your Trainer if you are concerned for yourself or others.

World Suicide Prevention Day 2024

You're Not Alone

Help Is Available

"Changing The Narrative On Suicide"

The triennial theme for World Suicide Prevention Day for 2024-2026 is "Changing the Narrative on Suicide" with the call to action "Start the Conversation". This theme aims to raise awareness about the importance of reducing stigma and encouraging open conversations to prevent suicides. Changing the narrative on suicide is about transforming how we perceive this complex issue and shifting from a culture of silence and stigma to one of openness, understanding, and support.

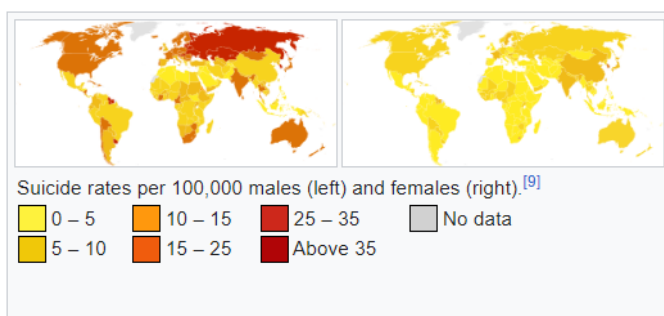


World Suicide Prevention Day (WSPD) is an awareness day always observed on 10th September every year, in order to provide worldwide commitment and action to prevent suicides, with various activities around the world since 2003

On its first event in 2003, the 1999 WHO's global suicide prevention initiative is mentioned with regards to the main strategy for its implementation.

"The organisation of global, regional and national multi-sectoral activities to increase awareness about suicidal behaviours and how to effectively prevent them."

"The strengthening of countries' capabilities to develop and evaluate national policies and plans for suicide prevention.



On average, three male suicides are reported for every female one, consistently across different age groups and in almost every country in the world. "Conversely, rates of suicide attempts tend to be 2-3 times higher in women than in men, although the gender gap has narrowed in recent years." More people die from suicide than from murder and war; it is the 13th leading cause of death worldwide. According to WHO there are

twenty people who have a suicide attempt for every one that is fatal, at a rate approximately one every three seconds.

National Food Bank Day 2024

National Food Bank Day is on the first Friday in September encourages you to commit to contributing to the cause that believes no one should go to bed hungry.

Hunger may be as close as your neighbour or your co-worker in the next cubical. Bare cupboards and empty stomachs look just like yours and mine behind closed doors.

Food banks across the country help some of the 42 million men, women, and children who struggle with putting food on the table. The reasons range from illness to job loss and a general change in circumstances - circumstances that can happen to anyone of us.



Support Available

- East Durham Trust - Community House - Yoden Road - Peterlee - SR8 5DP
- 0191 569 3511
- Gateshead Food Bank - The Davidson Building - Gateshead Hwy - NE8 1BG
- 07496 840720
- Hartlepool Food Bank - 28 Church Street - Hartlepool - TS24 7DH
- 01429 598404
- Middlesbrough Food Bank - Unit 5 Wear Court - Wallis Road - Skippers Lane Industrial Estate - Middlesbrough - TS6 6DU
- 07954 131337
- Billingham and Stockton Food Bank - 4 - 6 West Precinct - Billingham - TS23 2NH
- 07583 575522
- St Clares Foodbank - St Clares Church St - Cuthberts Way - Newton Aycliffe - DL5 5NT 01325 321711

Stand up to Cancer Day 2024

Stand Up To Cancer (SU2C) funds and develops the newest and most promising cancer treatments to help patients today. SU2C dramatically accelerates the rate of new discoveries by connecting top scientists in unprecedented collaborations to create breakthroughs. SU2C innovations lead to better cancer prevention, diagnosis, and treatment, which means that we can help save lives now.



Today alone, 5,200 people in the United States will be diagnosed with cancer. Progress against one type of cancer is progress against ALL cancer. That's why we're committed to funding ambitious and robust research and awareness efforts focused on incorporating health equity in cancer care, for the benefit of all patients facing cancer.

100% of your donation received supports Stand Up To Cancer and its collaborative cancer research programs.

Historically, scientists have worked independently on different pieces of the cancer puzzle or have studied the same cancer questions without coordinating their efforts or sharing data. SU2C funds multidisciplinary, multi-institutional, collaborative research projects that address critical problems in cancer prevention, diagnosis, and treatment to deliver near-term patient benefit. This innovative approach is continuing to transform cutting-edge research and treatment breakthroughs in cancer. Additionally, since January 2020, SU2C requires that all grant proposals address the recruitment and retention of patients from medically underserved communities.

Blood Pressure “Know Your Number” – 19th to 15th September 2024



Blood Pressure UK
Helping you to lower your blood pressure

Blood Pressure Awareness UK 2024 is part of the campaign led by Blood Pressure UK, a charity focused on raising awareness about the risks of high blood pressure and promoting healthy lifestyle choices. The campaign aims to encourage people across the UK to check their blood pressure regularly, understand the risks associated with high blood pressure (hypertension), and take steps to manage it effectively.

One of the key events is Know Your Numbers! Week, typically held in September. During this week, the organization sets up pressure stations in public places such as pharmacies, workplaces, and community centers where people can have their blood pressure checked for free. The goal is to identify individuals with high blood pressure and provide them with information on how to lower it through diet, exercise, and medication if necessary.

It's never too early OR late to start checking your blood pressure. Your blood pressure is very important no matter your age. It is never too late to take action to lower your blood pressure. High blood pressure is not simply a part of growing old. You can take steps to know your numbers and lower it if it's high no matter how old you are. So why not take the time and make a start today?

Make the time now to prioritise your health. Start with your blood pressure to beat 'the silent killer'.

Home monitoring is an effective and inexpensive way to keep blood pressure under control and the evidence behind it continues to get stronger. It offers a way for YOU to take control of your health, feel confident, and take the pressure off the NHS at the same time. It gives you a practical way to Know Your Numbers! without visiting your GP, practice nurse, or pharmacist in person. It puts you in the driver's seat, and it really can save lives.

This year, we want everyone to Know Their Numbers! and find those with undiagnosed and uncontrolled high blood pressure. We will:

- Encourage the nation to use a simple and reliable blood pressure monitor to measure their blood pressure at home and take the necessary steps if their reading is considered high.

High blood pressure can lead to heart attacks, strokes, and other illnesses. Once you Know Your Numbers! you can get support to bring

Top tips

- Around a third of people in the UK have high blood pressure, but most don't know it. It doesn't have any symptoms so, the only way to find out is to have a blood pressure check.
- 1.5 million people have had a free blood pressure check during our annual Know Your Numbers! Week, the UK's biggest blood pressure testing and awareness event.
- An ideal blood pressure is under 120/80mmHg. Do you Know Your Numbers?
- 6 million people in the UK have high blood pressure and don't know it. Could you get involved and help us find them?
- Every day in the UK, 350 people have a stroke or heart attack that could have been prevented. See why Know Your Numbers! is needed.

For more information on events and resources for 2024, you can visit the official Blood Pressure UK website. [Blood Pressure UK](https://www.bloodpressureuk.org)

Every Woman Day 2024- 16th September

EveryWomanDay 

Every Woman Day in the UK is an awareness campaign that focuses on raising awareness about women's health issues, particularly those that are often overlooked or stigmatized. It aims to encourage open conversations about conditions such as endometriosis, fibroids, polycystic ovary syndrome (PCOS), and menopause.

For 2024, the campaign will likely continue to emphasize education, support, and empowerment for women to speak up about their health concerns. Activities might include:

- **Sharing Stories:** Women share their experiences with different health conditions to promote understanding and reduce stigma.
- **Social Media Campaigns:** Using hashtags like #EveryWomanDay to spread awareness and encourage discussions.
- **Workshops and Events:** Online and in-person workshops on managing health conditions, self-care, and advocating for better healthcare.

Keep an eye on the official Every Woman Day website or social media channels for updates on the 2024 campaign and event details. [EveryWoman Day - Share & inspire.](#)

Recycle Week 2024- 16th-22nd September 2024

Recycle Week 2024 in the UK is an annual event organized by WRAP (Waste and Resources Action Programme) under the Recycle Now campaign. It aims to encourage recycling habits among individuals, communities, and businesses.



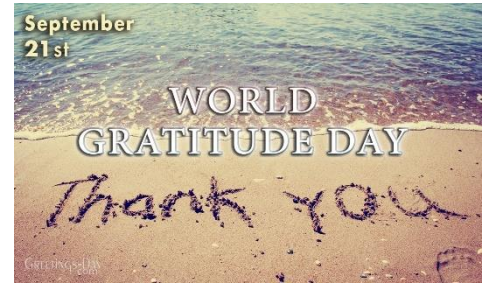
For 2024, Recycle Week will take place from 16th to 22nd September. The campaign typically focuses on raising awareness about the importance of recycling, reducing waste, and protecting the environment. Each year, Recycle Week has a theme that highlights specific aspects of recycling or waste reduction, such as tackling plastic waste, promoting recycling of food waste, or encouraging sustainable living practices.

Activities during Recycle Week often include:

- **Community Events:** Local councils and organizations host recycling workshops, events, and clean-up drives.
- **Educational Campaigns:** Schools, businesses, and local authorities promote recycling awareness through social media, posters, and online resources.
- **Challenges and Pledges:** Individuals and groups are encouraged to take recycling pledges or participate in challenges.

For more details and updates, visit the official [Recycle Now website.](#)

World Gratitude Day- 21st September 2024



World Gratitude Day 2024 will be celebrated on Saturday, 21st September. This day encourages people worldwide to express gratitude and appreciate the positive aspects of life, relationships, and the world around them. It is an opportunity to reflect on what we are thankful for, spread kindness, and foster a more positive mindset both individually and collectively.

Organisations, communities, and individuals participate in activities such as gratitude challenges, journaling, or sharing messages of appreciation on social media

Here are some top tips for celebrating World Gratitude Day:

1. Start a Gratitude Journal: Write down three things you're grateful for each day. This helps focus on the positives in life.
2. Express Appreciation: Take time to thank someone who has positively impacted your life. A heartfelt note, call, or message can make their day.
3. Practice Mindfulness: Spend a few moments reflecting on what you are thankful for. This can be done through meditation, prayer, or quiet contemplation.
4. Volunteer or Donate: Give back to your community or support a cause you care about. Acts of kindness can enhance gratitude and well-being.
5. Create a Gratitude Jar: Write down things you're grateful for on slips of paper and collect them in a jar. Review them whenever you need a positivity boost.
6. Share on Social Media: Use platforms to spread gratitude by sharing what you are thankful for and encouraging others to do the same.
7. Celebrate with Loved Ones: Organize a small gathering or virtual meeting to share moments of gratitude with friends and family.

By incorporating these tips, you can make World Gratitude Day more meaningful and spread positivity around you.

National Fitness day- 18th September 2024

National Fitness Day 2024 in the UK is set to take place on Wednesday, 18th September 2024. This day is dedicated to celebrating the importance of physical activity in helping people lead healthier lifestyles. It encourages everyone to get active, whether through group fitness classes, walking, sports, or home workouts. Events are often organized across the country in gyms, parks, schools, and communities to promote fitness and well-being.

Top tips for staying fit

- Consistency: Stick to a regular workout routine.
- Balance: Combine cardio, strength, and flexibility exercises.

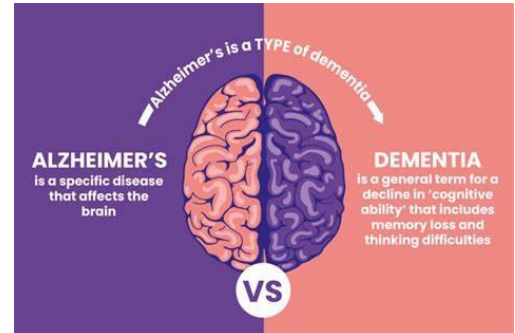
A logo for National Fitness Day. The words 'NATIONAL' and 'DAY' are in a bold, black, sans-serif font. The word 'FITNESS' is in a bold, yellow, sans-serif font and is enclosed in a yellow rectangular box with a black border. The entire logo is slanted slightly to the right.

- Diet: Eat a varied, nutritious diet.
- Hydration: Drink plenty of water.
- Rest: Get enough sleep and recovery time.
- Variety: Mix up workouts to avoid boredom

Tell us what you have been taking part in!

World Alzheimer's Day - 21st September 2024

World Alzheimer's Day is observed annually on September 21. In 2024, it will fall on that same date. This day is dedicated to raising awareness about Alzheimer's disease and other forms of dementia, promoting research, and supporting individuals and families affected by these conditions



Supporting someone with Alzheimer's involves compassion, patience, and practical assistance. Here are some ways to help:

1. Educate Yourself: Learn about the disease to understand their challenges and needs.
2. Be Patient: Communicate slowly and clearly, and be prepared to repeat information.
3. Create a Safe Environment: Make home modifications to reduce risks and confusion.
4. Establish Routines: Consistent daily routines can provide structure and comfort.
5. Encourage Independence: Allow them to do what they can for themselves to maintain dignity.
6. Provide Emotional Support: Offer reassurance and listen to their concerns.
7. Involve Them in Activities: Engage in activities they enjoy and can manage.
8. Manage Stress: Help with stress management for both the person and yourself.
9. Plan for the Future: Discuss and plan for long-term care and legal needs.
10. Seek Support: Join caregiver support groups for advice and emotional support.

In the UK, there are several resources and organizations dedicated to supporting individuals with Alzheimer's and their families:

- Alzheimer's Society: Provides information, support services, and research funding. Their helpline offers advice and resources for those affected by dementia. Website
- Dementia UK: Offers support through Admiral Nurses, who provide expert advice and support for families. Website
- Age UK: Provides resources and support for older people, including those with dementia. Website
- NHS: Offers information on dementia services, treatment options, and local support through your GP or local health services. Website
- Local Carer Services: Many local councils have carer support services that offer advice, respite care, and other resources.
- Memory Cafés: Local informal meetings where people with dementia and their families can get support and information in a friendly setting. Find a local café through Alzheimer's Society or local community groups.
- Support Groups: Both online and in-person support groups are available for caregivers and families to share experiences and get advice.

These resources can provide practical help, emotional support, and information to manage the challenges of Alzheimer's

International Day Of Peace- 21st September 2024

International Day of Peace is observed on September 21 each year. Established by the United Nations, this day is dedicated to promoting peace and the resolution of conflicts globally.

Activities often include:

- Educational events
- Peace-building initiatives
- Calls for a ceasefire in ongoing conflicts.

It's a day to reflect on the importance of peace and to take action towards creating a more peaceful world



International Day of Peace is important for several reasons:

1. Awareness: It raises global awareness about the need for peace and the impact of conflicts on communities worldwide.
2. Reflection: Provides an opportunity for individuals and nations to reflect on their commitment to peace and consider how they can contribute to a more harmonious world.
3. Advocacy: Highlights the importance of conflict resolution and diplomacy, encouraging governments and organizations to work towards peaceful solutions.
4. Solidarity: Fosters a sense of global solidarity, reminding us that peace is a shared responsibility and that collective efforts are necessary to address conflicts.
5. Action: Inspires and mobilizes people to engage in activities that promote peace, such as community dialogues, educational programs, and peace-building initiatives.
6. Hope: Offers hope and a vision for a world where conflicts are resolved through dialogue and understanding rather than violence

International Happiness at Work Week - 23rd- 27th September

INTERNATIONAL WEEK OF HAPPINESS AT WORK

International Happiness at Work Week is an annual event that focuses on promoting well-being and job satisfaction in the workplace. The week aims to highlight the importance of a positive work environment and to encourage practices that enhance employee happiness and productivity.

Activities during this week may include:

- Workshops
- Seminars
- Initiatives designed to improve workplace culture, employee engagement, and overall well-being.

Organizations often use this time to implement or reinforce strategies that foster a supportive and fulfilling work environment

National Inclusion Week - 23rd- 29th September

National Inclusion Week in the UK is observed annually, typically during the last week of September. In 2024, it will run from September 23 to September 29. This week is dedicated to celebrating diversity, promoting inclusion, and raising awareness about the importance of creating equitable environments in workplaces, communities, and beyond.

Activities during National Inclusion Week often include workshops, training sessions, and events that focus on various aspects of inclusion, such as addressing unconscious bias, promoting accessibility, and fostering a culture of respect and equality. It aims to encourage organizations and individuals to take meaningful actions towards inclusivity and to recognize the value of diverse perspectives.

Being aware of our unconscious bias refers to hidden, automatic judgments and stereotypes that influence our decisions and behaviours without our awareness.

- **Impact:** Affects hiring, promotions, and interactions, leading to unfair treatment.
- **Origin:** Based on personal experiences, societal influences, and cultural norms.
- **Mitigation:** Requires awareness, training, and proactive measures to reduce bias.

World's Biggest Coffee Morning 'Macmillan' – 27th September

The world's biggest coffee morning, organized by Macmillan Cancer Support, will be held on Friday, September 27, 2024. This global event encourages people to host coffee mornings and other gatherings to raise funds for cancer support services. It's a day to unite in the fight against cancer, enjoy socializing, and make a significant impact through community and individual efforts.

Macmillan Cancer Support is a UK-based charity that provides comprehensive support to individuals affected by cancer. Founded in 1911, the organization offers various services, including:

- **Financial Support:** Helping with financial advice and grants.
- **Emotional Support:** Providing counselling and support groups.
- **Practical Help:** Offering assistance with daily tasks and navigating cancer care.
- **Information:** Providing resources and guidance on cancer treatments and care.
- **Campaigning:** Advocating for better cancer care and support services.

Macmillan's mission is to ensure that no one faces cancer alone, aiming to improve the quality of life for those affected by cancer through various programs and initiatives.

The official website for Macmillan Cancer Support is www.macmillan.org.uk. On their website, you can find information about their services, how to get involved, donation options, and resources for those affected by cancer.

