

LGBT History Month

LGBT History Month is the celebration of lesbian, gay, bisexual and transgender achievements throughout history. As such accomplishments are often unrecognised by the educational system, organisations need to educate their members and employees during LGBT History Month.



LGBT History Month is an annual event organised by the UK LGBT charity, Schools OUT. It recognises the current struggles faced by the LGBTQ+ community as well as events throughout history that have shaped society today, like the Stonewall Riots.

The achievements of LGBTQ+ figures are often overlooked, particularly in the school curriculum. In response, LGBT History Month aims to recognise the sacrifices made by the community which have led to historic milestones like the decriminalisation of homosexuality, in 1967.

Each February, it is important to celebrate LGBT History Month. Though the event takes place once a year, the lessons learned during the month will be relevant throughout the year. Below, we at the LGBT Speakers Agency have hand-selected our favourite ways to celebrate LGBT History Month in the workplace:

[Host an LGBT History Month Quiz](#) – This fun activity will teach your employees about important events in LGBT history.

[Donate to Charity](#) – From bake sales to sponsored activities, a fundraiser for such LGBT charities as Stonewall will unite your corporate team.

[Improve Your Discrimination Policy](#) – Meaningful action starts with your business. Protect your LGBT employees and improve your discrimination policy.

[Make a Diversity Pledge](#) – Is your company diverse enough? Make LGBT History Month the turning point for your business and pledge to be more diverse.

[Hire an LGBT Speaker](#) – If you wish to host an inclusion workshop or conference, book an LGBT speaker for LGBT History Month 2025

World Cancer Day

On February 4, 2025, the world will observe World Cancer Day, a global initiative aimed at raising awareness about cancer and encouraging its prevention, detection, and treatment. Cancer is more than just a medical diagnosis—it's a deeply personal matter. Behind every diagnosis lies a unique human story - stories of grief, pain, healing, resilience, love and more. That's why a people-centred approach to cancer care that fully integrates each individual's unique needs, with compassion and empathy, leads to the best health outcomes.

How to get involved

For World Cancer Day 2025, we are challenging people across the world to share videos or photos of themselves upside down, along with their unique story about how cancer has affected them.

1. Flip a video or a picture of yourself upside down.
2. Start with the sentence: "cancer turned my world upside down..."
3. Post it on your favourite social media channel(s) using #WorldCancerDay and #UnitedByUnique
Tag @worldcancerday so that we can see your work!

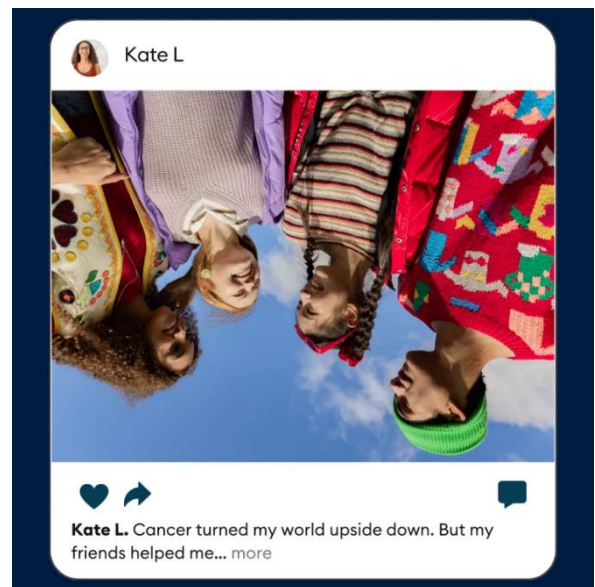
On this World Cancer Day, we stand united in hope, courage, and resilience. Every step we take, every voice we raise, brings us closer to a world where cancer is no longer a fight, but a victory. Together, we can change the future.

National Apprenticeship Week

National Apprenticeship Week (NAW) is the biggest week in the apprenticeships and skills calendar! It takes place from 10 to 16 February 2025. A week-long celebration that brings together businesses and apprentices across the country to shine a light on the positive impact that apprenticeships make to individuals, businesses and the wider economy.

SKILLS FOR LIFE

NAW 2025 encourages everyone to consider and celebrate how apprenticeships and skills help individuals develop rewarding careers, and employers to develop a workforce with future-ready skills. Together we will inspire the nation with engaging stories of apprentice and learner progression – sharing their increased confidence, skills, knowledge and how such programmes have kick-started incredible careers.



What's on during National Apprenticeship Week

There's a schedule of online and in person events for National Apprenticeship Week.

These events offer you the opportunity to:

- hear from real life apprentices
- find out where your skills can take you
- learn more about different companies or sectors
- work out the right route for you

Learn something new this National Apprenticeship Week

Make the most of National Apprenticeship Week by learning something new about apprenticeships.

We recommend you use the resources and events on offer this week to find out:

- what types of apprenticeships interest you
- what level of apprenticeship will best help you progress your career
- how to take a first step into the world of work
- how to get more skills to use in your current job

National Apprenticeship Week is your chance to discover exciting opportunities. It can help give your career a boost. With live events, resources and expert advice on offer to you, why not take the time to explore whether an apprenticeship is right for you? <https://naw.appawards.co.uk/>

Children's Mental Health Week

Children's Mental Health Week will take place from 3 to 9 February 2025, with the theme of Know yourself, grow yourself. This annual event was set up by children's mental health charity Place2Be and shines a spotlight on the importance of children and young people's mental health.

The theme for 2025 is focus is Know Yourself, Grow Yourself, with the aim to equip and empower children and young people across the UK to embrace self-awareness and explore what it means to them. We want children and young people to discover how getting to know who they are can help them build resilience, grow and develop. Place2Be's Children's Mental Health Week has joined forces with Here4You to explore the importance of self-awareness and expressing emotions.



Here4You is supported by The Walt Disney Company, and through the characters of Pixar's Inside Out 2, the resources encourage children and young people across the UK to discover how getting to know who they are can help them build resilience, grow and develop.

For more information and resources to take part please visit <https://www.childrensmentalhealthweek.org.uk/families/>

Time to Talk

Time to Talk Day 2025 will take place on Thursday, February 6, 2025.

Time to Talk Day is an annual event in the UK, organized by Time to Change, a mental health campaign. The day encourages people to talk openly about mental health, break down stigma, and create more supportive communities. It's a chance for individuals, organizations, and communities to engage in conversations about mental health, whether casually or through organized events.



How can we get involved?

This year we are planning on Time to Walk, as previous years, we are encouraging all staff to take some time out on their lunch and go for a walk. In small groups, this can inspire people to talk about mental health. Some of the benefits of walking on a lunch break are:

1. It's accessible

Walking is a great way to strengthen the muscles in your legs and your core while putting little pressure on your joints. Plus, you don't need any fancy equipment to go for a walk, just a pair of comfortable shoes and perhaps a coat. If you're keen to set realistic fitness goals, try challenging yourself to walk once a day at your lunch break, even if it's just for 20 minutes. This may not seem like much, but these small changes to improve health add up, and you'll soon reap the rewards.

2. Unlimited health benefits

If you've ever wondered how to take care of yourself or how to have more energy, then look no further. Improved cardiac health, stronger bones and a lower risk of Alzheimer's disease are just some of the benefits linked to walking. According to researchers [Link opens in a new window](#) at the Harvard School of Public Health in Boston, women who walk 30 minutes a day could reduce their risk of stroke by 20%, and by 40% when they stepped up the pace. A study from the University of Virginia Health System in Charlottesville [Link opens in a new window](#) also found that men between the ages of 71 and 93 who walked more than a quarter of a mile per day had half the incidence of dementia and Alzheimer's disease, than those who walked less.

3. Instant mood-booster

A good walk can do wonders for your mental wellbeing as stepping outside for a walk can instantly improve your mood, self-perception and self-esteem. A lunchtime walk can provide a much-needed break from a busy morning, and it also helps to add some structure to your day too. Walking is a great alternative to the sometimes-daunting HIIT session you might have promised yourself you'd do later. Plus, if you deal with stress or anxiety, then trying to incorporate regular walks into your routine could be helpful. As small daily fitness goals are far less overwhelming, and can also give you a sense of accomplishment.

4. Rediscover your local nature spots

If the health benefits didn't convince you to give walking a go, then perhaps the prospect of discovering, or even rediscovering, local beauty spots may be just the thing to convince you to make a change. Walking takes you places. Whether you live in a town or the countryside, there's always a bit of green nearby, from local parks to nature reserves. Making positive changes in life can be easy if you choose an activity you're passionate about. If you're used to associating physical exercise with chores, then try looking at it from a different perspective. If you can find something that moves you, such as a beautiful landscape or tucked-away nature spots which you can only reach by walking, then it'll help motivate you to get outside.

5. Get some well-deserved 'me-time'

Your walk is your own time. Perhaps your favourite artist has released an album, but you haven't had a chance to listen to it? You could listen to it on your next walk. Just need to clear your head? Walk to your nearest quiet spot and allow yourself to practice mindfulness, taking in all the sounds and sights around you. Brainstorming session coming up at work? Perfect – sometimes a quick walk is all you need to reset and come back with fresh ideas. Developing healthy lifestyle habits starts with you, and you deserve some 'me-time'. Walking can give you just that. Take time out of your day to speak to someone.

We are also hoping to plan a company walk around Herrington Park and finishing at the top of Penshaw monument on 18/02/2025, if you would like to take part please email Holly and we will send more details closer to the time.



Valentines Day

Go Red for Heart Month is all about getting together with your community to raise awareness. Whether it's losing a loved one to a cardiac arrest or coping with the devastating impact of heart failure, too many of us have felt the pain of heart and circulatory diseases.



10 Heart-Healthy tips for Valentine's Day and beyond

Stay active: The key to heart health is to keep moving and avoid being sedentary. Ideally, aim to get your heart rate up with at least 30 minutes of aerobic exercise at least five days a week. However, any movement will be good for your heart so keep moving and stay active.

Limit your consumption of red meat, sugar and unhealthy fats. There are plenty of foods you can eat instead to enjoy a heart-healthy diet. Add fruits and vegetables to your diet to increase your fibre consumption.

Reduce your salt intake. Can't imagine your favourite foods without that added salt? Over time, however, you can re-train your taste buds to become accustomed to a lower-sodium diet, and you will start to notice subtle flavours in your foods again.

Stop smoking. Smoking not only damages your lungs, it also negatively affects your heart health. Once you stop smoking, your odds of developing heart disease drops rapidly. Breaking that smoking habit is essential for your overall health.

Keep your weight under control. Ask your doctor if you are overweight. Obesity increases the risk of heart attacks, heart failure and diabetes. A healthy diet with portion control and regular exercise is the best way to maintain a healthy weight.

Know your cholesterol levels: High cholesterol is a risk factor for heart disease. If you have not had your cholesterol levels checked in the past year or two, get them checked now to find out if you're at risk for heart disease.

Know your blood pressure: High blood pressure, or hypertension, is a major risk factor for heart attacks, strokes and heart failure. Many people with high blood pressure are unaware that they have this condition. There are effective treatments for hypertension in addition to lifestyle modifications of exercise and salt reduction.

Know your blood sugar levels: Over time, elevated blood sugar levels can lead to diabetes, a strong risk factor for heart disease. Ask your doctor if you are at risk. If you are pre-diabetic or have "early" diabetes, lifestyle changes can be effective.

Reduce stress: Stress is a strong risk factor for heart disease, especially for women. Try meditation, yoga, or simply being silent and still for 10 minutes a day. Be mindful of stress in your life and take extra care of your heart.

See your doctor regularly. Regular medical follow-up is one of the best ways to prevent cardiovascular disease. Studies show that individuals who stop their cardiovascular medications are at higher risk for heart attacks, strokes, heart failure and reduced survival.

This valentines day we will be encouraging staff to wear red to raise monies for our chose charity Missed a Beat – Missed a Beat passionately installs defibrillators across the North East in vital spots like schools, parks, sports venues, and public squares, ensuring swift accessibility during critical moments.



Eating Disorder Week

Eating Disorders Awareness Week is a week-long campaign that aims to shed light on the complexities of eating disorders, including anorexia nervosa, bulimia nervosa, binge-eating disorder, and others. The event emphasizes the importance of early intervention, access to treatment, and reducing the stigma associated with eating disorders. It provides a platform for individuals to share their stories, raise awareness, and offer support to those in need.

In the UK, at least 1.25 million people are living with an eating disorder That's at least 1 in 50 people. And yet many people wouldn't know how to spot the signs that someone has an eating disorder. This is important because the sooner someone is treated for an eating disorder the better their chance of making a full recovery.



How to Get Involved

Participating in Eating Disorders Awareness Week is a meaningful way to support individuals affected by eating disorders and contribute to greater understanding. Here are some ways to get involved:

- **Learn and Educate:** Take the time to educate yourself about eating disorders, their signs, symptoms, and available treatments. Share this knowledge with friends and family to increase awareness.
- **Share Stories:** If you or someone you know has experienced an eating disorder, consider sharing your story to reduce stigma and provide hope to others. Personal narratives can be powerful tools for change.
- **Support Local Events:** Attend local events, workshops, and seminars related to eating disorders during the awareness week. These events often provide valuable information and resources.
- **Donate or Volunteer:** Consider donating to organizations that provide support and resources for individuals with eating disorders. Volunteering your time can also make a significant impact.
- **Use Social Media:** Share informative posts, articles, and statistics on your social media platforms using event hashtags to reach a wider audience and promote understanding.
- **Organize Awareness Activities:** Collaborate with local schools, community centers, or support groups to organize awareness activities, such as workshops, art exhibitions, or panel discussions.

Eating Disorders Awareness Week is an essential event that focuses on compassion, education, and support for those impacted by eating disorders. By getting involved in this campaign, you can contribute to breaking down stigmas, promoting understanding, and ensuring that individuals with eating disorders receive the help they need. Join the efforts in 2025 and be a part of the Eating Disorders Awareness Week movement!

Rare Disease Day

Rare Disease Day 2025 will take place on Friday, February 28, 2025.

Rare Disease Day is an annual event observed on the last day of February to raise awareness about rare diseases and the challenges faced by individuals living with these conditions. It was first initiated by the European Organization for Rare Diseases (EURORDIS) in 2008, and since then, it has grown into a global observance with participation from organizations, healthcare professionals, patients, families, and advocates worldwide.



Each year, Rare Disease Day has a different theme, which highlights specific aspects of the rare disease community—such as research, access to care, or support for patients and families. Various activities, including conferences, fundraising events, social media campaigns, and local gatherings, are organized to foster understanding, promote collaboration, and advocate for better resources for those affected by rare diseases.

