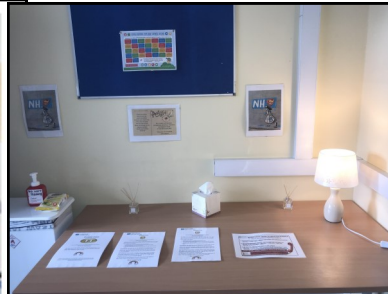


KINDNESS CALENDAR: DECEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Share the Kindness Calendar with others and spread kindness	2 Contact someone you can't be with to see how they are	3 Offer to help someone who is facing difficulties at the moment	4 Give kind comments to as many people as possible today	5 Make a gift for someone who is homeless or feeling lonely	6 Support a charity, cause or campaign you really care about	7 Leave a positive message for someone else to find
8 Do something helpful for a friend or family member	9 Notice when you're hard on yourself or others and be kind instead	10 Listen wholeheartedly to others without judging them	11 Be generous. Feed someone with food, love or kindness today	12 Buy an extra item and donate it to a local food bank	13 See how many different people you can smile at today	14 Share a happy memory or inspiring thought with a loved one
15 Contact an elderly neighbour and brighten up their day	16 Look for something positive and brighten up your day	17 Practice gratitude. List the kind things others have done for you	18 Give away something that you have been holding on to	19 Buy locally and support independent shops near you	20 Contact someone who may be alone or feeling isolated	21 Appreciate kindness and thank people who do things for you
22 Congratulate someone for an achievement that may go unnoticed	23 Choose to give or receive the gift of forgiveness	24 Bring joy to others. Share something which made you laugh	25 Treat everyone with kindness today, including yourself!	26 Get outside. Pick up litter or do something kind for nature	27 Call a relative who is far away to say hello and have a chat	28 Be kind to the planet. Eat less meat and use less energy
29 Turn off digital devices and really listen to people	30 Let someone know how much you appreciate them and why	31 Plan some new acts of kindness to do in 2021				

Let's look beyond our differences and help each other. Every act of kindness matters

ACTION FOR HAPPINESS #DoGoodDecember www.actionforhappiness.org
Keep Calm • Stay Wise • Be Kind



Information session for Trust staff who are also Carers

We warmly invite Southern Health and Social Care Trust Staff who regularly provide or intend to provide a substantial amount of care for a friend or relative to

Carers Drop In information sessions
from 9:30am - 12:30pm on

Navan Fort, Armagh Monday 24 February 2020
Seagoe Hotel, Portadown on Tuesday 25 February 2020
Canal Court Hotel, Newry on Wednesday 26 February 2020

You will have the opportunity to meet other carers, support organisations and learn about your rights as a Carer.

To register your interest and book a therapy slot
Please Contact:
Karen.Faloon@southerntrust.hscni.net
028 3756 6297

Let's pause and talk menopause

The Menopause: An Awareness Guide

Foreword
Menu
Policy

www.u-matter.org.uk



Staff Health & Leisure Scheme

Our Staff Health & Leisure Scheme allows all SHCT staff to avail of reduced rates at Leisure Centres across the Trust area.



Just breathe in, breathe out, and remember that moving forward means taking it one step at a time.

SCAN ME



2021 STAFF HEALTH & WELLBEING CALENDAR



XU Matter

Supporting U to Live & Work Well

HSC Southern Health and Social Care Trust

STAFF HEALTH AND WELLBEING RESILIENCE...

Sometimes being resilient means asking for help - recognising that we cannot do it alone.

Learn more about resilience and what supports are available to help you develop yours.

Visit: www.u-matter.org.uk

Ask for help. Not because you are weak. But because you want to remain strong.

2021

HEALTH & WELLBEING CALENDAR



Many of these health campaigns are supported on the [Umatter website](#). Campaigns are listed alphabetically, for exact campaign dates (day, week, month) visit: [Public Health Agency](#) for Northern Ireland | [UK Public Health Network](#) - the links below are to the main campaign organising body.

January

[Cervical Cancer Awareness Wk](#)

[Dry January](#)

[January Happiness Calendar](#)

[Happy New Year](#)

available from Umatter website, Friday Focus email and SHSCT Connect App



February

[February Happiness Calendar](#)

[Friendly February](#)

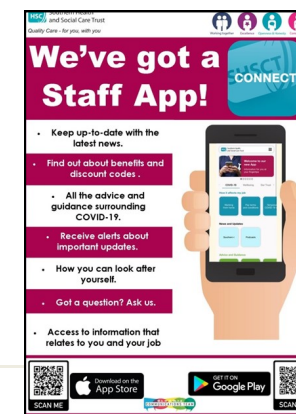
available from Umatter website, Friday Focus email and SHSCT Connect App

[National Heart Month](#)

[Sexual Health Week \(NI\)](#)

[Time to Talk Day](#) (mental health)

[World Cancer Day](#)



MAKING LIFE BETTER

[Making Life Better](#) - Whole System Strategic Framework for Public Health 2013-2023

“Empower people to make healthier choices and informed decisions about their health by improving health literacy.”

Health campaigns aim to improve awareness of different health matters so that you can learn about signs, symptoms, risk factors for poor health and reduction measures - in other words steps to take to protect and improve your health & wellbeing. Many of the organisations behind these campaigns also provide a wealth of information & support services if you are affected by a particular health condition. This calendar is a useful tool for health champions across the Trust as you can see at a glance the many campaigns that take place throughout the year that you can support and get your team engaged in. **If you would like more information on becoming a health champion** contact Nina Daly, Health Improvement Lead for Workplace Health, Promoting Wellbeing Division, St Luke’s Hospital, Tel: 028 3756 4488 Email: Nina.daly@southerntrust.hscni.net .

2021

HEALTH & WELLBEING CALENDAR



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March

[Endometriosis Awareness Month](#)

[International Woman's Day](#)

[March Happiness Calendar](#)

Mindful March

available from Umatter website, Friday Focus email and SHSCT Connect App

[National Salt Awareness Wk](#)

[Nutrition and Hydration Wk](#)

[No Smoking Month](#)

[Ovarian Cancer Month](#)

[Prostate Cancer Month](#)

[World Oral Health Day](#)

[World Sleep Day](#)



April

[April Happiness Calendar](#)

Active April

available from Umatter website, Friday Focus email and SHSCT Connect App

[Bowel Cancer Awareness Month](#)

[Parkinson's Awareness Wk](#)

[Stress Awareness Month](#)

[World Health Day](#)

[World Safety & Health at Work](#)



2021

HEALTH & WELLBEING CALENDAR



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May

[Action on Stroke Month](#)

[Care in the Sun Wk](#)

[Death Awareness Wk](#)

[Dementia Awareness Wk](#)

[May Happiness Calendar](#)

Meaningful May

available from Umatter website, Friday Focus email and SHSCT Connect App

[National Osteoporosis Month](#)

[National Walking Month](#)

[World Hypertension Day](#)

[World No Tobacco Day](#)



June

[Carers Wk](#)

[Child Infant Mental Health Wk](#)

[Child Safety Wk](#)

[Dietitians Wk](#)

[Diabetes Wk](#)

[Food Safety Wk](#)

[Healthy Eating Week](#)

[June Happiness Calendar](#)

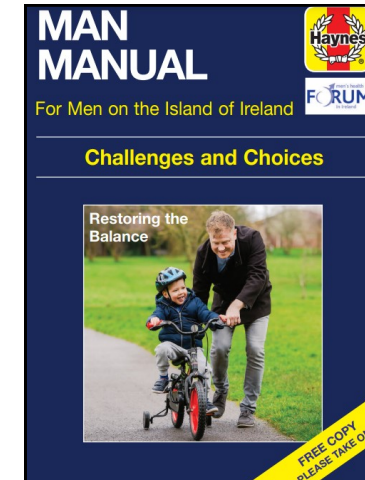
Joyful June

available from Umatter website, Friday Focus email and SHSCT Connect App

[Men's Health Wk](#)

[Volunteers Wk](#)

[World Blood Donor Day](#)



2021

HEALTH & WELLBEING CALENDAR



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July

[Health Information Wk](#)

[International Day of Friendship](#)

[July Happiness Calendar](#)

Jump Back July (Resilience)

available from Umatter website, Friday Focus email and SHSCT Connect App



August

[August Happiness Calendar](#)

Altruistic August

available from Umatter website, Friday Focus email and SHSCT Connect App

[World Breastfeeding Wk](#)



2021

HEALTH & WELLBEING CALENDAR



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September

[Know Your Numbers Wk \(Blood Pressure\)](#)

[Macmillan Coffee Morning](#)

[National Dementia Carers Day](#)

[National Fitness Day](#)

[National Eye Health Wk](#)

[September Happiness Calendar](#)

Self-Care September

available from Umatter website, Friday Focus email and SHSCT Connect App

[Organ Donation Wk](#)

[Urology Awareness Month](#)

[World Alzheimer's Month](#)

[World Heart Day](#)

[World Suicide Prevention Day](#)



October

[Back Care Awareness Wk](#)

[Breast Cancer Awareness Month](#)

[National Cholesterol Month](#)

[National Work Life Week](#)

[OCD Awareness Wk](#)

[October Happiness Calendar](#)

Optimistic October

available from Umatter website, Friday Focus email and SHSCT Connect App

[Parents Wk](#)

[Wear it Pink Day](#)

[World Menopause Day](#)

[World Mental Health Day](#)

[World Osteoporosis Day](#)



2021

HEALTH & WELLBEING CALENDAR



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November

[Alcohol Awareness Wk](#)

[Anti-Bullying Wk](#)

[International Men's Day](#)

[Lung Cancer Month](#)

[Men's Health Month](#)

[National Stress Awareness Day](#)

[November Happiness Calendar](#)

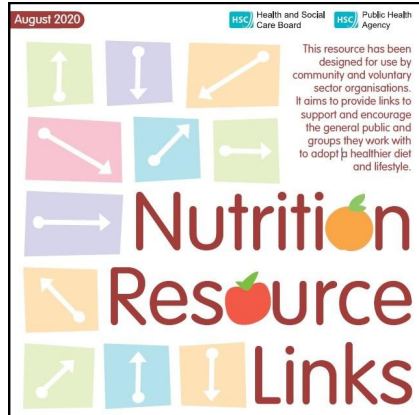
New Ways November

available from Umatter website, Friday Focus email and SHSCT Connect App

[Pancreatic Cancer Month](#)

[World Diabetes Day](#)

[World COPD Day](#)



December

[Anger Awareness Wk](#)

[Christmas Family Appeal](#)

[Domestic Abuse Awareness](#)

[December Happiness Calendar](#)

Do Good December

available from Umatter website, Friday Focus email and SHSCT Connect App

[World AIDS Day](#)

[International Day of Persons with a Disability](#)



DOMESTIC ABUSE
Support is available for you

COVID-19 guidelines may leave anyone who is experiencing domestic abuse feeling especially isolated, very vulnerable, exposed and unsafe at home during this time of isolation.

If you feel you are at risk of abuse, worried you may commit domestic abuse or are worried about a colleague, advice and support is available.

FACT!
The PSNI receives calls about domestic abuse every 17/18 minutes

Contact the free 24 hour free Domestic and Sexual Violence Helpline on **0800 802 1414**
If you are in immediate danger call 999 and ask for the Police

FOR MORE INFORMATION VISIT [www.u-matter.org.uk](#)