

Public Health and Wellbeing Calendar 2024/25



Towards better health in 2024 and beyond, one day at a time...

Salford City Council



Online Glossary

This calendar includes a number of weblinks that you can click into. If you have the paper version, we have compiled the weblinks into an Online Glossary as well as the calendar itself available on [Partners in Salford](#).

Scan me

Making changes one day at a time

Welcome



We all know that small positive changes every day can lead to better health outcomes.

Mental health is also a shared priority for all the [Partners in Salford](#), and we know there is a positive link between physical activity and mental wellbeing, so the small changes you make in either of these will improve all aspects of your life.

Let's embark on a journey together to explore our new health and wellbeing calendar for 2024 to 25. You will find lots of useful, creative and supportive health resources to help you commit to creating better health and well-being every day.

Links to national and local campaigns and resources, make it a valuable tool for raising awareness of health and wellbeing within teams, organizations, and local communities. It also aligns with the pledges in the [Salford Locality Plan](#), connecting them to specific campaigns throughout the year.

We hope you find it both fun and engaging and the calendar inspires you to make the positive changes you need to thrive and create a happier, healthier you.

**Dr Muna Abdel Aziz,
September 2024**

September 2024

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Our month of hope

Notable dates*

- Whole of September: [Blood Cancer Awareness Month](#)
- 02/09/24 to 06/09/24 – [Zero Waste Week](#)
- 02/09/24 to 08/09/24 – [Know Your Numbers! Week](#)
- 08/09/24 – [International Literacy Day](#)
- 09/09/24 to 15/09/24 – [Sexual Health Week](#)
- 10/09/24 – [World Suicide Prevention Day](#)
- 10/09/24 to 10/10/24 – [GM Month of Hope](#)
- 13/09/24 – [World Sepsis Day](#)
- 21/09/24 – [World Alzheimer's Day](#)
- 23/09/24 – 29/09/24 – [National Eye Health Week](#)
- 23/09/24 – 27/09/24 – [Falls Prevention Week](#)



Month of Hope

The month of hope runs from 10th September (World Suicide Prevention Day) to 10th October (World Mental Health Day). The campaign encourages people to have open conversations with each other, raising awareness of suicide prevention and sharing positive messages of hope.

The World Suicide Prevention Day Vigil & Procession of Remembrance; will take place on Tuesday, 10th September at 6:30 PM. Salford is the venue for this event, which will see our community from across Greater Manchester and beyond, coming together to remember those who we lost through suicide and offering unwavering support for those left behind.

Suicide Memorial Quilt

The Greater Manchester Suicide Memorial Quilt was created during the COVID-19 lockdown by people bereaved by suicide. Follow the link below to read their stories:



[Speak Their Name: Greater Manchester](#)

[Suicide Memorial Quilt | Shining a Light on Suicide](#)

Walk of Hope details below

Venue: Monton Green, 1hour Wellbeing Walk

Date: Thursday 26 September

Time: 10am - 11am (1hour)

Meet at: Monton Green, near the bench M30 8AP

Debt, job security and reduced income are some of the contributory factors associated with an increase in stress and anxiety during the cost-of-living crisis.

For further mental health and wellbeing information, resources and available support visit [Mental health and wellbeing | Partners in Salford](#)

There is information about [where to get emotional health support here](#).

The Samaritans can be called for free at any time on 116 123. You don't have to be trained to save a life, encourage someone to talk and open up. For more information about support for suicidal feelings or supporting someone else, visit: shiningalightonsuicide.org.uk

Greater Manchester Mental Health (GMMH) have a free [24/7 mental health crisis helpline](#) for all ages. If you are worried about your mental health or feeling as though you are in mental health crisis, you can call 0800 953 0285.

[Know Your Numbers Week](#)
2nd to 8th September

High blood pressure is a risk factor for a range of diseases and conditions, including stroke, heart disease, kidney disease, and vascular dementia.

Most people do not have symptoms of high blood pressure and may not realise they have it. The NHS recommends adults over 40 years old should have their blood pressure checked at least every five years.

Knowing your blood pressure and keeping it in a healthy range can help you make healthy changes. These include reducing the amount of salt you eat, cutting back on alcohol, losing weight if you're overweight, exercising regularly, cutting down on caffeine and stopping smoking. Many changes which can lower your blood pressure can have other good health effects.

My Pledges

This month I will know my numbers and go to get my blood pressure checked at one of the pharmacies near me.

I will keep learning about mental health and wellbeing support.

I will Learn to Save a Life
[Shining a Light on Suicide](#)

I will attend a
[Mental Health First Aid course](#).

I will watch the [KOKU video](#) to learn more about reducing my risks to falls.

October 2024

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Financial Health Check

Notable dates*

- Whole of October – [Stoptober](#), [Sober October](#), [Black History Month](#), [Breast Cancer Awareness Month](#)
- 10/09/24 to 10/10/24
[GM Month of Hope](#)
- 01/10/24
[International Day of Older People](#)
- 10/10/24
[World Mental Health Day](#)
- 13/10/24 to 19/10/24
[International Infection Prevention Week](#)
- 17/10/24
[International Day for the Eradication of Poverty](#)
- 17/10/24
[International Credit Union Day](#)
- 18/10/24
[World Menopause Awareness Day](#)



Cost of Living

From energy bills to food prices, ongoing rises in the cost of living can be a huge challenge for you and your household.

You can find [support with the Cost of Living](#) online or [try this handy ready to download postcard](#).

Our [BetterOff Salford](#) team helps people who live in Salford with support with benefits you are entitled to and will help you to apply for them online. BetterOff can provide information on how to find and apply for jobs.

Did you know the average ten-a-day smoker spends around £40 a week on tobacco? That's over £2,000 a year!

End the year healthier and happier and join the thousands of smokers who quit every year during October's [Stoptober](#) or Make Smoking History challenge.

When you [stop smoking](#), for 28 days, you are five times more likely to quit permanently and feel more positive.

Welfare Rights and Debt Advice

If you are a Salford resident or Salford City Council employee, [the Welfare and Debt Advice service](#) can offer advice on benefits, challenging decisions, priority debts, court representation, bankruptcy, and Debt Relief Orders.

Worried about a Loan Shark?

Illegal money lenders can seem like a good option when you need money quickly or are having difficulties getting credit, but they can quickly become intimidating and threatening, and your loan can spiral out of control.

To report a loan shark in confidence, call 0300 555 222 or speak to our Welfare Rights and Debt Advice Service in confidence for support.

Help in a crisis

Salford City Council's Salford Assist scheme can offer short-term help to people in a crisis, emergency or major disaster situation. Support includes;

- a referral for baby milk, nappies or food for your baby and your family
- essential furniture items, for example, a bed or white goods
- shopping vouchers
- help with emergency supply of gas or electric where there is no heating in the household

Are you at risk of losing your home?

The Council's [Salford Housing Options](#) can also help.

Salford Credit Union provides affordable loans and helps its members with money. Get help with budgeting, unexpected emergencies, and support to help you save.

To learn more, call 0161 686 5880, 2.00 pm to 3.00pm Monday to Friday or email info@salfordcreditunion.com.

My pledges

This month:

I will contact [Salford's Stop Smoking Service](#) to get the extra support I need to quit smoking for good.

I will join Stoptober's [28-day challenge](#) on 1 October to become #SmokeFree.

I will donate to [Salford's food banks](#) and charities.

I will join [Salford Credit Union](#) and download their free [Mobile App - Salford Credit Union](#), to manage my finances.

November 2024

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Ease the pressure at home and work

Notable dates*

- Whole of November: [Movember](#)
- 04/11/24 to 08/11/24 [International Stress Awareness Week](#)
- 04/11/24 to 10/11/24 [Living Wage Week](#) TBC
- 14/11/24 [World Diabetes Day](#)
- 14/11/24 to 20/12/24 [UK Disability History Month](#)
- 18/11/24 to 22/11/24 [Safeguarding Adults Week](#)
- 18/11/24 to 24/11/24 [National Self-Care Week](#)
- 19/11/24 [International Men's Day \(UK\)](#)
- 25/11/24 [International Day for the Elimination of Violence Against Women, White Ribbon Day](#)
- 25/11/24 – 10/12/24 [16 Days of Action against Domestic Violence](#)

What is workplace stress?

Stress at work occurs due to factors such as sense of control, stimulating work that is not repetitive, and/or when facing uncertainty about a job or change of job. Sometimes it is due to relationships at home or at work.

It is always helpful to understand how situations are affecting you. You can talk through issues at work or home with a trusted friend, colleague or an advisor at work or in the community.

You can familiarise yourself with the arrangements at work to help get a [stress risk assessment](#).

UK Disability History month 2024 has the theme of Disability Livelihood and Employment. By law, disabled people are protected from discrimination in hiring, promotion, training and dismissal. Employers have a duty to make reasonable adjustments to improve the work situation of disabled people.

16 days of action against domestic abuse

Together we can prevent violence against women and girls. This international campaign starts with

[White Ribbon Day](#) on 25th November and ends with [Human Rights Day](#) on 10th December.

Safeguarding Adults Week 2024

This week is an opportunity for organisations to come together to raise awareness of important safeguarding issues. The aim is to highlight key safeguarding issues, start conversations and raise awareness of best practice.

You can find more information on the Ann Craft Trust webpages [Safeguarding Adults Week - Ann Craft Trust](#)

If you think someone you know is being abused, bring the topic up when you know their abusive partner is not around. Let them know you are concerned and want to help. Try not to criticise their partner but focus on their safety. If you know someone who you think is being abused, there is help and advice.

Living with diabetes

Diabetes is a chronic health condition that can lead to serious complications

such as heart disease, kidney failure, and vision loss if not properly managed. Type 1 diabetes is an autoimmune condition where the body attacks insulin-producing cells, while type 2 diabetes is often associated with lifestyle factors and insulin resistance. Raising awareness about both types is crucial for early detection, prevention, and effective management, improving the quality of life for those affected.

The theme for [World Diabetes Day 2024-2026](#) is Diabetes and Wellbeing. A healthy diet and regular exercise, can help ward off diabetes and its complications. For example, reducing the consumption of sugary drinks can prevent spikes in blood sugar levels, while eating more fruit and vegetables provides essential nutrients and fibre resulting in more stable blood sugar levels.

You can find out more from [Diabetes UK - Know diabetes](#). Fight diabetes. The hospital diabetes service in Salford offers educational programs for type 1 and type 2 diabetes, including Carbohydrate awareness, and insulin dose adjustment for normal eating (DAFNE). [Diabetes Service- Northern Care Alliance](#)

My Pledges

This month I will make better use of [local green space](#) and parks and gardens to help improve my blood pressure.

I will find [help and advice](#) for someone if I am concerned about them at home or at work.

I will protect myself and my loved ones this winter by [getting vaccinated](#). This helps me worry less, feel safer, and enjoy life without worrying about the risk of serious illnesses.

I will swap to drinks without added sugar, eat plenty of fruit and vegetables, and get at least 30 minutes of exercise each day. [Getting more active](#).

December 2024

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Notable dates*

- 01/12/24 [World AIDS Day](#)
- 03/12/24 [International Day of persons with disabilities](#)
- 06/12/24 [Fuel Poverty Awareness Day](#) TBC
- 25/11/24 – 10/12/24 [16 Days of Action against Domestic Violence](#)
- 10/12/24 [International Human Rights Day](#)
- 14/11/24 - 20/12/24 [UK Disability History Month](#)

Health at home

Keep warm, keep well

A roof over your head, warmth and shelter are key to physical and mental health. Keeping warm over the winter months can help prevent colds, flu or more serious health conditions such as heart attacks, strokes, pneumonia and depression. If you privately rent your home and feel your home has issues such as damp or disrepair your landlord is not dealing with, you can get support from the council's department for [housing standards](#). If you are a homeowner, you can get help with [home maintenance and improvements](#).

At risk of becoming homeless in Salford?

The top three reasons people can become homeless are the end of a private rented tenancy, being asked to leave by family or friends, or domestic abuse.

Other reasons include rent or mortgage arrears or relationship breakdown. If you are struggling to pay rent, contact your housing association or the council. More than 300 households each year in Salford are helped to stay in their home when they were at risk of losing it.

Make use of the top tips for [housing and health](#) as promoted on the Salford City Council Housing website and [Warm Salford • Salford City Council](#).

Other helpful sources of help

[Salford Home Search](#)

[Salford Property Link](#) – letting agency for landlords You can get extra help from [Welfare Rights and Debt Advice Service](#).

[Salford Assist](#): **Help when you really need it**

If you are a veteran or a care leaver, you can get help for your housing, health and education. [Housing advice | Welfare and benefits | SSAFA](#)

[Post-16 and care leavers • Salford City Council](#)

Information to help with looking after your home

[Looking after your home advice](#)

[Keep your home free from damp and mould](#)

[Make your home more energy efficient](#)

[Helping Hands, Handyperson Service](#)

[Problems with your water pipes?](#)

My pledges

This month I will reduce my energy bills by checking I'm on the best tariff for my needs.
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I will check my neighbours are ok where I know someone who could be vulnerable in the bad weather.
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If a tenant, I will ask my housing association how I can get involved to make things better for all their tenants.
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I will use the [resources for looking after my home and keeping warm](#). I will ask for help where I may need it.
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January 2025

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Notable dates*

- Whole of January:
[Dry January](#),
[Veganuary](#)
- 08/01/25 – 14/01/25
[National Obesity Awareness Week](#)
TBC
- 14/01/25 [STIQ Day](#)
- 20/01/25 [Brew Monday](#) TBC
- 20/01/25 – 26/01/25
[Cervical Cancer Prevention Week](#)

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New Year resolutions for body and mind

Dry January

[Dry January](#) is a campaign run by Alcohol Change UK every January. Dry January is the UK's one-month challenge. It isn't about giving anything up. It's about getting something back: fun, energy, calm.

One month alcohol-free can reduce blood pressure, reduce diabetes risk and lower cholesterol. More information and support is available at [Alcohol Change UK](#) or [Drinkaware](#).

If you need more specialist support, [Achieve Recovery Services](#) provide a range of drug and alcohol treatment and recovery services in Salford.

If you are dependent on alcohol, stopping drinking suddenly can be very dangerous. If you are dependent on alcohol or have experienced symptoms after stopping drinking alcohol you should get help from a medical professional to reduce drinking safely. [Alcohol support - NHS](#).

Cervical cancer prevention

One in three women do not take up their screening invite. In England around 800 women die from cervical cancer each year.

HPV vaccination, cervical screening, and treatment for cell changes can all help prevent cervical cancer. More information is found at Eve Appeal

Obesity

Obesity in the UK has trebled since the 1980s. Already, around one-third of children and two-thirds of adults in England are overweight or obese. If trends continue, by 2050 only one in ten of the adult population will be a healthy weight.

Obesity can also have a profound effect on mental health. This includes a higher risk of depression, poor self esteem, and issues with body image.

More information on how to lose weight can be found at [NHS - Better Health - Lose Weight](#).

Sexually Transmitted Infections

Your sexual health is a key part of your physical, mental and social wellbeing. Taking care of your [sexual health](#) is important.

Brew Monday

Samaritans run the [Brew Monday](#) campaign on the third Monday in January.

Veganuary

Try the [Veganuary challenge](#) and cut out meat and dairy products to help your health and the planet. All these delicious recipes are plant based and good for you.

My pledges

This month I will drink less alcohol and use the online resources available to help me. [Alcohol support](#). Try the Alcohol Change UK quiz

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Use the five ways to wellbeing to plan at least five ways to thrive in this new year. [Five Ways to Wellbeing Postcards](#).

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This month I will try the Veganuary challenge and see how I can improve my eating and drinking habits for the whole year.

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I will explore the [Qwell app](#) that offers anonymous mental health support to adults.

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February 2025

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Notable dates*

- **Whole of February:**
[National Heart Month](#)
- **03/02/25 – 09/02/25**
[Children's Mental Health Week](#)
- **04/02/25** [World Cancer Day](#)
- **06/02/25** [Time to Talk Day](#)
- **09/02/25 – 15/02/25**
[Random Acts Of Kindness Week](#) TBC
- **10/02/25 – 14/02/25**
[National Apprenticeship Week](#)
- **20/02/25**
[World Day of Social Justice](#)
- **24/02/25 – 02/03/25**
[Eating Disorders Awareness Week](#)

Learning is a lifelong journey

Learning: why does it matter?

We learn everyday. Not just through formal learning in a classroom, which some may not enjoy, but when we respond to the world around us and develop our knowledge and skills in everyday life.

Learning throughout our lives and not just at school can help build confidence, access better opportunities and connect with others. It can also help to reduce stress and improve cognitive function as we get older.

Salford Learning City

Salford has set up a partnership which includes organisations with different approaches to learning including schools, higher education providers, arts bodies and creative community groups as well as residents with a desire to learn more. Find out more here: [Salford Learning City | MyCity Directory](#)

The [Salford Employment Hub](#) provides careers, skills and recruitment support to Salford residents and employers.

National Apprenticeship Week

Brings together organisations and apprentices across the country to shine a light on the positive impact apprenticeships make to individuals, organisations and the wider economy. [National Apprenticeship Week](#)

People of all ages and backgrounds are taking up new apprenticeship positions – get on the fast skills-escalator to progress in your career or even change your career to learn something new. [Career Advice Hub – National Apprenticeship Week](#)

[Skills for Life Apprenticeships](#) can help individuals of all ages to develop skills and knowledge for a rewarding career, and businesses to develop a talented workforce that is equipped with future-ready skills.

Daily Mile

[The Daily Mile](#) is a free initiative taking place not just in Salford but worldwide, that enables children of all ages and abilities to be physically active everyday in schools and early years settings. It is simple and easy to embed in everyday learning to support children's mental and physical health and wellbeing.

My Pledges

This month I will: [Brush up existing skills](#) or [learn something new](#) (e.g. cooking, sewing, public speaking)

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[Self-taught study](#) (e.g. learn a new language, research a topic of interest)

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[Take up a new sport](#) or activity or [find ways to move more](#) (e.g. joining a dance class, swimming, learn to meditate)

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[Gain confidence in the latest technology](#) (e.g. smart devices, download a podcast of interest, new software application)

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[Expand your knowledge or job prospects](#) (e.g. take a self-interest course via online education, or classroom-based course)

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March 2025

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Simple things to feel positive this spring

Notable dates*

- **Whole of March:**
[Ovarian Cancer Awareness Month](#)
- **24/02/25 – 02/03/25**
[Eating Disorders Awareness Week](#)
- **01/03/25** [Self Injury Awareness Day](#)
- **06/03/25** [World Book Day](#)
- **08/03/25** [International Women's Day](#)
- **12/03/25** [Young Carers Action Day](#) TBC
- **12/03/25** [No Smoking Day](#)
- **13/03/25** [University Mental Health Day](#)
- **14/03/25** [World Sleep Day](#)
- **17/03/25 – 23/03/25**
[Neurodiversity Celebration Week](#) TBC
- **17/03/25 – 23/03/25** [Nutrition & Hydration Week](#)
- **20/03/25** [International Day of Happiness](#)
- **30/03/25** [World Bipolar Day](#)
- **31/03/25 – 06/04/25**
[World Autism Acceptance Week](#) TBC

What is the International Day of Happiness?

It's a day to be happy! For over ten years, the United Nations has celebrated the International Day of Happiness as a way to recognise the importance of happiness in the lives of people around the world.

Being happy matters

In March each year, we celebrate the [International Day of Happiness](#)

It is also [World Sleep Day](#) on 14th March. Sleep is a great way to recharge your batteries, and your brain works through all those knotty issues that always feel much better or easier to face after a good night's sleep. Sometimes the simple things like eating well, sleeping well, staying hydrated, going for a walk are what swings your mood back to feeling positive.

The UN [17 Sustainable Development Goals](#) seek to [end poverty](#), [reduce inequality](#), and [protect our planet](#) – three key aspects that lead to well-being and happiness.

Celebrating different minds

Emotionally Friendly Settings is a flexible approach to improving children and young people's emotional health and well-being. [Emotionally Friendly Schools in Salford](#)

Neurodiversity Celebration Week started in 2018 to change the way learning differences are viewed, to focus on talents and strengths instead of focusing on the challenges. [Neurodiversity Celebration Week](#)

You can find more about the local offer in Salford online. [Salford's neurodevelopmental offer • Salford City Council](#)

Resources and Links:

[Anna Freud National Centre for Children and Families](#)

[Kooth](#)

[Improving children's mental health in schools – Place2Be](#)

[42nd Street](#)

[Young carers • Salford City Council](#)

My Pledges

This month I will: Keep [me and my families vaccinations](#) up to date.

Take up take up the offer of [important health screening](#) when I am invited.

Stay active by participating in one the [UKs many Charity Challenges](#)

Learn more about Stress. What it is and how it affects me and [choose one action for physical, mental, and emotional wellbeing to do daily.](#)

April 2025

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Let go of your worries one day at a time

Notable dates*

- Whole of April:
[Bowel Cancer Screening Month](#),
[Stress Awareness Month](#)
- 31/03/25 – 06/04/25
[World Autism Acceptance Week](#)
TBC
- 07/04/25 [World Health Day](#)
- 07/04/25 – 12/04/25
[Parkinson's Awareness Week](#) TBC
- 11/04/25 [World Parkinson's Day](#)
- 17/04/25 [World Hemophilia Day](#)
- 21/04/25 – 27/04/25
[Multiple Sclerosis Awareness Week](#)
TBC
- 21/04/25 – 27/04/25
[Lesbian Visibility Week](#) TBC
- 21/04/25 – 27/04/25
[Allergy Awareness Week](#) TBC
- 23/04/25 - 29/04/25
[World Immunization Week](#) TBC
- 24/04/25 [On your feet Britain](#) –
[Salford Wellbeing Walks](#)

Stress Awareness Month

Stress is a heightened sense of pressure. It is normal to feel some pressure at work. It's harmful when it's overwhelming and affects how you feel about yourself, your work and the world.

Stress occurs due to a range of factors such as lifestyle changes, being under pressure and facing uncertainty.

One of the difficulties with stress is that people experience it in different ways. We all have bad days, but being stressed is so much more than that. It's important to notice where people experience stress more regularly, for a longer period of time, or it is impacting on them or their lives.

Visit the [NHS website on stress](#) to find out more, because [Every Mind Matters - NHS](#).

[Mind in Salford](#) are a charity offering support and advice. You can find out more about

[What is stress?](#) and [Work and stress](#).

[Living Life to the Full](#) is a free online Cognitive Behavioural Therapy course.

In an emergency

Sometimes stress can feel so overwhelming some people may consider harming or taking their own life. If you ever reach this point please do not suffer alone, there are people who can help. Call 999 in an emergency, or 111 for non-emergencies.

Cancer screening

Thousands of people beat cancer every year. Treatment is often simpler and more effective the earlier it begins. So, if you are worried about something that may be cancer, it's really important that you see your GP. It may be nothing to worry about but acting early could save your life. For more information, visit the [NHS choices website](#).

Answer Cancer is the Greater Manchester Screening and Engagement Programme. It is run by a voluntary sector partnership that works to improve cancer awareness and increase uptake of cancer screening across Greater Manchester. You can view the work carried out by [Answer Cancer here](#).

Did you know that around four in ten of all cancers diagnosed in the UK are caused by lifestyle and environmental factors?

Tobacco smoking is by far the largest cause of cancer in the UK. Overweight and obesity is the UK's biggest cause of cancer after smoking (Cancer Research UK).

For free, confidential and local advice on healthy lifestyles, including help to give up smoking, visit [Salford's Health Improvement Connect](#).

World Immunisation Week

Celebrated in the last week of April to highlight the collective action needed to protect people of all ages from vaccine-preventable diseases.

My Pledges

This month I will: Keep [me and my families vaccinations up to date](#).

Take up take up the offer of [important health screening](#) when I am invited.

Stay active by participating in one the [UKs many Charity Challenges](#)

Learn more about Stress. What it is and how it affects me and [choose one action for physical, mental, and emotional wellbeing to do daily](#).

May 2025

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Spend time outside and smile

Notable dates*

- Whole of May –
[National Walking Month](#)
[GM Walking Festival](#)
- 05/05/25 [World Hand Hygiene Day](#)
- 05/05/25 – 09/05/25
[Viral Meningitis Awareness Week](#) TBC
- 05/05/25 – 11/05/25
[Sun Awareness Week](#) TBC
- 12/05/25 [World Myalgic
Encephalomyelitis \(ME\) Day](#)
- 12/05/25 – 18/05/25
[Mental Health Awareness Week](#)
- 12/05/25 – 12/06/25
[National Smile Month](#)
- 19/05/25 – 23/05/25
[Walk To School Week](#) TBC
- 21/05/25 [World Meditation Day](#)

Physical activity and mental health

The link between physical activity and mental health is well established. 'Be active' is one of the NHS' five ways to wellbeing:

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

During May there are a number of national campaigns and local events to support people in getting moving, getting outside and becoming more physically active.

Find out how you can [Move More](#) in Salford, while you are out and about this summer and please remember to be Sun Safe.

National Smile month

There is a close connection between mental health and oral health. Those who experience mental illness can also suffer with poor oral health. Some of the most common mental health conditions can have a negative impact on a person's oral health, including anxiety, panic attacks, depression, obesity, eating disorders and obsessive compulsive disorders. Research has shown that those experiencing mental health difficulties can sometimes avoid dental care so much that their oral hygiene is neglected leading to gum disease and dental decay.

Supporting healthy smiles

The Salford Public Health team aims to improve oral health, starting with children up to the age of five and vulnerable adults in care. The team has a programme where children in early years and reception class can take part in a brushing scheme using a fluoride toothpaste in school. They are provided with fluoride toothpaste and a toothbrush to take home and are encouraged to use these twice a day. Staff are given training on dental decay prevention so they can help young children form good oral hygiene habits.

My pledges

This month, I will take control of my day-to-day stress and anxiety using simple techniques using the [Thrive: Mental Wellbeing App](#)

Evidence-based apps to support mental wellbeing can be found here: [ORCHA](#)

I will support the [Salford Environment Forum](#)

I will take part in the [Greater Manchester Walking Festival in May](#)

I will find out more places to go and activities in [Salford Salford Activities and Groups \(padlet.com\)](#)

June 2025

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Notable dates*

- Whole of June: [Pride Month](#), [Gypsy, Roma and Traveller History Month](#)
- 02/06/25 – 08/06/25 [Volunteer Week](#) TBC
- 09/06/25 – 15/06/25 [Carers Week](#) TBC
- 09/06/25 – 15/06/25 [Loneliness Awareness Week](#) TBC
- 09/06/25 – 15/06/25 [Bike Week](#) TBC
- 09/06/25 – 15/06/25 [Men's Health Week](#) TBC
- 09/06/25 – 15/06/25 [Diabetes Awareness Week](#) TBC
- 12/05/25 – 12/06/25 [National Smile Month](#)
- 15/06/25 – 16/06/25 [We invented the weekend festival](#) TBC
- 16/06/25 – 22/06/25 [Learning Disability Week](#) TBC
- 16/06/25 – 22/06/25 [Cervical Screening Awareness Week](#)
- 21/06/25 [The Pink Picnic](#) TBC

Making a difference



From 2nd to 8th June, it's [Volunteer Week](#). Volunteering is a great way to give back to your local community and at Salford CVS they can find help you find a volunteering role in Salford. For more information check out their volunteering portal to find out where you can volunteer. [Salford CVS](#)

Carers make a huge difference to the lives of the people they support. [Carers Week](#), taking place from 9th –15th June 2025, is a UK-wide awareness campaign seeking to increase visibility for carers with decision-makers, services, employers, communities, and businesses.

The 2024 theme was “Putting Carers on the Map” and aimed to galvanize activity to highlight the increasing pressures of carers, and to campaign for much-needed recognition and support.

If you are a carer and need support contact the [Gaddum Centre](#) which provides practical support for both young and adult carers

Throughout June it's [Pride Month](#) – LGBTQ+ people experience high levels of health and social inequalities, and Pride Month is an opportunity to recognise the valuable contribution the LGBTQ+ community makes to our community.

If you are LGBTQ+ and want to find more support available for you in [Salford LGBT Support](#)

My pledges

This month I will explore volunteering opportunities to contribute to my local community with Salford CVS. I will check out the live board for [Salford CVS Activities, campaigns and groups](#) to join in the activities.

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I will celebrate [Carers Week](#) and take part in the [We invented the weekend festival](#), [The Pink Picnic](#), and the other health promotion activities going on this June.

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July 2025

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| 28* | 29 | 30* | 31 | | | |

Notable dates*

- Whole of July:
[Disability Pride Month](#)
- 01/07/25 – 07/07/25
[Alcohol Awareness Week](#) TBC
- 13/07/25
[Disability Awareness Day](#) TBC
- 18/07/25 – 17/08/25
[South Asian Heritage Month](#)
- 24/07/25
[Samaritans Awareness Day](#)
- 25/07/25
[World Drowning Prevention Day](#)
- 26/07/25 – 27/07/25
[The Makers Market at Quayside](#) TBC
- 28/07/25 [World Hepatitis Day](#)
- 28/07/25 – 29/08/25
[Salford Summer Holiday Fun](#) TBC
- 30/07/25
[International Day of Friendship](#)

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Out and about this summer



Holiday and activities food programme

[The holiday and activities food programme](#) is run during Easter, summer and Christmas school holidays and offers help to deal with children's holiday hunger, inactivity, isolation and learning loss. The programme offers a minimum of one meal per day, a minimum of one hour of physical activity per day and a wide range of activities including drama, craft, theatre and much more. The programme is funded by the Department for Education and is for children eligible for free school meals but it can also support children who may be vulnerable in other ways.

Out and about with friends

Friendships can be an important part of bringing communities together and connection is one of the '5 Ways to Wellbeing'.

[This International Day of Friendship](#), why not take a moment to chat or meet up with a friend or neighbour? Friendship between people, countries, cultures and individuals can inspire peace and build bridges between communities.

Tips on cutting back on drinking

Summer is a good time to relax, but it's important to drink sensibly. Alcohol is the main cause of liver disease, so aim to drink less and stay within low-risk guidelines.

[Download the Drinkaware App](#) to:

- Keep track of drink-free days
- Get simple and practical tips to help control drinking
- Receive reminders when you need it most
- Celebrate milestones

Remember, most people start using addictive substances before 18, so be a good role model. For drug and alcohol treatment, contact [Achieve Salford](#) at 0161 358 1530.

If you're under 21 or concerned about a young person's substance use, call [Achieve Young People's service](#) on 0161 723 3880.

My pledges

Find out if I am at risk of hepatitis by getting my blood tested with [Achieve Salford](#).

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Find out [what is happening in Salford](#) to get me out and about this summer.

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[Attend Disability Awareness Day](#) activities nearby.

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Learn more about [Change4Life](#) and sign up for [Health Steps](#) emails.

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Keep a [record of my alcohol consumption](#) for a whole week and request a liver function test from the GP practice if something doesn't feel right.

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August 2025

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| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31* | | | |

Notable dates*

- 18/07/25 – 17/08/25
[South Asian Heritage Month](#)
- 28/07/25 – 29/08/25
[Salford Summer Holiday Fun](#) TBC
- 01/08/25 – 07/08/25
[World Breastfeeding Awareness Week](#)
- 11/08/25 – 17/08/25
[National Allotments Week](#) TBC
- 12/08/25 [International Youth Day](#)
- 31/08/25
[International Overdose Awareness Day](#)

Try something new

Benefits of creative activities on mental health

Whether you're drawing, knitting, singing, dancing, playing music or even gardening – creative activities have significant benefits for your mental health and wellbeing.

- Being completely absorbed in something can help reduce anxiety.
- Studies show activities like art can help us manage our emotions.
- Playing a musical instrument increases connectivity in the brain.
- Dancing for dementia can also help to reduce agitation and the need for medication.

Ideas for getting more creative in Salford

Babies and Children - You'll find lots of free and low-cost creative activities at Salford Museum and Art Gallery. Why not pop along to the monthly [Gallery Babies](#) session.

Young People - Sign up for theatre-making workshops with Stage Directions – you'll find them at the Lowry and The Den Youth Club in

Walkden. Try everything from circus stills, puppetry, songwriting and more: Email stagedirections@thelowry.com for more info.

"Acting at The Den is very good because you are able to express yourself and be unique."

"These sessions bring out confidence in my child. They build on her skills and teach her new ones."

Adults

Organisations such as the Energise Centre, Langworthy Cornerstone and the Angel Centre run loads of creative sessions. Check out their websites or the My City Directory or Salford CVS What's On page for details.

[Langworthy Cornerstone Arts and Crafts](#)

[The Angel Centre Timetable](#)

[The Big Life Group](#)

[Salford CVS Creative Activities](#)

[Salford My City Directory](#)

Relax with Art

Why not try something a bit different at the museum as a way of reducing stress. On the last Friday of the month join us for a slow looking session –

where we look at a different artwork – thinking about what we can see, hear and feel sitting in the gallery. You can then try a simple creative activity which is all about having a go, rather than needing to be 'good' at art. [Salford Museum and Art Gallery](#)

Calling all new mums, dads and families

Babies respond to positive, responsive relationships with their parents and carers. These interactions help babies to regulate their emotions, support brain development and make positive attachments with others. Breastfeeding is the best nutrition for babies and can improve attachment between mother and child as well as better health. [Breastfeeding in Salford](#)

Creativity in older age

You'll find loads of activities on the [Age Friendly Salford website](#)

[Dancing with Dementia](#) run events across the city. You'll find them every Wednesday morning at the Humphrey Booth Centre. On the second Monday of the month they take over the Grand Palais in Swinton.

Things to do in Salford

[Craft socials](#) at Salford Museum and Art Gallery

[Life drawing](#) at Salford Museum and Art Gallery

[Craft and gardening](#) workshops at Ordsall Hall

[Learn to play an instrument](#)

Take a walk around your [local art gallery](#)

Organisation pledges

September – Month of Hope

As an organisation, we will run mental health awareness sessions and connect with the activities taking place in Salford and across Greater Manchester. We will review our policies for sickness absence to make sure our staff have access to mental health support when they need it. We will support staff to undertake the [Save a Life training](#). [Specialist Mental Health Services in Greater Manchester](#)

October – Balance your finances and reward your staff

Every organisation which pays the Real Living Wage reports they are more productive and are more able to keep staff because their employees feel valued. They also find it easier to recruit staff. It really matters to make ends meet for your staff, their families and improves the experience of your customers. [Help make Salford a Living Wage City](#)

November – Ease the pressure at home and at work

Arrange for your team to have blood pressure checks and make sure they have time to go for vaccination and routine appointments for any long-term health conditions. Find out more about the 10 stress busters and set aside time for exercise and regular breaks during their working time.

December – health at home

Many staff are now working from home flexibly or hybrid or routinely. As an employer, you have the same health and safety responsibilities for people working at home as for any other worker. Things you should consider as part of your [risk assessment](#) for home workers include:

- [stress and poor mental health](#),
- [their working environment](#) and
- [using equipment like computers and laptops safely](#).

2025 pledges

January – New Year resolutions for Mind and Body

As an organisation we will support Dry January and Brew Monday. We will review our business plan for the year from the point of view of keeping a healthy workforce will give productivity returns and better staff retention and motivation. We will undertake our own self-assessment against the [Workplace Wellbeing Charter - Health at Work](#)

February – learning is a lifelong journey

As an organisation, we will commit to the [The Daily Mile](#) to school and work. We will find ways to offer more apprenticeships to help people on their journey through learning. A toolkit is available to help you plan and promote your activities for [National Apprenticeship Week](#) and don't forget to tag them at #SkillsforLife

March – Simple things to feel positive

One third of carbon emissions in Salford are from industry. We will pledge our own simple changes to contribute to [environmental sustainability](#) and a greener Salford. For Neurodiversity Celebration Week, we will use the [Business Resources](#) raise awareness and celebrate the value that each individual brings.

April - Let go of your worries one day at a time.

As an organisation, we will take part in the 30-Day Challenge – Pick one action from your physical, mental and emotional wellbeing to carry out every day. It takes [30 days to turn actions into habits](#)

May – Spend time outside and smile

As an organisation, we will do our bit to become an Active Workplace. We will produce plans on our website Active Travel to encourage our staff, clients and customers to get to us on public transport, cycling and walking. [Transforming Salford into an active city](#)

June – Making a difference

As an organisation, we support [Better Off in Salford](#). We benefit from the opportunities that volunteers can help us achieve. We will review our volunteering policies to check we are open and inclusive and fully supporting our volunteers as we do our staff. We will support our carers with flexible working.

July – Out and about this summer

We will look out for our staff and customers to [Beat the heat](#) and help keep cool and hydrated. Our staff and customers will have great ideas how to do this. It may be a good opportunity for a summer quiz or an away day. As an organisation, we may take part in charity runs or other activities to raise funds for a good cause.

August - Mental Health benefits of creative activities

Did you know creativity, innovation and productivity are closely linked, and it really helps staff morale.

You can take advantage of the summer holidays to run a creative health and wellbeing day for your staff. Click here for [resources](#) that can help from the Salford Museum and Art Gallery or book a Creative Away day at the [Ordsall Hall](#).

Acknowledgments



The Public Health and Wellbeing Calendar for 2024/25 has been collaboratively created by the mental health champions for Salford, representing the various partnerships who are committed to improving health in the city. The group are chaired by Dr Muna Abdel Aziz, Director of Public Health and Wellbeing:

- Alexandra Wylde, Designer
- Alison Burnett, Work and Skills
- Anne Marie Marshall, Salford CVS
- Caroline Alexander, Salford Community Leisure
- Clare Mayo, Adults Mental Health Commissioning
- Debbie Blackburn, 0-25 Partnership
- Debbie Evran, Public Health communications
- Emily Edwards, Children's Emotional Health and Wellbeing
- Gaea Catterall, Children's Public Health
- Gethin Hopkin, Public Health Specialty Registrar
- Karen Bird, HR and OD lead
- Natalie Lunn, Early Help for Children, Young People and Families
- Nicola Leak, Salford Health and Wellbeing Board
- Nicola Prescott, Salford Public Mental Health
- Peter Locke, Salford Physical Activity Alliance
- Roselyn Baker, Community Safety Partnership
- Sian Grant, Salford Strategic Housing Partnership
- Sian Ilett, Partners in Salford communications
- Tilly Godden and Lewis Hepburn, student placement with public health



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While some campaign details in 2025 are still pending, you can access the most up-to-date campaign resources nearer the time. We will be promoting some of these key campaigns each month. You can stay connected through the Partners in Salford webpages where you will find useful mental health resources on the dedicated [Thriving in Salford webpages](#).

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Thriving in Salford

