



October 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31st <p>Happy Halloween</p>	NHS Staff Survey 2022 <p>By giving just 15 minutes of your time you can help make the NHS the workplace we all want it to be. Complete the survey to have your say</p>			<p>We each have a voice that counts</p>	1st Quit smoking for 28 days! 	2nd BREAST CANCER AWARENESS MONTH
3rd <p>Backcare Awareness Week 3rd - 7th</p>	4th <p>Complete your staff survey - have your say!</p>	5th <p>Have you had your 2 litres of water today?</p>	6th <p>Compassion Fatigue course available through TMS</p>	7th <p>Have you had your flu jab yet?</p>	8th <p>Try and start a new book today</p>	9th <p>Inspire Someone Today</p>
10th <p>WORLD MENTAL HEALTH DAY 10 OCTOBER</p>	11th <p>Complete your staff survey - have your say!</p>	12th 	13th <p>Have you visited our new Health & Wellbeing website yet? Username: UHMBTWELL</p>	14th <p>unmind FREE access to NHS staff</p>	15th <p>World Singing Day</p>	16th <p>Aim for 8 hours sleep tonight</p>
17th <p>Bring a healthy snack to work day</p>	18th <p>18 October World Menopause Day</p>	19th <p>self care</p>	20th <p>BE KIND TO yourself</p>	21st <p>Happy Friday</p>	22nd <p>Why not go out for an Autumn walk</p>	23rd <p>Freedom to Speak Up Month Making Freedom to Speak Up business as usual.</p>
24th <p>Resilience Hub Isresiliencehub.nhs.uk</p>	25th <p>Have you had your flu jab yet?</p>	26th <p>Today I will not stress over things I can't control</p>	27th <p>TAKE A BREAK! ...from your work area</p>	28th <p>I'VE BOOSTED MY IMMUNITY FLU VACCINE + COVID-19 BOOSTER</p>	29th <p>Pumpkin carving time...</p>	30th <p>REMEMBER CLOCKS GO BACK ONE HOUR</p>