



# Health & Wellbeing Calendar 2019/2020

Health & Wellbeing EVENT	Target Audience?	July	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	June
Suicide Prevention – Pop-up Event. Yellow ribbons symbolise awareness and support	All students		*									
Fresher’s Fair – Welcoming all new students	All new students		*									
Sexual Health Awareness Week - Theme for 2019 is: Making Sexual Health Inclusive: relationships, sex and disability	All students		*									
Sefton Young Carers – Introduction to the Services, and how they can offer support to Young Carers	14-16s students (Year 10s)		*									
World Mental Health Awareness Day – Theme for this year is ‘Suicide Prevention’. Support delivered by Access Sefton, Samaritans, The reach Men’s Centre. Green ribbons symbolise #WMHD	All students			*								
Relationships, Consent & Personal Respect – Exploring the ideas around consent and respect in relationships, our rights, and how to access support	All 14-16s students			*								
‘Peace Out’ – A D-Street Media film project which explores hate crime, cultural differences and suicide. Samaritans will be supporting anyone affected by the content	All 14-16s students			*								
National Hate Crime Awareness Week – Awareness campaign #NHCAW	All students			*								
Diversity Role Models – Creating a safe for young people to explore differences and consider their role in creating a world where all people feel safe and accepted. LGBT+ and ally role models speak openly about lived experiences	All students			*								
Citizenship – These are 45-minute workshops on CHANNEL awareness	All 14-16s students				*							
National Anti-Bullying Awareness Week – this year the theme is ‘Change Starts With Us’. Don’t forget Odd Socks Day on the 12 <sup>th</sup> of November to celebrate our individuality	All students				*							

Addaction Sefton – Our annual Substance Misuse Awareness sessions, which are very interactive, and informative	All students				*							
Bullybusters – Bullybusters is a Merseyside based Anti-Bullying Project The 2019 theme is ‘Choose Respect’	All students				*							
The Great HIV Debate – Annual event that raises awareness and dispels myths around the topics of HIV and AIDS	All students				*							
Knife Crime Awareness – Rob Jackson from The Royal Hospital A&E delivers awareness sessions on Knife Crime	All students				*							
Animal Awareness – An insight into Factory Farming	All students					*						
CELLS – Exploring gangs and gun culture, and how we can avoid engaging and getting into trouble	All 14-16s students					*						
‘One Punch Can Kill’ – Jamie Denyer speaks about how one blow to the head, killed his nephew	Students					*						
‘Stay Safe’ Event – annual event to raise awareness of local support services available over the Festive break						*						
Resilience Workshops – Empowering those who experience stress, and low mood	All students					*						
Safer Internet Day - Safer Internet Day 2020 will be celebrated globally with the theme: Together for a better internet	All students							*				
Exam Stress Support – Pastoral Support with tips and hints on managing stress around preparing for exams	All students, including GCSE and A-Levels								*			
Diversity & Culture Day – Celebrating differences and learning about other Cultures	All students								*			
Careers & Wellbeing Fair: - H&W and Careers combined Event. It aims to prepare young people for the world of work, and understand how health and wellbeing impact on employability and job retention. Market-styled with external providers supporting with IAG	All students									*		
IDAHOT Day – An International Day that raises awareness of LGBT rights violations and stimulates interest in the work that is done for LGBT rights	All students - H&SC students lead on student activities										*	

- Daily drop-in sessions for students who need support, including Counselling
- Appointments are also available

- Sanitary Hygiene support for students
- Food appeals
- Introduce annual theme to focus on – theme is centred around enabling Mental Health Self-Care, Self- Empowerment, and building Resilience
- Forge new partnerships with local and national services that raise awareness of key topics relevant to young people
- Develop and co-ordinate a H&W/Enrichment Calendar of Events for the academic year
- Interventions with At Risk Learners
- Update Health & Wellbeing as well as Enrichment posters and electronic media around the College
- Design, produce and update relevant Health & Wellbeing resources
- Market all events and workshops on Eventbrite, and update as and when relevant
- Record Student Interventions for Health & Wellbeing and Enrichment on ProMonitor
- Update Progress Coaches on amendments to H&W / Enrichment Calendar of Events