



# Health campaign calendar

## March

Your monthly campaign tool kit to help promote health and wellbeing to your community.



**Live Life**  
**BETTER**  
**DERBYSHIRE**



# March

## National Campaigns

### No Smoking Day. 8th March

No Smoking Day is an annual health awareness day in the United Kingdom which is intended to help smokers who want to quit smoking. It is held on the second Wednesday of March.

## Useful websites and resources

Live Life Better Derbyshire - local, free, stop smoking support for Derbyshire residents. Click the box for info.



NHS Smokefree. Click the box to visit the website.



## Ovarian Cancer Awareness month.

March is Ovarian Cancer Awareness month. It's the perfect time to spread awareness about the importance of cervical screening. Download resources from the sites below.

## Useful websites and resources

Target Ovarian Cancer



Ovarian Cancer Action



# March

## National Campaigns

### Prostate Cancer Awareness month.

March is Prostate Cancer Awareness month. Download resources from Prostate Cancer UK



### Self Harm Awareness Day 1st March

Harmless provides support, information, training and consultancy about self harm to individuals who self harm, their friends, families and professionals with a view to promoting health and recovery, reducing isolation and distress, and increasing awareness and skill in intervention.

This year Harmless is leading the national Self Harm Awareness Day campaign on 1st March, which seeks to shine a light on self harm and de-stigmatize this often-misunderstood issue. Find out more by clicking the blue tick.



## Newsletter / payslip / intranet copy

### No Smoking Day 8th March

Stopping smoking is one of the best things you can do for your health and if you're ready to quit for good then there's lots of support on offer.

NHS Smokefree has lots of top tips and advice on how to kick the habit for good. Find out more at [www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)

You can also get FREE stop smoking support through Live Life Better Derbyshire. It's a healthy lifestyles services that offer help to Derbyshire residents on a wide range of issues including stopping smoking, losing weight and getting more active.

Find out more at [www.livelifebetterderbyshire.org.uk](http://www.livelifebetterderbyshire.org.uk) or call 0800 085 2299.

You can also download the FREE My Quit Route app. Full of useful support to help you stop for good.

Download it from the ORCHA website here:

<https://derbyshire.orchacare.co.uk/defaultsearch/?search=my%20quit%20route>



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We hope this toolkit is useful to you. If you have any suggestions for improvements please email [colleen.marples@derbyshire.gov.uk](mailto:colleen.marples@derbyshire.gov.uk)

You can follow us on the following social media accounts:



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