

USEFUL CONTACTS



East Riding of Yorkshire Council — Public Health
www.eastriding.gov.uk/living/health-and-wellbeing/public-health



Smoking Cessation Services — Health Trainers
www.nhs-health-trainers.co.uk



“Rise Above” Safe, young people’s forum/Chat — Public Health England
www.riseabove.org.uk



Mental Health advice — Hull and East Yorkshire Mind
www.mindhey.co.uk



Debt Advice — Citizens Advice Bureau
www.citizensadvice.org.uk



Dementia Services — Alzheimers Society
www.dementiaeastriding.org.uk



HEALTH EVENTS													
Seasonal Flu Vaccinations				Eating Disorders Week 12-19		Sun Awareness						Urology Awareness Month National Blood Cancer Awareness Month	
Change4Life: Walk To School	Walk To School Month		Novemver Men's Health Awareness Month 1-30	National HIV Testing Week 20-27		Early Diagnosis And Stroke			National Walking Month 1-31	Men's Health Week 15-21	Hepatitis B Day 28		
Being Clear On Cancer: Multi Cancer Campaign			Anti-Bullying Week 16-20	World Aids Day 1		Ovarian Cancer Awareness Month 1-31		World Tuberculosis Day 24	Bowel Cancer Awareness Month 1-30	Sun Awareness Week 4-10	World Blood Donor Day 14		
Urology Awareness Month	Stoptober		Alcohol Awareness Week 16-22			National Obesity Awareness Week 12-18		World Health Day 7		Mental Health Awareness Week 11-17			National Eye Health Week 21-27
National Blood Cancer Awareness Month	Back Care Awareness Week 7-11		National Stress Awareness Day (NSAD) 5			Brain Awareness Week 16-22		Allergy Awareness Week 20-26		Dementia Awareness Week 14-23			National Eye Health Week 21-27
National Eye Health Week 21-27	Make a Difference Day 24		World Diabetes Day 14			Nutrition and Hydration Week 16-22				World Ashtma Day 5			World Suicide Prevention Day 10
Sexual Health Week 14-20	World Mental Health Day 10				Health Through Warmth 17-23				World No Tobacco Day 31				
World Suicide Prevention Day 10					No Smoking Day 11				Public Health Cycle Ride 27-30				

COUNCIL MEETINGS AND OTHER EVENTS											
The Cabinet 1 C&YP – O&S Sub-Committee 2 HC&W – O&S Sub-Committee 8 S&SC – O&S Sub-Committee 10	COUNCIL 8 The Cabinet 13 C&YP – O&S Sub-Committee 14 HC&W – O&S Sub-Committee 20 E&R – O&S Sub-Committee 21 S&SC – O&S Sub-Committee 23		C&YP – O&S Committee (Ofsted) 4 HC&W – O&S Sub-Committee 10 Overview Management Committee 12	S&SC – O&S Sub-Committee 3 The Cabinet 8 E&R – O&S Sub-Committee 8 Health and Wellbeing Board 9	HC&W – O&S Sub-Committee 5 COUNCIL 13 The Cabinet 19 C&YP – O&S Committee (Ofsted) 20	The Cabinet 2 HC&W – O&S Sub-Committee 9 C&YP – O&S Committee (Ofsted) 10 COUNCIL (Budget?) 11 COUNCIL 21	The Cabinet 1 C&YP – O&S Committee 2 S&SC – O&S Sub-Committee 3 Health and Wellbeing Board 3 HC&W – O&S Sub-Committee 8 E&R – O&S Sub-Committee 9	COUNCIL 6 Licensing Committee 11 The Cabinet 12 Planning Committee 14 HC&W – O&S Sub-Committee 19 The Cabinet 25	Early Spring Bank Holiday 2 Spring Bank Holiday 30	Father's Day 19	
The Cabinet 15 E&R – O&S Sub-Committee 16 Health and Wellbeing Board 17 C&YP – O&S Committee (Ofsted) 23 Overview Management Committee 24	The Cabinet 27 Health and Wellbeing Board 29		Christmas			Valentine's Day 14 Shrove Tuesday 9	The Cabinet 15	St. George's Day 23			
Withersea Wartime Experience 5-6 Sequence Dance Festival, The Spa Bridlington 10-13 Cottingham Food and Drink Festival 20	British Summer Time ends 25 Halloween 31		Remembrance Sunday 8 St. Andrew's Day 30	Christmas Day 25 Boxing Day 26 New Year's Eve 31	New Year's Day 1		St. David's Day 1 Mothers' Day 6 St. Patrick's Day 17 Good Friday 25 British Summer time begins 27				
	Hull Fair 12-16 Beverley Food Festival 4 Michelmas Fair, Burton Agnes Hall 24-25		Bridlington Old Town Dickensian Festival 22 Hull Christmas lights switch on 26 Christmas Festival of Food and Drink, Beverley Minster 28	Beverley Festival of Christmas 13							
Back to school 8	Schools break up for half term 23		Back to school 2	Schools break up for Christmas 18	Back to school 5	Schools break up for Half Term 12 Back to school 22	Schools break up for Easter 24	Back to school 12	Schools break up for Half Term 27	Back to school 6	Schools break up for Summer 22