BDCFT Health Awareness Campaigns Calendar

2023-24

DRAFT

Each year the Library and Health Promotion Resources team for BDCFT, with support and guidance from MyLivingWell, coordinate six health awareness campaigns across Bradford and Airedale. Campaigns involve the distribution of display packs containing leaflets and posters on specific health topics; we also do this online via our website, on Twitter and our email networks with key campaign messages and digital resources available for download.

Our campaigns are collaborative, and we welcome the support of organisations in disseminating our key messages. The campaigns aim to coordinate public health efforts across the district, allowing different partner organisations to work together, sharing common goals and ensuring that all people across our district have access to health information to support them.

To join our email list, to keep up-to-date on the latest health awareness campaigns, please email [library.lynfield@bdct.nhs.uk](mailto:library.lynfield@bdct.nhs.uk) or go to <https://www.bdct.nhs.uk/working-for-us/library-health-promotion-resources/health-awareness-campaigns/>.

Also see @BDCFTLibrary on Twitter.

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| Campaign Topic | Provisional dates |
| Dementia Awareness | May 2023 |
| Breastfeeding/Weaning | August 2022 |
| Stoptober: Smoking Cessation | October 2023 |
| Self-Care (LTCs/bone health) | November 2023 |
| Dry January | January 2024 |
| Sleep Hygiene | March 2024 |