



health information & resources service

Our local health information service within NHS Ayrshire and Arran provides a wide range of materials and resources to support you with your health related campaigns and activities.

To order resources go to: www.healthinfoshop.scot.nhs.uk

Telephone: **01292 885927**

Email: HIRS@aapct.scot.nhs.uk

Visit: **Afton House, Ailsa Hospital**

We are open: **Monday to Friday 9am to 5pm**

Campaign Best Practice

We can provide you with Best Practice Guidance to support you in the development and implementation of Health Campaigns.

Please contact HIRS at the number above.

Note: These dates and events may be moved or changed throughout the year. You may wish to check the website before planning a campaign.



For help with your health and wellbeing

Click here to download video

Health Campaigns Calendar 2022

January 2022

Love Your Liver Month
<https://britishlivertrust.org.uk/information-and-support/liver-health-2/love-your-liver/>

10th National Obesity Awareness
www.nhsaaa.net/allied-health-professionals-ahps/nutrition-and-diet/weight-management/

17th-23rd Cervical Cancer Prevention
www.jostrust.org.uk

31st National Bug Busting Day
www.chc.org/for-schools/

Money Worries/Financial Inclusion East Ayrshire
Freephone - 0800 389 7750
<https://eamoney.co.uk>

North Ayrshire
Call - 01294 310 456
www.nahscp.org/money-matters/

South Ayrshire
Call - 0300 123 0900
<https://beta.south-ayrshire.gov.uk/article/24029/Money-and-debt-advice>

February 2022

National Heart Month
www.bhf.org.uk

LGBT History Month
www.lgbthistory.org.uk

4th World Cancer Day
www.worldcancerday.org

6th Time to Talk Day
www.seemescotland.org

7th - 13th Children's Mental Health Week
www.childrensmentalhealthweek.org.uk

8th Safer Internet Day
www.saferinternet.org.uk/safer-internet-day/2022

18th Care Day
<https://www.whocaresscotland.org>

20th World Day of Social Justice
www.un.org/en/observances/social-justice-day

28th - 6th March Eating Disorders Awareness Week
www.beateatingdisorders.org.uk/support-our-work/eating-disorders-awareness-week/

March 2022

Ovarian Cancer Awareness Month
<http://ocam.org.uk>

Prostate Cancer Awareness Month
<https://prostatecanceruk.org>

1st Self-Harm Awareness Day
www.lifesigns.org.uk

8th International Women's Day
www.internationalwomensday.com/IWD2022/

10th No Smoking Day - Quit Your Way Ayrshire
www.nhsaaa.net/better-health/topics/smoking/

10th - World Kidney Day
www.worldkidneyday.org/2022-campaign/2022-wkd-theme/

16th Young Carer's Action Day
www.twinkl.co.uk/event/young-carers-awareness-day-2022/

20th - World Oral Health Day
www.nhsaaa.net/better-health/topics/oral-health/

April 2022

Bowel Cancer Awareness
www.getcheckedearly.org/bowel-cancer

Stress Awareness
www.nhsaaa.net/better-health/topics/mental-health-and-wellbeing/

Family Safety Awareness
www.rospace.com/campaigns-fundraising/current/family-safety-week

2nd - World Autism Awareness Day
www.autism.org.uk/what-we-do/scotland

7th April World Health Day
www.who.int/campaigns/world-health-day/

21st - 1st May Intergenerational Week
<https://generationsworkingtogether.org/global-intergenerational-week/>

24th - 30th Immunisation Week
www.nhsinform.scot/healthy-living/immunisation/

28th On Your Feet Day
<http://onyourfeetday.com>

May 2022

National Walking Month
www.livingstreets.org.uk/get-involved/campaign-with-us/national-walking-month

Stroke Awareness Month
www.stroke.org.uk/fundraising/stroke-awareness-month

2nd - 8th Sun Awareness Week
www.nhs.uk/live-well/healthy-body/sunscreen-and-sun-safety/
www.britishskinfoundation.org.uk/how-to-stay-safe-in-the-sun

2nd - 8th Screen Free Week
<https://fairplayforkids.org/screen-free-week/>

9th - 15th Mental Health Awareness Week
www.nhsaaa.net/better-health/topics/mental-health-and-wellbeing/

16th - 22nd Dementia Awareness week
www.alzscot.org

20th - 26th Learning Disability Week
<https://www.sclcd.org.uk/learning-disability-week/>

June 2022

Pride Month
<http://shayr.com/lgbt-services/>

Breastfeeding Awareness
www.breastfeedingnetwork.org.uk/ayrshire/
www.nhsaaa.net/services-a-to-z/breastfeeding/

Loneliness Awareness
www.campaigntoendloneliness.org

6th - 10th Carers Week
<https://young.scot/campaigns/national-young-carers>
<https://www.carersuk.org/scotland>

6th - 10th Child Safety Week
www.capt.org.uk/Pages/Category/child-safety-week

8th - 15th Bike Week
www.cyclinguk.org/bikeweek/about

14th World Blood Donor Day
www.scotblood.co.uk

14th - 20th Men's Health Week
www.menshealthforum.org.uk/scotland

July 2022

What's on Ayrshire
www.whatsonayrshire.com

Eat Better Feel Better
www.parentclub.scot/articles/eat-better-feel-better

Holiday Hunger
<https://northayrshire.foodbank.org.uk/>
<https://southayrshire.foodbank.org.uk/>
<http://cvoea.co.uk/what-we-do/ayrshire-east-foodbank/>

Water Safety
<https://coastguardsafety.campaign.gov.uk/>

4th - 10th Health Information Week
<https://healthinfoweek.wixsite.com/healthinfoweek/post/national-resources-to-help-you-plan-your-local-hiw2022-health-information-week-2022-events>
<http://www.healthinfoshop.scot.nhs.uk/>

28th - World Hepatitis Day
www.hepatitis.scotland.org.uk

August 2022

Physical Activity Awareness
www.nhsaaa.net/better-health/topics/physical-activity/

ROSPA Child & Young People Safety
www.rospace.com/home-safety

Outdoor Safety
www.firescotland.gov.uk/your-safety/outdoors/

Return to School Prep
www.parentclub.scot

Workplace Travel
www.sustrans.org.uk/our-blog/projects/2019/uk-wide/workplace-travel-challenge/

3rd - Play Day
www.playday.org.uk

September 2022

Blood Borne Virus Awareness
www.tht.org.uk

Sexual Health Awareness
www.shayr.com

Greener Energy
<https://energysavingtrust.org.uk/programme/home-energy-scotland/>

5th - 9th World Organ Donation Week
www.organdonationscotland.org

9th Fetal Alcohol Spectrum Disorder Awareness Day
www.nhsaaa.net/services-a-to-z/fetal-alcohol-spectrum-disorder-fasd/

10th Suicide Prevention Day
www.samaritans.org/scotland/support-us/campaign/world-suicide-prevention-day/

21st - World Alzheimer's Day
www.alzscot.org

October 2022

Menopause Awareness
www.nhsinform.scot/illnesses-and-conditions/sexual-and-reproductive/the-menopause

Health Literacy Month
www.healthliteracyplace.org.uk

3rd - 9th Challenge Poverty Week
www.challengepoverty.net

9th - 15th Baby Loss Awareness Week
<https://babyloss-awareness.org>

10th World Mental Health Day
www.mentalhealth.org.uk/our-work/campaigns/

12th - 20th Bone and Joint Awareness Week
<http://arma.uk.net/membership/bonejointweek/>

November 2022

November Mens Health
<https://uk.november.com>

Lung Cancer Month
www.getcheckedearly.org/lung-cancer/

Fuel Poverty Awareness
www.endfuelpoverty.org.uk

Fireworks Safety
<https://www.firescotland.gov.uk>

14th - 20th Alcohol Awareness Week
www.nhsaaa.net/better-health/topics/alcohol/

15th - 21st Anti-Bullying Week
www.respectme.org.uk/anti-bullying-practice/
www.young.scot/bullying/

25th - 16th Days of Action White Ribbon Scotland
www.whiteribbonScotland.org.uk

December 2022

Safety at Christmas in the Home
<https://www.rospace.com/home-safety/advice/christmas-safety>

Citizens Advice
<https://www.cas.org.uk>

Health Improvement Information
www.healthinfoshop.scot.nhs.uk

Get Ready Scotland
<https://www.ready.scot>

Internet Safety
www.cybersafescotland.org

Right Care Right Place
www.nhsaaa.net/right-care-right-place

1st World AIDS Day
www.worldaidsday.org

10th World Human Rights Day
www.un.org/en/observances/human-rights-day

Public Health Priorities for Scotland

Our aim is to improve health and reduce inequalities. Six priorities - as shown in the diagram - have been agreed as the most important things Scotland as a whole must focus on over the next decade to improve the health of the population. In Ayrshire & Arran, we will build on progress made, and work with our partners to take further action to address these priority areas.



Priority 1
A Scotland where we live in vibrant, healthy and safe places and communities



Priority 2
A Scotland where we flourish in our early years



Priority 3
A Scotland where we have good mental wellbeing



Priority 4
A Scotland where we reduce the use of and harm from alcohol, tobacco and other drugs



Priority 5
A Scotland where we have a sustainable, inclusive economy with equality of outcomes for all



Priority 6
A Scotland where we eat well, have a healthy weight and are physically active

