

# PHM INTERVENTION CALENDAR

## SEPTEMBER

Target Area:  
Health Promotion

- One you promoted on social media & screens
- Heart age test promotion
- Health check pop up station across booster vaccination centre and Rushcliffe Arena
- Promotion of YHYW service



## OCTOBER

Target Area:  
Smoking

- Stoptober app promoted via screens & social media
- Stoptober resources distributed
- YHYW service promotion via text



## NOVEMBER

Target Area: Diabetes

- National Diabetes Month promoted on social media, screens
- mySugr app promoted
- DESMOND education
- Local diabetes services/groups promoted



## DECEMBER

Target Area: Alcohol

- Drink driving awareness social media promotion
- Drinkaware app
- Home and Dry campaign material
- Promotion of YHYW & CGL service



## JANUARY

Target Area: Alcohol

- Alcohol awareness social media campaign
- Drink Free Days app promotion
- Promotion of YHYW & CGL service



## FEBRUARY

Target Area: Frailty awareness & Prevention

- Keep On Keep Up app promoted
- Falls prevention team partnership
- YHYW falls service promoted



## MARCH

Target Area: Smoking

- Resources promoted on screens, social media, PPG, community groups
- Smoke Free app promoted
- YHYW text message and outreach



## APRIL

Target Area: Sleep

- Resources promoted via screens, social media, PPG, community groups
- Information distributed of how sleep effects overall health and wellbeing
- Headspace app promotion



## MAY

Target Area: Physical Activity

- Social media campaign
- Local walking groups and green spaces promoted
- Active 10 app promoted



## JUNE

Target Area: Obesity

- Healthy Eating Week promotion
- Promotion of YHYW service
- Easy Meals app promoted



## JULY

Target Area: Dementia

- Living well with Dementia promoted
- House of memories app promoted



## AUGUST

Target Area: Physical Health

- Cycle to Work Week promotion
- Promotion of local cycle routes
- EXi app promoted

