

# LHCH Membership & Community Communications & Events Calendar 2025/26

APRIL 2025



Health Focus of the month  
Stress Awareness Month

MAY 2025

2025 Public & Staff  
Governor Elections  
Launch



Health Focus of the month  
World Asthma Day

Challenge yourself month  
To encourage fitness challenges and to  
promote wellbeing,

JUNE 2025



LHCH Newsletter  
OUT NOW

Health Focus of the month  
Cystic Fibrosis Week &  
Heart Rhythm Week

JULY 2025

Health Focus of the month  
NHS 77th Birthday

Photo Competition Concludes & Winner  
announced.



AUGUST 2025



Health Focus of the month  
World Lung Cancer Day

SEPTEMBER 2025



AMM  
16th September,  
4pm

LHCH Newsletter  
OUT NOW



University  
Recruitment  
Events

Health Focus of the month  
World Sepsis, Aortic Dissection,  
Heart and Lung Day

OCTOBER 25



Health Focus of the month  
Stoptober

NOVEMBER 25



Health Focus of the month  
World Diabetes Day

DECEMBER 25



LHCH Newsletter  
OUT NOW

JANUARY 26



Health Focus of the month  
Blue/Brew Monday

FEBRUARY 26



Health Focus of the month  
Heart Month

MARCH 26



LHCH Newsletter  
OUT NOW

Health Focus of the month  
World Sleep Day

International Womens Day - CVD  
prevention focus/Menopause