June 2018

Football World Cup Month

FIFA WORLD CUP RUSSIA 2018

HEALTH & WELLBEING

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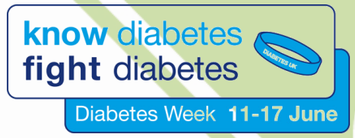
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1st June	2
3	4	5	6	7	8	9 **SATURDAY 9th JUNE - 4.05pm** **SOUTH AFRICA vs. ENGLAND**
10	11 	12	13	14 **Football World Cup Start**		16 **ARGENTINA vs WALES**
17	18	19	20	21	22	23
24	25	26	27	28	29	30

11—17 June Diabetes Week

Diabetes Week is an annual highlight in the Diabetes UK calendar as it is a time when we bring supporters together to raise awareness of the condition and the vital funds for their work. Diabetes is a common life-long health condition where the glucose in your blood is too high as the body cannot use it properly. This June they will be uncovering the truth about diabetes and what it is like to live with it.

For more information, please go to : www.diabetes.org.uk/getinvolved/diabetes-week/

Bike Week is an annual opportunity to promote cycling, and show how cycling can easily be part of everyday life by encouraging 'everyday cycling for everyone'. Demonstrating the social, health and environmental benefits of cycling, the week aims to get people to give cycling a go all over the UK, whether this be for fun, as a means of getting round to work or school, the local shops or just to visit friends. The 2018 event will take place 9th-17th June but events still take place through until September and beyond!

This year's Bike Week has a special focus and will encourage people to use their bikes to cycle to work. Many people will use the events to ride and take part in 'buddy' rides with colleagues, scope out the easiest route to their place of work or take part in work place challenges.