November 2026
Men's Workplace Wellbeing Calendar

publichealth helping health happen

NHS Grampian

1ST

MOVEMBER

Join the global movement tackling mental health, suicide, prostate and testicular cancer

Learn More

2ND

Sleepio

Struggling to fall asleep or stay asleep? Access Sleepio free of charge

Learn More

3RD

NHS inform

It's strongly recommended you get vaccinated if you're eligible this winter

Learn More

4TH

Mouth Cancer Action Month November 2026 Oral Health Foundation

November is mouth cancer action month. Spot the signs of mouth cancer

Learn More

5TH

ALCOHOL CHANGE UK

NHS Grampian supports the 'Try dry' app - not just for January!

Learn More

6TH

NHS Grampian

Quitting smoking benefits you as well as those around you

Learn More

7TH

MEN'S SHEDS

Connection, conversation and creation – that's what joining a Men's Shed is all about.

Learn More

8TH

NHS Grampian

Learn about the signs of problem gambling, how it might affect you and where to get support

Learn More

9TH

gov.scot

Money worries? Your local council may be able to help with the cost of food, heating and electricity

Learn More

10TH

diabetes in Grampian

Information, links and resources for people living with diabetes

Learn More

11TH

Chest Heart & Stroke Scotland

Everyone should have the right to live life to the full after a stroke or diagnosis of a chest or heart condition

Learn More

12TH

NHS inform

Raise awareness about breast cancer in men

Learn More

13TH

Suicide Prevention Scotland.

Creating hope together - support and information for anyone affected by suicide

Learn More

14TH

PROSTATE CANCER UK

1 in 8 men get prostate cancer. Assess your risk in only 30 seconds

Learn More

15TH

NHS inform

Prioritise your mental health, happiness and well-being

Learn More

16TH

Self-Care Week 2026 Mind & Body

Follow the link for a series of self-care factsheets

Learn More

17TH

ROSPA

Advice about driving safely in the winter months

Learn More

18TH

NHS Grampian

Free condoms, contraception advice and and information on sexual health

Learn More

19TH

NHS

Couch to 5k. Join thousands of others and get fitter and healthier

Learn More

20TH

Mental Health UK

One in five workers feel lonely at work on a typical working day

Learn More

21ST

NHS inform

Everyone living in Scotland should consider taking a daily supplement of vitamin D especially during the winter months

Learn More

22ND

NHS inform

Recognise the symptoms of work related stress and learn how to manage it

Learn More

23RD



Survival for testicular cancer is very high. Learn how to spot the symptoms

Learn More

24TH

mind

Why men need to talk about mental health

Learn More

25TH

NHS inform

Information on the health benefits of exercise and how to keep active

Learn More

26TH

Bowel Cancer UK

Bowel cancer screening can save lives

Learn More

27TH

Working Health Services Scotland

WHSS provides free and confidential advice and health support for employees with a health condition that is impacting their work

Learn More

28TH

NHS inform

Information about drugs and drug use

Learn More

29TH

MENTAL HEALTH FOUNDATION

Learn how smoking has a direct impact on your mental health and wellbeing

Learn More

30TH

Healthpoint

Your one stop health information point, offering free advice and access to reputable services

Learn More