

# National Work Life Week 2018 is taking place from 1st – 5th October 2018

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This week is an opportunity for both employers and employees to focus on well-being at work and work-life balance. Employers can use the week to provide activities for employees, and to showcase their flexible working policies and practices.

Join the conversation using #WorkLifeWeek and tweet us @workingfamUK

Visit the [National Work Life Week website](#) for further information.

Ideas on **Achieving a healthy work-life balance** are on the Institution of Occupational Safety and Health ([IOSH](#)) website.

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# World Health Day 2017 Focuses On Depression

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[World Health Day](#), celebrated on 7 April every year to mark the anniversary of the founding of the World Health Organization, provides us with a unique opportunity to mobilize action around a specific health topic of concern to people all over the world. The [National Wellbeing Service](#) Ltd supports World Health Day by promoting it over our social media networks.

The theme of the 2017 World Health Day campaign is depression.

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## Institute of Health Promotion and Education (IHPE)

The [Institute of Health Promotion and Education](#) (IHPE) was established 50 years ago to bring together professional workers on the basis of their common interest in Health Education and Health Promotion with a view to their sharing experience, ideas and information. The Institute is a recognised professional association offering Full or Associate membership to those engaged in the practice of Health Education and Health Promotion. The Institute concerns itself solely with professional interests and activities related to

the practice of Health Education and Health Promotion and does not undertake any trade union activities.