

**A month of information, support
and courageous conversations**

KNOW-VEMBER 2025

Join us this November for a month-long **men’s health and wellbeing webinar series** from Salisbury NHS FT and Avon & Wiltshire MHP NHS Trust.

We’re creating a safe, compassionate space for courageous conversations by raising awareness, tackling stigma and championing prevention with expert advice, practical self-checks and clear signposting to local support. **Be part of the conversation.**

1. Prostate cancer awareness – curable through early detection – 5 Nov (1pm to 4pm)
2. Testicular cancer awareness – risk factors & self-checks – 11 Nov (10am to 1pm)
3. Mental health and suicide prevention – 13 Nov (1pm to 4pm)
4. Tackling alcohol and gambling addictions – 18 Nov (1pm to 4pm)
5. Healthy heart and lifestyles – 25 Nov (1pm to 4pm)

Who should attend: All events are free to anyone working in the NHS across the southwest (acute, mental health, community, primary care and ICBs).

**Click/visit the URL below or use the QR code to
register for the webinars**

<https://forms.office.com/e/YtdaT3059h>



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