

Newsletter



Men's Health

Men's health starts with prevention—regular check-ups, key screenings, staying active, eating well, and speaking openly about mental health. Workplaces can make a real difference by offering onsite screenings, sharing weekly health tips, encouraging leaders to model healthy habits, and ensuring confidential mental-health support is always accessible.



Blood Donor Month

14 June is a reminder that one donation can save up to **three lives**. Regular donors help stabilise the country's blood supply. Corporates can play a lifesaving role by arranging onsite blood drives with SANBS, recognising employees who donate consistently, and sharing clear eligibility guidelines to dispel common myths and fears.



June at a Glance

June is one of the most significant months on the national health calendar, with multiple awareness themes that speak directly to workplace wellbeing.

June includes **Men's Health Month, National Blood Donor Month and the National Youth Month**.

For organisations, this month presents an opportunity to strengthen a culture of prevention, early detection, and supportive engagement.



Quick Tip:

Wishes Wall - Set up a board in a common area where employees can leave supportive messages, inspirational quotes, or notes honoring survivors and caregivers.

National Cancer Survivors Day

Cancer awareness in June reinforces a powerful truth: early detection saves lives, and healthy lifestyle choices—balanced nutrition, regular exercise, and avoiding tobacco—significantly reduce risk. Survivorship also extends far beyond treatment, requiring emotional, physical, and social support. Corporates have a meaningful role to play by offering flexible work arrangements for employees undergoing treatment, providing access to counselling and support groups, and sharing clear information on early warning signs and the benefits of screening.

Avoir encourages organisations to go a step further by normalising open conversations about early detection—something as simple as leaders sharing their own screening experiences or hosting short “health spotlight” sessions during team meetings can break stigma, build awareness, and create a workplace where employees feel safe, informed, and supported in prioritising their health.

World Environment Day

Protecting our environment is essential to protecting our long-term health. Clean air, safe water, and reduced pollution directly improve community wellbeing, while simple actions like waste reduction and recycling help safeguard both people and the planet. Corporates can lead the way by launching a “Green Office Week” with recycling drives, reducing paper use through digital workflows, encouraging carpooling or hybrid work to cut emissions, and sharing practical tips employees can use at home to lessen their environmental impact.



National Youth Month

Youth Month carries deep significance in South Africa, rooted in the June 16 Uprising that paved the way for young people to claim their voice, their future, and their rightful place in society—including in today’s corporate spaces. This legacy reminds us that empowering youth goes beyond commemoration; it requires equipping them with healthy lifestyle habits, mental-wellbeing awareness, safe decision-making, and opportunities for growth. Corporates can honour this history by creating environments where young employees feel supported and seen—through mentorship, financial-literacy and career-development programmes, youth-focused wellness sessions, and accessible mental-health support that strengthens resilience and belonging.

World Vitiligo Day

Vitiligo is a widely misunderstood skin condition, and education is one of the most powerful tools we have to reduce stigma. It's important for people to know that vitiligo is not contagious, and early dermatological care can help manage symptoms effectively. Beyond the physical aspects, many individuals face emotional and self-esteem challenges due to misconceptions or unwanted attention.

Creating awareness, sharing accurate information, and encouraging open conversations helps build understanding and compassion—reminding us that every person deserves to feel seen, respected, and confident in their own skin.



World Food Safety Awareness

Food safety is essential in preventing foodborne illnesses, especially in workplaces with shared kitchens or canteens. World Food Safety Day on 7 June reminds us that proper food handling prevents contamination, safe storage reduces bacterial growth, and clean kitchen environments protect everyone. Corporates can strengthen workplace wellbeing by providing clear food-safety guidelines in communal areas, ensuring canteen vendors follow strict hygiene standards, and conducting regular kitchen audits and cleaning schedules. Sharing quick, practical tips on safe meal preparation at home also empowers employees to protect their health beyond the workplace.



World Elder Abuse Awareness

Elder abuse is any act—or failure to act—that harms an older person or puts their wellbeing at risk. It can take many forms, including physical harm, emotional mistreatment, financial exploitation, or neglect of basic needs. Often, it happens quietly and goes unnoticed, which is why awareness is so important. At its core, preventing elder abuse is about honouring the dignity, safety, and humanity of older people, and recognising the deep value they bring to families and communities.





SANCA Drug Awareness Week

Substance abuse affects far more than productivity—it touches mental health, family stability, and overall wellbeing. SANCA Drug Awareness Week reminds us that misuse often begins as a way to cope with stress or emotional strain, making early intervention essential in preventing long-term harm. Creating supportive, stigma-free environments encourages people to seek help sooner and speak openly about their struggles. By raising awareness, sharing accurate information, and promoting understanding, we help build communities where individuals feel safe, supported, and empowered to choose healthier paths.

SANCA Drug Awareness Week (22–27 June), together with the global observance on 26 June, reinforces the urgent need for prevention, awareness, and rehabilitation. Drug abuse affects every part of a person's life—physical health, mental wellbeing, relationships, and social stability. Many individuals begin using substances as a way to cope with stress or emotional strain, which is why early awareness and open dialogue are essential in preventing long-term harm. Communities and workplaces play a powerful role in reducing stigma, encouraging help-seeking, and creating environments where people feel safe to speak up. Strengthening substance-abuse policies, offering confidential reporting channels, and partnering with SANCA or similar organisations for awareness campaigns all contribute to a more informed, compassionate, and supportive society.



June is a powerful reminder that health is multi-dimensional—shaped by our physical wellbeing, mental resilience, environmental safety, youth empowerment, and the strength of our communities. Each observance throughout the month encourages us to pause, learn, and take meaningful action in support of ourselves and those around us. When organisations embrace these themes with intention and compassion, they help create workplaces where people feel informed, valued, and supported in every aspect of their wellbeing.