

# Care first

## Wellbeing Calendar 2022

	Wellbeing Theme	Monthly Publicity Pack Theme	Featured Wellbeing Events
JANUARY	New Year, New You	Blue Monday Blow the cobwebs away Ways to wind down	<ul style="list-style-type: none"> <li>• Festival of Winter Walks</li> <li>• Walk your dog month 1<sup>st</sup> – 31<sup>st</sup></li> <li>• Dry January 1<sup>st</sup> – 31<sup>st</sup></li> <li>• Festival of sleep day - 3<sup>rd</sup></li> <li>• Blue Monday - 17<sup>th</sup></li> <li>• Squirrel Appreciation day – 21<sup>st</sup></li> </ul>
FEBRUARY	Improving other's wellbeing	Making a difference to someone's day Supporting others Time to talk	<ul style="list-style-type: none"> <li>• Sexual Abuse &amp; Violence Awareness week</li> <li>• You can care week 21<sup>st</sup> - 27<sup>th</sup></li> <li>• Time to talk day 3<sup>rd</sup></li> <li>• Children's mental health week 7<sup>th</sup> – 12<sup>th</sup></li> <li>• Random acts of kindness day 17<sup>th</sup></li> <li>• Eating Disorders Awareness week 28<sup>th</sup> – 5<sup>th</sup> March</li> </ul>
MARCH	Stepping into Spring	Hidden Trauma No More to domestic violence A smile speaks a thousand words	<ul style="list-style-type: none"> <li>• Brain Tumour Awareness Month</li> <li>• Ovarian Cancer Awareness Month</li> <li>• Walk all over cancer</li> <li>• No More Week 6<sup>th</sup> – 12<sup>th</sup></li> <li>• World Salt Awareness Week 14<sup>th</sup> – 20<sup>th</sup></li> <li>• International day of Happiness 20<sup>th</sup> March</li> </ul>

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APRIL	Looking at the world around us	Managing Stress & Pressure Little changes big impact One and two aren't the same	<ul style="list-style-type: none"> <li>• Stress Awareness Month</li> <li>• National Pet Month</li> <li>• Allergy Awareness Month</li> <li>• MS Awareness Week 24<sup>th</sup> – 1<sup>st</sup></li> <li>• Bake for Dementia 25<sup>th</sup> - 1<sup>st</sup></li> <li>• Stop food waste day - 27<sup>th</sup></li> </ul>
MAY	Making your own decisions	It's up to you Glorious sunshine Our mental health	<ul style="list-style-type: none"> <li>• National Walking Month</li> <li>• Sun Awareness week May 2<sup>nd</sup> – 8<sup>th</sup></li> <li>• Star wars day 4<sup>th</sup></li> <li>• Mental Health Awareness week 9<sup>th</sup> – 15<sup>th</sup></li> <li>• Eat what you want day 11<sup>th</sup></li> <li>• World Meditation day 21<sup>st</sup></li> </ul>
JUNE	What a difference it can make	Giving the feeling of worth Flower's for me.... Don't suffer in silence	<ul style="list-style-type: none"> <li>• SANDS Awareness Month</li> <li>• Pride Month</li> <li>• World Environment Day 5<sup>th</sup></li> <li>• National Growing for Wellbeing Week 6<sup>th</sup> – 12<sup>th</sup></li> <li>• Loneliness Awareness Week – 13<sup>th</sup> 17<sup>th</sup></li> <li>• Men's Health Week 13<sup>th</sup> – 17<sup>th</sup></li> </ul>

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JULY	Support on offer	<p>A problem shared is a problem halved</p> <p>Doing your part</p> <p>Friends who are always there</p>	<ul style="list-style-type: none"> <li>• Talk to us month</li> <li>• Good Care Month</li> <li>• Alcohol Awareness Week 3<sup>rd</sup> – 9<sup>th</sup></li> <li>• 24/7 Samaritans awareness day 24<sup>th</sup></li> <li>• Love parks week 29<sup>th</sup> – 5<sup>th</sup></li> <li>• International day of friendship 30<sup>th</sup></li> </ul>
AUGUST	Striving to achieve more	<p>Persistence is key</p> <p>Get motivated</p> <p>Great things take time</p>	<ul style="list-style-type: none"> <li>• World breastfeeding week 1<sup>st</sup> – 7<sup>th</sup></li> <li>• Cycle to work day 4<sup>th</sup></li> <li>• International Cat day 8<sup>th</sup></li> <li>• International Youth day 12<sup>th</sup></li> <li>• Never give up day 18<sup>th</sup></li> <li>• World photo day 19<sup>th</sup></li> </ul>
SEPTEMBER	Happy mind happy life	<p>Looking after yourself</p> <p>Suicide prevention</p> <p>Not all hero's wear capes</p>	<ul style="list-style-type: none"> <li>• Every woman day 3<sup>rd</sup></li> <li>• Know your numbers week 5<sup>th</sup> – 11<sup>th</sup></li> <li>• World suicide prevention day 10<sup>th</sup></li> <li>• Youth mental health day 19<sup>th</sup></li> <li>• International happiness of work week 19<sup>th</sup> – 25<sup>th</sup></li> <li>• #hiddenheros day 29<sup>th</sup></li> </ul>

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OCTOBER	Having structure and routine	Leaving work at work Working with your mental health Spicing things up	<ul style="list-style-type: none"> <li>• Go Sober for October</li> <li>• National bullying prevention month</li> <li>• National Curry week 3<sup>rd</sup> – 9<sup>th</sup></li> <li>• World Mental Health day 10<sup>th</sup></li> <li>• National work life week 10<sup>th</sup>-14<sup>th</sup></li> <li>• Sexual Health week 10<sup>th</sup> 16<sup>th</sup></li> </ul>
NOVEMBER	The way others see it	#BEKIND Looking after the pennies Stress Awareness	<ul style="list-style-type: none"> <li>• Movember</li> <li>• National Stress Awareness day 6<sup>th</sup></li> <li>• World Let's stop shouting day 6<sup>th</sup></li> <li>• Talk money week 9<sup>th</sup> – 13<sup>th</sup></li> <li>• World kindness day 13<sup>th</sup></li> <li>• International Men's day 19<sup>th</sup></li> </ul>
DECEMBER	Reflecting on year	The season of giving Grief Awareness Christmas Time	<ul style="list-style-type: none"> <li>• Decembeard 2022</li> <li>• Tree dressing day 1<sup>st</sup> – 2<sup>nd</sup></li> <li>• National Grief Awareness week 2<sup>nd</sup> – 8<sup>th</sup></li> <li>• International volunteers day 5<sup>th</sup></li> <li>• Christmas jumper day 8<sup>th</sup></li> <li>• Festival of winter walk's 20<sup>th</sup></li> </ul>