

Care first Wellbeing Calendar 2021

	Wellbeing Theme	Monthly Publicity Pack Theme	Featured Wellbeing Events
JANUARY	Taking Care of yourself	Alcohol Awareness Sugar Awareness Exercise	<ul style="list-style-type: none"> • Dry January • National Walk your dog month • Sugar awareness week - 18-24th • Cervical cancer week - 18-24th
FEBRUARY	Self-esteem	Self-esteem and Kindness Children's Mental Health Awareness Seeking support & Talking Therapy	<ul style="list-style-type: none"> • Children's Mental Health Awareness week - 1 -7th • Boost your self-esteem month • Time to talk day – 4th • Random acts of kindness day - 17th
MARCH	Nutrition & Hydration	Nutrition & Hydration (inc Salt Awareness) Reasons to be happy Sleep Awareness	<ul style="list-style-type: none"> • Salt Awareness week - 8-14th • International Women's day – 8th • Nutrition & hydration week - 15-21st • World sleep day – 19th • International day of happiness - 20th

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APRIL	Managing Stress & Pressure	Managing Stress & Pressure Parkinson's Awareness Autism Awareness	<ul style="list-style-type: none"> Stress Awareness Month World Autism Awareness Day - 2nd World Health Day – 7th Bowel Cancer Awareness Month Parkinson's Awareness Month
MAY	Mental Health Awareness	Mental Health Awareness Dementia Awareness Post-partum Mental Health Awareness	<ul style="list-style-type: none"> Maternal Mental Health Month Maternal Mental Health Awareness week - 4-9th Mental Health Awareness Week – 18 -23rd Dementia Action Week - 17-23rd National Walking Month Skin Cancer Awareness Month
JUNE	Wellbeing	Men's Health Awareness Caring for others Diabetes Awareness	<ul style="list-style-type: none"> Carers Week - 8-13th Diabetes Week - 8-13th Men's Health Week - 15-20th World Wellbeing Week - 21-30th

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JULY	Getting outdoors & being active	<p>The benefits of the outdoors</p> <p>Getting Active</p> <p>Protecting the Environment</p>	<ul style="list-style-type: none"> • National Picnic Month • Plastic Free July • Love Parks Week - 12-20th
AUGUST	Sun Safety this Summer	<p>Sun Safety</p> <p>Travelling Safely Post-COVID-19 (STC)</p> <p>The Benefits of Cycling</p>	<ul style="list-style-type: none"> • Cycle to work Day - 6th
SEPTEMBER	Nutrition & Healthy Eating (cholesterol)	<p>Healthy Eating</p> <p>Suicide Awareness</p> <p>Happiness</p>	<ul style="list-style-type: none"> • Organ Donation Week - 7-12th • World Suicide Prevention Day - 10th • International week of happiness at work - 21-26th • National Fitness Day - 22nd • British Nutritional Foundation Healthy Eating Week - 28-4th

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OCTOBER	Sober October – Alcohol	Alcohol Breast cancer Awareness Work Life Balance	<ul style="list-style-type: none"> • Mental Health Awareness day - 10th • National work life balance week - 12-15th • Stoptober – Alcohol & Smoking • Breast Cancer Awareness month • Black History Month • World Menopause day - 18th
NOVEMBER	Stress Awareness	Stress awareness Men’s mental health Anti-bullying	<ul style="list-style-type: none"> • International Stress Awareness week - 2-5th • Stress awareness day - 6th • ‘Movember’ – Men’s Mental Health Awareness Month • Talk money week - 9-12th • Anti-bullying week - 11-14th
DECEMBER	Mental Health Awareness in the Festive Period	Loneliness during festive celebrations Budgeting for Christmas Grief Awareness	<ul style="list-style-type: none"> • ‘Decembeard’ – Bowel Cancer Awareness • National Grief Awareness week - 2-7th • Human Rights day - 10th