

Care first

COVID-19 Weekly Publicity Calendar

Weekday	Daily Theme	Article	Webinar
Monday JANUARY 11, 2021	Care first	Care first Awareness	'How Care first can support you' TIME: 12pm-12.30pm LINK: https://attendee.gotowebinar.com/register/4749899439479770893
Tuesday JANUARY 12, 2021	Mental Health	Breaking the stigma of Mental Health	'Breaking the stigma of Mental Health' TIME: 12pm-12.30pm LINK: https://attendee.gotowebinar.com/register/5651122941279953933
Wednesday JANUARY 13, 2021	Alcohol Awareness	Alcohol Awareness in line with 'Dry January'	'Alcohol Awareness in line with 'Dry January'' TIME: 12pm-12.30pm LINK: https://attendee.gotowebinar.com/register/2743267629041864972
Thursday JANUARY 14, 2021	Wellbeing	Making positive changes to your wellbeing with Care first Lifestyle	'Making positive changes to your wellbeing with Care first Lifestyle' TIME: 12pm-12.30pm LINK: https://attendee.gotowebinar.com/register/7507044692892017678
Friday JANUARY 15, 2021	Isolation & Loneliness	Continuing to support Isolated and Lonely loved ones	'Continuing to support Isolated and Lonely loved ones' TIME: 12pm-12.30pm LINK: https://attendee.gotowebinar.com/register/1120805181354911757

Please note that content may include guidelines applicable to the UK, however guidelines for Wales, Scotland and Ireland may vary. Please refer to .gov for the latest guidance in your region.

Please note that these themes and events may be subject to change as the situation develops.