

Care first

COVID-19 Weekly Publicity Calendar

Weekday	Daily Theme	Article	Webinar
Monday JANUARY 4, 2021	Care first	Care first Awareness	'How Care first can support you' TIME: 12pm-12.30pm LINK: https://attendee.gotowebinar.com/register/7413410282674566669
Tuesday JANUARY 5, 2021	New Year's Resolutions	Making realistic New Year's Resolution	'Making realistic New Year's Resolutions' TIME: 12pm-12.30pm LINK: https://attendee.gotowebinar.com/register/4875437279205720336
Wednesday JANUARY 6, 2021	Relationships	Maintaining Relationships in the New Year	'Maintaining Relationships in the New Year' TIME: 12pm-12.30pm LINK: https://attendee.gotowebinar.com/register/3773607880802829580
Thursday JANUARY 7, 2021	Seasonal Affective Disorder	Coping with Seasonal Affective Disorder	'Coping with Seasonal Affective Disorder' TIME: 12pm-12.30pm LINK: https://attendee.gotowebinar.com/register/4945826913991291405
Friday JANUARY 8, 2021	Budgeting	Budgeting for the year ahead	'Budgeting for the year ahead' TIME: 12pm-12.30pm LINK: https://attendee.gotowebinar.com/register/4508259769039920398

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.