

Care first

COVID-19 Weekly Publicity Calendar

| Weekday | Daily Theme | Article | Webinar |
|---------------------------------------|---|--|--|
| Monday AUGUST 31, 2020 | BANK HOLIDAY | | |
| Tuesday SEPTEMBER 1, 2020 | Care first | How Care first can support you | 'How Care first can support you' TIME: 12pm-12.30pm LINK: https://attendee.gotowebinar.com/register/894179339868188684 |
| Wednesday SEPTEMBER 2, 2020 | Positive changes to wellbeing post lockdown | Making positive changes to your wellbeing post lockdown using Care first Lifestyle | 'Making positive changes to your wellbeing post lockdown' TIME: 12pm-12.30pm LINK: https://attendee.gotowebinar.com/register/7267761273551089167 |
| Thursday SEPTEMBER 3, 2020 | Managing stress | Managing stress as lockdown eases | 'Managing stress as lockdown eases' TIME: 12pm-12.30pm LINK: https://attendee.gotowebinar.com/register/7442001980715929102 |
| Friday SEPTEMBER 4, 2020 | Support for MHFA's and Wellbeing Champions | How Care first can support MHFA's and Wellbeing Champions | 'How Care first can support MHFA's and Wellbeing Champions' TIME: 12pm-12.45pm LINK: https://attendee.gotowebinar.com/register/6159006051520120588 |

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.