

Care first

COVID-19 Weekly Publicity Calendar

Weekday	Daily Theme	Article	Webinar
Monday MARCH 23, 2020	COVID-19: A Care first update on the current situation.	COVID-19 Care first Guidance	'Support & Information around COVID-19 & Care first Guidance' TIME: 11am-11.30am LINK: https://attendee.gotowebinar.com/recording/5516651564046591756
Tuesday MARCH 24, 2020	Anxiety	Tips to cope with Anxiety	'Support & Information around COVID-19 & Care first Guidance' TIME: 2pm-2.30pm LINK: https://attendee.gotowebinar.com/rt/1341161599483548429
Wednesday MARCH 25, 2020	Isolation & Loneliness	Care first Isolation & Loneliness Support and Tips to self-isolate	'Support & Information around COVID-19 & Care first Guidance' TIME: 11am-11.30am LINK: https://attendee.gotowebinar.com/rt/1341161599483548429
Thursday MARCH 26, 2020	How Care first can provide emotional support during the COVID-19 pandemic	Care first – Emotional Support	'Support & Information around COVID-19 & Care first Guidance' TIME: 2pm-2.30pm LINK: https://attendee.gotowebinar.com/rt/1341161599483548429
Friday MARCH 27, 2020	How Care first can provide practical advice during the COVID-19 pandemic	Care first – Telephone Information Service	'Support & Information around COVID-19 & Care first Guidance' TIME: 2pm-2.30pm LINK: https://attendee.gotowebinar.com/rt/1341161599483548429

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