

Care first

COVID-19 Weekly Publicity Calendar

Weekday	Daily Theme	Article	Webinar
Monday APRIL 20, 2020	Finance	Tips to keep control of your Finances	Tips to keep control of your Finances TIME: 3pm-3.30pm LINK: https://attendee.gotowebinar.com/register/24840572978349068
Tuesday APRIL 21, 2020	Physical Health & Wellbeing	Easy ways to keep active from Home	Easy ways to keep active from Home TIME: 2pm-2.30pm LINK: https://attendee.gotowebinar.com/register/7693547148622469387
Wednesday APRIL 22, 2020	Sleep & Anxiety	Sleep & Anxiety: Tips to getting a good night's sleep	Sleep & Anxiety: Tips to getting a good night's sleep TIME: 11.30am-12pm LINK: https://attendee.gotowebinar.com/register/6874740839418817038
Thursday APRIL 23, 2020	Bereavement	Bereavement	Bereavement TIME: 12pm-12.30pm LINK: https://attendee.gotowebinar.com/register/4924775659255830285
Friday APRIL 24, 2020	Information for Mental Health First Aiders	Information for Mental Health First Aiders: Supporting people remotely	Information for Mental Health First Aiders: Supporting people remotely TIME: 2pm -2.30pm LINK: https://attendee.gotowebinar.com/register/1379027681049001487

Please note that the article and webinar on Friday 24th April 2020 is for the use of qualified Mental Health First Aiders only.

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