

# Care first

## COVID-19 Weekly Publicity Calendar

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

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.