

Health & Wellbeing Calendar of Events 2019/2020

Month	Date	Event
	2 nd April	
April 2019	20 ^{th-} 26 th May	- World Autism Awareness Day
May 2019	,	- Dementia Awareness Week
June 2019	1 ^{st-} 7 th June	- National Volunteers Week
	10 th - 16 th June	- National Carers week
	11 th -17 th June	- Diabetes Awareness Week
	17 ^{th-} 23 rd June	- Disability Awareness Week
July 2019	12 th July	- Heritage Day 2019
	All month	- Medicash / Staff Benefits
August 2019	All month	- Sun Care
	All month	- BBQ Safety
September 2019	All month	- World Alzheimer's month
	20 th September	- Jeans for Genes Day
	25 th September	- National Fitness Day
	27 th September	 MacMillan Coffee Morning
October 2019	All month	- Breast Cancer Awareness Month
	All month	- Stoptober
November 2019	All month	 Movember (Men's Health)
	15 th November	- Children in Need
	18 ^{th-} 24 th November	- Alcohol Awareness Week
	All month	- Winter/ Flu Jab promotion
December 2019	TBC	- Christmas Fair / Santa Stroll
	13 th December	- Christmas Jumper Day
	All month	- Festive H&S Briefing
January 2020	All month	- Debt Awareness Week
February 2020	Xx February	- Dignity Action Day
March 2020	xx March	- No Smoking Day
	TBC	- Apprentice Week
	TBC	- Downs Syndrome Awareness
		week
	TBC	- Sports Relief
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