

October

- October Action for Happiness Calendar
- bWell Information Sessions
- Walks for staff at Royal and City Hospitals
- Alcohol Awareness Information stands
- World Mental Health Day: Festival of Hope
- Wellbeing Webinar
- HIV awareness training
- Positive Ageing Month
- Active Ageing Week
- Carer Support Service Activity Programme
- Health Literacy Lunchtime Webinar
- Menopause Awareness
- Breast Cancer Awareness
- Parenting Portal Survey
- Internet Safety and Social Media - Public Meeting
- Food and Health Essentials Training
- Food Values - follow up training
- Making the most of your Slow Cooker training
- MapRun - new activity for staff
- Ask Me Three – Questions to support clear conversation on Health Issues
- Bootcamp for Domestic Energy Advice
- Women and Men's Health Days

