

HEALTH & WELLBEING 2018/2019 CALENDAR: Awareness Days, Events and Meetings

MONTH	EVENTS / MEETINGS	GENERAL / AWARENESS MONTHS	AWARENESS WEEKS	AWARENESS DAYS
Every week	Wellbeing Allotment: Weds 10am-12pm H&W Choir: Weds 2pm - 4pm Games Morning: Fri 10am -12pm			
MARCH 2019	<p><u>Thursday 21st March: Primary School Wellbeing Event (Moulton Primary School) 3pm – 4.30pm</u></p> <p><i>Regular Events/Meetings:</i> Golden Oldies Disco: Sat 2nd: (8pm -11pm) Musical Memories: Fri 8th: (2pm – 3.30pm) Moving Forward After Cancer: Mon 18th : (2pm – 4pm)</p>	<ul style="list-style-type: none"> • MARIE CURIE GREAT DAFFODIL APPEAL • Prostate Cancer Awareness Month 	<p>5th – 11th: MS Awareness Week</p> <p>10th – 16th : National Salt Awareness Week</p> <p>11th – 17th : Nutrition and Hydration Week</p> <p>11th – 17th : Brain Awareness Week</p>	<p>13th : No Smoking Day</p> <p>15th : World Sleep Day</p> <p>26th: Epilepsy Awareness Purple Day</p>
APRIL 2019	<p><u>Sat 27th: Health & Wellbeing Event (Moulton Community Centre) 1pm – 4pm</u></p> <p><i>Regular Events/Meetings:</i> Golden Oldies Disco: Sat 6th : (8pm-11pm) Musical Memories: Fri 12th and 26th : (2pm – 3.30pm) Moving Forward After Cancer: Mon 15th : (2pm – 4pm)</p>	<ul style="list-style-type: none"> • STRESS AWARENESS MONTH • ON YOUR FEET BRITAIN MONTH • Autism Awareness Month • IBS Awareness Month 	<p>1st – 5th: Family Safety Week</p> <p>11th – 16th: Parkinsons Awareness Week</p>	<p>5th : Walk to Work Day</p> <p>7th : World Health Day</p> <p>17th : World Hemophilia Day</p>
MAY 2019	<p><i>Regular Events/Meetings:</i> Golden Oldies Disco: Sat 4th : (8pm -11pm) Musical Memories: Fri 10th and 24th : (2pm -3.30pm) Tea Dance: Fr 17th : (1.30pm -3.30pm) Moving Forward After Cancer: Mon 20th : (2pm – 4pm)</p>	<ul style="list-style-type: none"> • NATIONAL WALKING MONTH • Purple Action Stroke Month • Cystic Fibrosis Month • 	<p>29th April – 5th: National Gardening Week</p> <p>13th – 19th Sun Awareness Week</p> <p>15th – 21st : Dementia Action Week</p>	<p>7th May: World Asthma Day</p> <p>31st : World No Tobacco Day</p>

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JUNE 2019	<p><u>Saturday 29th: Veterans Event (Moulton Community Centre)</u></p> <p><i>Regular Events/Meetings:</i> Golden Oldies Disco: Sat 1st (eve) Musical Memories: Fri 14th and 28th Tea Dance: Fri 21st Moving Forward After Cancer: Mon 17th</p>	<ul style="list-style-type: none"> • National Osteoporosis Month • National Carers Week 	<p>7th – 15th : British Heart Week (British Heart Foundation)</p> <p>10th – 14th : Healthy Eating Week (British Nutritional Foundation)</p> <p>14th – 20th : Diabetes Awareness Week</p>	<p>14th : Blood Donors Day</p>
JULY 2019	<p><i>Regular Events/Meetings:</i> Golden Oldies Disco: Sat 6th (eve) Musical Memories: Fri 12th and 26th Moving Forward After Cancer: Mon 15th</p>	<ul style="list-style-type: none"> • NATIONAL PICNIC MONTH • Sarcoma Awareness Month 	<p>1st – 7th : National Child Obesity Week (MEND)</p> <p>1st – 7th : NHS Health Information Week</p>	<p>1st: Talk to Us: Samaritans' Day</p>
AUGUST 2019	<p><i>Regular Events/Meetings:</i> Tea Dance: 2nd Golden Oldies Disco: Sat 3rd (eve) Musical Memories: None Moving Forward After Cancer: Mon 19th</p>	<ul style="list-style-type: none"> • PSORIASIS AWARENESS MONTH 	<p>1st – 7th : Breast Feeding Awareness Week</p> <p>12th – 18th : National Allotments Week</p>	<p>15th : Cycle to Work Day</p>
SEPTEMBER 2019	<p><i>Regular Events/Meetings:</i> Tea Dance: 6th Golden Oldies Disco: Sat 7th (eve) Musical Memories: Fri 13th Moving Forward After Cancer: Mon 16th</p>	<ul style="list-style-type: none"> • UROLOGY AWARENESS MONTH • BLOOD PRESSURE UK: Know Your Numbers • Organic September 	<p>1st – 7th : Migraine Awareness Week</p> <p>17th – 23rd : Sexual Health Week</p> <p>24th – 30th : National Eye Week</p>	<p>9th : National Dementia Carers Day</p> <p>10th : National Suicide Prevention Day</p> <p>13th : World Sepsis Day</p> <p>26th : National Fitness Day</p> <p>28th : World's Biggest Coffee Morning</p> <p>29th : World Heart Day</p>

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OCTOBER 2019	<p><i>Regular Events/Meetings:</i> Tea Dance: 4th Golden Oldies Disco: Sat 5th (eve) Musical Memories: Fri 11th and 25th Moving Forward After Cancer: Mon 21st</p>	<ul style="list-style-type: none"> • STOCTOBER • National Cholesterol Month • Breast Cancer Awareness Month • Firework Safety 	<p>Infection Awareness Week</p>	<p>Silver Sunday World Arthritis Day World Osteoporosis Day</p>
NOVEMBER 2019	<p><i>Regular Events/Meetings:</i> Golden Oldies Disco: Sat 2nd (eve) Musical Memories: Fri 8th and 22nd Tea Dance: 15th Moving Forward After Cancer: Mon 18th</p>	<ul style="list-style-type: none"> • MOVEMBER • Lung Cancer Awareness • COPD Awareness Month 	<p>Antibullying Week Alcohol Awareness Week</p>	<p>Stress Awareness Day World Diabetes Day</p>
DECEMBER 2019	<p><i>Regular Events/Meetings:</i> Golden Oldies Disco: Sat 7th (eve) Musical Memories: Fri 6th and 20th Tea Dance: 13th Moving Forward After Cancer: Mon 16th</p>	<ul style="list-style-type: none"> • DECEMBEARD • Drink Awareness • Loneliness at Christmas 	<p>Anger Awareness Week Festival of Winter Walks</p>	<p>International Day of Persons with Disabilities Xmas Jumper Day</p>