

# Care first

## COVID-19 Weekly Publicity Calendar

Weekday	Daily Theme	Article	Webinar
<b>Monday</b> DECEMBER 14, 2020	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/500310087869378572">https://attendee.gotowebinar.com/register/500310087869378572</a>
<b>Tuesday</b> DECEMBER 15, 2020	Immunity	Tips to boost immunity this winter	'Tips to boost immunity this winter' <b>TIME:</b> 12pm-12.30pm <b>LINK:</b> <a href="https://attendee.gotowebinar.com/register/3071611487908505360">https://attendee.gotowebinar.com/register/3071611487908505360</a>
<b>Wednesday</b> DECEMBER 16, 2020	Lone working	The emotional impact of lone working	'The emotional impact of lone working' <b>TIME:</b> 12pm-12.30pm <b>LINK:</b> <a href="https://attendee.gotowebinar.com/register/3433844494150689549">https://attendee.gotowebinar.com/register/3433844494150689549</a>
<b>Thursday</b> DECEMBER 17, 2020	Finances	Financial wellbeing & the pressures of buying at Christmas	'Financial wellbeing & the pressures of buying at Christmas' <b>TIME:</b> 12pm-12.30pm <b>LINK:</b> <a href="https://attendee.gotowebinar.com/register/2932526565530908940">https://attendee.gotowebinar.com/register/2932526565530908940</a>
<b>Friday</b> DECEMBER 18, 2020	Structure & Routine	Protecting and Supporting Mental Health this winter	'Protecting and Supporting Mental Health this winter' <b>TIME:</b> 12pm-12.30pm <b>LINK:</b> <a href="https://attendee.gotowebinar.com/register/4421838155079259151">https://attendee.gotowebinar.com/register/4421838155079259151</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.