



#WeAreP3

Wellbeing Calendar January, February, March

2022

PASSIONATE ABOUT PEOPLE



TOGETHER we've got this!

January

1	Sa	New Year's Day/Veganuary/Dry January/Walk Your Dog Month
2	Su	
3	Mo	
4	Tu	
5	We	
6	Th	
7	Fr	
8	Sa	
9	Su	
10	Mo	Houseplant Week (prize for best plant!)
11	Tu	
12	We	
13	Th	
14	Fr	
15	Sa	
16	Su	
17	Mo	Blue Monday/Brew Monday. Let's have a cuppa!
18	Tu	
19	We	
20	Th	
21	Fr	Cervical Screening Awareness Week #smearforsmear
22	Sa	
23	Su	
24	Mo	
25	Tu	Burns Night. Haggis, neeps and tatties!
26	We	
27	Th	
28	Fr	Holocaust Memorial Day
29	Sa	
30	Su	
31	Mo	

February

1	Tu	LGBT History Month/Chinese New Year
2	We	
3	Th	Time To Talk Day/Break The Silence
4	Fr	World Cancer Day
5	Sa	
6	Su	
7	Mo	Children's Mental Health Week #itsnotok
8	Tu	National Apprenticeship Week
9	We	
10	Th	
11	Fr	
12	Sa	
13	Su	
14	Mo	Valentine's Day
15	Tu	
16	We	
17	Th	Random Acts of Kindness Day
18	Fr	
19	Sa	
20	Su	
21	Mo	
22	Tu	
23	We	
24	Th	
25	Fr	
26	Sa	
27	Su	
28	Mo	Eating Disorders Awareness Week

March

1	Tu	Pancake Day/St David's Day/Ovarian Cancer Awareness Month
2	We	
3	Th	
4	Fr	
5	Sa	
6	Su	No More Week (anti domestic abuse)
7	Mo	British Pie Week
8	Tu	International Women's Day
9	We	No Smoking Day
10	Th	
11	Fr	Nutrition and Hydration Week
12	Sa	
13	Su	
14	Mo	
15	Tu	
16	We	
17	Th	St Patrick's Day
18	Fr	Red Nose Day
19	Sa	World Sleep Day
20	Sun	International Day of Happiness
21	Mo	World Poetry Day 2022
22	Tu	
23	We	
24	Th	
25	Fr	
26	Sa	
27	Su	Mothering Sunday
28	Mo	
29	Tu	First Day of Spring
30	We	
31	Th	

Brilliant

P3 WELLBEING

Our Mission: We work alongside people to improve lives and communities, to unlock potential and open up new possibilities.