



































OCTOBER 2024

Wellbeing Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Wellbeing Clinic  Mental Health Support Clinic 	2  Wednesday Wellbeing Clinic Whitley Wednesday mental health clinic 	3 Mental Health Support Clinic 	4 Mental Health Support Clinic 
7 Wellbeing Clinic  Mental Health Support Clinic 	8 Menopause Support Clinic Mental Health Support Clinic 	9  Wednesday Wellbeing Clinic Whitley Wednesday mental health clinic 	10 Mental Health Support Clinic 	11 Mental Health Support Clinic 
14 Menopause Clinic on teams Mental Health Support Clinic 	15 Wellbeing Clinic  Mental Health Support Clinic 	16  Wednesday Wellbeing Clinic Whitley Wednesday mental health clinic 	17 Mental Health Support Clinic 	18 Mental Health Support Clinic  Menopause meet and greet the Nurse at Friargate 
21 Menopause Clinic on teams Mental Health Support Clinic 	22 Wellbeing Clinic  Mental Health Support Clinic 	23  Wednesday Wellbeing Clinic Whitley Wednesday mental health clinic 	24 Mental Health Support Clinic 	25 Mental Health Support Clinic 
28 Menopause Clinic with the HWN Mental Health Support Clinic 	29 Wellbeing Clinic  Mental Health Support Clinic 	30  Wednesday Wellbeing Clinic Whitley Wednesday mental health clinic 	31 Mental Health Support Clinic 	As we age campaign-losing self identity/ purpose in life