



















NOVEMBER 2025

Wellbeing

Calendar

MONDAY	TUESDAY		WEDNESDAY		THURSDAY	FRIDAY
3 Mental Health Support Clinic 	4 Wellbeing and menopause support/education clinics 	Mental Health Support Clinic 	5 Wellbeing and menopause support/education clinics 	Mental health support clinic at Whitley Depot Neurodiversity for Managers Online training	6 Mental Health Support Clinic Chronic pain and exercise class Starts at 3.30pm for 60 minutes at Coventry canal basin To join email: adam.munslow@coventry.gov.uk	7 Mental Health Support Clinic 
10 Mental Health Support Clinic 	11 Wellbeing and menopause support/education clinics 	Mental Health Support Clinic 	12 Wellbeing and menopause support/education clinics 	Whitley Wednesday Mental Health Support Clinic	13 Mental Health Support Clinic Chronic pain and exercise class Starts at 3.30pm for 60 minutes at Coventry canal basin To join email: adam.munslow@coventry.gov.uk	14 Mental Health Support Clinic 
17 Mental Health Support Clinic 	18 Wellbeing and menopause support/education clinics 	Mental Health Support Clinic Reasonable Adjustment Webinar Online training	19 Wellbeing and menopause support/education clinics 	Whitley Wednesday Mental Health Support Clinic	20 Mental Health Support Clinic Chronic pain and exercise class Starts at 3.30pm for 60 minutes at Coventry canal basin To join email: adam.munslow@coventry.gov.uk	21 Mental Health Support Clinic 
24 Mental Health Support Clinic 	25 Wellbeing and menopause support/education clinics 	Mental Health Support Clinic 	26 Wellbeing and menopause support/education clinics 	Whitley Wednesday Mental Health Support Clinic	27 Mental Health Support Clinic Chronic pain and exercise class Starts at 3.30pm for 60 minutes at Coventry canal basin To join email: adam.munslow@coventry.gov.uk	28 Mental Health Support Clinic 