

Community Health Project Calendar

Raising awareness into the effects of drugs, alcohol, gambling and tobacco.



January Dry January

Dry January encourages people to give up alcohol for just 31 days. We emphasise the many benefits of joining the campaign, as well as tips to survive the month.

February

Gambling Awareness

Our *Gambling Awareness* campaign raises awareness of gambling addiction, the consequences of problem gambling, and ways to break a gambling habit.



March No Smoking Day

To mark *No Smoking Day* on the second Wednesday of the month, we focus on the implications of smoking, the benefits of quitting, suggestions to help kick the habit and support that is available.

April

World Health Day



For our *World Health Day* campaign we focus on the impact alcohol and tobacco has on our wellbeing and ways we can keep ourselves healthy.

May

Mental Health Awareness



Mental health is just as important as physical health. To recognise *Mental Health Awareness* week we highlight the effect tobacco and alcohol can have on our emotional wellbeing.

June

Festival Safety

As festival season approaches our *Festival Safety* campaign highlights the dangers of drug use (including new psychoactive substances) as well as safety around alcohol.



July and August

Holiday Safety

During the summer months we focus on *Holiday Safety* with some simple advice to ensure you have fun in the sun.



September Drug Awareness



Throughout September our *Drug Awareness* campaign aims to increase understanding into the impact of drugs; particularly the health, social and legal consequences of using drugs.

October Stoptober

Stoptober, a month long campaign encouraging smokers to quit for 28 days, is an excellent opportunity to reap the physical, financial and social benefits of stopping smoking.



November Safe Night Out



Our *Safe Night Out* campaign is ideal for the run up to the festive period; highlighting the dangers you may face on a night out and providing tips to keep yourself safe.

December

Staying Safe on the Road at Christmas



Staying Safe on the Road at Christmas aims to ensure your festive period is memorable for all the right reasons.

All display boards are available to loan completely **free of charge**, suitable for community and educational settings, as well as workplaces.

Not enough room for a display? Our displays can be printed as A3 posters, and are supplied free of charge.

Contact us for more information on
0121 744 3214

Community Health Project Calendar

Our children's displays are an excellent way of introducing a variety of topics. Each display offers information and illustrations, designed to appeal to younger children.

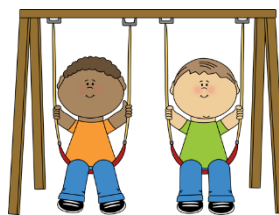
January and February

Looking After Your Money

To begin the year our Money Management campaign introduces the importance of keeping money safe by considering where money comes from, what we need it for, and what it enables us to do. It also presents the topic of gambling and how to look after money.

March and April

Staying Healthy



need to do to live a happy, healthy life.

During March and April we acknowledge World Health Day with a campaign which focusses on what we

May and June

Holiday Safety



The summer holidays are one of the most enjoyable times of year for many children. Whether staying in the U.K. or holidaying abroad, our Holiday Safety campaign provides tips on how children can have fun in the sun but still stay safe.



July and August

Peer Pressure

Peer pressure is an inevitability of growing up, knowing how to handle these pressures can be key. This campaign offers practical advice on ways to resist the negative influences of other people.

September and October

Wellbeing and Belonging

This campaign reinforces that every child is important and makes a valuable contribution to their friends, family and society. However, it also sensitively explores that sometimes we may feel unhappy, and how we can deal with those emotions.

November and December

Road Safety



In support of Road Safety Week, our campaign for November and December helps to teach children how to stay safe near the road, with suggestions for walking and cycling safety especially during the darker, winter months.