

Schedule of activity

THEME	Campaign	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Resources
Start well														
	Change4Life	Sugar Swop					10 Minute Shake Up							https://campaignresources.phe.gov.uk/resources/campaigns/17-change4life http://www.nhs.uk/change4life/Pages/c
	Breastfeeding & Healthy											Start4Life BF week		www.nhs.uk/start4life/professionals
	Unintentional Injuries							CAPT child safety week						www.capt.org.uk/resources www.rospa.com/resources/
Live well	Tobacco control		No Smoking		Notobday				Stoptober					www.breathe2025.org.uk/resources/ https://campaignresources.phe.gov.uk/r
	Sexual health, including									Sexual Health Week			HIV Aids	www.fpa.org.uk/resources/schools-and-teachers www.worldaidsday.org/campaign/rethin
	Mental Health	Time to Talk Day			MH awareness				Suicide Prevention Day	World MH Day				www.time-to-change.org.uk/get-involved/resources-youth-professionals www.mentalhealth.org.uk/campaigns/mental-health-awareness-
	Infection Control		NYCC Petting Farms									Global Handwashing Day		http://cyps.northyorks.gov.uk/index.aspx?articleid=31311 http://globalhandwashing.org/global-