



WELLBEING
CHAMPIONS

2021



JANUARY

Step into 2021

WELLBEING
CHAMPIONS

Clock your in miles in January using Yammer

January

SUN

MON

TUE

WED

THU

FRI

SAT

1
GET
CLOCKING
THE MILES

2

3

4

5

6

7

8

9

10

11



South West London Trust
A small group of people are standing in a field of tall grass, looking at a large screen or board.

12

13

14

15

16

17

18

19

20

21

22

23

24

25

26

27

28

29

30

31

HOW MANY
MILES?



WELLBEING
CHAMPIONS

FEBRUARY

Place2Be's

CHILDREN'S
MENTAL HEALTH
WEEK

1 - 7 FEBRUARY 2021

#TimeToTalk

time to change
time to
talk day
04/02/21

The
power
of small



A small conversation about
mental health has the power
to make a big difference

Let's start talking
Together we will end mental health stigma

Funded by
Department
of Health &
Social Care



February

SUN

MON

TUE

WED

THU

FRI

SAT

1



2

3

4



5

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

24

25

26

27

28

MARCH

BIG BATH SLEEP OUT- MARCH 5TH

UNIVERSITY MENTAL HEALTH DAY- MARCH 5TH

INTERNATIONAL WOMEN'S DAY- MARCH 8TH

INTERNATIONAL DAY OF HAPPINESS - MARCH 20TH



March

SUN

MON

TUE

WED

THU

FRI

SAT

1

2

3

4

5

6



Big Bath Wap-Chai 2021
Join us for the 12th Big Bath Wap-Chai on Friday 5th March. Bring your family and friends to enjoy a day of fun and games in the park.

7

8



9

10

11

12

13

14

15

16

17

18

19

20



21

22

23

24

25

26

27

28

29

30

31



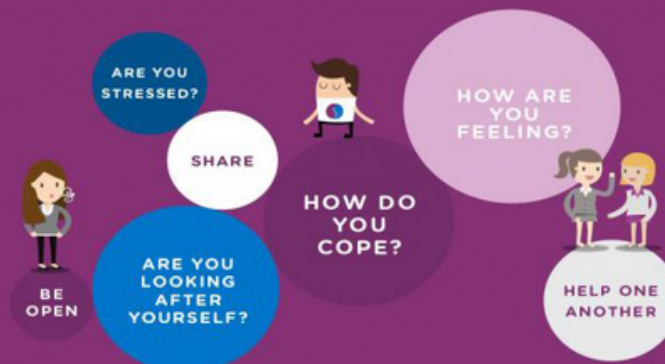
APRIL



WELLBEING
CHAMPIONS

April 2020
**Stress
Awareness
Month**

www.stress.org.uk



April

SUN

MON

TUE

WED

THU

FRI

SAT

1

2

3



4

5

6

7

8

9

10



UNIVERSITY
DISCRETIONARY
DAY



11

12

13

14

15

16

17

18

19

20

21

22

23

24

25

26

27

28

29

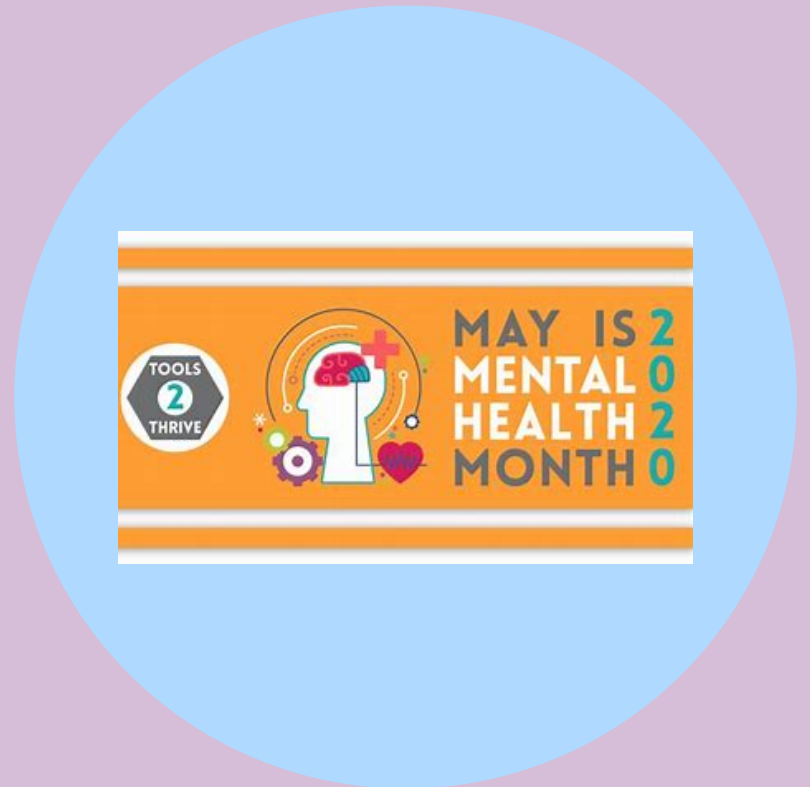
30

31

HOW MANY
MILES?



MAY



May

SUNMONTUEWEDTHUFRI SAT

1

2345678

MAY DAY

9101112131415

16171819202122

23242526272829

3031
BANK
HOLIDAY



JUNE



VOLUNTEERS WEEK 1ST-7TH JUNE



June

SUN

MON

TUE

WED

THU

FRI

SAT

1

2

3

4

5



6

7

8

9

10

11

12

13

14

15

16

17

18

19



20

21

22

23

24

25

26

27

28

29

30

JULY



BATH 5K SUNDAY 4 JUL 2021

July

SUN

MON

TUE

WED

THU

FRI

SAT

1

2

3

4

5

6

7

8

9

10



11

12

13

14

15

16

17

18

19

20

21

22

23

24

25

26

27

28

29

30

31



AUGUST



WELLBEING
CHAMPIONS

August

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30 BANK HOLIDAY	31 DISCRETIONARY DAY				



SEPTEMBER


International Association
for Suicide Prevention
World Suicide
Prevention Day

BATHALF

September

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

3A HALF

 International Association
for Suicide Prevention
World Suicide
Prevention Day

OCTOBER

time to change

let's end mental health discrimination



October

SUN

MON

TUE

WED

THU

FRI

SAT

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

24

25

26

27

28

29

30

31



NOVEMBER



WELLBEING
CHAMPIONS

November

SUN

MON

TUE

WED

THU

FRI

SAT

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

24

25

26

27

28

29

30

DECEMBER



December

SUN

MON

TUE

WED

THU

FRI

SAT

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

24

25

26

27

28

29

30

31

HAPPY
CHRISTMAS
ROLL ON 2022

