






Weekly Publicity Calendar

Please be assured that registrant information is held confidentially and your organisation is not notified of your attendance/non-attendance to these webinars.

Please note that these themes and events may be subject to change

Weekday	Daily Theme	Article	Webinar	Mobile Registration
Monday October 9 th , 2023	Physical Wellbeing	Breast Cancer Awareness	'Breast Cancer Awareness' TIME: 12pm-12.30pm Link: https://attendee.gotowebinar.com/register/3814076528183373147 In line with Breast Cancer Awareness month, this webinar provides information to raise awareness about Breast Cancer and the emotional impact of living with it.	
Tuesday October 10 th , 2023	Mental Wellbeing	Mental Health Awareness	'Mental Health Awareness - In line with World Mental Health Day 2023' TIME: 12pm-12:30pm Link: https://attendee.gotowebinar.com/register/8310323721452951898 In line with World Mental Health Day, this webinar focuses on raising awareness of mental health, looking at this year's theme of 'Mental Health is a universal human right'	
Wednesday October 11 th , 2023	Care first Awareness	How Care first Can Support you	'How Care first Can Support You' TIME: 12pm-12.30pm LINK: https://attendee.gotowebinar.com/register/7901283405529359445 A webinar to raise awareness of the service and information on how to access the EAP support provided by Care first.	
Friday October 13 th , 2023	Service Awareness	Practical Information and Advice from Care first	'Practical Information and Advice from Care first' TIME: 12pm – 12.30pm LINK: https://attendee.gotowebinar.com/register/5553566595530749273 The webinar provides detail about who our Information Specialists are and their role in providing practical advice and support as part of your EAP service.	

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Monday October 16 th , 2023	Service Awareness	Care first Critical Incident Support	‘Care first Critical Incident Support’ TIME: 12pm-12.30pm Link: https://attendee.gotowebinar.com/register/1229948225661797209 This webinar provides details of the support Care first can offer that might be relevant following a traumatic incident in the work place.	
Wednesday October 18 th , 2023	Care first Awareness	How Care first Can Support you	‘How Care first Can Support You’ TIME: 12pm-12.30pm LINK: https://attendee.gotowebinar.com/register/5354330690658635610 A webinar to raise awareness of the service and information on how to access the EAP support provided by Care first.	
Friday October 20 th , 2023	Mental Wellbeing	The Importance of Maintaining Structure and Routine	‘The Importance of Maintaining Structure and Routine’ TIME: 12pm – 12.30pm LINK: https://attendee.gotowebinar.com/register/7441137789463652183 This webinar provides an overview of the importance and benefits of maintaining structure and a routine in day-to-day life.	

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Monday October 23 rd , 2023	Financial Wellbeing	Financial Well-being and Advice	‘Financial Well-being and Advice with PayPlan (guest speaker Antony Price)’ TIME: 12pm-12.30pm Link: https://attendee.gotowebinar.com/register/6921797764825109078 This webinar will be hosted by our guest speaker, Antony Price from PayPlan, who will be providing detailed information on how we can improve our financial wellbeing.	
Wednesday October 25 th , 2023	Care first Awareness	How Care first Can Support you	‘How Care first Can Support You’ TIME: 12pm-12.30pm LINK: https://attendee.gotowebinar.com/register/7477804303403976280 A webinar to raise awareness of the service and information on how to access the EAP support provided by Care first.	
Friday October 27 th , 2023	Service Awareness	Understanding Care first cCBT	‘Understanding Care first cCBT’ TIME: 12pm – 12.30pm LINK: https://attendee.gotowebinar.com/register/968394200783803994 This webinar provides further information on Care first’s own modular cCBT (computerised Cognitive Behavioural Therapy) course.	

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Monday October 30 th , 2023	Service Awareness	Care first Critical Incident Support	'Care first Lifestyle – Your Digital Well-being Solution' TIME: 12pm-12.30pm Link: https://attendee.gotowebinar.com/register/8735794039782230613 This webinar walks you through the Lifestyle website, with details and demonstrations of the tools on offer and how to access it.	
Wednesday November 1 st , 2023	Care first Awareness	How Care first Can Support you	'How Care first Can Support You' TIME: 12pm-12.30pm LINK: https://attendee.gotowebinar.com/register/8269966147465943897 A webinar to raise awareness of the service and information on how to access the EAP support provided by Care first.	
Thursday November 2 nd , 2023	Menopause	Menopause in the Workplace	'Menopause in the Workplace' TIME: 12pm – 12:30pm LINK: https://attendee.gotowebinar.com/register/8800261699918555482 This webinar is in line with World Menopause Awareness Day, providing an overview to help raise awareness of the Menopause, and information on how Care first can support with concerns relating to the menopause.	
Friday November 3 rd , 2023	Mental Wellbeing	Stress Awareness	'Stress Awareness' TIME: 12pm – 12.30pm LINK: https://attendee.gotowebinar.com/register/6017034936315304025 This webinar helps to raise awareness about Stress, in line with International Stress Awareness Week. We provide an overview of stress, touching on the impact on our mental health, and look at ways in which we can monitor our stress.	