


Click on the events for more details

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <ul style="list-style-type: none"> • #DryJanuary – challenge yourself to bin the booze • KeepingWellNEL Virtual Aerobics  	2 <ul style="list-style-type: none"> • KeepingWellNEL Virtual Aerobics • KeepingWellNEL Virtual Yoga 	3 <ul style="list-style-type: none"> • KeepingWellNEL Virtual Pilates 	4 <ul style="list-style-type: none"> • KeepingWellNEL Virtual Deskercise • KeepingWellNEL Virtual Zumba 	5	6 <ul style="list-style-type: none"> • Vitality's FREE Weekly parkrun– Leighton Buzzard and Milton Keynes
7	8 <ul style="list-style-type: none"> • KeepingWellNEL Virtual Aerobics 	9 <ul style="list-style-type: none"> • KeepingWellNEL Virtual Aerobics • KeepingWellNEL Virtual Yoga 	10 <ul style="list-style-type: none"> • KeepingWellNEL Virtual Pilates 	11 <ul style="list-style-type: none"> • KeepingWellNEL Virtual Deskercise • KeepingWellNEL Virtual Zumba 	12	13 <ul style="list-style-type: none"> • Vitality's FREE Weekly parkrun– Leighton Buzzard and Milton Keynes
14	15 <ul style="list-style-type: none"> • KeepingWellNEL Virtual Aerobics 	16 <ul style="list-style-type: none"> • KeepingWellNEL Virtual Aerobics • KeepingWellNEL Virtual Yoga 	17 <ul style="list-style-type: none"> • KeepingWellNEL Virtual Pilates 	18 <ul style="list-style-type: none"> • KeepingWellNEL Virtual Deskercise • KeepingWellNEL Virtual Zumba 	19 <ul style="list-style-type: none"> • Care First Menopause Webinar 	20 <ul style="list-style-type: none"> • Vitality's FREE Weekly parkrun– Leighton Buzzard and Milton Keynes
21	22 <ul style="list-style-type: none"> • KeepingWellNEL Virtual Aerobics 	23 <ul style="list-style-type: none"> • KeepingWellNEL Virtual Aerobics • KeepingWellNEL Virtual Yoga 	24 <ul style="list-style-type: none"> • KeepingWellNEL Virtual Pilates • HSBC's 'Making the most of your money' Session 	25 <ul style="list-style-type: none"> • KeepingWellNEL Virtual Deskercise • KeepingWellNEL Debt Management Webinar • KeepingWellNEL Virtual Zumba 	26 <ul style="list-style-type: none"> • Care First 'Improving Sleep' Webinar 	27 <ul style="list-style-type: none"> • Vitality's FREE Weekly parkrun– Leighton Buzzard and Milton Keynes
28	29 <ul style="list-style-type: none"> • KeepingWellNEL Virtual Aerobics 	30 <ul style="list-style-type: none"> • KeepingWellNEL Virtual Aerobics • KeepingWellNEL Virtual Yoga 	31 <ul style="list-style-type: none"> • KeepingWellNEL Virtual Pilates • HSBC's 'Money and Family' Session 			

Care First Employee Assistance Programme: The EAP can be contacted by Telephone on 0800 174319 or access their wellbeing website ([see intranet for login details](#))

Contact the Wellbeing & Engagement Team: elft.employee.engage@nhs.net

Support for NHS Staff: <https://www.england.nhs.uk/supporting-our-nhs-people/support-now/>