


Click on the events for more details

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

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](mailto:elft.employee.engage@nhs.net)

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