

Care first

COVID-19 Weekly Publicity Calendar

Weekday	Daily Theme	Article	Webinar
Monday JANUARY 25, 2021	Care first	Care first Awareness	'How Care first can support you' TIME: 12pm-12.30pm LINK: https://attendee.gotowebinar.com/register/2383936234874254606
Tuesday JANUARY 26, 2021	Winter blues	Tips to beat the Winter blues	'Tips to beat the Winter blues' TIME: 12pm – 12.30pm LINK: https://attendee.gotowebinar.com/register/5986600432497086475
Wednesday JANUARY 27, 2021	Children	Tips for Parents on Managing Screen Time, Technology and Social Media use for Children	'Tips for Parents on Managing Screen Time, Technology and Social Media use for Children' TIME: 12pm-12.30pm LINK: https://attendee.gotowebinar.com/register/1427705265847607821
Thursday JANUARY 28, 2021	Working from Home	Keeping motivated whilst Working from Home	'Keeping motivated whilst Working from Home' TIME: 12pm-12.30pm LINK: https://attendee.gotowebinar.com/register/5775319377608907279
Friday JANUARY 29, 2021	Burnout & Tiredness	Burnout & Tiredness during the COVID-19 Pandemic	'Burnout & Tiredness during the COVID-19 Pandemic' TIME: 12pm-12.30pm LINK: https://attendee.gotowebinar.com/register/3523627316084417295

Please note that content may include guidelines applicable to the UK, however guidelines for Wales, Scotland and Ireland may vary. Please refer to .gov for the latest guidance in your region.

Please note that these themes and events are available in Welsh. Mae'r ddogfen hon ar gael yn Gymraeg, ac mewn ieithoedd a fformatau eraill ar gais. This document is available in Welsh, and in other languages and formats on request.