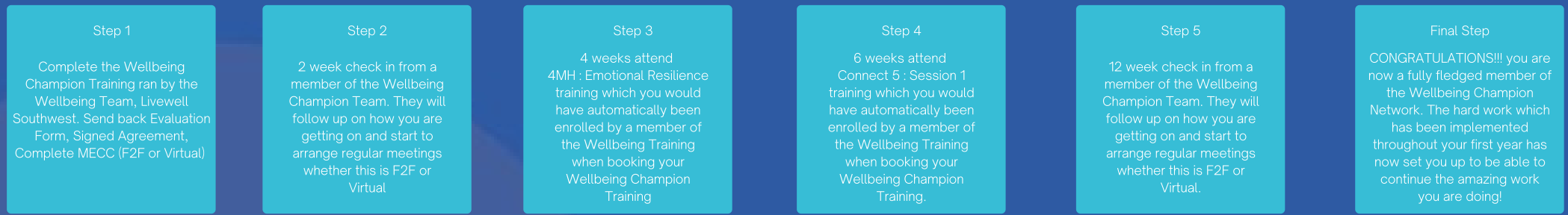


Community Wellbeing Champion 12month timeline



The 4 main Public Health/Local Campaigns which we Champions to support. You will get full support from The Wellbeing Team and Competitions will be run during these months!

1. Dry January (annually ran in Jan)
2. Mental Health Awareness Week (annually ran in May)
3. Steptember (annually ran in September)
4. Stoptober (annually ran in October)

Optional Training:
Understanding Grief and Bereavement,
Connect 5 : Session 2 and 3
4MH: Community Suicide Awareness

Optional Wellbeing Support:
Know Your Measurements (Wellbeing Team)
NHS Health Checks (Wellbeing Team)
Plymotion (Plymouth City Council)