



Tell us about a positive change you have made for your health and wellbeing!

Email us at marketing@creativesupport.co.uk



2024 WHAT'S ON GUIDE

The Year of Living Well



MY JOURNAL

To get the most out of our 'Year of Living Well', you can use your new journal, packed with activities and tips for each theme. We will be exploring each theme on our website and social media each month, so follow along with us, or pick and choose which themes you want to get involved in, it's entirely up to you!



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WELCOME TO YOUR 2024 GUIDE

Your health and wellbeing matters. Looking after our health allows us to live fuller, happier lives.

2024 is Creative Support's 'Year of Living Well', where we will be exploring the good things you can do for your physical and mental health.

From eating healthily to getting active, taking a break to sleeping well, there are lots of positive steps you can take in your health and wellbeing journey. Let's go!

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What's on Guide 2024

The Year of Living Well

JANUARY

HEALTHY HABITS

Let's kick-start the new year by creating some good habits that have a positive impact on our health and wellbeing.



Dry January

FEBRUARY

HEALTHY HEART

The heart is an amazing organ. We will explore the many reasons why we need to look after our hearts and the ways we can keep them healthy and strong.



British Heart Foundation 'Heart Month'
Time to Talk Day (1st February)

MARCH

SLEEPING WELL

March is all about sleep, how much of it you need and why a good night's sleep can help you feel your best and boost your mood.



International Women's Day (8th March)

APRIL

MANAGING STRESS

Everyone experiences stress at some point in their lives. We'll talk about what stress is and the techniques you can use to keep it manageable.

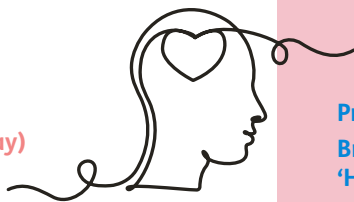


Stress Awareness Month
World Autism Acceptance Week (2nd-8th April)

MAY

HEALTHY BRAIN

The brain works so hard to control all the things the body does. Find out more about how to keep your brain healthy and active.



Dementia Action Week (13th-19th May)

JUNE

HEALTHY EATING

Eating well can be really enjoyable! We'll share healthy recipes and top tips on cooking nutritious meals.



Pride Month
British Nutrition Foundation 'Healthy Eating Week' (10th-14th June)

JULY

MY M.O.T

Health check-ups can save lives. Everyone's health is unique to them, so we'll be looking at the different types of health check-ups people can access.

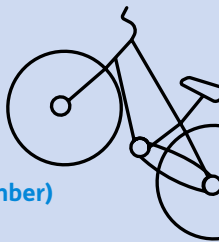


Disability Pride Month
Olympics (26th July- 11th August)

AUGUST

SPORTY SUMMER

Football, golf, table tennis! No matter what sport you enjoy playing or watching, there are plenty of benefits for your physical and mental health.



Paralympics (28th August - 8th September)

SEPTEMBER

FINDING FITNESS

Exercising keeps our bodies healthy and reduces stress. There are lots of different exercises to suit everyone. Let's get moving!

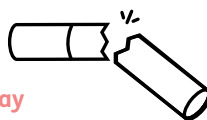


Know your Numbers Week - Blood Pressure UK (dates TBC)

OCTOBER

STOPTOBER

If you smoke, stopping can be the best thing you can do to improve your health. If you don't smoke, we'll look at other positive changes you can make for your health.



Black History Month
World Mental Health Day (10th October)

NOVEMBER

MO' MENTAL HEALTH

Let's raise awareness of men's health and get involved in Movember! Check out our page in the journal to find out more.



International Men's Day (19th November)
Transgender Day of Remembrance (20th November)

DECEMBER

CHRISTMAS CATCH UP

We'll reflect on 2024 and look at the progress we have made to improve our health and wellbeing.



International Day of People with Disabilities (3rd December)