

JANUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30	31	1 New Year's Day	2	3	4	5
6	7	8	9	10	11	12
 13 Spring term starts	14 Getting back on your feet 10.30am-12.30pm Bridge	15	16 What is co-production? 10am-12noon online	17 Get to know us event 12noon-4pm Longton Victorian market	18	19
20 Blue Monday Beating the January blues 11am-1pm Vellichor books	21 College facilitator training 10am-3pm Longton FS	22	23	24	25	26
27	28 Grief out loud 11am-1pm Leek FS	29	30 Finding hope in your finances 12.30pm-2.30pm The Hive	31	1	2


FEBRUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
27	28	29	30	31	1	2
3	4	5	6 Understanding Reasonable adjustments 11am-1pm Meir PCC	7 Let's talk addiction 12.30pm-2.30pm Hope Ctr Church	8	9
10	11 Understanding Trauma 11am-1pm Brampton	12	13 Be your own health info detective 11am-1pm Meir PCC	14	15	16
17 Half term week	18	19	20	21	22	23
24	25 Your care plan, your recovery 12.30pm-2.30pm Lymebrook	26	27 Wellbeing showcase: (Un)masking 12.30pm-2.30pm Venue TBC	28 Caring for carers 11am – 1.30pm online	1	2

MARCH 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
24	25	26	27	28	1	2
3 Wellbeing showcase: Photography 1pm-3pm John Hall Gardens	4	5	6 Grief out loud 1.30-3.30 (followed by a Dove drop-in) Dougie Mac Wellbeing Centre	7 Tackling anxiety 12noon-2.30pm Changes Leek	8	9
10 Veterans moving on 10am-12noon Venue TBC	11 Understanding trauma: looking to the future 11am-1pm Brampton Museum	12	13	14 Living well with bipolar 1 12.30pm-2.30pm Hazel Trees	15	16
17	18 Exp writing 1/4 10.30am-12.30pm online	19 Living well with psychosis 1pm-3.30pm RVS Centre	20 Self-care in 2025 and beyond 1.30pm-3.30pm Dougie Mac	21 Living well with bipolar 2 12.30pm-2.30pm Hazel Trees	22	23
24 Getting involved 11am-1pm Harplands	25 Exp writing 2/4 10.30am-12.30pm Online Menopause&Me 11am-1pm Goldenhill Community Hall	26 Perinatal mental health 10.30am-12.30pm Bridge Centre	27	28	29	30
31 Getting involved: selecting the best 11am-1pm Harplands	1	2	3	4	5	6

APR 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31	1 Exp writing 3/4 10.30am-12.30pm online	2 Me and my black dog 1pm-3pm Bridge Centre	3	4 Humanistic helper 12.30pm-2.30pm New Vic	5	6
7 <i>World health day</i> Mood & Movement 12.30pm-2.30pm YMCA	8 Exp writing 4/4 10.30am-12.30pm online	9 College facilitator training 10am-3pm Tommy Cheadle's	10 What is co-production? 12noon-2pm UNISON	11  Spring term ends	12	13
14	15	16	17	18 Good Friday	19	20 Easter Sunday