



Keeping healthy and warm this winter...

Stay warm, eat healthily, keep up with your medication and protect yourself from flu, keep moving and look after your mood and mental health...all small, but useful tips for winter wellness from the British Heart Foundation. Sign up to the BHF fortnightly [Heart Matters newsletter](#) for free to receive regular tips and advice...



Next BHAWA Webinar (Christmas edition!) - Save the Date!!

Tuesday 17th December 2024 10.00am - 12 noon

Block it out in your diary - details and [link](#) available on the portal...

Winter Money Saving Tips!



- Heat your home efficiently
- Try batch cooking and meal planning
- Reduce how much electricity you use
- Check what help is available to you
- Check you are getting the best deal
- Check for childcare help in the holidays
- Save water
- Budget your days out
- Break away from tradition

Give a little...if you can!



Support your local food bank by donating food and other essentials



Christmas for every child is the mission



Deliver Joy this Christmas by giving a gift to someone in your local community

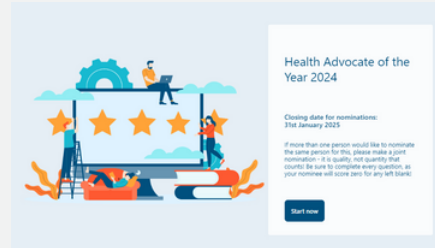


Clicking on the images or text in each section will take you to more information, the nomination form or how to register or join a session!

Health Advocate of the Year 2024

Nominations are now open for Health Advocate of the Year for 2024 and need to come in via the nomination form.

This is a peer recognition award, if more than one person would like to nominate the same person for this, please make a joint nomination - it is quality, not quantity that counts! Be sure to complete every question, as your nominee will score zero for any left blank!



Nominations close 31st January 2025

Nominate

Health Advocate Training 2025

ONLINE:
January 28th
April 29th June
10th

IN-PERSON:
March 11th

All courses run 10am-2.30pm approx.



In-person sessions are delivered at the Northern TUC Office in Newcastle City Centre and online sessions are delivered using Microsoft Teams

Email to request a place:
hparry@tuc.org.uk

- ★ 1st December - World Aids Day
- ★ 13th December - Christmas Jumper Day
- ★ Dry January
- ★ January is Cervical Cancer Awareness Month
- ★ 20th January - Brew Monday
- ★ 4th February - World Cancer Day
- ★ 6th February - Time to Talk Day

