

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



Tuesday 19th December 2023 10.00am - 12 noon  
Block it out in your diary - more details to follow soon!!



## 5 Ways of Winter Wellbeing...

### Keep Learning

#### Health Advocate Training 2024

ONLINE:

January 18th

April 23rd

June 11th

October 22nd

IN-PERSON:

March 5th

September 10th

All courses run 10am-2.30pm approx.

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

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

### Give

#### Food Banks

Food and other essential items are always needed, find out what items food banks near you are in need of, on the Trussell Trust website and Support your local food bank in many ways:



- Donate to your [local food bank](#)
- Drop off at collection points
- Make a financial donation
- Add items to your online shop
- Host a collection at work

#### Cash for Kids

Thousands of children are living in poverty. Cash for Kids Mission Christmas is back...

So many are at risk of waking up without presents to open because Christmas is a luxury their families can't afford, but Mission Christmas is coming back to make a difference, find out how you can get involved...



### Connect



#### Health Advocate of the Year 2023

Nominations are now open for Health Advocate of the Year for 2023 and need to come in via the nomination form. If more than one person from one workplace would like to nominate someone for this, please make a joint nomination rather than multiple nominations as it is quality that counts, not quantity!

Nominations close  
2nd February 2024

[Nominate](#)

### Be Active

#### Walk Once a Day in Winter

Download walking bingo from the BHAWA portal and enjoy a local Christmassy walk!

You could run this an internal competition, the coordination team would love for you to share your progress on our Facebook page or LinkedIn page and there are prizes on offer for the first line and full house - with photographic evidence of course!!

### Take Notice

#### Christmas Money Saving Ideas!

- Plan before you spend - set a budget!
- Keep track of spending - keep notes!
- Do 'family' gifts or Secret Santa
- Buy secondhand
- Avoid buy now, pay later
- Cut back on postage and delivery costs
- Search for discounts on every buy!
- Sign up to retailer's newsletters for offers

