

CENTREPOINT ALLIANCE FOUNDATION | EVENT CALENDAR 2018

January	February	March	April	May	June	July	August	September	October	November	December
1New Year's Day	1	1	1	1	1	1B, B & B Events	1	1	1Ladies Health Breakfast Month	1Mates Health Month	1
2	2	2	2Easter Monday	2	2	2	2	2	2	2	2
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5	5	5	5	5	5	5	5	5Walk and Talk Wednesday	5	5	5Walk and Talk Wednesday
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7	7	7Walk and Talk Wednesday	7	7	7	7	7	7	7	7	7
8	8	8	8	8	8	8NAIDOC Week	8	8	8	8	8
9	9	9	9	9	9	9	9	9	9	9	9
10	10	10	10	10	10	10	10Foundation BBQ	10World Suicide Prevention Day	10World Mental Health Day	10	10
11	11	11	11	11Go Blue for Beyondblue	11Queen's Birthday	11	11	11	11	11PANDA Week	11
12	12	12	12	12	12Men's health week	12	12	12Walk and Talk Wednesday	12	12	12Walk and Talk Wednesday
13	13	13	13	13	13Walk and Talk Wednesday	13	13	13R U OK? Day	13	13	13
14	14	14Walk and Talk Wednesday	14	14	14	14	14	14	14	14	14
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25	25	25	25Anzac Day	25	25	25	25	25	25	25	25Christmas Day
26	26	26	26	26	26	26	26	26Walk and Talk Wednesday	26	26	26Boxing Day
27	27	27	27	27	27Walk and Talk Wednesday	27	27	27	27	27	27
28	28	28Walk and Talk Wednesday	28	28	28	28	28	28	28	28	28
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CALENDAR GUIDE

Walk and Talk Wednesday	Go Blue for Beyond Blue	B, B & B Events
<p>On any Wednesday during March, June, September and December, we invite all members of the Centrepoint Alliance Community to take some time out of your day to take part in our 'Walk and Talk' Wednesday.</p> <p>It's simple! Just go for a walk with someone you care about and simply 'check in' with them.</p> <p>We're hoping that this provides a safe space for the Community to talk about any issues that you may be having. As they say, 'A problem shared is a problem halved'.</p>	<p>Go Blue for beyondblue is one of our most looked forward to annual events on the Centrepoint Alliance Foundation calendar.</p> <p>On May 11, 2018 we celebrate our inaugural charity partnership with beyondblue by asking the Community to get involved by raising vital funds for this worthy cause.</p> <p>Turn your office blue, wear something blue for a gold coin donation or bake something blue for a bake sale! Let your imagination run wild with this blue theme and send through your photos to get featured on our Facebook.</p>	<p>A new event on the calendar this year is B, B & B! This stands for Bowling, Bowls and Bocci for beyondblue.</p> <p>On any day of July that suits you best, host a garden party or a take the office down to the nearest park for some lawn games for a bit of 'down time' to support healthy minds in the workplace.</p> <p>Healthy workplaces promote mental health and wellbeing. They are positive and productive and get the best out of everyone in the workplace. The facts are clear: as well as benefiting employees, a mentally healthy workplace is also better for your bottom line.</p>

Foundation BBQ	Ladies Health Breakfast Month	Mates Health Month
<p>Who doesn't love a good sausage sizzle? A home-made burger or a chance to make a difference?</p> <p>On August 10, 2018 – we are encouraging our Community to host a BBQ during lunch time and all proceeds will go to beyondblue.</p>	<p>Another new event to the Centrepoint Alliance Foundation events calendar is the Ladies Health Breakfast Month.</p> <p>Women are known for putting others first. But when it comes to your health it is important to prioritise your own needs and speak up when you need support. Take the wonderful women of your workplace out for breakfast on any day of October to celebrate Ladies Health and Mental Health.</p> <p>We encourage a \$10 donation from each participant of the breakfast to go towards raising vital funds for beyondblue however, this is completely up-to you.</p>	<p>Pick a day in November to look out for your mates.</p> <p>Ever wanted to reach out but didn't know how? Chances are, you might have a mate who's feeling the same way right now.</p> <p>A simple conversation can help make someone feel less alone, more connected and more supported. Sometimes all it takes to break down the barriers is for you to start the conversation with your mate and ask if they're doing OK.</p> <p>Host a chat lap, breakfast or lunch and get your mates away from the hustle and bustle of busy life and check-in.</p> <p>We encourage a \$10 donation from each participant of the breakfast or lunch to go towards raising vital funds for beyondblue however, this is completely up-to you.</p>

OTHER IMPORTANT DATES TO REMEMBER

Men's Health Week	NAIDOC Week	World Suicide Prevention Day	R U OK? Day	World Mental Health Day	PANDA Week
11-17 June 2018	National Aborigines and Islanders Day 8-15 July 2018	10 September 2018	13 September 2018	10 October 2018	Perinatal Depression and Anxiety Awareness Week 11-17 November 2018

Get help: beyondblue 1300 22 4636 Lifeline Australia 13 11 14	Get involved: Want to know more about how you can get involved? Contact us at Foundation@cpal.com.au	Contact the Committee: 1300 557 598 Foundation@cpal.com.au	Like us on Facebook: https://www.facebook.com/CentrepointFoundation/
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