

MONDAY 20TH		TUESDAY 21ST		WEDNESDAY 22ND		THURSDAY 23RD		FRIDAY 24TH		SATURDAY 25TH	
12.30–1.30pm Hull Libraries	CALL 07931 240242	3–4pm P.A.U.L For Brain Recovery	CLICK TO BOOK>	2–4pm Let's Talk Depression & Anxiety Services Hull	CLICK TO BOOK>	3–4pm Hull Libraries	CALL 07931 240242	1–2pm Hull Libraries	CALL 07931 240242	10–11am P.A.U.L For Brain Recovery	CLICK TO BOOK>
Welcome to Hull Libraries Virtual (Zoom) Booking can also be done through email: Carol.Murtagh@hcandl.co.uk		P.A.U.L For Brain Recovery – how we can help Virtual (Zoom) 1hr Call 01482 620229		Managing your own mental health Virtual (MS Teams) 2hrs		Welcome to Hull Libraries Virtual Booking can also be done through email: Carol.Murtagh@hcandl.co.uk		Welcome to Hull Libraries Virtual (Zoom) Booking can also be done through email: Carol.Murtagh@hcandl.co.uk		P.A.U.L For Brain Recovery – how we can help Virtual (Zoom) 1hr Call 01482 620229	
10am & 1pm City Healthcare Training Team	CALL 01482 222220	9.30am ReNew	CLICK TO BOOK>	10am–12pm KIDS training on the Wednesday		10am and 2pm City Healthcare Training Team	CALL 01482 222220	10am, 11am & 1pm City Healthcare Training Team	CALL 01482 222220		
Basic First Aid for carers Face to face 90 mins Elliott Chappell Health Centre Contact CISS		Drug & Alcohol Awareness Virtual 2hrs		Autism Spectrum Condition and Sensory Processing Workshop Virtual (MS Teams) 2hrs Carers are to contact angela.knight@kids.org.uk to book a place		Caring for someone with a life-limiting condition Face to face 90 mins Elliott Chappell Health Centre Contact CISS		Basic moving and handling techniques for carers Face to face 1hr Elliott Chappell Health Centre Contact CISS			
9.30am–4.30pm Hull City Council	CALL 01482 612442	10am–12pm Hull City Council	CALL 01482 612442	1pm–3pm Hull Libraries	CALL 07931 240242	9.30am– 1.30pm Hull City Council	CALL 01482 612442	1–4pm Hull City Council	CALL 01482 612442		
Medication for ASC Face to face Endeavour		Mental Capacity Act Face to face 2hrs Endeavour		Welcome to Hull Libraries Face to face Hull Central Library Booking can also be done through email: Carol.Murtagh@hcandl.co.uk		Introduction to Mental Health First Aid Face to face 4hrs Endeavour		Safeguarding Adults – Level 1 Face to face 3hrs Endeavour			
10–11am Humberside Police		10.00am–2.30pm Hull City Council	CALL 01482 612442	10.00am–2.30pm Hull City Council Special Learning Needs	CALL 01482 612442	3pm HCV Suicide Prevention Programme	CLICK TO BOOK>	9.30am–12.30pm Hull City Council	CALL 01482 612442		
Fraud – Time to make a difference Virtual (MS Teams)		E–safety Face to face Endeavour		Understanding Dyslexia, Dyscalculia, Dysgraphia & Dyspraxia Face to face Endeavour		Suicide Prevention training Face to face 1hr		Data Protection, Information Sharing Face to face 3hrs Endeavour			
3–5pm	CLICK TO BOOK>	10am–12pm	CLICK TO BOOK>			10–11am Humberside Police	CLICK TO JOIN>				
Smoking cessation Level 1		Smoking cessation Level 1				Fraud – Time to make a difference Virtual (MS Teams)					
						1pm–3pm	CLICK TO BOOK>				
						Smoking cessation Level 1					

