



# France

	January	February	March	April	May	June	July	August	September	October	November	December
Physical						Cycling promotion activity			Multi sport activities	Multi sport activities	Multi sport activities	Christmas Lunch
Social			International women's day				BBQ		Day in Life	Day in Life		
Mental				Greenery and plantings inside the factory	Greenery and plantings inside the factory	Greenery and plantings inside the factory	Greenery and plantings inside the factory					



# Spain

	January	February	March	April	May	June	July	August	September	October	November	December
Physical							Outdoors walking and sketching					
Social				Exhibition Thyssen O'Keefe								Xmas dinner with activity
Mental									Mindfulness to deal with pandemic			



# China

	January	February	March	April	May	June	July	August	September	October	November	December
Physical					Spring Outing		Dancing activity		Funny Sport		indoor curling	
Social	New year celebration	Chinese New year	Woman's Day Celebration	I Love Planet workshop	Creative workshop Paper sculpture	Dragon festival Canteen activity		Smile Face activity		National Day		Christmas
Mental			Painting Classroom - Oil	Painting Classroom - Marker pen		Safety Month		Mental healing workshop using Datura		Work life balance	Stress Awareness workshop	



# USA

	January	February	March	April	May	June	July	August	September	October	November	December
Physical			Purchased Orthopedic insoles for DC workers.		My Virtual Mission Races	My Virtual Mission Races	My Virtual Mission Races					
Social			Wellness Hub	Laughter on Call					Food Trucks	Halloween Party	Thanksgiving Pot Luck	Christmas Party
Mental				Employee Appreciation Box		Bring your dog to work day		Mindfulness Workshop				



# Kidderminster

	January	February	March	April	May	June	July	August	September	October	November	December
Physical			March 18th Global Recycling Day – awareness campaign	Deliver cards into community	National Walking Month – count your steps challenge (can walk Kidderminster to London, to Lowestoft, Minehead, Kidderminster)	Summer dog walk and garden pub visit	Sports day (hog roast/ice cream van)	Aromotherapy massage	Autumn Group dog walk and social gathering	Exercises to promote to good backcare	Blood pressure testing and awareness	
Social			Wild flower seed sewing on site	Easter Egg giveaway	Create an onsite community garden and Colart site pumpkin challenge	National fish and chip day – summer evening gathering in Bewdley				Halloween dress up and cakes, and pumpkin challenge		Christmas party
Mental			Design a thank you card	Stress awareness month	Bee awareness week	Garden wildlife week	Plastic Free July = raise awareness and ideas to reduce plastic waste		Organic September	Watercolour painting day	Acrylic painting session, paint a winter scene	



# Head office

	January	February	March	April	May	June	July	August	September	October	November	December
Physical				7th World Health day				5th Cycle to work day	23rd National Fitness week			
Social	Chinese New year	Pancake day	International Women's day-Global Event 27th Gender's Equality day	5th Easter Egg activity	21st World day of Cultural Diversity	6th Sweden National day	4th US Independence day		21-25 Recycling week	3th World Animal day 31st: Halloween party?		Christmas box for Kids Secret Santa TBC Christmas Party
Mental			22nd World pigment day	29th World day for H&D at work	10-16 Mental Health Awareness week	4th World Environment day	Summer theme		7-13th Know your number's week	10th World health day 10-15 National Work life week	1-5 International Stress Awareness week	



# Minehead

	January	February	March	April	May	June	July	August	September	October	November	December
<b>Physical</b>						Family, Friends and Furry Companions Walk	<b>Race For Life</b> <b>TBA</b>				<b>Skittles</b>	
<b>Social</b>		Breakfast Club  Socially Distanced Pancake Day with a Difference			Fruit week		16 <sup>th</sup> Summer Party	Sausage Sizzle	MacMillan Coffee Morning & Bake Sale	Mecca Bingo Taunton	19 <sup>th</sup> International Men's Day  Children in Need	Christmas Party  Long Service Awards
<b>Mental</b>	Monthly call to furloughed colleagues to update them and check that they are ok					10 <sup>th</sup> – 16 <sup>th</sup> Mental Health Awareness Week		Quiz Night		Lunchtime Hobby Club  Postponed From last year  Bring your lunch and hobby to the Rainbow Room .  Share what helps you relax.  Arts,crafts etc.		