



# **Charity 2025 Calendar**





# Calendar 2026

#### **JANUARY 2026**

| Μ  | Т  | W  | Т  | F  | S  | S  |
|----|----|----|----|----|----|----|
|    |    |    | 1  | 2  | 3  | 4  |
| 5  | 6  | 7  | 8  | 9  | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 |    |

#### FEBRUARY 2026

| Μ  | Т  | W  | Т  | F  | S  | S  |
|----|----|----|----|----|----|----|
|    |    |    |    |    |    | 1  |
| 2  | 3  | 4  | 5  | 6  | 7  | 8  |
| 9  | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 |    |

#### **MARCH 2026**

| Μ  | Т  | W  | Т  | F  | S  | S  |
|----|----|----|----|----|----|----|
|    |    |    |    |    |    | 1  |
| 2  | 3  | 4  | 5  | 6  | 7  | 8  |
| 9  | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 |    |    |    |    |    |

#### **APRIL 2026**

| Μ  | Т  | W  | Т  | F  | S  | S  |  |  |
|----|----|----|----|----|----|----|--|--|
|    |    | 1  | 2  | 3  | 4  | 5  |  |  |
| 6  | 7  | 8  | 9  | 10 | 11 | 12 |  |  |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |  |  |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |  |  |
| 27 | 28 | 29 | 30 |    |    |    |  |  |

| MAY 2026 |    |    |    |    |    |    |  |  |
|----------|----|----|----|----|----|----|--|--|
| Μ        | Т  | W  | Т  | F  | S  | S  |  |  |
|          |    |    |    | 1  | 2  | 3  |  |  |
| 4        | 5  | 6  | 7  | 8  | 9  | 10 |  |  |
| 11       | 12 | 13 | 14 | 15 | 16 | 17 |  |  |
| 18       | 19 | 20 | 21 | 22 | 23 | 24 |  |  |
| 25       | 26 | 27 | 28 | 29 | 30 | 31 |  |  |

|    | <b>JUNE 2026</b> |    |    |    |    |    |  |  |  |
|----|------------------|----|----|----|----|----|--|--|--|
| Μ  | Т                | W  | Т  | F  | S  | S  |  |  |  |
| 1  | 2                | 3  | 4  | 5  | 6  | 7  |  |  |  |
| 8  | 9                | 10 | 11 | 12 | 13 | 14 |  |  |  |
| 15 | 16               | 17 | 18 | 19 | 20 | 21 |  |  |  |
| 22 | 23               | 24 | 25 | 26 | 27 | 28 |  |  |  |
| 29 | 30               |    |    |    |    |    |  |  |  |

| <b>JULY 2026</b> |    |    |    |    |    |    |  |  |  |
|------------------|----|----|----|----|----|----|--|--|--|
| Μ                | Т  | W  | Т  | F  | S  | S  |  |  |  |
|                  |    | 1  | 2  | 3  | 4  | 5  |  |  |  |
| 6                | 7  | 8  | 9  | 10 | 11 | 12 |  |  |  |
| 13               | 14 | 15 | 16 | 17 | 18 | 19 |  |  |  |
| 20               | 21 | 22 | 23 | 24 | 25 | 26 |  |  |  |
| 27               | 28 | 29 | 30 | 31 |    |    |  |  |  |

#### **AUGUST 2026**

| Μ  | Т  | W  | Т  | F  | S  | S  |  |  |
|----|----|----|----|----|----|----|--|--|
|    |    |    |    |    | 1  | 2  |  |  |
| 3  | 4  | 5  | 6  | 7  | 8  | 9  |  |  |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |  |  |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |  |  |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |  |  |
| 31 |    |    |    |    |    |    |  |  |

#### **SEPTEMBER 2026**

| Μ  | Т  | W  | Т  | F  | S  | S  |
|----|----|----|----|----|----|----|
|    | 1  | 2  | 3  | 4  | 5  | 6  |
| 7  | 8  | 9  | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 |    |    |    |    |

#### **OCTOBER 2026**

| Μ  | Т  | W  | Т  | F  | S  | S  |
|----|----|----|----|----|----|----|
|    |    |    | 1  | 2  | 3  | 4  |
| 5  | 6  | 7  | 8  | 9  | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 |    |

#### **NOVEMBER 2026**

| Т  | W        | Т                   | F  | S  | S  |
|----|----------|---------------------|--|--|--|
|    |          |                     |  |  | 1  |
| 3  | 4        | 5                   | 6  | 7  | 8  |
| 10 | 11       | 12                  | 13   | 14   | 15   |
| 17 | 18       | 19                  | 20   | 21   | 22   |
| 24 | 25       | 26                  | 27   | 28   | 29   |
|    |          |                     |  |  |  |
|    | 10<br>17 | 3 4   10 11   17 18 | Image: Weight of the second | Image: Markowski w Image: | Image: Market Ma<br>Market Market Mark |

### DECEMBER 2026

| Μ  | Т  | W  | Т  | F  | S  | S  |
|----|----|----|----|----|----|----|
|    | 1  | 2  | 3  | 4  | 5  | 6  |
| 7  | 8  | 9  | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 |    |    |    |

## **Comforting Crafts**

Our Arts and Heritage Group, alongside the Trust's Volunteering Services, deliver craft activities to boost the wellbeing of patients at The Royal Wolverhampton NHS Trust and in our community.

| FEBRUARY 2025 |    |    |    |    |    |    |  |  |  |
|---------------|----|----|----|----|----|----|--|--|--|
| М             | Т  | W  | Т  | F  | S  | S  |  |  |  |
|               |    |    |    |    | 1  | 2  |  |  |  |
| 3             | 4  | 5  | 6  | 7  | 8  | 9  |  |  |  |
| 10            | 11 | 12 | 13 | 14 | 15 | 16 |  |  |  |
| 17            | 18 | 19 | 20 | 21 | 22 | 23 |  |  |  |
| 24            | 25 | 26 | 27 | 28 |    |    |  |  |  |





|         | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY                               |
|---------|--------|---------|-----------|----------|--------|----------|--------------------------------------|
|         |        |         | 1         | 2        | 3      | 4        | 5                                    |
|         | 6      | 7       | 8         | 9        | 10     | 11       | <b>12</b><br>National Pharmacist Day |
| January | 13     | 14      | 15        | 16       | 17     | 18       | 19                                   |
| Dry .   | 20     | 21      | 22        | 23       | 24     | 25       | 26                                   |
|         | 27     | 28      | 29        | 30       | 31     |          |                                      |

Fundraising idea of the month: Jumble Sale - Gather a group and put your unwanted clothes, books and homeware up for sale. You might even snap up a second-hand bargain of your own.



### **Hands-on Heritage**

Dedicated Arts and Heritage Volunteers help us to care for and conserve our collection of over 200 historical objects, which range from medical equipment to memorabilia. ruary







|         | MONDAY                    | TUESDAY          | WEDNESDAY | THURSDAY         | FRIDAY           | SATURDAY | SUNDAY |
|---------|---------------------------|------------------|-----------|------------------|------------------|----------|--------|
|         |                           |                  |           |                  |                  | 1        | 2      |
|         |                           |                  |           |                  |                  |          |        |
|         |                           |                  |           |                  |                  |          |        |
| _       | 3                         | 4                | 5         | 6                | 7                | 8        | 9      |
| ţ       |                           |                  |           |                  |                  |          |        |
| Month   |                           | World Cancer Day |           | Time to Talk Day |                  |          |        |
| Σ       | 10                        | 11               | 12        | 13               | 14               | 15       | 16     |
| N       |                           |                  |           |                  |                  |          |        |
| History |                           |                  |           |                  |                  |          |        |
| .Ľ      | 17                        | 18               | 19        | 20               | 21               | 22       | 23     |
|         |                           |                  |           |                  |                  |          |        |
| LGBT+   |                           |                  |           |                  |                  |          |        |
| ש       | 24                        | 25               | 26        | 27               | 28               |          |        |
|         |                           |                  |           |                  |                  |          |        |
|         | Eating Disorder Awareness |                  |           |                  |                  |          |        |
|         | Week                      |                  |           |                  | Rare Disease Day |          |        |

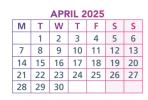
## Fundraising idea of the month: Football Match - Organise a charity match or a five-a-side tournament.

Get spectators involved by organising a penalty shoot-out after the game.

## March

## Marvellous Makers of Medicine

Children try their hand at being traditional chemists, like Wolverhampton-based company Reade Brothers and Co, in our smashing summertime activity!



# **March 2025**



The Royal Wolverhampton NHS Trust Charity Registered Charity No. 1059467

| MONDAY                              | TUESDAY | WEDNESDAY | THURSDAY                      | FRIDAY                     | SATURDAY                    | SUNDAY |
|-------------------------------------|---------|-----------|-------------------------------|----------------------------|-----------------------------|--------|
| c                                   |         |           |                               |                            | 1                           | 2      |
|                                     |         |           |                               |                            | Overseas NHS Workers<br>Day |        |
| 3 3<br>3                            | 4       | 5         | 6                             | 7                          | 8                           | 9      |
| 10<br>17                            | 11      | 12        | <b>13</b><br>World Kidney Day | 14                         | 15                          | 16     |
| 17                                  | 18      | 19        | 20                            | 21                         | 22                          | 23     |
| Nutrition and Hydrati<br>Week       | on      |           | World Oral Health Day         | World Down Syndrome<br>Day |                             |        |
| Nutrition and Hydrati<br>Week<br>24 | 25      | 26        | 27                            | 28                         | 29                          | 30     |
| 31<br>31                            |         |           |                               |                            |                             |        |
|                                     |         |           |                               |                            |                             |        |

Fundraising idea of the month: Matched Giving - Ask your employer about matched giving. Whether you're raising funds inside or outside the office, they may be able to double your donation.







## **Magical Murals**

Children attending New Cross Hospital are now greeted by an "amazing" magical underwater sea world plus a display of unicorns and dinosaurs thanks to a £15,000 transformation which has become a TikTok sensation.

|    | MAY 2025 |    |    |    |    |    |  |  |  |  |
|----|----------|----|----|----|----|----|--|--|--|--|
| Μ  | Т        | W  | Т  | F  | S  | S  |  |  |  |  |
|    |          |    | 1  | 2  | 3  | 4  |  |  |  |  |
| 5  | 6        | 7  | 8  | 9  | 10 | 11 |  |  |  |  |
| 12 | 13       | 14 | 15 | 16 | 17 | 18 |  |  |  |  |
| 19 | 20       | 21 | 22 | 23 | 24 | 25 |  |  |  |  |
| 26 | 27       | 28 | 29 | 30 | 31 |    |  |  |  |  |

**Stress Awareness Month** 





The Royal Wolverhampton NHS Trust Charity Registered Charity No. 1059467

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|---------|-----------|----------|--------|----------|--------|
|        | 1       | 2         | 3        | 4      | 5        | 6      |
| 7      | 8       | 9         | 10       | 11     | 12       | 13     |
| 14     | 15      | 16        | 17       | 18     | 19       | 20     |
| 21     | 22      | 23        | 24       | 25     | 26       | 27     |
| 28     | 29      | 30        |          |        |          |        |

Fundraising idea of the month: Afternoon Tea - Are scones and tiny sandwiches your jam? Invite your besties over for a spot of afternoon tea and ask for a donation in exchange for sweet treats.



# two Worlds

nót

own

Hearing

### **Illustrating Inclusivity**

Gail

For Deaf Awareness Week, we're spotlighting the evocative artwork 'Two Worlds', created by pupils from Warstones Primary School in creative sessions with Real Arts Workshops.

|    | JUNE 2025 |    |    |    |    |    |  |  |  |  |
|----|-----------|----|----|----|----|----|--|--|--|--|
| Μ  | Т         | W  | Т  | F  | S  | S  |  |  |  |  |
|    |           |    |    |    |    | 1  |  |  |  |  |
| 2  | 3         | 4  | 5  | 6  | 7  | 8  |  |  |  |  |
| 9  | 10        | 11 | 12 | 13 | 14 | 15 |  |  |  |  |
| 16 | 17        | 18 | 19 | 20 | 21 | 22 |  |  |  |  |
| 23 | 24        | 25 | 26 | 27 | 28 | 29 |  |  |  |  |
| 30 |           |    |    |    |    |    |  |  |  |  |

# May 2025



The Royal Wolverhampton NHS Trust Charity Registered Charity No. 1059467

| MONDAY  | TUESDAY | WEDNESDAY | THURSDAY   | FRIDAY | SATURDAY | SUNDAY |
|---|---------|-----------|--|--------|----------|--------|
|   |         |           | 1  | 2      | 3        | 4      |
| <b>5</b><br>International Day of the<br>Midwife<br>Deaf Awareness Week    | 6       | 7         | 8  | 9      | 10       | 11     |
| <b>12</b><br>International Nurses' Day<br>Mental Health Awareness<br>Week | 13      | 14        | <b>15</b><br>Global Accessibility<br>Awareness Day | 16     | 17       | 18     |
| 19  | 20      | 21        | 22   | 23     | 24       | 25     |
| 26  | 27      | 28        | 29   | 30     | 31       |        |

Fundraising idea of the month: Masterclass - Do you have a skill that sets you apart? Whatever your talent, host a masterclass and charge a fee for attendees to learn from you.



## **Valuable Volunteers**

OUICKIE

For National Volunteers' Week, we say a big 'thank you!' to our amazing volunteers from across the Trust, who help us to deliver our charitable goals.

|    | JULY 2025 |    |    |    |    |    |  |  |  |  |  |
|----|-----------|----|----|----|----|----|--|--|--|--|--|
| Μ  | Т         | W  | Т  | F  | S  | S  |  |  |  |  |  |
|    | 1         | 2  | 3  | 4  | 5  | 6  |  |  |  |  |  |
| 7  | 8         | 9  | 10 | 11 | 12 | 13 |  |  |  |  |  |
| 14 | 15        | 16 | 17 | 18 | 19 | 20 |  |  |  |  |  |
| 21 | 22        | 23 | 24 | 25 | 26 | 27 |  |  |  |  |  |
| 28 | 29        | 30 | 31 |    |    |    |  |  |  |  |  |

**Pride Month** 





The Royal Wolverhampton NHS Trust Charity Registered Charity No. 1059467

| MONDAY                            | TUESDAY                      | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY       |
|-----------------------------------|------------------------------|-----------|----------|--------|----------|--------------|
|                                   |                              |           |          |        |          | 1            |
| 2                                 | <b>3</b><br>Volunteers' Week | 4         | 5        | 6      | 7        | 8            |
| <b>9</b><br>National Carers' Week | 10                           | 11        | 12       | 13     | 14       | 15           |
| Men's Health Week                 | 17                           | 18        | 19       | 20     | 21       | 22           |
| 23                                | 24                           | 25        | 26       | 27     | 28       | Windrush Day |
| 30                                |                              |           |          |        |          |              |

Fundraising idea of the month: Jewellery Making - Get crafty and make your own jewellery to sell. Already a professional jeweller? Add an option to donate to us via your website or host a jewellery making workshop.



## **Happy Birthday NHS!**

As the NHS marks its 77th year, we celebrate almost two centuries of excellent care in our city with this spectacular model of Wolverhampton's Royal Hospital, created by pupils from Penn Fields School in creative sessions with Real Arts Workshops.

|    | AUGUST 2025 |    |    |    |    |    |  |  |  |  |
|----|-------------|----|----|----|----|----|--|--|--|--|
| Μ  | Т           | W  | Т  | F  | S  | S  |  |  |  |  |
|    |             |    |    | 1  | 2  | 3  |  |  |  |  |
| 4  | 5           | 6  | 7  | 8  | 9  | 10 |  |  |  |  |
| 11 | 12          | 13 | 14 | 15 | 16 | 17 |  |  |  |  |
| 18 | 19          | 20 | 21 | 22 | 23 | 24 |  |  |  |  |
| 25 | 26          | 27 | 28 | 29 | 30 | 31 |  |  |  |  |





| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY                     | SATURDAY                 | SUNDAY |
|--------|---------|-----------|----------|----------------------------|--------------------------|--------|
|        | 1       | 2         | 3        | 4                          | 5                        | 6      |
|        |         |           |          |                            |                          |        |
|        |         |           |          |                            |                          |        |
|        |         |           |          |                            | 77th birthday of the NHS |        |
| 7      | 8       | 9         | 10       | 11                         | 12                       | 13     |
|        |         |           |          |                            |                          |        |
|        |         |           |          |                            |                          |        |
|        |         |           |          |                            |                          |        |
| 14     | 15      | 16        | 17       | 18                         | 19                       | 20     |
|        |         |           |          |                            |                          |        |
|        |         |           |          |                            |                          |        |
|        |         |           |          | South Asian Heritage Month |                          |        |
| 21     | 22      | 23        | 24       | 25                         | 26                       | 27     |
|        |         |           |          |                            |                          |        |
|        |         |           |          |                            |                          |        |
|        |         |           |          |                            |                          |        |
| 28     | 29      | 30        | 31       |                            |                          |        |
|        |         |           |          |                            |                          |        |
|        |         |           |          |                            |                          |        |
|        |         |           |          |                            |                          |        |

## Fundraising idea of the month: Joke-a-thon - Crack out your best jokes to exchange laughs for donations.



## **Plucky Puppets**

Little Red, Noodles, and Bo entertained patients on the children's ward at New Cross Hospital, demonstrating how disability is no match for determination! RNC

|    | SEPTEMBER 2025 |    |    |    |    |    |  |  |  |  |
|----|----------------|----|----|----|----|----|--|--|--|--|
| М  | Т              | W  | Т  | F  | S  | S  |  |  |  |  |
| 1  | 2              | 3  | 4  | 5  | 6  | 7  |  |  |  |  |
| 8  | 9              | 10 | 11 | 12 | 13 | 14 |  |  |  |  |
| 15 | 16             | 17 | 18 | 19 | 20 | 21 |  |  |  |  |
| 22 | 23             | 24 | 25 | 26 | 27 | 28 |  |  |  |  |
| 29 | 30             |    |    |    |    |    |  |  |  |  |





| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY                   | SATURDAY | SUNDAY |
|--------|---------|-----------|----------|--------------------------|----------|--------|
|        |         |           |          | 1                        | 2        | 3      |
|        |         |           |          |                          |          |        |
|        |         |           |          | World Breastfeeding Week |          |        |
| 1      | 5       | 6         | 7        | 8                        | 9        | 10     |
|        |         |           |          |                          |          |        |
|        |         |           |          |                          |          |        |
| 11     | 12      | 13        | 14       | 15                       | 16       | 17     |
|        |         |           |          |                          |          |        |
|        |         |           |          |                          |          |        |
| 10     | 10      | 20        | 21       | 22                       | 22       | 24     |
| 18     | 19      | 20        | 21       | 22                       | 23       | 24     |
|        |         |           |          |                          |          |        |
|        |         |           |          |                          |          |        |
| 25     | 26      | 27        | 28       | 29                       | 30       | 31     |
|        |         |           |          |                          |          |        |
|        |         |           |          |                          |          |        |

Fundraising idea of the month: Aerobics Class - Head to the aerobics studio or host a class online and donate the fees. Theme the class and add postworkout refreshments to raise even more.

# eptember

## **Glamorous Garden**

Employees from The Mander Shopping Centre in Wolverhampton joined forces with patients and staff from The Royal Wolverhampton NHS Trust to spend the day revamping the green space outside the Neurological Rehabilitation Unit at West Park Hospital.

|    | OCTOBER 2025 |    |    |    |    |    |  |  |  |
|----|--------------|----|----|----|----|----|--|--|--|
| Μ  | Т            | W  | Т  | F  | S  | S  |  |  |  |
|    |              | 1  | 2  | 3  | 4  | 5  |  |  |  |
| 6  | 7            | 8  | 9  | 10 | 11 | 12 |  |  |  |
| 13 | 14           | 15 | 16 | 17 | 18 | 19 |  |  |  |
| 20 | 21           | 22 | 23 | 24 | 25 | 26 |  |  |  |
| 27 | 28           | 29 | 30 | 31 |    |    |  |  |  |





The Royal Wolverhampton

| MONDAY                           | TUESDAY                            | WEDNESDAY                                    | THURSDAY | FRIDAY | SATURDAY                      | SUNDAY |
|----------------------------------|------------------------------------|--|----------|--------|-------------------------------|--------|
| 1                                | 2                                  | 3  | 4        | 5      | 6                             | 7      |
| 8                                | <b>9</b><br>Know Your Numbers Week | <b>10</b><br>World Suicide Prevention<br>Day | 11       | 12     | <b>13</b><br>World Sepsis Day | 14     |
| 15                               | 16                                 | <b>17</b><br>World Patient Safety Day        | 18       | 19     | 20                            | 21     |
| <b>22</b><br>Organ Donation Week | 23                                 | 24   | 25       | 26     | 27                            | 28     |
| 29                               | 30                                 |  |          |        |                               |        |

Fundraising idea of the month: Sponsored Steps - Set yourself a daily goal or choose a distance to reach in a month and get sponsored to do so.



### **X-traordinary X-rays**

Children learned about the 'x-citing' world of X-rays, and created their own skeletal hands using the print-making technique of cyanotypes.

Teenage

Teenage

October



October 2025



| _             | MONDAY                          | TUESDAY                             | WEDNESDAY                                | THURSDAY                 | FRIDAY                  | SATURDAY            | SUNDAY              |
|---------------|---------------------------------|-------------------------------------|--|--------------------------|-------------------------|---------------------|---------------------|
| Mont          |                                 |                                     | 1  | 2                        | 3                       | 4                   | 5                   |
| History Month | 6                               | 7                                   | 8  | 9                        | 10                      | 11                  | 12                  |
| Black         |                                 |                                     |  |                          | World Mental Health Day |                     | Bone and Joint Week |
|               | 13                              | 14                                  | 15                                       | 16                       | 17                      | 18                  | 19                  |
| q             |                                 |                                     |  |                          |                         | World Menopause Day |                     |
| Sober October | 20                              | 21                                  | 22                                       | 23                       | 24                      | 25                  | 26                  |
|               | 27                              | 28                                  | 29                                       | 30                       | 31                      |                     |                     |
| Stoptober     | Fundraisir<br>Office Olympics - | ng idea of<br>Split your office int | <b>the month</b><br>to teams, line up so | •<br>me office-style eve | nts and let the gan     | nes begin.          |                     |



### Let There Be Light

Christmas is officially here at The Royal Wolverhampton NHS Trust as staff and patients get into the festive spirit with the annual lights switch-on.



# November 2025



The Royal Wolverhampton NHS Trust Charity Registered Charity No. 1059467

| <u>ج</u>   | MONDAY  | TUESDAY   | WEDNESDAY                                  | THURSDAY          | FRIDAY | SATURDAY                                 | SUNDAY |
|------------|---|---|--|-------------------|--------|--|--------|
| Month)     |   |   |  |                   |        | 1  | 2      |
|            |   |   |  |                   |        |  |        |
| Awareness  | 3   | 4   | 5  | 6                 | 7      | 8  | 9      |
| ll Health  | 10  | 11  | 12   | 13                | 14     | 15                                       | 16     |
| s Mental   | 17  | 18  | 19   | 20                | 21     | <b>22</b><br>National Disability History | 23     |
| n's        | National Self Care Week                             |   |  |                   |        | Month                                    |        |
| oer (Men's | 24  | 25  | 26   | 27                | 28     | 29                                       | 30     |
| Movember   | Fundraisi<br>Name Game - It d<br>Ask friends to pay | ng idea of<br>oesn't matter wha<br>to guess the nam | the month<br>t it is, whether it's a<br>e. | teddy or a tiger! |        |  |        |



# December

### **Bah Humbug!**

Insults are hurled, raspberries are blown and hugs aplenty are given but most of all lots of laughs ring out as The Grinch spreads some Christmas cheer to children in Wolverhampton.



# December 2025



The Royal Wolverhampton NHS Trust Charity Registered Charity No. 1059467

| MONDAY         | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------|---------|-----------|----------|--------|----------|--------|
| 1              | 2       | 3         | 4        | 5      | 6        | 7      |
| World AIDS Day |         |           |          |        |          |        |
| 8              | 9       | 10        | 11       | 12     | 13       | 14     |
|                |         |           |          |        |          |        |
| 15             | 16      | 17        | 18       | 19     | 20       | 21     |
|                |         |           |          |        |          |        |
| 22             | 23      | 24        | 25       | 26     | 27       | 28     |
|                |         |           |          |        |          |        |
| 29             | 30      | 31        |          |        |          |        |
|                |         |           |          |        |          |        |
|                |         |           |          |        |          |        |

@TheRWTCharity

F O X

Visit our website



The activities pictured for February, March, May, July and October were a part of Care, Create, Conserve, generously funded by The National Lottery Heritage Fund.

MI\_14345514\_21.11.24\_V\_1