

DECEMBER WELLBEING ADVENT CALENDAR 2025

01

Keep warm,
Keep safe,
[Keep Well](#)

02

Keep up with your
winter vaccines
[Get Vaccinated](#)

03

Get online peer
support
over the festive
period
[Learn Here](#)

04

Try making some
festive
mocktails
[Click Here](#)

05

Safe driving advice
& information for
this winter
[Learn Here](#)

06

Open up when
you're feeling
down
[Learn More](#)

07

Making
someone's day
doesn't have to
cost much
[Learn Here](#)

08

Don't want to go
out in the cold?
Stay active at home
this winter
[Find Out More](#)

09

Take time for
mindful
activities
[Click Here](#)

10

Feeling the effects
of the cost of living
this Christmas?
[Get Support Here](#)

11

Be aware of how
much you are
drinking during all
the festive
celebrations
[Learn Here](#)

12

Donate to CFINE to
assist those who are
food insecure.
[Donate Now](#)

13

Be safe & be
seen this winter
[Learn Here](#)

14

When you are ill or
injured, know who
to turn to this
winter
[Read Here](#)

15

Try some new
warming & simple
recipes
[Learn Here](#)

16

Keep up your
vitamin D during the
winter months
[Learn Here](#)

17

Keep up to date
with local weather
warnings
[Click Here](#)

18

No child
deserves to miss
out on Christmas
[Befriend A Child Now](#)

19

Take away the
social pressures of
a 'picture perfect'
Christmas
[Learn Here](#)

20

Top tips for
combatting
loneliness during
the festive break
[Learn Here](#)

21

Find out what's on
in the performing
arts or theatre
[Get Tickets Here](#)

22

25 screen-free
activities children
can enjoy at
Christmas time
[Learn Here](#)

23

Protect everyone &
safely prepare your
Christmas feast
[Learn Here](#)

24

One more sleep!
Are you having
trouble sleeping?
[Learn More Here](#)

25

MERRY CHRISTMAS
from the Workplace Team!


