

## UP COMING EVENTS

1st Feb	Dignity Action Day <a href="https://www.dignityincare.org.uk/Dignity-in-Care-events/Dignity_Action_Day/">https://www.dignityincare.org.uk/Dignity-in-Care-events/Dignity_Action_Day/</a>
4 <sup>th</sup> Feb	World Cancer Day <a href="https://www.worldcancerday.org/">https://www.worldcancerday.org/</a>
3 <sup>rd</sup> Mar	Normanby Hall Adventure Race – Scunthorpe - <a href="http://www.curlysathletes.co.uk/normanby-hall-adventure-race.html">http://www.curlysathletes.co.uk/normanby-hall-adventure-race.html</a>
13 <sup>th</sup> Mar	National No Smoking Day - <a href="https://www.awarenessdays.com/awareness-days-calendar/national-no-smoking-day-2019/">https://www.awarenessdays.com/awareness-days-calendar/national-no-smoking-day-2019/</a>
20 <sup>th</sup> Mar	International Day of Happiness - <a href="https://www.dayofhappiness.net/#join">https://www.dayofhappiness.net/#join</a>
7 <sup>th</sup> April	Jayne Tomlinson's Lincoln 10K – <a href="https://www.runforall.com/events/10k/city-of-lincoln-10k/">https://www.runforall.com/events/10k/city-of-lincoln-10k/</a>
14 <sup>th</sup> April	The Plusnet Yorkshire Half Marathon – Sheffield - <a href="https://www.runforall.com/events/half-marathon/sheffield-half-marathon/">https://www.runforall.com/events/half-marathon/sheffield-half-marathon/</a>
28 <sup>th</sup> April	The London Marathon - <a href="https://www.virginmoneylondonmarathon.com/en-gb/">https://www.virginmoneylondonmarathon.com/en-gb/</a>