



The Alcohol & Drug Service

# UP COMING EVENTS OCTOBER - NOVEMBER 2018

October	Stoptober Stop smoking month <a href="https://www.nhs.uk/oneyou/stoptober/home">https://www.nhs.uk/oneyou/stoptober/home</a>
10 Oct	World Mental Health Day <a href="https://www.mentalhealth.org.uk/campaigns/world-mental-health-day">https://www.mentalhealth.org.uk/campaigns/world-mental-health-day</a>
13 Oct	Gruesome Twosome 10K races – Lincolnshire Wolds <a href="https://tape2tape.co.uk/events/gruesome-twosome-10k-half-marathon-2/">https://tape2tape.co.uk/events/gruesome-twosome-10k-half-marathon-2/</a>
20 Oct	Lunacy Race NE Lincs <a href="https://www.letsdothis.com/e/lunacy-run-17235">https://www.letsdothis.com/e/lunacy-run-17235</a>
5 – 9 Nov	National Stress Awareness week <a href="https://isma.org.uk/national-stress-awareness-day">https://isma.org.uk/national-stress-awareness-day</a>
13–19 Nov	Alcohol Awareness Week <a href="https://www.alcoholconcern.org.uk/alcohol-awareness-week">https://www.alcoholconcern.org.uk/alcohol-awareness-week</a>
24 Nov	Carer’s Rights Day <a href="https://www.carersuk.org/news-and-campaigns/carers-rights-day">https://www.carersuk.org/news-and-campaigns/carers-rights-day</a>
25 Nov	International Day for the Elimination of Violence against Women <a href="http://www.un.org/en/events/endviolenceday/">http://www.un.org/en/events/endviolenceday/</a>