

Team Modeshift Events Calendar

November 2023

Get your organisation, school and workplace talking about stress and wellbeing, take a walk or cycle with a friend or colleague and ask them about their day



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	International Stress Awareness Week	1	2	3	4	5
6 Childrens Book Week	7	8	9	10	11	12
13 Odd Socks Day	14	15	16	17	18	19
20	21	22	23 Modeshift Convention	24	25	26
27	28	29	30			

Which active travel book is your favourite? We will be reading - We're going on a bear hunt

International Stress Awareness Week

UK Disability History Month
16 November – 16 December

Modeshift Convention

What's coming up: December

- ★ 1-21 December Cycle Bells calendar
- ★ 16 November - 16 December UK Disability History Month
- ★ 6th December Elf Day Alzheimer's Society
- ★ 7th December Christmas Jumper Day

