

16 Days of Action									
2 December to 10 December 2024									
	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6	Saturday 7	Sunday 8	Monday 9	Tuesday 10
Activities running throughout campaign	White Ribbon flags flying at Quadrant and Killingworth. NSECH and St Mary's Lighthouse illuminated								
	It starts with men' is this year's national White Ribbon theme								
Morning		Northumbria Heathcare NHS Foundation Trust Melissa bus - 9.30am - ASDA Berwick	Northumbria Heathcare NHS Foundation Trust Melissa bus - 9am - Shiremoor Resource Centre	Information stand, family circuits class at Waves - 5pm. Northumbria Healthcare NHS Foundation Trust Melissa bus - 9am - Hadrian Health Centre		No Limits pool session - turn the pool orange at The Lakeside Centre - 10:30am - 12pm			
Afternoon	Northumbria Heathcare NHS Foundation Trust Melissa bus - 1pm - Morrisons Blyth	Northumbria Heathcare NHS Foundation Trust Melissa bus - 1.30pm - Lidl Alnwick	Northumbria Heathcare NHS Foundation Trust Melissa bus - 1pm - John Willie Sams Centre, Dudley	Northumbria Healthcare NHS Foundation Trust Melissa bus - 1pm - Hadrian Health Centre					
Evening					Waves Rave - turn the pool orange at Waves - 6:30 - 7:30pm				