

PUT MENTAL HEALTH IN YOUR CALENDAR

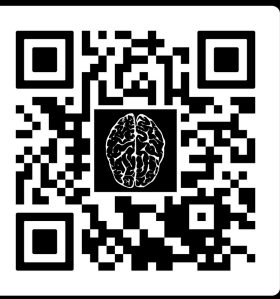


THE BURNT CHEF PROJECT

2024 ACTIVITY PLANNER



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MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER <small>INTERNATIONAL MENS HEALTH MONTH</small>	DECEMBER
1	1	1 Best Served Chilled, TBCP Cold Swim, Sobo Beach	1	1 London Hospitality Festival	1	1 Hospitality Highlights -LinkedIn Live	1
2 The Burnt Chef Journal release / - 8 Maternity Mental Health Awareness week / Talent Hive Golf Day The Mere Manchester	2	2	2 Hospitality Highlights -LinkedIn Live	2 Run for the road	2 - 8 National Hygiene Week	2	2 - 8 National Grief Awareness week / Run for the road
3 Hospitality Highlights -LinkedIn Live	3 Best Served Chilled, TBCP Cold Swim, Sobo Beach	3 - 9 Alcohol Awareness Week	3	3	3 Podcast Release	3	3
4	4	4	4	4	4 Hospitality Highlights -LinkedIn Live	4 World lets stop shouting day / Run for the road	4
5	5 - 11 National growing for wellbeing week	5 Hospitality Highlights -LinkedIn Live	5	5 Podcast Release	5	5 - 9 Stress awareness week	5 International Volunteer Day
6	6	6	6	6 Hospitality Highlights -LinkedIn Live	6	6 Stress Awareness Day / Global Stress and Wellbeing Summit webinar	6
7	7 Hospitality Highlights -LinkedIn Live	7	7	7	7 - 11 National Work Life Week / Run for the road	7 MCA Insight Restaurant conference	7
8 Combiguru Finals, Venice / TBCP at The Caterer wellbeing conference	8	8	8 The Burnt Chef Journal release	8	8 - 14 OCD Awareness Week	8 Hospitality Highlights -LinkedIn Live	8
9 Combiguru Finals, Venice	9	9	9 Hospitality Highlights -LinkedIn Live	9 Run for the road	9	9	9 Run for the road
10 Hospitality Highlights -LinkedIn Live	10	10	10	10 World Suicide Prevention Day	10 World Mental Health Day	10	10
11	11	11 The Burnt Chef Journal release	11	11	11 Hospitality Highlights -LinkedIn Live	11 Self care week / Run for the road	11
12 ME Awareness Day	12 CEDA Conference	12 Hospitality Highlights -LinkedIn Live	12 Best Served Chilled, TBCP Cold Swim, Sobo Beach	12	12 Clash of the Caterers, London Stadium	12 Leicester Business Festival, Are Gen Z Snowflakes or Revolutionaries? The reality of Hospitality's Young Workforce.	12 The Burnt Chef Journal release
13	13 The Burnt Chef Journal release / Oaklands College Talk, Hertfordshire	13	13	13 Hospitality Highlights -LinkedIn Live	13	13 World kindness day	13
14 TBCP at FEA Forum, Northampton	14 Hospitality Highlights -LinkedIn Live	14	14	14	14 Run for the road	14 The Burnt Chef Journal release / Vienna after Dark 2024 - Vienna	14
15	15	15 Best Served Chilled, TBCP Cold Swim, Sobo Beach	15	15 London to Brighton Cycle challenge	15	15 Hospitality Highlights -LinkedIn Live / Vienna after Dark 2024 - Vienna	15
16 The Burnt Chef Journal release	16 Taste London	16	16 Hospitality Highlights -LinkedIn Live	16 Sea to Summit Challenge / Run for the road	16	16	16 Run for the road
17 British Army Exercise Sustainer Talk / Hospitality Highlights -LinkedIn Live	17 Best Served Chilled, TBCP Cold Swim, Sobo Beach	17	17	17	17 Podcast Release	17	17
18	18 Wiltshire College Talk	18	18	18 Commercial Kitchen / Birmingham Hospitality Association	18 Menopause day / Hospitality Highlights -LinkedIn Live	18 Run for the road	18
19	19	19 Hospitality Highlights -LinkedIn Live	19 Run for the road	19 Podcast Release / CK	19	19 International Mens Day	19
20	20	20	20	20 Hospitality Highlights -LinkedIn Live	20 International chefs day	20 Bournemouth University Careers Fair	20
21 World Meditation Day	21 Hospitality Highlights -LinkedIn Live	21	21	21	21 Clash of the Caterers, London Stadium / Run for the road	21	21
22	22	22 The Burnt Brunch networking event @Simpsons	22 The Burnt Chef Journal release	22	22	22 Hospitality Highlights -LinkedIn Live	22
23 Talent Hive golf day - Luton Hoo /Marstons L&D Day	23	23	23 Hospitality Highlights -LinkedIn Live	23 - 27 Happiness at work week / Run for the road	23	23 Survivors of Suicide Loss Day	23 Run for the road
24 Hospitality Highlights -LinkedIn Live	24	24 Samaritans Day / National Schizophrenia Awareness Day	24	24	24	24	24
25	25 Bourdain Day / The Burnt Brunch Networking Event @The Pem	25 The Burnt Chef Journal release	25	25	25 Hospitality Highlights -LinkedIn Live	25 Run for the road	25
26	26 - 30 World Wellbeing week Change The Menu Campaign	26 Hospitality Highlights -LinkedIn Live	26 Best Served Chilled, TBCP Cold Swim, Sobo Beach / Run for the road	26 UCF Maidstone, Kent	26	26	26 The Burnt Chef Journal release
27	27 The Burnt Chef Journal release/ PTSD Awareness day - USA/ Talent Hive golf day - The Belfry	27	27	27 Hospitality Highlights -LinkedIn Live	27	27	27
28	28 - 30 Unox Moving Mountains For Mental Health Challenge / Hospitality Highlights -LinkedIn Live	28	28	28	28 - 4 Addiction awareness week / Run for the road	28 The Burnt Chef Journal release/ Thanksgiving	28
29	29	29 Best Served Chilled, TBCP Cold Swim, Sobo Beach	29	29	29	29	29
30 The Burnt Chef Journal release	30	30	30 Hospitality Highlights -LinkedIn Live	30 Run for the road	30	30	30 Run for the road
31 Hospitality Highlights -LinkedIn Live	31	31	31	31	31 Podcast Release / TMI Convention University College, Birmingham	31	31