

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	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	12 The Burnt Chef Journal release
13	13 The Burnt Chef Journal release / Oaklands College Talk, Hartfordshire	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	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 Podcast Release / TMI Convention University College, Birmingham	31	31