



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---------------------------------------|--|---------------------------------------|---------------------------------------|---------------------------------------|--|
| 26 Boxing Day | 27 | 28 | 29 | 30 | 31 | 1 Jan New Years Day  |
| 2 Bank Holiday | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 AFBlakemore - Cycle to Work scheme opens today  | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 Cervical Cancer Prevention Week | 24 Cervical Cancer Prevention Week | 25 Cervical Cancer Prevention Week Burn's Night (Scotland) | 26 Cervical Cancer Prevention Week | 27 Cervical Cancer Prevention Week | 28 Cervical Cancer Prevention Week | 29 Cervical Cancer Prevention Week |
| 30 | 31 | 1 Feb | 2 | 3 Tinnitus Awareness Week | 4 Tinnitus Awareness Week | 5 Tinnitus Awareness Week |

Open for applications January 9th to February 3rd 2017

What is Cycle to Work?

A.F. Blakemore has partnered with Halfords to offer employees a Cycle to Work scheme. Cycle to Work is a government-approved salary sacrifice initiative enabling you to hire a bike and cycle safety accessories from your employer for the purpose of cycling to work. The hire is free of tax and national insurance contributions.

You can hire a brand new bike and equipment up to the value of £1,000, which you will make payments for over an 18-month period via your salary. Because the payments will be deducted from your gross salary, you will make savings of either 32% or 42%, depending on whether you are a standard rate or higher rate tax payer.

For further information please visit : <http://www.afblakemore.com/staff-zone/cycle-to-work-scheme>

DRY JANUARY™
Feel good. Look good. Do good.

Last year over 2 million people cut down their drinking for January. 2017 is looking to be even bigger, so join in and reap the rewards!

Over 79% of dry January participants often report losing weight, 62% sleep better, have more energy, clearer skin plus massive financial savings. That's not a bad return by just cutting out the booze for 31 days. What have you got to lose.

You're more likely to stick with it and feel the benefits if you sign up, so take the challenge, banish the booze and feel like a new you!

To sign up and take the challenge please visit:
<https://www.alcoholconcern.org.uk/dry-january>

Smoothie of the month

'New Again' Green Smoothie - Give your Liver the care it needs after a busy December.

Visit the AFB Wellbeing web page to download the recipe.
www.afblakemore.com/staff-zone/health-wellbeing

Love Your Liver - Health Tips

Start the day with a large glass of warm water with a squeeze of fresh lemon.

Aim to replace personal care products containing parabens and sodium lauryl sulphate with chemical free alternatives

Wash fruit and vegetables in water and lemon to eliminate pesticides