



## What's on Qwell in January

**Sunday 1st January**

Discussion Board

**What are your hopes for the year ahead?**

**Wednesday 18th January**

Discussion Board

**Top tips for saving energy**

**Friday 27th January**

Discussion Board

**Your mental health as a parent**

**Tuesday 31st January**

Discussion Board

**Did you take part in Dry January this year?**

Find support from the Qwell community by visiting [www.qwell.io](http://www.qwell.io) today.