



APPRENTICE BOOKLET



ALL ABOUT ME

Name: _____



My strengths

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What I want to improve

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I will achieve my goals by

MY MENTAL HEALTH



I get stressed when...

I am managing my mental health by...

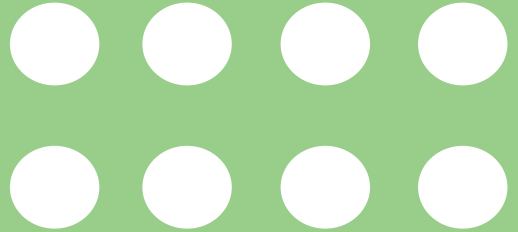
I need to focus on...

‘Dream the impossible, seek the unknown and achieve greatness.’

DAILY PLANNER

Notes

Water (cups)



8AM: _____

9AM: _____

10AM: _____

11AM: _____

12PM: _____

1PM: _____

2PM: _____

3PM: _____

4PM: _____

5PM: _____

6PM: _____

7PM: _____

8PM: _____

**'Nothing is impossible, the word itself says
'I'm possible.'**

WEEKLY PLANNER

Notes

MON: _____

TUE: _____

WED: _____

THURS: _____

FRI: _____

SAT/SUN: _____

‘The best view comes after the hardest climb.’

JANUARY 22

M T W T F S S

					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

1st New Year's Day
4th World Braille Day
18th-24th Cervical Cancer
Prevention Week



In this month I will...

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Notes



FEBRUARY 22

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

In this month I will...

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1st Chinese New Year
7th-13th Children's Mental Health Week
8th Safer Internet Day
11th International Day of Women In Science
14th Valentines Day
15th Pari nirvana
17th Random Act of Kindness Day

Notes



MARCH 22

M T W T F S S

			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

In this month I will...

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1st St. David's Day
3rd World Book Day
7th-13th No More Week
8th International Women's Day
17th St. Patrick's Day
18th Red Nose Day
27th Mother's Day
29th-3rd Autism Awareness Week

Notes



APRIL 22

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

In this month I will...

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1st April Fool's Day

2nd World Autism Day

7th World Health Day

15th Good Friday

17th Easter Day

18th Easter Monday &
World Heritage Day

22nd Earth Day

23rd St. George's Day

Notes



MAY 22

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

In this month I will...

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1st May Day

2nd May Bank Holiday & Eid al-Fitr

3rd World Laughter Day

4th Star Wars Day and World Asthma Day

5th Cinco De Mayo

7th World Fair Trade Day

15th National Children's Day

25th Africa Day

Notes



JUNE 22

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

In this month I will...

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2nd/3rd Platinum Jubilee
Bank Holiday

5th World Environment Day

6th-12th Child Safety Week

8th World Oceans Day

19th Father's Day

23rd International Women
In Engineering Day

24th World Refill Day

27th Start Of Wimbledon
Fortnight

Notes



JULY 22

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

In this month I will...

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7th World Chocolate Day
9th-10th Eid ul-Adha
28th Beginning Of Common
Wealth Games 2022

Notes



AUGUST 22

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

In this month I will...

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1st Yorkshire Day

13th Left Handers Day

31st Summer Bank Holiday

Notes



SEPTEMBER 22

M T W T F S S

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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

In this month I will...

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8th International Literacy Day & Star Trek Day
13th Roald Dahl Story Day
21st Autumn Begins

Notes



OCTOBER 22

M	T	W	T	F	S	S
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

In this month I will...

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1st-31st Black History Month

2nd Grandparents Day

4th World Dyslexia Awareness Day

4th-10th World Space Week

5th World Smile Day & World Teacher Day

6th National Poetry Day

15th Shwmae Su'mae Day

21st Trafalgar Day

24th October Half Term Starts

25th Diwali

31st Halloween & The Day Of The Dead Celebrations Start

Notes



NOVEMBER 22

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

In this month I will...

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2nd The Day Of The Dead Celebrations End

5th Bonfire Night

11th Remembrance Day

13th World Kindness Day

17th World Prematurity Day

20th Universal Children's Day

21st FIFA World Cup Begins

23rd Doctor Who Day

24th American Thanksgiving

30th St. Andrews Day

Notes



DECEMBER 22

M T W T F S S

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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

In this month I will...

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1st Advent Begins

3rd International Day Of
People With Disabilities

5th St. Nicholas Day

10th Human Rights Day

13th St. Lucia Day

18th-26th Hannukah

24th Christmas Eve

25th Christmas Day

26th Boxing Day & Kwanza
Begins

31st New Years Eve

Notes



FOOTBALL FAMILY CONTACT INFO

**Address: 1 Prospect Terrace, Wombwell, Barnsley,
South Yorkshire, S73 0BF**

Email: info@footballfamily.org.uk

Tel: 01226 758644

Safeguarding & Welfare Manager: Hayley Barrett

Email: hayley.barrett@footballfamily.org.uk

Website: www.footballfamily.org.uk

USEFUL LINKS & NUMBERS

Andy Man's Club—men's mental health

<https://andysmanclub.co.uk/contact/>

Childline

Website: www.childline.org.uk

Telephone: 0800 1111

IKWRO - Domestic Violence

Website: <http://ikwro.org.uk>

Telephone: 0207 920 6460

MIND Service

Website: www.mind.org.uk

Telephone: 0300123 3393

Email: info@mind.org.uk

NSPCC

Website: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

Telephone: 0800 1111 (Under 18's)

Telephone: 0808 800 5000 or Text 88858 (free service)

Email: help@nspcc.org.uk

Samaritans

Samaritans website: www.samaritans.org

Telephone: 1116123

Email: jjo@samaritans.org

Women's and Girls Network - Domestic Violence

Website: <http://www.wgn.org.uk>

Telephone: 0808 801 0660

Email: advice@wgn.org.uk

Young Minds

Website : <https://youngminds.org.uk>

Telephone : 0808 802 5544

