

SCHEDULE FOR NURSES WELLBEING PILOT

REMOTE SUPPORT TO NURSES ACROSS SUB-SAHARAN AFRICA (FRIDAYS)

4 sessions per month

| MONTH | DATE | DATE | TIME (GMT) |
|----------------------|-------------|-------------|-------------------------------|
| December 2021 | 10/12/2021 | 24/12/2021 | 14:00 – 15:00 ; 15:00 – 16:00 |
| January 2022 | 14/01/2022 | 28/01/2022 | 14:00 – 15:00 ; 15:00 – 16:00 |
| February 2022 | 11/02/2022 | 25/02/2022 | 14:00 – 15:00 ; 15:00 – 16:00 |
| March 2022 | 11/03/2022 | 25/03/2022 | 14:00 – 15:00 ; 15:00 – 16:00 |
| April 2022 | 08/04/2022 | 22/04/2022 | 14:00 – 15:00 ; 15:00 – 16:00 |
| May 2022 | 13/05/2022 | 27/05/2022 | 14:00 – 15:00 ; 15:00 – 16:00 |
| June 2022 | 10/06/2022 | 24/06/2022 | 14:00 – 15:00 ; 15:00 – 16:00 |
| July 2022 | 08/07/2022 | 22/07/2022 | 14:00 – 15:00 ; 15:00 – 16:00 |
| August 2022 | 12/08/2022 | 26/08/2022 | 14:00 – 15:00 ; 15:00 – 16:00 |

FACE TO FACE / IN-PERSON SESSIONS WITH KBTH NURSES, Ghana (FRIDAYS)

2 sessions per month

| MONTH | DATE | DATE | TIME (GMT) |
|----------------------|-------------|-------------|-------------------|
| December 2021 | 10/12/2021 | 24/12/2021 | 12:00 – 13:00 |
| January 2022 | 14/01/2022 | 28/01/2022 | 12:00 – 13:00 |
| February 2022 | 11/02/2022 | 25/02/2022 | 12:00 – 13:00 |
| March 2022 | 11/03/2022 | 25/03/2022 | 12:00 – 13:00 |
| April 2022 | 08/04/2022 | 22/04/2022 | 12:00 – 13:00 |
| May 2022 | 13/05/2022 | 27/05/2022 | 12:00 – 13:00 |
| June 2022 | 10/06/2022 | 24/06/2022 | 12:00 – 13:00 |
| July 2022 | 08/07/2022 | 22/07/2022 | 12:00 – 13:00 |
| August 2022 | 12/08/2022 | 26/08/2022 | 12:00 – 13:00 |

ONLINE SESSIONS WITH KBTH, KATH, & THREE SHARED CARE CENTRES, Ghana (WEDNESDAYS)

2 sessions per month

| MONTH | DATE | DATE | TIME (GMT) |
|----------------------|-------------|-------------|-------------------|
| December 2021 | 15/12/2021 | 29/12/2021 | 12:00 – 13:00 |
| January 2022 | 12/01/2022 | 26/01/2022 | 12:00 – 13:00 |
| February 2022 | 09/02/2022 | 23/02/2022 | 12:00 – 13:00 |
| March 2022 | 09/03/2022 | 23/03/2022 | 12:00 – 13:00 |
| April 2022 | 06/04/2022 | 20/04/2022 | 12:00 – 13:00 |
| May 2022 | 11/05/2022 | 25/05/2022 | 12:00 – 13:00 |
| June 2022 | 08/06/2022 | 22/06/2022 | 12:00 – 13:00 |
| July 2022 | 06/07/2022 | 20/07/2022 | 12:00 – 13:00 |
| August 2022 | 10/08/2022 | 24/08/2022 | 12:00 – 13:00 |