**October 4th Start Date**

**(Treatment)**

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| **September**  |
| **NOTES: You have been allocated to the ‘Treatment’ group and will therefore take part in a 12-week research study and will be offered a ‘Taking it Further’ course weekly on Mondays from October 4th.** |
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| **5** | **6** | **7** | **8** | **19** | **10** | **11** |
| **12** | **13** | **14** | **15****Registration deadline**Survey deadline by Midnight, UK Time | **16** | **17** | **18** |
| **19** | **20** | **21** | **22****Orientation deadline**Survey deadline by Midnight, UK Time | **23** | **24** | **25** |
| **26** | **27** | **28** | **29** | **30** |  |  |

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| **October**  |
| **NOTES:** |
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| **2021** |

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| **3**Survey deadline by Midnight, UK Time | **4*****Session 1; 10:00-12:15 UK Time*** | **5** | **6** | **7** | **8** | **9** |
| **10** | **11*****Session 2; 10:00-12:15 UK Time*** | **12** | **13** | **14** | **15** | **16** |
| **17** | **18*****Session 3; 10:00-12:15 UK Time*** | **19** | **20** | **21** | **22** | **23** |
| **24** | **25*****Session 4; 10:00-12:15 UK Time*** | **26**Survey deadline by Midnight, UK Time | **27** | **28** | **29** | **30** |

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| **November** |
| **NOTES:** |
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| **2021** |

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| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
| **31** | **1*****Session 5; 10:00-12:15 UK Time*** | **2** | **3** | **4** | **5** | **6** |
| **7** | **8*****Session 6; 10:00-12:15 UK Time*** | **9** | **10** | **11** | **12** | **13** |
| **14** | **15*****Session 7; 10:00-12:15 UK Time*** | **16** | **17** | **18** | **19** | **20** |
| **21** | **22** ***Session 8; 10:00-12:15 UK Time*** | **23**Survey deadline by Midnight, UK Time | **24** | **25** | **26** | **27** |
| **28** | **29*****Session 9; 10:00-12:15 UK Time*** | **30** |  |  |  |  |

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| **December**  |
| **NOTES:** |
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| **2021** |

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| **5** | **6*****Session 10; 10:00-12:15 UK Time*** | **7** | **8** | **9** | **10** | **11** |
| **12** | **13*****Session 11; 10:00-12:15 UK Time*** | **14** | **15** | **16** | **17** | **18** |
| **19** | ***20*** ***Session 12; 10:00-12:15 UK Time*** | **21**Survey deadline by Midnight, UK Time | **22** | **23** | **24** | **25** |
| **26** | **27** | **28** | **29** | **30** | **31** |  |

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