

WELLBEING CALENDAR 2023



JANUARY

Dry January

Dry January | Alcohol Change UK
Dry January challenges you to go alcohol free for 31 days and aims to raise awareness of the effects of alcohol.



Brew Monday

Join the Samaritans and turn 'Blue Monday' into 'Brew Monday' on 16th January. Feeling alone with your problems can have a big impact on your mental health. Reach out to a friend, colleague, or family member for a cuppa, a chat and a biscuit. It could be the start of someone feeling less alone.



Veganuary

Try eating a vegan diet for a month this January. Veganuary has inspired and supported more than one million people in 192 countries to try veganism for January – and beyond.



FEBRUARY

World Cancer Day 4 Feb

By raising worldwide awareness, improving education and catalysing personal, collective and government action, we're working together to reimagine a world where millions of preventable cancer deaths are saved



Time to Talk Day from Time to Change 2 Feb

Time to Talk Day is all about opening up the conversation about mental health. Whether it's one-to-one or with a large group, there are countless ways we can get talking within the workplace. You can download digital resources, talking tips quizzes and more on the time to talk day website



Random Acts of Kindness Day 17 February

Everyone can use more kindness in their lives. Scientific evidence shows us the positive effects of doing kind acts for others as, well as receiving or even witnessing kindness. Even the smallest act of kindness can change a life. Random Acts of Kindness | Random Acts of Kindness Day 2023



MARCH

World Oral Health Day 20th March

World Oral Health Day aims to empower people with the knowledge, tools, and confidence to secure good oral health



World Sleep Day March 17

World Sleep Day is an annual event, intended to be a celebration of sleep and a call to action on important issues related to sleep, including medicine, education, social aspects, and driving.



Nutrition & Hydration Week 13-19th

Nutrition and Hydration week is an annual event with a shared objective to highlight, promote, and celebrate improvements in the provision of nutrition and hydration locally, nationally and globally.



Target Ovarian Cancer

Find out how you can raise awareness of ovarian cancer. Use our resources to spread the word and find out how raising awareness can save lives.



A P R I L

Stress Awareness Month

Stress in the workplace can affect every aspect of an organisation, from absenteeism rates to interpersonal relationships. Have a look at the great resources to support workplaces from The Stress Management Society.



World Health Day 7 April

World health day is to highlight a priority area of public health concern in the world.



On Your Feet Britain

On Your Feet Britain (onyourfeetday.com)
Take part in our national day when workers across Britain unite together and participate in a variety of fun and simple activities to #SitLess and #MoveMore at work.



M A Y

National Walking Month

Get involved in promoting National Walking Month with Living streets this May. Download free resources and ideas for your workplace on their website - National Walking Month | Living Streets



Sun Awareness week 1st to 7th May

Sun Awareness week is a vital campaign, as skin cancer is the most common cancer in the UK, and rates continue to rise.



Mental Health Awareness Week 15 to 21 May .

The Theme this year is Anxiety
Mental Health Awareness Week is an annual event where the whole of the UK comes together to focus on achieving good mental health. The week aims to tackle stigma and enable people to understand and prioritise mental health.



Deaf Awareness Week 1st to 7th May

The aim of Deaf Awareness Week is to raise awareness of hearing loss in the UK and its impact on people's lives. Get involved through the UK Council on Deafness website.



J U N E

Bike Week 5th - 11th

This year Bike Week is all about cycling to work, and we want to encourage as many people as possible to get out there and enjoy their community by bike.



Diabetes week - 12th – 18th June

Diabetes Week is an annual nationwide event and will see a massive range of community events, challenges, races and walks and much more.



Men's Health Week 12 to 18 June

Led by the Men's Health Forum, the purpose of Men's Health Week is to raise awareness of preventable health issues and encourage men and boys to seek professional advice for health-related problems.



Cervical Screening Awareness Week 19 to 24 June



Carers Week 6 to 12 June

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK.



SAMARITANS

Samaritans Talk to Us Campaign 24/7

This summer look out for the #TalkToUs campaign. It is one of the ways that the Samaritans raise awareness of the service for anyone who needs someone to listen 24/7, without judgement or pressure.

July is National Picnic Month with Love Parks week at the end of July

Why not use this opportunity to encourage your teams to take their breaks outdoors this summer, and prepare and share healthy picnic foods as part of your workplace health and wellbeing activity. Also, a great way to raise awareness of environmental issues and prevention of litter. Find out more - Love Parks Week | Keep Britain Tidy



Cycle to work day - 4 August

Following a successful 'Bike Week' this June, you can still encourage your teams to get out and try cycling. For those working from home it could be a different way to take a break and get out for some exercise and fresh air. Others may be back in the workplace and 'cycle to work' may be a good option for some. Find out about the national campaign here - Cycle to Work Day

The Healthy Lifestyles Corporate Challenge

Following a successful pilot we will be running our corporate health and wellbeing challenge this summer. Raise awareness of the free support offered by the Gloucestershire Healthy Lifestyles to encourage individuals and groups to embark on a team weight loss, exercise or smoking cessation challenge with bespoke support from a healthy lifestyles coach. For more information contact workplaces@hsglos.org



National Eye Health Week

Vision really matters. Sight is the sense many people fear losing the most, yet many of us don't know how to look after our eyes – National Eye Health Week aims to change all that! Could your workplace get involved in this campaign and help promote the importance of eye care? National Eye Health Week - RNIB - See differently



Know Your Numbers Week

Know Your Numbers! is the nation's biggest blood pressure testing and awareness-raising campaign. Due to social distancing measures they won't be able to offer free pressure checks in the community 'Pressure Stations' this year, but are still encouraging the whole of the UK to Know Their Numbers - and workplaces can help!



World suicide prevention day 10 September

Observed on September 10th every year, World Suicide Prevention Day (WSPD) provides the opportunity for people across the globe, to raise awareness of suicide and suicide prevention. Find out more at World Suicide Prevention Day 2023 - IASP

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OCTOBER

NOVEMBER

DECEMBER