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- 1-31 Veganuary
 - Try some vegan snacks or lunches in the workplace for a health boost.
- 1-31 Dry January

Encourage staff to quit alcohol for numerous health benefits.

1-31 Love Your Liver Month

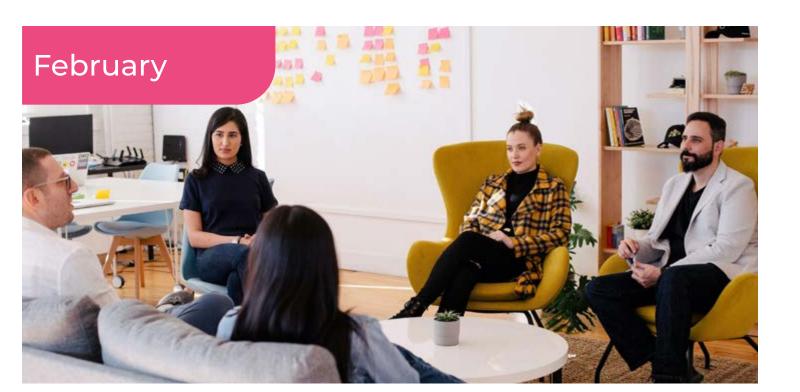
The liver is a vital organ, but alcohol and poor diet can damage it.

16 Brew Monday

Talk about mental health at work, and focus on improving listening skills.

^{23 - 29} Cervical Cancer Prevention Week

Cancer affects 1 in 2 UK adults - promoting awareness is so important.



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1-28 LGBT History Month

Promote inclusivity and tolerance in the workplace.

Wear Red Day

Wear red to raise awareness around heart disease.

4 World Cancer Day

Cancer prevention is important for all of us, regardless of sex, age or race.

6 Anational Sickie Day

Absenteeism and presenteeism can be a problem for any workplace, but can be tackled with <u>workplace health interventions</u>.



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1-31 Ovarian Cancer Awareness Month

11% of ovarian cancer cases in the UK are preventable.

Self-Injury Awareness Day

Knowing what to do in a mental health crisis can be a valuable skill to equip your staff, such as Mental Health First Aiders, with.

8 International Women's Day

Celebrate women in your workplace and <u>raise awareness</u> around physical and mental health issues for women.

No Smoking Day

It goes without saying, but smoking is bad for health. Encourage staff to quit or switch to healthier options suggested by the NHS, such as vaping.

Neurodiversity Celebration Week

Celebrate staff with neurodiversities and help to break down stigmas in the workplace.

World Sleep Day

Healthy sleep can promote positive mental health and improve physical health. <u>Promote sleep hygiene awareness</u> amongst staff.



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1-30 Bowel Cancer Awareness Month

Over 50% of all bowel cancer cases can be prevented.

1-30 Stress Awareness Month

Give your staff the tools to manage their stress in a healthy way.

Walk to Work Day

This one speaks for itself, and is a great opportunity to promote health in the workplace!

World Health Day

A great opportunity to pick up on health issues important to your staff.

World Safety & Health at Work Day

Remind your staff of the importance of safety in the workplace.



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1-31 Action on Stroke Month

Eating well and exercising can help reduce the risk of suffering a stroke.

1 - 31 May Measurement Month

High blood pressure is the world's biggest risk factor in premature death. **Book blood pressure testing** for your workplace.

1-31 Skin Cancer Awareness Month

86% of all skin cancer cases can be prevented.

1-7 Sun Awareness Week

Book a mole check day for your workplace to allow employees to get their skin checked quickly and easily.

^{15 - 21} Mental Health Awareness Week

This week is a great opportunity to <u>train your managers to have difficult</u> <u>conversations</u> and to support staff in the workplace.

World Hypertension Day

Getting a blood pressure test is so quick and easy, and could save a life.



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1-30 Pride Month

Much like February, this is a great opportunity to promote inclusivity and to break down stigma in the workplace.

5 - 11 Carers Week

Many people in the UK balance paid work with unpaid caring responsibilities at home. How does your business support these workers?

A good diet is so important for health. Why not host a <u>wellbeing roadshow</u>, incorporating nutrition awareness and other health topics?

12 - 16 Loneliness Awareness Week

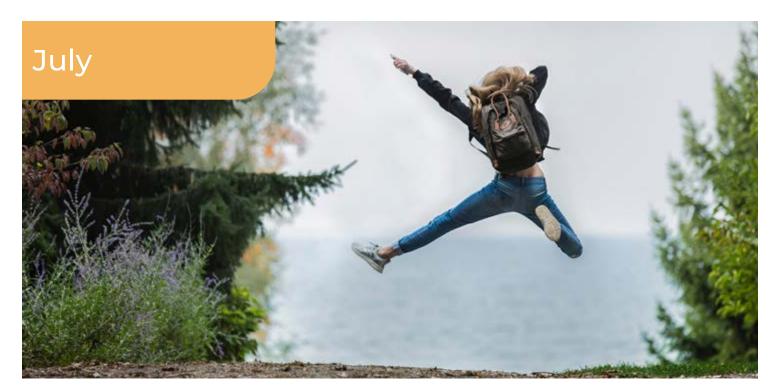
Do you have staff that can spot the signs of loneliness and unhappiness in others? If not, consider training staff as Mental Health First Aiders.

2 - 18 Men's Health Week

Celebrate all things men's health and raise <u>awareness around health risks</u>.

12 - 19 Diabetes Awareness Week

Type 2 diabetes can go unnoticed for many years. Help your staff find out if they're at risk with **Employee Health Screenings**.



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1-31 Talk To Us Campaign (Samaritans)

Each July Samaritans raise awareness that they are there to listen to anyone struggling to cope.

3-9 Alcohol Awareness Week

Raise awareness around the benefits of reducing alcohol consumption, or giving up altogether.

24 Samaritans Awareness Day

Samaritans are available to listen any time, 24/7.

National Schizophrenia Awareness Day

Raise awareness around less understood and more complex mental health conditions in your workplace.

28 - 6 Love Parks Week

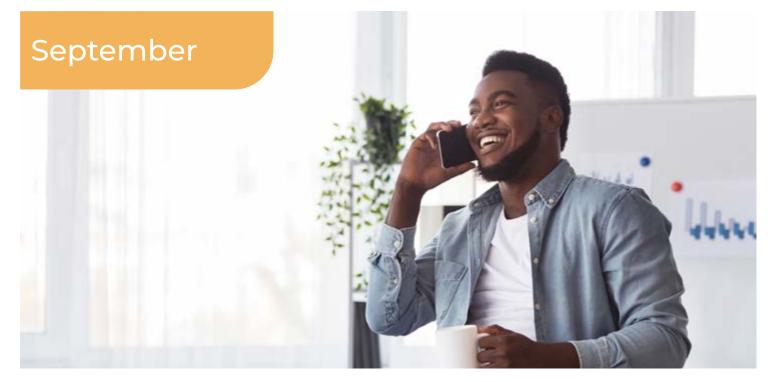
Getting out into natural spaces is great for physical and mental health. It can be a great opportunity to introduce staff to <u>the benefits of mindfulness</u>, too.



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3 Cycle to Work Day

Cycling is great for physical health and better for the environment, too!



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1-30 Vascular Disease Awareness Month

High cholesterol can have devastating consequences, but rarely shows symptoms. The only way to know <u>is to get tested</u>.

4-10 Know Your Numbers Week

The UK's biggest blood pressure testing campaign, and a great opportunity to help your staff get to know their blood pressure scores.

10 World Suicide Prevention Day

A great opportunity to raise awareness and train staff around suicide with the <u>Suicide First Aid Course</u>.

11 - 17 Orchid Male Cancer Awareness Week

Men are less likely to see a doctor about health concerns - encouraging men to see a health professional could help save a life.

8-24 International Week of Happiness at Work

A fantastic opportunity to look at mood, morale and mental health in

29 **W**orld Heart Day

Cardiovascular illnesses often go unnoticed until a problem arises. Use World Heart Day as an opportunity to <u>raise awareness around heart disease</u>.



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1-31 Breast Cancer Awareness Month

Breast cancer is the UK's most common cancer - help your staff know when to get checked, and how to perform a self-examination.

1-31 National Cholesterol Month

High cholesterol doesn't have symptoms and causes heart problems and strokes. Help staff get tested before it's too late.

1-31 Stoptober

Another fantastic time to help staff quit smoking, or to switch to better alternatives.

2-6 National Work-Life Week

An opportunity to promote all the other important things outside of work.

World Mental Health Day

A day to promote all things mental health. Why not train your employees to support themselves and their colleagues?

World Menopause Day

One of life's big changes that can cause a whole host of physical and mental health problems. Why not offer <u>testing and workshops</u> to staff?



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1-31 Movember

Get the whole team involved in facial-hair-fun, and <u>promote aspects of male</u> <u>health awareness</u>, too.

30 - 3 International Stress Awareness Week

A time to take stock of the effect that pressure and stress can have on us all.

1 International Stress Awareness Day

A great day to focus stress awareness campaigns around, such as <u>staff stress</u> and <u>pressure training</u>.

4 World Diabetes Day

Another great opportunity to promote <u>awareness and testing</u> around diabetes, particularly type-2, which is heavily linked to lifestyle.

¹⁹ International Men's Day

A fantastic day to focus your men's health campaigns around.



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2-8 Grief Awareness Week

The holidays can be a difficult time for those experiencing grief - make sure to support staff who may be having difficulty.

International Day of Persons with Disabilities

Disabilities can still attract stigma in the workplace, so this is an ideal opportunity to promote inclusion and awareness.

National Workplace Day of Remembrance

Similar to grief awareness week, this is an opportunity to remember staff who may have passed away and to support those experiencing grief.

