

Workplace Wellbeing Events Calendar 2023

Jan - Dec 2023

Summer 2023 Release

new leaf health



January

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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.



February

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- 1 - 28 **LGBT History Month**
Promote inclusivity and tolerance in the workplace.
- 3 **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 **National Sickie Day**
Absenteeism and presenteeism can be a problem for any workplace, but can be tackled with [workplace health interventions](#).



March

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- 1 - 31 **Ovarian Cancer Awareness Month**
11% of ovarian cancer cases in the UK are preventable.
- 1 **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 [raise awareness](#) around physical and mental health issues for women.
- 10 **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.
- 13 - 19 **Neurodiversity Celebration Week**
Celebrate staff with neurodiversities and help to break down stigmas in the workplace.
- 17 **World Sleep Day**
Healthy sleep can promote positive mental health and improve physical health. [Promote sleep hygiene awareness](#) amongst staff.



April

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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](#).
- 7 **Walk to Work Day**
This one speaks for itself, and is a great opportunity to promote health in the workplace!
- 7 **World Health Day**
A great opportunity to pick up on health issues important to your staff.
- 28 **World Safety & Health at Work Day**
Remind your staff of the importance of safety in the workplace.



May

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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 [train your managers to have difficult conversations](#) and to support staff in the workplace.
- 17 **World Hypertension Day**
Getting a blood pressure test is so quick and easy, and could save a life.



June

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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?
- 12 - 16 **British Nutrition Foundation - Healthy Eating Week**
A good diet is so important for health. Why not host a [wellbeing roadshow](#), 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](#).
- 12 - 18 **Men's Health Week**
Celebrate all things men's health and raise [awareness around health risks](#).
- 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](#).



July

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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.
- 25 **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 [the benefits of mindfulness](#), too.



August

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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 [is to get tested](#).
- 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 [Suicide First Aid Course](#).
- 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.
- 18 - 24 **International Week of Happiness at Work**
A fantastic opportunity to look at mood, morale and mental health in general.
- 29 **World Heart Day**
Cardiovascular illnesses often go unnoticed until a problem arises. Use World Heart Day as an opportunity to [raise awareness around heart disease](#).



October

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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.
- 10 World Mental Health Day**
A day to promote all things mental health. [Why not train your employees](#) to support themselves and their colleagues?
- 18 World Menopause Day**
One of life's big changes that can cause a whole host of physical and mental health problems. Why not offer [testing and workshops](#) to staff?



November

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- 1 - 31 Movember**
Get the whole team involved in facial-hair-fun, and [promote aspects of male health awareness](#), 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 [staff stress and pressure training](#).
- 14 World Diabetes Day**
Another great opportunity to promote [awareness and testing](#) 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.



December

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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.
- 3 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.
- 12 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.



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