

# Benenden Health's 2023 health and wellbeing calendar

Use this health and wellbeing calendar to plan out a happy and healthy 2023 for your team. Each month has key health and wellbeing dates plotted in, along with practical suggestions to help you to bring the dates to life for your organisation.

# January

**The month of positive planning** – Make little changes to set you and your team up for a happy and healthy year, including buddy ups and coffee breaks designed to foster wellbeing.

1 Sun <b>Happy New Year!</b>	17 Tue
2 Mon	18 Wed
3 Tue	19 Thu
4 Wed	20 Fri
5 Thu	21 Sat
6 Fri	22 Sun
7 Sat	23 Mon
8 Sun	24 Tue
9 Mon	25 Wed
10 Tue	26 Thu
11 Wed	27 Fri
12 Thu	28 Sat
13 Fri	29 Sun
14 Sat	30 Mon
15 Sun	31 Tue
16 Mon <b>Brew Monday</b> Instead of Blue Monday, why not try Brew Monday? It's a chance to pause, take a break and catch up with colleagues, to enjoy some much needed conversation.	

**Dry January**

**23rd – 29th Cervical Cancer Prevention Week**

**Notes:**

# February

**The month of equality** – give employees opportunities to share whether they're feeling included at work, through anonymous surveys or by setting up staff networks.

1 Wed	15 Wed
2 Thu <b>Time to Talk Day</b>	16 Thu
3 Fri	17 Fri <b>Random Acts of Kindness Day</b>
4 Sat <b>World Cancer Day</b>	18 Sat
5 Sun	19 Sun
6 Mon <b>6th – 12th February You could focus on one of...</b>	20 Mon
7 Tue <b>Race Equality Week</b>	21 Tue
8 Wed <b>National Apprenticeships Week</b> Apprentices can add so much value and much needed resource to organisations across the country. Take this week to identify where an apprentice could bolster your ranks.	22 Wed
9 Thu	23 Thu
10 Fri <b>Children's Mental Health Awareness Week:</b> Tip: support parents in the workplace – consider your flexible working policies and ask staff how they feel about them.	24 Fri
11 Sat	25 Sat
12 Sun	26 Sun
13 Mon	27 Mon
14 Tue	28 Tue

**LGBT+ History Month**

**Notes:**

# March

**The month of sleeping better** – give your team tools to improve the quality of their sleep and evening routines.

1 Wed <b>Self-Injury Awareness Day</b>	18 Sat
2 Thu	19 Sun
3 Fri	20 Mon
4 Sat	21 Tue <b>International Day for the Elimination of Racial Discrimination</b>
5 Sun	22 Wed
6 Mon	23 Thu
7 Tue	24 Fri
8 Wed <b>International Women's Day</b> <b>No Smoking Day</b>	25 Sat
9 Thu	26 Sun
10 Fri	27 Mon
11 Sat	28 Tue
12 Sun	29 Wed
13 Mon	30 Thu <b>World Bipolar Day</b>
14 Tue	31 Fri <b>International Day of Trans Visibility</b>
15 Wed	
16 Thu	
17 Fri	

**3rd – 9th Endometriosis Awareness Week**

**World Bed month**

**Notes:**

**13th – 19th March You could focus on one of...**  
**Nutrition and Hydration Week**  
**Neurodiversity Celebration Week**  
**World Sleep Day (17th)**

# April

**The month of movement** – ensure you and your team get out as the days get longer, by walking to work, fitting in an evening stroll or doing some exercise outdoors.

1 Sat <b>Walk to Work Day</b>	17 Mon
2 Sun	18 Tue
3 Mon	19 Wed
4 Tue <b>Stress Awareness Month</b>	20 Thu
5 Wed	21 Fri
6 Thu	22 Sat
7 Fri <b>World Health Day</b>	23 Sun
	24 Mon
8 Sat	25 Tue
9 Sun	26 Wed <b>Lesbian Visibility Day</b>
10 Mon	<b>On Your Feet Britain</b> A "let's move" challenge between teams. Which team can cover the most steps over the month or a week to win the prize?
11 Tue	27 Thu <b>25th – 1st MS Awareness Week</b>
12 Wed	28 Fri
13 Thu	29 Sat
14 Fri	30 Sun
15 Sat	
16 Sun	

Notes:

# May

**The month of accessibility** – make sure your organisation is an accessible and welcoming workplace for all.

1 Mon	18 Thu <b>Global Accessibility Awareness Day</b>
2 Tue <b>1st – 7th Deaf Awareness Week</b>	19 Fri
3 Wed	20 Sat <b>International Human Resources Day</b>
4 Thu	21 Sun
5 Fri	22 Mon
6 Sat	23 Tue
7 Sun	24 Wed
8 Mon	25 Thu
9 Tue	26 Fri
10 Wed	27 Sat
11 Thu	28 Sun
12 Fri	29 Mon
13 Sat <b>15th – 21st May Mental Health Awareness Week</b>	30 Tue
14 Sun <b>Set a cultural tone that helps to normalise conversations around mental health, by opening up and talking to your team about your own experiences.</b>	31 Wed <b>National Walking Month</b>
15 Mon	
16 Tues	
17 Wed <b>International Day against Homophobia, Transphobia and Biphobia</b>	

Notes:

# June

**The month of celebration** – acknowledge everyone's achievements and advocate for all by asking your team to nominate their star of the month from another team or department.

1 Thu	18 Sun
2 Fri	19 Mon <b>19th – 25th Learning Disability Week</b>
3 Sat <b>1st – 7th Volunteer Week</b>	20 Tue
4 Sun	21 Wed
5 Mon	22 Thu
6 Tue	23 Fri
7 Wed	24 Sat
8 Thu	25 Sun
9 Fri	26 Mon
10 Sat	27 Tue
11 Sun	28 Wed
12 Mon <b>12th – 18th Men's Health Week</b>	29 Thu
13 Tue	30 Fri <b>Pride Month</b>
14 Wed	
15 Thu	
16 Fri	
17 Sat	

Notes:

# July

**The month of sustainability** – show your team how we can all look after our planet in achievable ways.

1 Sat	18 Tue
2 Sun	19 Wed
3 Mon	20 Thu
4 Tue	21 Fri
5 Wed	22 Sat
6 Thu	23 Sun
7 Fri	24 Mon
8 Sat	25 Tue
9 Sun	26 Wed
10 Mon	27 Thu
11 Tue	28 Fri
12 Wed	29 Sat
13 Thu	30 Sun <b>World Friendship Day</b>
14 Fri	31 Mon
15 Sat	
16 Sun	
17 Mon	

**Plastic-free Month**

Gift your team with reusable coffee cups and run a competition to track how many disposable cups are saved during the month.

**3rd – 9th Alcohol Awareness Week**

Notes:

# August

**The month of the working parent** – acknowledge the dual role parents play and the challenges many face over the summer holidays by looking at how your workplace can support them when they have additional childcare duties.

1 Tue	18 Fri
2 Wed	19 Sat
3 Thu	20 Sun
4 Fri	21 Mon
5 Sat	22 Tue
6 Sun	23 Wed
7 Mon	24 Thu
8 Tue	25 Fri
9 Wed	26 Sat
10 Thu	27 Sun
11 Fri	28 Mon
12 Sat	29 Tue
13 Sun	30 Wed
14 Mon	31 Thu
15 Tue	
16 Wed	
17 Thu	

**1st – 7th Breastfeeding Awareness Week**

Notes:

# September

**The month of physical check ups** – stay well by being alert to changes in your body and encourage your team to seek medical advice if something doesn't look or feel right.

1 Fri	15 Fri
2 Sat	16 Sat
3 Sun	17 Sun
4 Mon	18 Mon
5 Tue	19 Tue
6 Wed	20 Wed
7 Thu	21 Thu
8 Fri	22 Fri
9 Sat	23 Sat
10 Sun <b>World Suicide Prevention Day</b> Invite a suicide prevention officer to your organisation to discuss the work they do and to offer your team advice on how they can support someone in distress to seek support.	24 Sun
11 Mon	25 Mon
12 Tue	26 Tue
13 Wed	27 Wed
14 Thu	28 Thu
	29 Fri <b>World Heart Day</b>
	30 Sat

**Urology Awareness Month**

**4th – 13th Migraine Awareness Week**

**World Suicide Prevention Day**  
Invite a suicide prevention officer to your organisation to discuss the work they do and to offer your team advice on how they can support someone in distress to seek support.

**Vascular Disease Awareness Month**

**18th – 24th National Eye Week**

**Gynaecological Cancer Awareness Month**

Notes:

# October

**The month of better habits** – support your team with smoking cessation, alcohol management and better eating habits through tools and professional.

1 Sun	16 Mon <b>Restart a Heart Day</b>
2 Mon	17 Tue
3 Tue	18 Wed <b>International Pronouns Day</b> <b>World Menopause Day</b>
4 Wed	19 Thu
5 Thu	20 Fri
6 Fri	21 Sat
7 Sat	22 Sun
8 Sun	23 Mon
9 Mon	24 Tue
10 Tue <b>World Mental Health Day</b> Ask your team members to buddy up and take an additional break to check in on a colleague.	25 Wed
11 Wed	26 Thu
12 Thu	27 Fri
13 Fri	28 Sat
14 Sat	29 Sun
15 Sun	30 Mon
	31 Tue

2nd – 6th  
**National Work-Life Week**

**Stoptober**

**Black History Month**

Notes:

# November

**The month of empathy** – link up with local schools and care homes to arrange volunteering days and give back to the local community.

1 Wed <b>National Stress Awareness Day</b>	18 Sat
2 Thu	19 Sun <b>International Men's Day</b>
3 Fri	20 Mon
4 Sat	21 Tue
5 Sun	22 Wed
6 Mon	23 Thu
7 Tue	24 Fri
8 Wed	25 Sat <b>International Day for the Elimination of Violence against Women</b>
9 Thu	25th November – 10th December <b>16 Days of Action against Domestic Violence</b> Develop desk cards and wall signage to help your team report domestic abuse and identify signals that may point to someone else experiencing domestic abuse.
10 Fri	26 Sun
11 Sat	27 Mon
12 Sun	28 Tue
13 Mon	29 Wed
14 Tue	30 Thu
15 Wed	
16 Thu	
17 Fri	

**November**

**Disability History Month**

13th – 19th  
**Trans Awareness Week**

Notes:

# December

**The month of giving** – during the festive month, encourage your team to fundraise to provide a Christmas Day for those in the community who are likely to go without. You could create a Christmas dinner Hamper, or donate toys and presents to a local charity.

1 Fri	17 Sun
2 Sat	18 Mon
3 Sun <b>International Day of People with Disabilities</b>	19 Tue
4 Mon	20 Wed
5 Tue	21 Thu Offer a Q&A forum with a disability advocate for your team to ask questions and understand the experience of those working in their organisation or similar organisations with a disability.
6 Wed	22 Fri
7 Thu	23 Sat
8 Fri	24 Sun
9 Sat	25 Mon
10 Sun <b>Human Rights Day</b>	26 Tue
11 Mon	27 Wed
12 Tue	28 Thu
13 Wed	29 Fri
14 Thu	30 Sat
15 Fri	31 Sun
16 Sat	

**Disability History Month**

Notes: