

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 Happy New Year!	17 Tue
2 Mon	18 Wed
3 Tue	19 Thu
4 Wed Dry January	20 Fri
5 Thu	21 Sat
6 Fri	22 Sun
7 Sat	23 Mon
8 Sun	24 Tue 23rd - 29th Cervical Cancer
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 Brew Monday	
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.

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

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

1	Wed	Self-Injury Awareness Day
2	2 Thu	
3	B Fri	3rd – 9th Endometriosis
4	Sat	Awareness Week
5	5 Sun	
e	b Mon	
7	7 Tue	
8	3 Wed	International Women's Day
		No Smoking Day
9	• Thu	
1	0 Fri	
1	1 Sat	
1	2 Sun	
1	3 Mon	13th – 19th March — You could focus on
1	4 Tue	one of
1	5 Wed	Nutrition and Hydration Week
1	6 Thu	Neurodiversity Celebration Week
1	7 Fri	World Sleep Day (17th

Notes:

18 Sat **19** Sun 20 Mon 21 Tue International Day for the Elimination of Racial Discrimination 22 Wed 23 Thu World 24 Fri Bed month **25** Sat 26 Sun 27 Mon 28 Tue 29 Wed **30** Thu World Bipolar Day **31** Fri International Day of **Trans Visibility**

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

May

1 Mon

2 Tue

3 Wed

4 Thu

5 Fri

6 Sat

7 Sun

8 Mon

9 Tue

10 Wed

11 Thu

12 Fri

13 Sat

14 Sun

15 Mon

16 Tues

17 Wed

Transphobia and Biphobia

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

1st – 7th Deaf Awareness Week	18 Thu Global Accessibility Awareness Day
	19 Fri
	20 Sat International Human Resources Day
	21 Sun
	22 Mon
	23 Tue
	24 Wed
	25 Thu
	26 Fri
	27 Sat
	28 Sun
15th – 21st May Mental Health	29 Mon
Awareness Week Set a cultural tone that helps to normalise	30 Tue
conversations around mental health, by opening up and talking to your team about your own experiences.	31 Wed National Walking Month
International Day against Homophobia,	

June

Notes:

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
3 Sot 1st – 7th Volunteer	20 Tue 20 Tue Learning
4 Sun Week	21 Wed Disability Week
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	29 Thu
13 Tue Week	30 Fri Pride
14 Wed	Month
15 Thu	
16 Fri	
17 Sat	

Notes:

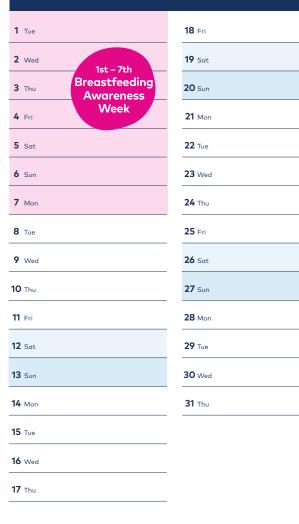
July

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

1 Sat 18 Tue	
Plastic-	
2 Sun 19 Wed	:h
3 Mon 20 Thu Gift your team reusable coffee	
4 Tue 21 Fri and run a com to track how m	betition any
5 Wed Alcohol Awareness	
6 Thu Week 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 World Friendsh	ip Day
14 Fri 31 Mon	
15 Sot	
16 Sun	
17 Mon	

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.



September

Notes:

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.



Notes:

October

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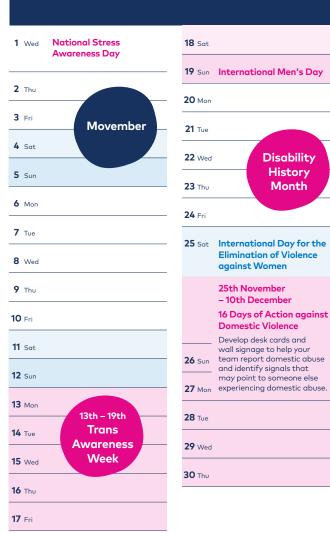
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The month of better habits – support your team with smoking cessation, alcohol management and better eating habits through tools and professional.

Sun	16 Mon Restart a Heart Day
Mon	17 Tue
Tue	18 Wed International Pronouns Day World Menopause Day
Wed	
2nd – 6th Thu National	19 Thu
Fri Week	20 Fri
Sat	21 Sat
Sun	22 Sun
	23 Mon
Mon	24 Tue
Tue World Mental Health Day Ask your team members to buddy up and take an additional break to check in	25 Wed
on a colleague.	26 Thu
Wed	27 Fri Black
Thu	28 Sat Month
Fri	29 Sun
Sat	30 Mon
Sun	31 Tue

November

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



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

Notes:

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