

Benenden Health's health and wellbeing calendar for the second half of 2023

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.

July

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

1 Sat
2 Sun
3 Mon
4 Tue
5 Wed
6 Thu
7 Fri
8 Sat
9 Sun
10 Mon
11 Tue
12 Wed
13 Thu
14 Fri
15 Sat
16 Sun
17 Mon

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

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

15 Fri
16 Sat
17 Sun
18 Mon
19 Tue
20 Wed
21 Thu
22 Fri
23 Sat
24 Sun
25 Mon
26 Tue
27 Wed
28 Thu
29 Fri World Heart Day
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 Restart a Heart Day
2 Mon	17 Tue
3 Tue	18 Wed International Pronouns Day World Menopause Day
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 World Mental Health Day 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 National Stress Awareness Day	18 Sat
2 Thu	19 Sun International Men's Day
3 Fri	20 Mon
4 Sat	21 Tue
5 Sun	22 Wed
6 Mon	23 Thu
7 Tue	24 Fri
8 Wed	25 Sat International Day for the Elimination of Violence against Women
9 Thu	25th November – 10th December 16 Days of Action against Domestic Violence 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 International Day of People with Disabilities	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 Human Rights Day	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: