



2026

Key health and
wellbeing awareness dates





Wellbeing topics of the month – at a glance

Look out for our employee and HR guides plus our monthly wellbeing webinars around the following calendar dates.

January →

Awareness day: Dry January
Topic: Addiction

February →

Awareness day: Children's Mental Health Week
Topic: Children's mental health

March →

Awareness day: World Sleep Day
Topic: The importance of sleep

April →

Awareness day: Financial Literacy Month
Topic: Financial literacy

May →

Awareness day: Skin Cancer Awareness Month
Topic: Sun safety

June →

Awareness day: National Age Without Apology Month
Topic: Ageing well

July →

Awareness day: International Day of Friendship
Topic: Importance of friendships and connection

August →

Awareness day: Financial Awareness Day
Topic: Financial awareness

September →

Awareness day: Snack-tember
Topic: The power of good food

October →

Awareness day: Baby Loss Awareness Week
Topic: Baby loss

November →

Awareness day: Movember
Topic: Men's mental health

December →

Awareness day: International Day of Persons with Disabilities
Topic: Living with a disability



January

1-31

Dry January

Look out for our monthly webinar and guides on alcohol addiction.

19

Blue Monday

w/c 19

Cervical Cancer
Prevention Week

- WEBINAR
- EMPLOYER GUIDE
- EMPLOYEE GUIDE



24

International Day of Education

w/c 26

Financial Planning
Week

- WEBINAR
- EMPLOYER GUIDE
- EMPLOYEE GUIDE



30

Parent Mental Health Day



February

1-28

LGBT+ History Month

4

World Cancer Day



Male cancer:

📺 WEBINAR

📄 EMPLOYER GUIDE

📄 EMPLOYEE GUIDE

Female cancer:

📺 WEBINAR

📄 EMPLOYER GUIDE

📄 EMPLOYEE GUIDE

w/c 9

Children's Mental Health Week

Look out for our monthly webinar and guides on children's mental health.

11

Safer Internet Day

w/c 23

Eating Disorder Awareness Week

📺 WEBINAR

📄 EMPLOYER GUIDE

📄 EMPLOYEE GUIDE



28

Rare Disease Day



March

11

No Smoking Day

13

World Sleep Day

Look out for our monthly webinar and guides on the importance of sleep.

w/c 16

Neurodiversity
Celebration Week

- WEBINAR
- EMPLOYER GUIDE
- EMPLOYEE GUIDE



16

Debt Awareness Week

20

World Oral Health Day

- WEBINAR
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- EMPLOYEE GUIDE



21

World Down Syndrome Day



April

1-30 Financial Literacy Month

Look out for our monthly webinar and guides on planning for the future.

1-30
Bowel Cancer Awareness Month

1-30 Testicular Cancer Awareness Month

- WEBINAR
- EMPLOYER GUIDE
- EMPLOYEE GUIDE



1-30
Stress Awareness Month

1-30 World Autism Acceptance Month

- WEBINAR
- EMPLOYER GUIDE
- EMPLOYEE GUIDE



7
World Health Day



May

1-31

Skin Cancer Awareness Month

Look out for our monthly webinar and guides on **sun safety**.

1-31

Stroke Awareness Month

1-31

National Walking Month

- WEBINAR
- EMPLOYER GUIDE
- EMPLOYEE GUIDE



w/c **11**

Mental Health Awareness Week

17

International Day Against Homophobia, Transphobia and Biphobia

tbc

Deaf Awareness Week

tbc

Dementia Action Week



June

1-30

National Age Without Apology Month

Look out for our monthly webinar and guides on ageing well.

w/c 8

Diabetes Awareness Week

w/c 8

National Carers Week

- WEBINAR
- EMPLOYER GUIDE
- EMPLOYEE GUIDE



13

Global Wellness Day

21

Global MND Awareness Day

w/c tbc

Cervical Screening Awareness Week

- WEBINAR
- EMPLOYER GUIDE
- EMPLOYEE GUIDE





July

1-31

Sarcoma Awareness Month

5

World Hepatitis Day

w/c 6

Alcohol Awareness Week

14

International Non-Binary
People's Day

24

Samaritans
Awareness Day

WEBINAR

EMPLOYER GUIDE

EMPLOYEE GUIDE



24

International Self Care Day

30

International Day of Friendship

Look out for our monthly webinar
and guides on friendship and
connections.



August

1

World Lung Cancer Day

w/c 1

World Breastfeeding Week

12

International Youth Day

14

Financial Awareness Day

Look out for our monthly webinar and guides on financial awareness.

18

Never Give Up Day

19

World Humanitarian Day

tbc

National Allotments Week

- WEBINAR
- EMPLOYER GUIDE
- EMPLOYEE GUIDE





September

1-30

Snack-tember

Look out for our monthly webinar & guides on the power of good food.

1-30

Gynaecological Cancer Awareness Month

📺 WEBINAR

📖 EMPLOYER GUIDE 📖 EMPLOYEE GUIDE

10

World Suicide Prevention Day

13

World Sepsis Day

tbc

Migraine Awareness Week

15

Pension Awareness Day

📺 WEBINAR

📖 EMPLOYER GUIDE

📖 EMPLOYEE GUIDE



w/c 21

National Eye Health Week



October

1

International Day of
Older Persons

w/c 5

National Work Life Week

tbc

Bone and Joint Week

w/c 9

Baby Loss Awareness Week

Look out for our monthly webinar
and guides on baby loss.

10

World Mental Health Day

18

World Menopause
Awareness Day

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- EMPLOYEE GUIDE



tbc

Malnutrition Awareness Week



November

4

National Stress Awareness Day

13

Movember

Look out for our monthly webinar and guides on men's mental health.

15

World Diabetes Day

w/c tbc

Talk Money Week

■ WEBINAR

🔗 EMPLOYER GUIDE

🔗 EMPLOYEE GUIDE



tbc

Carers Rights Day

■ WEBINAR

🔗 EMPLOYER GUIDE

🔗 EMPLOYEE GUIDE



tbc

National Self-Care Week



December

1

World AIDS Day

w/c 2

Grief Awareness Week

We can also run wellbeing webinars exclusively for your organisation on most topics.

Get in touch to find out more.

debra.clark@everywhen.co.uk

3

**International Day of
Persons with Disabilities**

Look out for our monthly webinar and guides on living with a disability.

5

International Volunteer Day

WEBINAR

EMPLOYER GUIDE EMPLOYEE GUIDE

19

**Festival Of Winter
Walks**

WEBINAR

EMPLOYER GUIDE

EMPLOYEE GUIDE



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Christmas Jumper Day