



2026

Key health and  
wellbeing awareness dates

 everywhen



# 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

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w/c 26

Financial Planning Week

WEBINAR

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EMPLOYEE GUIDE



24

International Day of Education

30

Parent Mental Health Day



## February

**1-28**

LGBT+ History Month

**4**

World Cancer Day



Male cancer:

WEBINAR

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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.

**w/c 23**

Eating Disorder Awareness Week

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**11**

Safer Internet Day

**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

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20

World Oral Health Day

WEBINAR

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16

Debt Awareness Week

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

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- EMPLOYEE GUIDE



## 1-30 World Autism Acceptance Month

- WEBINAR
- EMPLOYER GUIDE
- EMPLOYEE GUIDE



## 1-30 Stress Awareness Month

## 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

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- ▶ 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

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- EMPLOYEE GUIDE



**13**  
Global Wellness Day

**21**  
Global MND Awareness Day

**w/c tbc**  
Cervical Screening Awareness Week

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- 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

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**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

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everywhen supported  
Webinar & guides



## September

### 1-30 Snack-tember

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

### 1-30 Gynaecological Cancer Awareness Month

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### 10 World Suicide Prevention Day

### 13 World Sepsis Day

### tbc Migraine Awareness Week

### 15 Pension Awareness Day

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-  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**.

**18**

World Menopause  
Awareness Day

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➤ EMPLOYER GUIDE

➤ EMPLOYEE GUIDE



**10**

World Mental Health Day

**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

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tbc

Carers Rights Day

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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](mailto: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

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**19**

**Festival Of Winter Walks**



**tbc**

**Christmas Jumper Day**