

January - April 2025

SUPPORTING HEALTHY PERFORMANCE THROUGHOUT THE YEAR








JANUARY		FEBRUARY		MARCH		APRIL	
DRY JANUARY	VEGANUARY	LGBT HISTORY MONTH		WOMEN'S HISTORY MONTH		STRESS AWARENESS MONTH	
20		4	6	7	8	2	7
Blue Monday		World Cancer Day.	Time to Talk Day.	Employee Appreciation Day	International Women's Day	World Autism Acceptance Day	World Health Day
				14	17-23	22	24
	30	17	Random Acts of Kindness Day	World Sleep Day	Neurodiversity Celebration Week	Earth Day	On Your Feet Britain
	Parental Mental Health Day			17-23	World Happiness Day		28
				Nutrition and Hydration Week			World Health & Safety Day At Work

May - August 2025

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MAY		JUNE		JULY		AUGUST	
NATIONAL WALKING MONTH 	4 World Laughter Day	PRIDE MONTH	5 World Environment Day	PLASTIC FREE JULY 	14 International Non-binary People's Day	4-10 World Breastfeeding Week 	7 Cycle to Work Day
12-18 Black Inclusion Week	9-15 International Men's Health Week	9-15 Loneliness Awareness Week	9-15 International Men's Health Week	18 International Nelson Mandela Day 	30 International Day of Friendship	30 Grief Awareness Day 	
12-18 Learning at Work Week	17-23 Learning Disability Week	22 Windrush Day	17-23 Learning Disability Week				

September - December 2025



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SEPTEMBER		OCTOBER		NOVEMBER		DECEMBER	
SLEEPTEMBER		BLACK HISTORY MONTH (UK)	STOPTOBER	MOVEMBER			
10	World Suicide Prevention Day	6-10	International Happiness at Work Week	5	Stress Awareness Day	1	World AIDS Day
15-21	National Inclusion Week					3	International Day of People with Disabilities
21	World Gratitude Day	10	World Mental Health Day	11	Remembrance Day	10	Human Rights Day
		18	World Menopause Day			20	World Solidarity Day
29	World Heart Day			19	International Men's Day		