



# Next Steps 2023 Wellbeing Calendar

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Dry January

# JANUARY

Veganuary

MON	TUE	WED	THU	FRI	SAT	SUN
						1 New Years Day
2 Bank Holiday	3	4	5	6	7	8
9	10	11	12	13	14	15
16 Blue / Brew Monday	17	18	19	20	21 National Hug Day	22 World Religion Day
23 National Reading Day	24	25	26	27	28	29

Cervical Cancer  
Prevention Week  
(23rd - 29th)

*"Your present  
circumstances  
don't  
determine  
where you go;  
they merely  
determine  
where you  
start."*

-Dr Lauren Fogel Mesey





LGBT+ History Month

FEBRUARY

MON	TUE	WED	THU	FRI	SAT	SUN
30	31	1	2 Time to Talk Day	3	4 World Cancer Day	5
6	7	8	9	10	11	12
13	14 Valentines Day	15	16	17 Random Acts of Kindness Day	18	19
20	21	22 Chinese New Year	23	24	25	26
27	28					

National  
Apprenticeship  
Week (6th - 12th)

Children's Mental  
Health Week (6th -  
12th)

Eating Disorder  
Awareness Week  
(27th - 5th)

*"It's not about  
being the best,  
it's about  
being better  
than you were  
yesterday."*

-Jigoro Kano



Gender Equality  
Month

MARCH

Ovarian Cancer  
Awareness Month

MON	TUE	WED	THU	FRI	SAT	SUN
		1 St David's Day Zero Discrimination Day	2  World Book Day	3	4	5
6	7	8  International Women's Day	9  National No Smoking Day	10	11	12
13	14	15	16  Disabled Access Day	17 St Patrick's Day  World Sleep Day	18	19  Mothers Day
20 International Day of Happiness	21 International Day for the Elimination of Racial Discrimination	22	23	24	25	26
27	28	29	30  World Bipolar Day	31 International Transgender Day of Visibility		

*"Not every day  
is good but  
there is  
something  
good in every  
day."*

-Alice Morse Earl







Stress Awareness  
Month

APRIL

Bowel Cancer  
Awareness Month

MON	TUE	WED	THU	FRI	SAT	SUN
					1	2 World Autism Awareness Day
3	4	5	6	7 Good Friday World Health Day	8	9 Easter Sunday
10 Easter Monday Bank Holiday	11	12	13	14	15	16
17	18	19	20	21	22 Earth Day	23 St George's Day
24	25	26 On Your Feet Britain Lesbian Visibility Day	27	28 World Day for Safety and Health at Work	29	30

*"Happiness is the highest form of health."*  
-Dalai Lama







Mental Health  
Awareness Month

MAY

National Walking  
Month

MON	TUE	WED	THU	FRI	SAT	SUN
1 Bank Holiday	2	3	4 World Maternal Mental Health Day	5	6	7
8 Coronation of King Charles III	9	10	11	12	13	14
15	16	17 International Day Against Homophobia, Transphobia & Biphobia	18 Global Accessibility Awareness Day	19	20 International Human Resources Day	21 World Meditation Day
22	23	24	25	26	27	28
29 Bank Holiday	30	31				

*"What mental health needs is more sunlight, more candour and more unashamed conversations."*  
*-Glen Close*







Pride Month

# JUNE

MON	TUE	WED	THU	FRI	SAT	SUN
			1 Global Day of Parents	2	3	4
5 World Environment Day	6	7	8	9	10	11
12	13	14 World Blood Donor Day	15	16	17	18 Father's Day
19	20 World Refugee Day	21	22	23 Bring Your Dog to Work Day	24	25
26	27	28	29	30		

Volunteers Week  
(1st - 7th)

National Carers  
Week (TBC)

Men's Health Week  
(12th - 18th)

Healthy Eating Week  
(12th - 18th)

Learning Disability  
Week (19th - 25th)

*"Not all  
storms come  
to disrupt your  
life. Some  
come to clear  
your path."*

-Paulo Coelho







Plastic Free Month

JULY

MON	TUE	WED	THU	FRI	SAT	SUN
					1	2
3	4	5	6	7	8	9
10	11	12	13	14 International Non Binary People's Day	15	16
17	18	19	20	21	22	23
24 International Self Care Day	25	26	27	28	29	30 International Friendship Day

Alcohol Awareness  
Week (3rd - 9th)

*"Believe you  
can and you're  
halfway  
there."*

-Theodore Roosevelt



World  
Breastfeeding  
Week (1st - 7th)

# AUGUST

MON	TUE	WED	THU	FRI	SAT	SUN
31	1	2	3	4 Cycle to Work Day	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19 World Humanitarian Day	20
21	22	23	24	25	26	27
28 Bank Holiday	29	30	31			

*"Strength  
doesn't come  
from what you  
can do. It  
comes from  
overcoming  
the things you  
once thought  
you couldn't."*  
-Rikki Rodgers





Vascular Disease  
Awareness Month

SEPTEMBER

World Alzheimer's  
Month

MON

TUE

WED

THU

FRI

SAT

SUN

				1	2	3
4	5	6	7	8	9	10 World Suicide Prevention Day
11	12	13	14	15	16	17
18	19	20	21	22	23	24 World Deaf Day
25	26	27 National Fitness Day	28	29	30	

Know Your  
Numbers Week  
(4th - 10th)

International Week  
of Happiness at Work  
(18th - 24th)

Organ Donation  
Week (18th - 24th)

National Inclusion  
Week (25th - 1st)

*"If you can  
dream it, you  
can do it."*

-Walt Disney



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Stoptober

Breast Cancer  
Awareness Month

# OCTOBER

Black History Month

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
9	10 World Mental Health Day	11 National Coming Out Day	12	13	14	15
16	17	18 World Menopause Day	19 International Pronouns Day	20	21	22
23	24	25	26	27	28	29

National Work Life  
Week (2nd - 6th)

Baby Loss Awareness  
Week (9th - 15th)

*"Magic is  
believing in  
yourself. If you  
can make that  
happen, you can  
make anything  
happen."*

-Johann Wolfgang Von  
Goethe







November

# NOVEMBER

MON	TUE	WED	THU	FRI	SAT	SUN
30	31	1	2 National Stress Awareness Day	3	4	5
6	7	8	9	10	11	12
13 World Kindness Day	14 World Diabetes Day	15	16	17 World Prematurity Day	18	19 International Men's Day
20 Trans Day of Remembrance	21	22	23	24	25	26
27	28 Giving Tuesday	29	30 St Andrew's Day			

Trans Awareness Week (13th - 19th)

Anti-Bullying Week (13th - 18th)

16 Days of Action Against Domestic Violence (25th - 10th)

*"Great things are done by a series of small things brought together."*  
-Vincent Van Gogh



National Grief  
Awareness Week  
(TBC)

# DECEMBER

MON	TUE	WED	THU	FRI	SAT	SUN
				1 World AIDS Day	2	3 International Day of People with Disabilities
4 National Volunteers Day	5	6	7	8	9	10 International Human Rights Day
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25 Christmas Day	26 Boxing Day	27 Bank Holiday	28	29	30	31

*"No act of  
kindness, no  
matter how  
small, is ever  
wasted."*

-Aesop