



Next Steps 2024 Wellbeing Calendar

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consulting

Dry January

JANUARY

Veganuary

MON	TUE	WED	THU	FRI	SAT	SUN
1 New Years Day Bank Holiday	2	3	4 World Braille Day	5	6	7
8	9	10	11	12	13	14
15 Blue / Brew Monday	16	17	18	19	20	21 World Religion Day
22	23	24	25	26	27 Holocaust Memorial Day	28
29	30	31				

"Surround yourself with only people who are going to lift you higher."

Oprah Winfrey

Cervical Cancer Prevention Week (22nd - 28th)



FEBRUARY

	MON	TUE	WED	THU	FRI	SAT	SUN
				1 Time to Talk Day	2	3	4 World Cancer Day
Children's Mental Health Week (5th - 11th) National Apprenticeship Week (5th - 11th) Race Equality Week (5th - 11th)	5	6	7	8	9	10 Chinese New Year	11
	12	13 Shrove Tuesday	14 Valentines Day Ash Wednesday	15	16	17 Random Acts of Kindness Day	18
Eating Disorder Awareness Week (24th - 2nd)	19	20	21	22	23 International Stand Up to Bullying Day	24	25
	26	27	27	28	29		

"You are never too old to set new goals or to dream a new dream."

C.S.Lewis



Women's History
Month

MARCH

Ovarian & Prostate Cancer
Awareness Month

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

Nutrition and
Hydration Week
(11th - 17th)

Neurodiversity
Celebration Week
(18th - 24th)

*"We can't
control the
direction of
the wind,
but we can
adjust our
sails."*

Jimmy Dean



**Stress Awareness
Month**

APRIL

**Bowel Cancer
Awareness Month**

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

*"A year
from now,
you will
wish you
had started
today."*

Karen Lamb



**Mental Health
Awareness Month**

MAY

**National Walking
Month**

	MON	TUE	WED	THU	FRI	SAT	SUN
			1 World Maternal Mental Health Day	2	3	4	5
Sun Awareness Week (6th - 12th)	6 Bank Holiday	7	8	9	10	11	12
Mental Health Awareness Week (13th - 19th) Dementia Awareness Week (13th - 19th)	13	14	15	16 Global Accessibility Awareness Day	17 International Day Against Homophobia, Transphobia & Biphobia	18	19
Learning at Work Week (20th - 26th)	20	21 World Meditation Day	22	23	24	25	26
	27 Bank Holiday	28	29	30	31		

*"I have
chosen to be
happy
because it is
good for my
health."*

Voltaire



Pride Month

JUNE

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

"In order for things to change, we must first be willing to let go of our old ways."

Ken Keyes Jr.



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	31				

Alcohol Awareness
Week (8th - 14th)

*"Consistency
is more
important
that
perfection."*

Unkown



AUGUST

MON	TUE	WED	THU	FRI	SAT	SUN
			1 Cycle to Work Day	2	3	4
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 Bank Holiday	27	28	29	30	31	

World
Breastfeeding
Week (1st - 7th)

*"We all have
1,440
minutes a
day. Accept
you can't do
it all, focus
on what's
important
and do that
well."*

Eric Barker



Vascular Disease
Awareness Month

SEPTEMBER

World Alzheimer's &
Dementia Month

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4 World Sexual Health Day	5 International Day of Charity	6	7	8
9	10 World Suicide Prevention Day	11	12	13	14	15
16	17	18	19	20	21	22
23 Bi Visibility Day	24	25	26	27	28	29 World Deaf Day World Heart Day

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

Jigoro Kano

Know Your
Numbers Week
(9th - 15th)

International Week
of Happiness at Work
(23rd - 27th)

National Inclusion
Week (23rd - 29th)

Organ Donation
Week (23rd - 29th)



Stoptober

Breast Cancer Awareness Month

OCTOBER

Black History Month

MON	TUE	WED	THU	FRI	SAT	SUN
30	1	2	3	4	5	6
7	8	9	10 World Mental Health Day	11 National Coming Out Day	12	13
14	15	16 International Pronouns Day	17	18 World Menopause Day	19	20
21	22	23	24	25	26	27
28	29	30	31			

National Work Life Week (7th - 11th)

Baby Loss Awareness Week (9th - 15th)

"Success is not final; failure is not fatal: it is the courage to continue that counts."

Winston Churchill



November

NOVEMBER

MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	3
4	5	6 National Stress Awareness Day	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 Carers Rights Day	22	23	24
25 International Day for the Elimination of Violence Against Women	26	27	28	29	30 St Andrew's Day	1 World AIDS Day

"Action is the foundational key to all success."

Pablo Picasso

Trans Awareness Week (13th - 19th)
Anti-Bullying Week (TBC)

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



DECEMBER

National Grief Awareness Week (2nd - 8th)

MON	TUE	WED	THU	FRI	SAT	SUN
2	3 International Day of People with Disabilities	4	5	6	7	8
9	10 International Human Rights Day	11	12	13	14	15
16	17	18	19	20	21	21
23	24	25 Christmas Day	26 Boxing Day	27	28	29
30	31 New Year's Eve					

"Wellbeing is attained by little and little and nevertheless is no little thing itself."

Citium Zeno

