

Reward & Wellbeing Calendar 2023



JAN FEB MAR APR MAY JUN

3rd - Festival of Sleep Day

17th - Big Energy Saving Week

21st - National Hug Day

24th - International Day of Education

27th - National Fun at Work Day

LGBT+ History Month

2nd - Time to Talk Day

4th - World Cancer Day

6th - National Apprenticeship Week

17th - Random Acts of Kindness Day

27th - Eating Disorders Awareness Week

8th - International Women's Day

9th - National No Smoking Day

13th - Nutrition and Hydration Week

18th - Global Recycling Day

20th - International Day of Happiness

20th - Debt Awareness Week

Stress Awareness Month

7th - Walk to Work Day

7th - World Health Day

18th - National Stop Snoring Week

26th - Stop Food Waste Day

28th - World Day for Safety and Health at Work

National Walking Month

15th - Mental Health Awareness Week

15th - National Vegetarian Week

15th - Learning at Work Week

28th - World Hunger Day

Pride Month

1st - Volunteers Week

5th - World Environment Day

12th - Loneliness Awareness Week

16th - National Clean Air Day

23rd - Bring Your Dog to Work Day

JUL AUG SEP OCT NOV DEC

Talk to Us Month (Samaritans)

3rd - International Plastic Bag Free Day

7th - World Chocolate Day

15th - World Youth Skills Day

30th - World Friendship Day

1st - World Breastfeeding Week

4th - Cycle to Work Day

8th - International Cat Day

12th - International Youth Day

19th - World Humanitarian Day

4th - International Payroll Week

5th - International Day of Charity

11th - Pension Awareness Week

18th - International Equal Pay Day

18th - International Week of Happiness at Work

Black History Month

Go Sober for October

2nd - Public Health Workforce Week

2nd - National Work Life Week

7th - World Smile Day

10th - World Mental Health Day

30th - International Stress Awareness Week

9th - Talk Money Week

11th - Alcohol Awareness Week

13th - World Kindness Day

19th - International Men's Day

20th - International Leadership Week

4th - National Grief Awareness Week

5th - International Volunteer Day

8th - Christmas Jumper Day

12th - National Workplace Day of Remembrance

20th - International Human Solidarity Day

