

2023

JULY

ProAction

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

Click the icon on each day for more information

July

3rd
National Transplant Week



National Transplant Week is celebrated annually in the United Kingdom during the first full week of July to encourage people to register as organ donors.
TO BECOME A DONOR SIGN UP HERE

7th
World Chocolate Day



Why not treat yourself or a colleague to chocolate on World Chocolate Day.
CLICK HERE to find out about the history of chocolate

25th
National Wine and Cheese Day



National Wine and Cheese Day is a date that celebrates the ultimate pairing of cheese and wine. For a lot of people, there is nothing that goes together better than a great glass of wine and some premium quality cheese.
FIND OUT MORE HERE

30th
International Friendship Day



International Day of Friendship was designated by the United Nations General Assembly (U.N.). On July 30, we are thankful for these relationships worldwide, as they promote & encourage peace, happiness, and unity.

2023

AUGUST

ProAction

MON	TUE	WED	THU	FRI	SAT	SUN
31	1	2	3	4	5	6
7	8		10	11	12	13
		16	17	18		20
21	22	23	24	25	26	27
28 BANK HOLIDAY	29	30	31	1	2	3

Click the icon on each day for more information

August

9th
International Coworking Day



International Coworking Day is a day meant to appreciate the achievements, as well as encourage the concept of coworking around the world. Why not send your co workers a nice email or arrange a coworking lunch?

14th
National Financial Awareness Day



National Financial Awareness Day is about encouraging your workforce to start saving, investing and building up that nest egg. Why not learn about and share ideas relating to financial independence with your employees?

15th
Cycle to Work Day



Cycle to Work Day is all about encouraging the British workforce to ditch the car and cycle to work instead. Why not give it a go?

19th
World Humanitarian Day



World Humanitarian Day on 19th August is a day dedicated to honouring humanitarian aid workers all over the world. Why not make a donation or start a fundraiser?

2023

SEPTEMBER

ProAction

MON TUE WED THU FRI SAT SUN



Click the icon on each day for more information

28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1

September

World Alzheimer's Month



World Alzheimer's Month is a global opportunity to raise awareness, educate and encourage support of dementia.

[CLICK HERE FOR MORE INFORMATION](#)

18th International Week of Happiness At Work



Happier employees are more involved, more productive, more cooperative, more creative and more innovative. Happiness at Work should be on the list of top priorities of all organisations.

19th Jeans for Genes Day



[SIGN THE MANIFESTO TODAY](#)

The Jeans for Genes campaign raises awareness of the challenges faced by those living with a genetic condition. Get everyone to wear Jeans for the day.

21st International Day of Peace



[DOWNLOAD A FUNDRAISING PACK TO JOIN IN](#)

International Day of Peace is devoted to strengthening the ideals of peace, both within and among all nations

25th to 1st October National Inclusion Week



Aim is to get everyone thinking about actions they can take and the impacts these have on marginalised people in their workplaces. [Discover](#)

29th MacMillan Coffee Morning



People across the UK host their own Coffee Morning and donations raised on the day are made to Macmillan to help them do whatever it takes to help people living with cancer. [SIGN UP TO HOST A COFFEE](#)

2023

OCTOBER

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

Click the icon on each day for more information

- October**
- Black History Month**
- STOPTOBER**
- 1st National Coffee Day**
- 9th Baby Loss Awareness Week**
- 10th World Mental Health Day**
- 15th Global Handwashing Day**
- 18th World Menopause Day**
- 31st Halloween**



Black History Month is a time to celebrate, learn & understand Black history & culture. For the entire month, a wide range of events are held across the country celebrating African and Caribbean cultures and histories. [DISCOVER MORE](#)



Stopping smoking not only improves your physical health but also is proven to boost mental health & wellbeing. Quitting can improve mood, and help relieve stress, anxiety and depression. [DISCOVER MORE](#)



International Coffee Day is an occasion that is used to promote and celebrate coffee as a beverage, with events now occurring in places around the world. [CLICK HERE to find out about the history of coffee](#)



Light a candle and join in with the "Wave of Light" as everyone comes together globally to remember all the babies that are much loved and missed and raise awareness of pregnancy and and baby loss.



World Mental Health Day raises awareness of mental health issues around the world and mobilises efforts in support of mental health [DISCOVER MORE](#)



Global Handwashing Day is dedicated to increasing awareness and understanding about the importance of handwashing with soap to prevent diseases and save lives.



World Menopause Day is held every year on the 18th of October. The purpose of the day is to raise awareness of the menopause and the support options available for improving health and wellbeing. [CLICK HERE to find out what you can do to raise awareness](#)

2023

NOVEMBER

MON TUE WED THU FRI SAT SUN



Click the icon on each day for more information

30	31	1 	2	3	4	5
6	7	8	9	10	11	12 
13 	14	15	16	17	18	19 
20	21	22	23	24	25	26
27	28	29	30	1	2	3

November

November

1st Stress Awareness Day

12th Remembrance Day Diwali

13th World Kindness Day

19th International Men's Day



Patchy, lopsided, itchy or epic – whatever Mo you grow this Movember, your face will raise funds and awareness for men's health.

TO FIND OUT MORE CLICK HERE

This was set up by the International Stress Management Association, to raise awareness of the effects of psychological distress in the workplace and strategies to address it. **FIND OUT MORE HERE**

Remembrance Day is observed in Commonwealth member states to honour armed forces members who died in the line of duty.

Diwali is held on 15th day of the month of Kartika in the Hindu calendar and celebrates the festival of lights. **Find out how you can celebrate in your workplace**

World Kindness Day highlights good deeds in the community focusing on the positive power and the common thread of kindness which binds us. **Discover ways to start making kindness the norm in daily life**

International Men's Day celebrates worldwide the positive value men bring to the world, their families & communities. **DOWNLOAD RESOURCES HERE**

2023

DECEMBER

ProAction

MON	TUE	WED	THU	FRI	SAT	SUN
						
27	28	29	30	1	2	3
4		6	7		9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25 BANK HOLIDAY 	26 BANK HOLIDAY 	27	28	29	30	31 

Click the icon on each day for more information

December

Decembeard



Grow a beard this December and help support the research into bowel cancer. There are lots of ways to be involved. [CLICK HERE FOR MORE INFORMATION](#)

5th International Volunteer Day



International Volunteer Day is a chance for volunteers, communities & organisations to promote their contributions to development at local, national & international levels.

8th Christmas Jumper Day



Why not offer your services on International Volunteer Day or let your employees volunteer?

25th Christmas Day



Christmas Jumper Day is an annual charity event with 100% of proceeds going to the charity 'Save the Children'. Why not start a collection and have a prize for the best jumpers? [CLICK HERE TO SIGN UP](#)

26th Boxing Day

31st New Years Eve

2024


JANUARY

Pro Action

MON TUE WED THU FRI SAT SUN



Click the icon on each day for more information

1 New Years Day	2 	3	4 	5	6	7
8	9	10	11	12	13	14
15 	16	17	18	19	20	21 
22	23	24 	25 	26	27	28 
29	30	31	1	2	3	4
5	6					

January
1st-31st
Dry January

1st
New Years Day

15th
Blue/Brew Monday

21st
National Hug Day

24th
International Day of Education

28th
International LEGO Day



Dry January is the UK's one month alcohol-free challenge. It isn't about giving anything up. It's about getting something back.

- * Get your fun back.
- * Get your energy back.
- * Get your calm back.
- * Get your **YOU** back.



World Religion Day is celebrated in many different ways. People from all faiths are encouraged to talk and listen to one another. Many attend special services or get together to give lectures & talks.



There is an abundance of research available that finds positive touch, such as hugging, improves physical, emotional & spiritual health. **Embrace National Hugging Day™**



2023 is the Chinese Year of the Rabbit.



National Fun at Work Day is dedicated to celebrating the large number of hours that are spent at work and those who find ways to make it enjoyable every day.
CLICK HERE FOR SOME FUN IDEAS

2024

FEBRUARY

ProAction

MON TUE WED THU FRI SAT SUN



LGBT+
History Month
Founded by:
**SCHOOLS
OUT**

Click the icon on each day for more information

29	30	31	1 	2	3	4 
 GET READY FOR RACE EQUALITY WEEK 2024	6 	7	8	9	10 	11
12	13 	14 	15	16	17 	18
19	20	21	22	23	24	25
26	27	28	29	1	2	3

February

LGBT+ History Month

1st
Time to Talk Day

5th - 11th
- Children's Mental Health Week
- National Apprenticeship Week
- Race Equality Week

14th
Valentine's Day

17th
National Random Acts of Kindness Day



Why not attend one of the many events being held over the month to celebrate the LGBT+ community?

Time to Talk Day promotes mental health awareness. It's about creating supportive communities by having conversations with family, friends or colleagues about mental health. We all have mental health. By talking about it, we can support ourselves and others.
[DOWNLOAD A FREE RESOURCE PACK HERE](#)

Why not order a pizza for your employees to celebrate National Pizza Day, or make one at home and compare pictures?
[CLICK HERE for recipes](#)

National Love Your Pet Day is a day to celebrate your furry friends. If permitted, take them into the office today, or let them join you on a Zoom call.

2024

MARCH

ProAction

MON TUE WED THU FRI SAT SUN



Click the icon on each day for more information

26	27	28	29	1 	2	3
4	5	6	7	8 	9	10
11 	12	13 	14	15 	16 	17
18	19	20 	21	22	23	24
25 	26	27	28	29 	30	31

March
1st-31st
Great Daffodil Appeal
1st
Zero Discrimination Day
3rd
Employee Appreciation Day
8th
International Women's Day
17th
St Patrick's Day
Red Nose Day
19th
Mothering Sunday
21st
Shrove Tuesday
23rd
Start of Ramadan







Marie Curie are the UK's leading end of life charity. Each March, millions of people across the UK show their support for the work of Marie Curie by making donations and wearing a daffodil pin.

On Zero Discrimination Day we celebrate the right of everyone to live a full and productive life — and live it with dignity.

Employee Appreciation Day is a time to provide your workforce with something special. Treat them to lunch, a coffee or even a fun activity in the office.

International Women's Day is a global day celebrating social, economic, cultural and political achievements of women. It also marks a call to action for accelerating women's equality. **FIND OUT HOW YOU CAN TAKE PART**

Red Nose Day is the perfect excuse to do something creative, daring (or just silly) to raise money for Comic Relief and support their vision of a just world, free from poverty. **REGISTER HERE**

2024

APRIL

MON TUE WED THU FRI SAT SUN



Click the icon on each day for more information

1	2	3	4	5	6	7
8	9	10	11	12 Good Friday BANK HOLIDAY	13	14
15 Easter Monday BANK HOLIDAY	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5

April
Stress Awareness Month

2nd
Autism Awareness Day

7th
World Health Day

24th-30th
Allergy Awareness Week

22nd
Earth Day

28th
World Day of Health and Safety At Work

April is National Stress Awareness Month to raise awareness of the negative impact of stress.
FIND OUT HOW YOU CAN HELP YOUR EMPLOYEES

Autism Awareness Day aims to focus on hurdles that people with autism face every day.

World Health Day is dedicated to promoting the benefits of good health and wellbeing worldwide.

Allergy Awareness Week is all about raising awareness about allergies and offering help and support to those living with allergic conditions.

Earth Day is observed annually on April 22nd. It is held to demonstrate & promote environmental awareness and calls for the protection of our planet.

World Health and Safety at Work Day promotes the prevention of occupational accidents and diseases globally.



2024

MAY

ProAction
HR

MON TUE WED THU FRI SAT SUN



Click the icon on each day for more information

29	30	1 	2	3	4	5 
6 BANK HOLIDAY	7	8	9	10	11	12 
13 	14	15	16 	17	18	19
20 	21	22	23	24	25	26
27 BANK HOLIDAY	28	29	30	31	1	2

May

National Walking Month (Childrens Cancer and Leukaemia Group)

 May is National Walking Month. A perfect opportunity to get outside, start moving & raise money to help CCLG support children with cancer and their families, find kinder treatments and raise awareness.
[CLICK HERE to find out more](#)

1st Time for a Cuppa - Dementia UK

 Take some time out for a cuppa and discuss ways in which your organisaion can support Dementia UK. Fundraising, leaflets or posters can all help support this cause.

8th Mental Health Awareness Week

 For Mental Health Awareness Week 2023, we will look at how anxiety can affect people living with severe mental illness, what external factors can trigger this strong response & what we can do to support our peers.
[CLICK HERE to find out more](#)

20th International Human Resources Day

 International HR Day is your opportunity to join your profession in an international recognition of all the hardworking HR and people professionals around the world.
[CLICK HERE to find out more](#)

2024

JUNE

ProAction

MON TUE WED THU FRI SAT SUN



Pride Month

Click the icon on each day for more information

27	28	29	30	31	1	2
3	4	5  World Environment Day	6	7	8	9
10  Healthy Eating Week Nutrition	11	12	13	14	15	16  HAPPY Father's DAY
17  Learning Disability Awareness Week	18	19	20	21	22	23
24	25	26	27	28	29	30

June

Pride Month

 Pride events take place across the country to celebrate the LGBT+ community, as well as giving an opportunity to peacefully protest and raise political awareness.

1st
Volunteers' Week

 Volunteers' Week takes place 1st-7th June every year. It's a chance to recognise the fantastic contribution volunteers make to our communities and say thank you.

5th
World Environment Day

 World Environment Day is the United Nations day for encouraging worldwide awareness and action to protect our environment.
[CLICK HERE TO FIND OUT MORE](#)

10th
Healthy Eating Week

 Healthy Eating Week aims to promote healthy eating, drinking and physical activity.
[CLICK HERE for information & teaching resources](#)

16th
Father's Day

 Learning Disability Week is all about making sure the world hears what life is like if you have a learning disability.
[FIND A LOCAL EVENT TO ATTEND](#)

17th
Learning Disability Awareness Week