

PES

Wellbeing awareness calendar 2019

January

1-31 Dry January

Challenging you to go alcohol free for 31 days and aiming to raise awareness of the effects of alcohol.

14 STIQ Day

Get thinking about sexual health and encourage more people to get regular sexual health checks.

14-20 National Obesity Awareness

A week promoting how we can eat healthier, be more active and improve our overall health.

June

10-14 British Nutrition Foundation (BNF) Healthy Eating Week

Have Breakfast; Have 5 A Day; Drink plenty; Get active; and try something new.

14 World Blood Donor Day

November

6 National Stress Awareness Day

19-25 Alcohol Awareness Week

Drive a conversation about alcohol. Signpost those who need help to the support they need. Call for change at every level - individuals, communities and policy-makers

February

1-28 National Heart Month

The British Heart Foundation's annual campaign to increase awareness of heart and circulatory disease.

4 World Cancer Day Raising awareness of cancer. This global event aims to save millions of preventable deaths each year by encouraging individuals to take action.

7 Time to Talk Day A chance for all of us to be more open about mental health – to talk, to listen, to change lives. Wherever you are – have your conversation about mental health today.

18-24 OCD week of action

Encouraging people to take action and fight OCD. OCD is a clinically recognised disorder which affects about one-two per cent of the population.

July

1-7 Health Information Week

A multi-sector campaign to promote the good quality health resources that are available to the public.

28 World Hepatitis Day

December

1-7 Anger Awareness Week

Striving to identify anger as a disturbing social issue which needs to be brought out into the open and addressed effectively.

1 World AIDS Day

March

1- 31 Ovarian and Prostate Cancer Awareness Month

11-17 Nutrition and Hydration Week

Aiming to highlight, promote and celebrate improvements in the provision of nutrition and hydration locally, nationally and globally.

13 No Smoking Day

Could 13 March be the day that you quit smoking for good?

15 World Sleep Day

Promoting issues related to sleep, including medicine, education, social aspects and driving. Aiming to lessen the burden of sleep problems on society through better prevention and management of sleep disorders.

August

1-7 World Breastfeeding Week

15 Cycle to Work Day

All you need to take part is a bike – new or old – and the desire to ride. You can go solo or be the change your workplace needs and organise an event for you and your colleagues.

Build wellbeing into your workplace

Need help to assess, plan and deliver your wellbeing strategy? Please get in touch.

We can also deliver wellbeing workshops anywhere in the UK and internationally.

Contact PES for more information



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Happy people. Happy business

April

1 - 30 Stress Awareness Month

Healthcare professionals and health promotion experts across the country will join forces to increase awareness about both the causes and cures for our modern stress epidemic.

5 Walk to Work Day Encouraging people to put their car keys down, set the alarm early, pack a breakfast you can eat on the go, and plot your route. This helps to reduce carbon emissions as well as adding some healthy movement to your day.

7 World Health Day

26 On your Feet Britain

Workers across Britain unite together and participate in a variety of fun and simple activities to #SitLess and #MoveMore at work.

September

3-9 Organ Donation Week

Raising awareness of the important need for families to talk about organ donation to help save lives.

10 World Suicide Prevention Day

May

1-31 National Walking Month

13-19 Mental Health Awareness Week A UK event supported by the Mental Health Foundation. Aiming to educate the public about mental health issues and to promote better mental health.

13-19 National Vegetarian Week

31 World No Tobacco Day

Highlighting the health and other risks associated with tobacco use, and advocating for effective policies to reduce tobacco consumption.

October

1-5 National Work Life Week

Aiming to get employers and their employees talking about wellbeing at work and work life fit. Perfect opportunity for employers to show how their organisation is striving for a flexible working culture.

10 World Mental Health Day

World Mental Health Day is a day for global mental health education, awareness and advocacy against social stigma.

16 World Food Day

Bringing awareness to how our changing planet affects food production and distribution. With the goal that will eventually lead to building a Zero Hunger Generation.