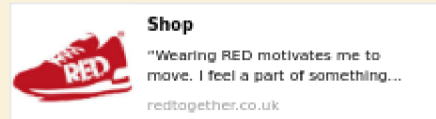


2024

JANUARY

RED January
(<https://redtogether.co.uk>)



Join up individually or as a team to keep active through January. In 2020 more than 50% of REDers experienced less stress and reduced signs of depressive symptoms.

15th Samaritans Brew Monday

27th Parental Mental Health Day -Creating Positive Relationships

FEBRUARY

LGBTQ+ History Month

1st- Time To Talk Day

Download your pack from the website with some great activities to complete with your team

14th-17th Random Acts of Kindness Week

w/c 28th Eating Disorder Awareness Week

MARCH

11th- 17th Nutrition and Hydration week

12th My Whole Self Day, MHFA England

18th- 24th Neurodiversity Celebration Week

15th World Sleep Day

20th International Day of Happiness

20th- 24th Debt Awareness Week

30th World Bipolar Day

APRIL

Stress Awareness Month

Managing our stress can also help to build our resilience as it helps us to remain composed when times are tough.

How about booking an interactive stress management workshop for your team? We can deliver both in person or online

MAY

National Walking Month

29th April-5th May- Maternal Mental Health Awareness Week

13th-19th- Mental Health Awareness Week

JUNE

International Pride Month

1st-7th Volunteers Week

3rd-9th National Growing for Wellbeing Week

12th-18th Loneliness Awareness Week

12th-18th Men's Health Week

26th-30th- World Wellbeing Week

NOTES

