

WELLBEING COMMUNICATIONS CALENDAR 2025

JUNE-SEPTEMBER 2025 EDITION

J F M A M J J A S O N D



Physical



Emotional



Sickness Absence



Financial

H: for HR

L: for Line Managers

E: for Employees

01-31 January

DRY JANUARY

Video: Tracking your alcohol intake **HLE**

Information & resources **HL**

How to enjoy a night out and stay sober **HL**

What are the weekly alcohol unit recommendations? **HLE**

Alcohol: Common questions answered **HLE**

What is alcohol? **HLE**


#DryJanuary

EARLY REMINDER! 16 Jan, 11:00hrs
WEBINAR: Cancer: When support to stay in work makes sense.

A 40 minute webinar for HR professionals and Line Managers in partnership with Absence Management Solutions.

01-31 January

VEGANUARY



Information & resources *E*

Veganuary *E*

Are vegan ready meals a healthy option? *E*

Keeping veganuary going: three tasty recipes *E*



#Veganuary

10-17 January

NATIONAL OBESITY AWARENESS WEEK



Information & resources *HLE*

Health information: Obesity in adults *HLE*

Is there a link between obesity and mental health? *HLE*

Overweight and obesity in children *E*

BMI calculator - what do your results mean? *E*



#NationalObesityAwarenessWeek

20-26 January

CERVICAL CANCER PREVENTION WEEK



A GP writes - Cervical cancer prevention week *E*

Health information: Cervical screening (smear test) *E*

Health information: Cervical cancer *E*

How to reduce your risk of cervical cancer *E*

Cancer screening - infographics *E*



#CervicalCancerPreventionWeek - #WeCan

EARLY REMINDER! 4 Feb, 11:00hrs

WEBINAR: Parent and child mental health support: A workplace essential?

A 40-min webinar for HR and Line Managers, in partnership with Teladoc Health

01-28 February

LGBT+ HISTORY MONTH



Information & resources *E*

Coming out as transgender: My story *E*

Discussing your sexuality with your family and friends *E*

Gender transition *E*

How to support someone you love with gender dysphoria *E*

Understanding gender terms *H L E*

What is asexuality? *E*



#LGBTQplusHM - #SocialActivism

03 February

NATIONAL SICKIE DAY



Workshop: Mental Health and Absence Management, complimentary taster training *HL*



Podcast: Episode 11 - 'Healthy' Sickness Absence Behaviours *HL*



Information & resources *H L E*

New ways of working: Does absence management need a rethink? *HL*

Sustainable return-to-work, with help from Vocational Rehabilitation *E*

Social prescribing and its role in back to work support *HL*

How vocational rehabilitation can help bridge the health work gap *HL*



#NationalSickieDay

Information & resources *E*Our thoughts on World Cancer Day: A Call to Action *HLE*How to support employees living and working with cancer *HLE*How can employers reduce their workforce cancer risk? *HL*Bowel cancer: Health Information *H*Breast cancer: Health Information *E*Ovarian cancer: Health Information *E*Anal cancer: Health Information *HL*Eye cancer: Health Information *E*Stomach cancer: Health information *E*Testicular cancer: Health Information *E*Womb cancer: Health Information *E*Cancer and age: What you need to know *E*Eating well during cancer: What you need to know *E*

#WorldCancerDay - #UnitedByUnique

Podcast: Episode 10 - Why younger workers are prioritising mental health in the workplace *HL*Information & resources *HL*6 ways to start a conversation about mental health *HL*How can managers connect with employees and talk about mental health? *HL*

#TimeToTalk

EARLY REMINDER! 13 Feb, 11:00hrs**WEBINAR: The UK's cancer burden: What employees and employers need to know.**
A 40-min webinar for HR professionals and Line Managers in partnership with Check4Cancer.

03-09 February

CHILDREN'S MENTAL HEALTH WEEK



Information & resources [E](#)

What is childhood anxiety? [E](#)

How to speak to your child about their feelings (activity) [E](#)

Helping your child with angry outbursts [E](#)



#ChildrensMentalHealthWeek - #Place2Be

17 February

RANDOM ACTS OF KINDNESS DAY



Information & resources [E](#)



#RandomActsOfKindness

17-23 February

CANCER PREVENTION ACTION WEEK



Podcast: Episode 6 - Supporting employees from cancer detection, to diagnosis, and beyond [HL](#)



Information & resources [HLE](#)

Spotlight on Cancer Prevention Action Week: the Power of Early Diagnosis [HLE](#)

Why employers should consider offering access to at-home cervical cancer testing [H](#)

Cancer prevention and early detection: employer support [HL](#)

Checking your moles [E](#)

How to reduce your risk of cancer [E](#)

PSA testing for prostate cancer [E](#)

How can I prevent skin cancer? [E](#)

What is cancer? [E](#)



#CancerPreventionActionWeek

01-31 March

OVARIAN CANCER AWARENESS MONTH



Podcast: Episode 6 - Supporting employees, from cancer detection, to diagnosis, and beyond *HL*



Information & resources *E*



Ovarian cancer: Health Information *E*



Returning to work after ovarian cancer *E*



#OvarianCancerAwarenessMonth

01-31 March

ENDOMETRIOSIS AWARENESS MONTH



Podcast: Episode 1 - Endometriosis *HL*



Information & resources *E*



Endometriosis: Health information *E*



Endometriosis - How does it affect fertility and pregnancy? *E*



How to keep an endometriosis pain and symptom diary? *E*



Michelle Ackerley talks about living with endometriosis *E*



#EndometriosisAwarenessMonth



08 March

INTERNATIONAL WOMENS DAY



Training: Women's health [E](#)



Information & resources [E](#)



Common signs you're in perimenopause [E](#)



Menopause and pelvic health: 5 unwelcome symptoms and 5 easy wins [E](#)



Sex drive taken a dive? Tips for him and her [E](#)



Poor sleep could be ruining your health [E](#)



#IWD2025 - #AccelerateAction

10-16 March

NUTRITION & HYDRATION WEEK



Training: Eating well to optimise performance [E](#)



Podcast: Sports nutrition tips from a paralympian and dietitian [E](#)



Information & resources [E](#)



Food and nutrition - your common questions answered [E](#)



Quick, cheap and nutritious meal ideas [E](#)



What's the best way to stay hydrated when exercising? [E](#)



Ten water-rich foods to help you stay hydrated [E](#)



What should I drink to stay hydrated? [E](#)



#NHWeek

EARLY REMINDER! 24 March

PODCAST: What's it going to take to move the needle on wellbeing?

A 30 minute podcast episode for HR professionals and Line Managers, in partnership with Working To Wellbeing.

12 March

NATIONAL NO SMOKING DAY



Video: What happens to your body when you stop smoking? *E*

Video: Smoking: The dangers and benefits of giving up *E*

Video: Controlling your smoking cravings *E*

Podcast: How to stop smoking *E*



Information & resources *E*

Effects of smoking *E*

How to exercise after quitting smoking *E*

Quitting smoking before treatment: What effect will it have? *E*

Staying healthy while stopping smoking *E*



#NoSmokingDayUK

19 March

SOCIAL PRESCRIBING DAY



Information & resources *HL*

Social prescribing and its role in back to work support *HL*



#SocialPrescribingDay



[Training: Getting restful sleep](#) E[Video: Sleep health](#) E[Information & resources](#) H L E[Protect your health and wellbeing with a good night's sleep](#) E[The CBT formula for good sleep](#) E[Eight benefits of a good night's sleep](#) E[How does alcohol affect your sleep?](#) E[How does sleep affect diabetes?](#) E[How does sleep affect your mental health?](#) E[How much sleep do teenagers need?](#) E[Night sweats and disturbed sleep after menopause](#) E[Staying fit as a new parent](#) E[Obstructive Sleep Apnoea \(OSA\)](#) E[Tips to deal with sleep anxiety](#) E[#WorldSleepDay](#)

17-23 March

NEURODIVERSITY CELEBRATION WEEK



Training: Building bridges - collaboration at work **E**



Information & resources **HL**

Neurodifference: How to prevent mental health issues and promote teamwork **HL**

Neurodiverse workplaces: The small changes that can bring big benefits **HL**

Neurodiversity: your common questions answered **E**

Understanding neurodiversity terms **E**



#NeurodiversityWeek

17-23 March

DEBT AWARENESS WEEK



Information & resources **HLE**

Understanding financial education, guidance, coaching and advice **HLE**

Supporting financial wellbeing in times of uncertainty **HLE**

The current state of financial wellbeing **HL**



#DebtAwarenessWeek

20 March

INTERNATIONAL DAY OF HAPPINESS



Video: How to make remote working work for you **E**



Information & resources **E**

How to talk to your employer about your mental health **E**



#DayOfHappiness

EARLY REMINDER! 24 April, 11:00hrs

WEBINAR: What does an effective graded return-to-work look like?

A 40-min webinar for HR and Line Managers, in partnership with Absence Management Solutions & Form Health.

01 April

WALK TO WORK DAY



Information & resources *HLE*



#WalkToWorkDay

01-30 April

STRESS AWARENESS MONTH



Training: Stress relaxation techniques *E*

Workshop: Mental Health and Absence Management, complimentary taster training *HL*



Webinar: Psych health & safety 101 *HL*



Podcast: Taking the ISO45003 psychological safety standards to action *HL*

Podcast: What does the push for mental health training for all Line Managers mean for HR? *HL*



Information & resources *E*

How to build your resilience to emotional stress *E*

Diet tips to combat stress and anxiety *E*

How to combat stress with exercise *E*

Supporting financial wellbeing in times of uncertainty *H*

Does stress cause skin problems? *E*

Is absence the answer to workplace stress? *HL*

Stress: Making it work for us, instead of against us *HLE*

Understanding financial education, guidance, coaching and advice *HLE*



#StressAwarenessMonth

01-30 April

INTERNATIONAL IBS AWARENESS MONTH



Podcast: Episode 3 - Irritable Bowel Syndrome - IBS *HL*



Information & resources *E*

Irritable bowel syndrome (IBS) *E*



#IBSAwarenessMonth

01-30 April

BOWEL CANCER AWARENESS MONTH



Multilingual health kit: cancer screening *HL*



Information & resources *HLE*

Tips for better bowel health *E*

What is cancer? *E*



#BowelCancerAwarenessMonth

01-30 April

WORLD AUTISM ACCEPTANCE MONTH



Information & resources *HLE*

Debunking eight misconceptions about autism spectrum disorder *E*



#WorldAutismAcceptanceMonth

EARLY REMINDER! 6 May, 11:00hrs

WEBINAR: Multinational mental wellbeing: Learnings and best practice.

A 40 minute webinar for HR and Line Managers in partnership with Telus Health.

07 April

WORLD HEALTH DAY



Multilingual health kit: How we live today *HL*

Podcast: Episode 7 - From Long Term Conditions To Multi-Morbidity *HL*



Information & resources *HLE*



#WorldHealthDay

28 April

WORLD DAY FOR HEALTH & SAFETY AT WORK



Webinar: Psych health & safety 101 *HL*



Information & resources *HLE*

How to design a health strategy that works *H*

Sustainable return-to-work, with help from Vocational Rehabilitation *E*

New ways of working: Does absence management need a rethink? *HL*

Do we always have to be 100% fit and well to be working? *HL*

How to better support employees with chronic health conditions *HL*

How vocational rehabilitation can help bridge the health work gap *H*



#WorldDayForHealthAndSafetyAtWork

01-31 May

SKIN CANCER AWARENESS MONTH



Information & resources *E*

How can I prevent skin cancer? *E*



#SkinCheckChallenge - #ThisIsSkinCancerStory

06 May

WORLD ASTHMA DAY



Information & resources *E*



#WorldAsthmaDay

07 May

WORLD MATERNAL MENTAL HEALTH DAY



Information & resources *E*



Postnatal depression: Health Information *E*



Coping with life changes when you start a family *E*



Handling relationship changes after having a baby *E*



#WMMHDay

08 May

WORLD OVARIAN CANCER DAY



Podcast: Episode 6 - Supporting employees from cancer detection, to diagnosis, and beyond *HL*



Information & resources *E*



Returning to work after ovarian cancer *E*



#WorldOvarianCancerDay

08-14 May

ME AWARENESS WEEK



Podcast: Episode 8 - From Long Covid to ME *HL*



Information & resources *E*



#WorldOvarianCancerDay



Workshop: Mental Health and Absence Management, complimentary taster training *HL*

Training: Building blocks for positive mental health *E*

Training: Leading a mentally healthy workplace *HL*

Training: Mental health in the workplace for employees *E*



Webinar: Psych health & safety 101 *HL*



Podcast: Episode 14 - Better workplace mental health support for men *HL*

Podcast: Episode 2 - Taking the ISO45003 psychological safety standards to action *HL*

Podcast: Episode 4 - What does the push for mental health training for all Line Managers mean for HR? *HL*

Podcast: Addressing psychological health & safety in the workplace *HL*



Information & resources *HL*

A holistic approach to workplace mental health support *HL*

How can managers connect with employees and talk about mental health? *HL*

Men's mental health: the case for adding peer-to-peer support to your toolbox *HL*

Men's mental health: the power of conversation *HL*

Coping with loneliness *E*

Why women are more at risk of burnout *HL*

10 ways to take action against loneliness *E*



#MentalHealthAwarenessWeek

EARLY REMINDER!

WEBINAR: The secret to encouraging men to look after their health.
5th June, 11:00, in partnership with Teladoc Health.

17 May

WORLD HYPERTENSION DAY



Multilingual health kit: Know your numbers *HL*



Information & resources *E*

High blood pressure (hypertension) *E*

Why running a 'know your numbers' event could be a lifesaver *H*

How does my heart rate show if I'm stressed *E*



#WorldHypertensionDay

22-28 May

TYPE 2 DIABETES PREVENTION WEEK



Information & resources *E*



#KnowYourRisk - #DiabetesPreventionWeek

26 May-02 June

NATIONAL EPILEPSY WEEK



Information & resources *E*



#EpilepsyMatters - #NationalEpilepsyWeek

30 May

WORLD MS DAY



Information & resources *E*



#WorldMSDay

01-30 June

PRIDE MONTH



Brave spaces *E*



Information & resources *E*



#pridemonth #lgbt

01 June

GLOBAL DAY OF PARENTS



Information & resources *E*

Why children's mental health is a work matter *E*

Don't medicalise normal child / teen behavioural issues, but do seek help *E*

Why children's mental health should be factored into employee benefits *H*



#GlobalDayOfParents

EARLY REMINDER!

WEBINAR: Neurodiversity & chronic conditions: Better in-work and return-to-work support.
17th June, 11:00, in partnership with Working to Wellbeing



01 June

CANCER SURVIVORS DAY



Podcast: Episode 6 - Supporting employees from cancer detection, to diagnosis, and beyond **HL**



Information & resources **HL**

Why cancer demands a benefit rethink **HL**

Working through cancer - better line manager support **HL**

Post-cancer return to work support: now a reality for more employees **HL**

Cancer screening: health kit **HL**

What are antioxidants and why are they good for you? **E**

How to check a mole **E**



Cancer and age: what you need to know **E**

How to reduce your risk of cancer **E**

Cancer: awareness, screening and prevention **E**

#nationalcancersurvivorday

09-15 June

DIABETES AWARENESS WEEK



Information & resources **E**

How does sleep affect diabetes? **E**

Type 1 diabetes **E**

Type 2 diabetes **E**



#diabetesweek

09-15 June

CARERS' WEEK



Information & resources *HLE*

Working carers: why you shouldn't wait for a mandate *HL*

Six ways to look after yourself as a carer *E*

What does support for working carers look like? *HL*



#carersweek

09-15 June

INTERNATIONAL MEN'S HEALTH WEEK



Workshop: Mental health or Absence management complimentary taster training sessions *HL*

Training: Mental health in the workplace for employees *LE*

Training: Workplace mental health leadership certificate program *HL*



Podcast: Episode 14: Better workplace mental health support for men *HL*

Podcast: Men and mental health *E*



Information & resources *HLE*

Men's health: health information *E*

Testicular cancer *E*

PSA testing for prostate cancer *E*

Prostate cancer *E*

Talking about men's mental health *E*



#menshealthweek

10 June

LONELINESS AWARENESS WEEK



Workshop: Mental health or Absence management complimentary taster training sessions **HL**



Information & resources **HL E**

Why social prescribing should form part of back to work support **HL**

Ways to tackle loneliness in older people **E**

Loneliness and isolation in teenagers - a parent's guide **E**

How to deal with feeling lonely **E**

How relationships impact our health **E**



#lonelinessawarenessweek

17 June

CERVICAL SCREENING AWARENESS



Podcast: Episode 6 - Supporting employees from cancer detection, to diagnosis, and beyond **HL**



Information & resources **HL**

Cancer prevention and early detection: employer support **HL**

Cervical screening (smear test): Health information **E**

How to reduce your risk of cervical cancer **E**

How to prevent HPV infections **E**

Six myths about HPV: What you should know **E**

HPV home testing kits - all you need to know **E**

Cancer screening: health kit **HL**



#cervicalscreeningawarenessweek

18 June

AUTISTIC PRIDE DAY



Training: Diversity equity and inclusion in the workplace **HLE**

Training: Building awareness of a diverse equitable and inclusive workplace **LE**



Information & resources **E**

Neurodiverse workplaces: The small changes that can bring big benefits **HL**

Neurodiversity: How to prevent mental health issues and promote teamwork **HL**

Autism spectrum disorder **E**

Debunking eight misconceptions about autism spectrum disorder **E**



#autisticprideday

24-30 June

WORLD WELLBEING WEEK



Podcast: Episode 15: What's it going to take to move the needle on wellbeing? **HL**

Podcast: Episode 13: How Vocational Rehabilitation can help bridge the health work gap **HL**

Podcast: Beyond bikes & bananas: Creating a work environment that works **HL**

Podcast: The psychological health & safety of work **HL**

Podcast: New psych health regulations and risk assessment methodology **H**



Workshop: Mental health or Absence management complimentary taster training sessions **HL**



Information & resources **HL**

New ways of working: Does absence management need a rethink **HL**

Sustainable return to work, with help from Vocational Rehabilitation **HL**



#worldwellbeingweek

EARLY REMINDER!

WEBINAR: Work-related stress and burnout prevention amongst leaders.
10th July, 11:00, in partnership with Form Health.

07-13 July

ALCOHOL AWARENESS WEEK



Information & resources *E*

Alcohol: Common questions answered *E*

What are the weekly alcohol unit recommendations? *E*

How alcohol affects your mental health *E*

What alcohol is gluten-free? *E*

Alcohol: Common questions answered *E*

Does drinking alcohol affect your fertility *E*

Does alcohol cause panic attacks *E*



#alcoholawarenessweek

15 July

WORLD YOUTH SKILLS DAY



Training: Brave spaces *E*



Information & resources *E*

What does mental health support for Generation Z look like? *HL*



#Worldyouthskillsday

24 July

INTERNATIONAL SELF-CARE DAY



Training: Introduction to mindfulness **HLE**

Training: The cost of caring: Overcoming cumulative stress and vicarious trauma **HLE**



Podcast: Episode 12: Stress is often unavoidable, so how do we use it for good? **HLE**



Information & resources **HLE**



#selfcarepromise

30 July

INTERNATIONAL DAY OF FRIENDSHIP



Information & resources **HLE**



#internationaldayoffriendship

12 August

INTERNATIONAL YOUTH DAY



Podcast: Episode 10 - Why younger workers are prioritising mental health in the workplace **HL**



Information & resources **HL**



#internationalyouthday

EARLY REMINDER!

WEBINAR: From working carers to ageing workforces: Support matters.
16 Sept, 11:00, in partnership with MorganAsh.

1-31 September

WORLD ALZHEIMER'S MONTH



Information & resources *E*

Alzheimer's disease: Health information *E*

What's the difference between Alzheimer's and dementia? *E*



#worldalzheimersmonth

1-31 September

GYNAECOLOGICAL CANCER AWARENESS MONTH



Podcast: Episode 6 - Supporting employees from cancer detection, to diagnosis, and beyond *HL*



Information & resources *HLE*

Why cancer demands a benefit rethink *HL*

Gynaecological cancer - all you need to know *E*

Cancer screening: health kit *HL*



#gynaecologicalcancerawarenessmonth

1-31 September

UROLOGY AWARENESS MONTH



Information & resources *HLE*



#UrologyAwarenessMonth

10 September

WORLD SUICIDE PREVENTION DAY



Training: Understanding suicide *HLE*



Podcast: Drafting a standard for suicide prevention *H*

Podcast: New psych health regulations and risk assessment methodology *H*



Information & resources *HLE*



#worldsuicidepreventionday

08-14 September

KNOW YOUR NUMBERS WEEK



Information & resources *HLE*



#knowyournumbers



19 September

YOUTH MENTAL HEALTH DAY



Workshop: Mental health or Absence management complimentary taster training sessions *HL*

Training: Brave spaces *E*

Training: Building blocks for positive mental health *HLE*



Podcast: New psych health regulations and risk assessment methodology *H*

Podcast: Episode 10 - Why younger workers are prioritising mental health in the workplace *HL*



Information & resources *HLE*

Don't medicalise normal child / teen behavioural issues, but do seek help *E*

What does mental health support for Generation Z look like? *HL*



#youthmentalhealthday

22-28 September

NATIONAL EYE HEALTH WEEK



Information & resources *HLE*

Sight loss needn't mean job loss *HL*

What is long-sightedness? *E*

What is short-sightedness? *E*



#NEHW - #nationaleyhealthweek

22-28 September

MIGRAINE AWARENESS WEEK



Podcast: Episode 5: Migraine *HL*



Information & resources *HLE*



Migraines: Multilingual health kit *HL*



Migraines and work *HLE*



#migraineawarenessweek

22-28 September

UK SAVINGS WEEK



Video: Financial advice in UK workplaces *HL*



Information & resources *HLE*



Saving for children and grandchildren - the gift of time *E*



How to tackle pensions inadequacy *HL*



Practical guide to preparing for a new era of financial wellbeing *HL*



The current state of financial wellbeing *HL*



How to help your employees make good financial decisions in challenging times *HL*



#uksavingsweek



Information & resources [E](#)

Heart, blood and circulation: Health information [E](#)

Coronary heart disease: Health information [E](#)

Heart attack: Health information [E](#)

Six diet tips for a healthier heart [E](#)

The truth about heart disease [E](#)

#worldheartday

