

RBH 2023 Health & Wellbeing, Charity, and Diversity & Inclusion Calendar

JANUARY	1 - 31st Jan	National Mentor a Colleague Month	1 - 31st Jan	National Mentor a Colleague Month
FEBRUARY	2nd Feb 4th Feb 14th Feb 17th Feb 21st Feb	Time To Talk Day Six Nations Sweepstake Valentines Day Random Act of Kindness Day Pancake Day & Bake Sale	6 - 13th Feb 6 - 13th Feb 24th Feb	World Wellbeing Week (Physical & Mental) Race Equality Matters Week International Day of Standing Up to Bullies
MARCH	8th Mar 16 - 22nd Mar 23 - 27th Mar 1 - 31st Mar	No Smoking Day Nutrition and Hydration Week National Workouts and Wellbeing Week Stress Awareness Month	3 - 6th Mar 8th Mar 21st Mar 22nd Mar	Endometriosis Awareness International Women's Day International Day for the Elimination of Racism Ramadan Begins (Islam)
APRIL	10th April 14th April 22nd April 23rd April	Easter Raffle Grand National Sweepstake World Earth Day London Marathon	1 - 30th April 5 - 13th April 14th April	Celebrate Diversity Month Passover (Jewish) Vaisakhi (Sikh)
MAY	7th May 7th May 15 - 21st May 21st May	International Families Day Great Birmingham Run Mental Health Awareness Week Great Manchester Run	16th May 17th May 18th May	Buddha Day Wessak (Buddhist) International Day Against Homophobia, Transphobia and Biphobia Global Accessibility Awareness Day
JUNE	9 - 11th June 14th June 19 - 23rd June 30th June	Great North Swim World Blood Donor Day Celebrate Service Week Social Media Day	1 - 30th June 5th June 12 - 18th June	Pride Month World Environment Day Men's Health Awareness Week
JULY	1 - 31st July 1-31st July 3rd July	Big Mental Health Get Together Social Wellness Month Wimbledon Sweepstake	16th July 24th July 30th July	Disability Awareness Day National Self-Care Day International Day of Friendship
AUGUST	6th Aug 14th Aug 23rd Aug	Cycle to Work Day National Finance Awareness Day World Water Day	12th Aug 18th Aug 19th Aug	International Youth Day/National Son & Daughter Day World Breast Cancer Research Day World Humanitarian Day
SEPTEMBER	5th Sep 15th Sep 10th Sep 10th Sep 30th Sep TBC	National Payroll Week (schrodgers) Pension Awareness Day World Suicide Prevention Day Great North Run MacMillan - World's Biggest Coffee Morning Great Scottish Run	1 - 30th Sep 20 - 25th Sep 27th Sep	PCOS Awareness Month International Week of Happiness at Work Inclusive Employers National Inclusion Day
OCTOBER	10th Oct TBC 15th Oct	World Mental Health Day Glow Night Walk London Great South Run	1st Oct 18th Oct 18th Oct 24th Oct	Grandparents Day/Intl Older Persons Day World Menopause Day Show Racism the Red Card Diwali (Hindu)
NOVEMBER	TBC 2-9th Nov 13th Nov	Children in Need Stress Awareness Week World Kindness Day	1-30th Nov 2nd Nov 13-19th Nov 18th Nov	November World Fertility Day Transgender Awareness Week International Men's Day
DECEMBER	8th Dec TBC	Christmas Jumper Day Christmas Quiz and Christmas Party		