

Wellbeing calendar 2021-22

May

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
Mental Health Awareness Week						
10 11 12 13 14 15 16						
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

June

M	T	W	T	F	S	S
Pride Month						
1	2	3	4	5	6	
7	8	9	10	11	12	13
Men's Health Week						
14 15 16 17 18 19 20						
World Wellbeing Week						
21 22 23 24 25 26 27						
28	29	30				

July

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
World Youth Skills Day						
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

August

M	T	W	T	F	S	S
						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					

September

M	T	W	T	F	S	S
			1	2	3	4
Remember a Charity Week						
6 7 8 9 10 11 12						
World Suicide Prevention Day						
13	14	15	16	17	18	19
20	21	22	23	24	25	26
National Inclusion Week						
27 28 29 30						

October

M	T	W	T	F	S	S
Black History Month						
International Day of Older Persons						
	1	2	3			
World Mental Health Day						
4	5	6	7	8	9	10
National Work Life Week						
11	12	13	14	15	16	17
18	19	20	21	22	23	24
World Menopause Day						
25	26	27	28	29	30	31

November

M	T	W	T	F	S	S
	1	2	3	4	5	6
Purple Tuesday						
Global Entrepreneurship Week						
8 9 10 11 12 13 14						
International Men's Day						
15	16	17	18	19	20	21
22	23	24	25	26	27	28
16 days of action tackling domestic violence						
29	30					

December

M	T	W	T	F	S	S
Giving Tuesday						
UK Charity Week						
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		

January

M	T	W	T	F	S	S
Financial Wellness Month						
						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					

February

M	T	W	T	F	S	S
1	2	3	4	5	6	
National Apprenticeship Week						
7 8 9 10 11 12 13						
14	15	16	17	18	19	20
Random Acts of Kindness Day						
21	22	23	24	25	26	27
28						

March

M	T	W	T	F	S	S
1	2	3	4	5	6	
International Women's Day						
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			

April

M	T	W	T	F	S	S
Stress Awareness Month						
4	5	6	7	8	9	10
World Health Day						
11	12	13	14	15	16	17
18	19	20	21	22	23	24
Queen's Birthday						
25	26	27	28	29	30	

Resources will be available
 Social campaign - make sure you are following our channels

Find out more and download resources at retailtrust.org.uk/wellbeing-awareness