

REWARD & WELLBEING 2021 Calendar

January

11th
Clean Off Your Desk Day

11th – 15th
National Obesity Awareness Week

11th – 17th
Houseplant Week

18th
Winnie The Pooh Day

29th
Fun at Work Day

February

LGBT+ History Month

4th
Time to Talk Day

11th
Intl Day of Women & Girls in Science

8th – 14th
National Apprenticeship Week

17th
Random Act of Kindness Day

March

8th
International Women's Day

19th
World Sleep Day

20th
International Day of Happiness

20th
World Oral Health Day

23rd – 29th
Debt Awareness Week

April

Stress Awareness Month

2nd
National Walk to Work Day

7th
World Health Day

26th
On Your Feet Britain Day

28th
World Day for Safety & Health at Work

May

National Walking Month

10th – 16th
Mental Health Awareness Week

17th – 23rd
Learning at Work Week

June

1st – 5th
Bike Week

1st – 7th
Volunteers Week

14th – 18th
Loneliness Awareness Week

14th – 20th
Men's Health Week

25th
Bring Your Dog to Work Day

July

7th
World Chocolate Day

15th
World Youth Skills Day

August

5th
Cycle to Work Day

19th
World Photography Day

September

7th- 10th
National Payroll Week

15th
Pension Awareness Day

21st – 27th
National Eye Health Week

20th – 26th
Intl Happiness at Work Week

25th
World's Biggest Coffee Morning

October

Black History Month

4th – 8th
Back Care Awareness Week

10th
World Mental Health Day

11th – 15th
National Work Life Week

18th
World Menopause Day

November

1st – 5th
Intl Stress Awareness Week

8th – 12th
Talk Money Week

13th
World Kindness Day

19th
International Men's Day

December

3rd
International Day of People with Disabilities

10th
Christmas Jumper Day