


Retail TRUST


1832 ONWARDS

Wellbeing calendar 2022-2023

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

 Hero content and campaigns

 Awareness dates

 Events and challenges



Any queries, please email marketing@retailtrust.org.uk



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May

Mental health awareness						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
			Together Fest 2022			
Mental Health Awareness Week	9	10	11	12	13	14 15
16	17	18	19	20	21	22
			International HR day			
23	24	25	26	27	28	29
			Retail Week Awards			
30	31					

August

Work-life balance						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
			International Youth Day			
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

November

Take a breath						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
			Leaders Summit 2022			
7	8	9	10	11	12	13
			International Men's Day			
Anti-bullying Week	14	15	16	17	18	19 20
21	22	23	24	25	26	27
28	29	30	Public Health England's Domestic Abuse Campaign (25 November - 10 December)			

February

Children's mental health						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4 5
		Time to Talk Day				
Children's Mental Health Awareness Week	6	7	8	9	10	11 12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

June

Men's health: let's talk						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
Pride Month		1	2	3	4	5
		Queen's Platinum Jubilee				
National Carers Week	6	7	8	9	10	11 12
Men's Health Week	13	14	15	16	17	18 19
20	21	22	23	24	25	26
			Skydive			
27	28	29	30			

September

Your autumn kick-start						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3 4
			World Suicide Prevention Day			
5	6	7	8	9	10	11
			London to Brighton cycle ride			
12	13	14	15	16	17	18
			National Fitness Day			
19	20	21	22	23	24	25
26	27	28	29	30	1	2
			National Inclusion Week			

December

Coping with Christmas						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
		World Aids Day		1	2	3
			Purple Light-up Day			
5	6	7	8	9	10	11
			National Grief Awareness Week			
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

March

Get a better night's sleep						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4 5
			International Women's Day			
6	7	8	9	10	11	12
			World Sleep Day			
13	14	15	16	17	18	19
International Day of Happiness	20	21	22	23	24	25 26
27	28	29	30	31		

July

Family wellbeing month						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
				NHS, Social Care and Frontline Workers' Day		
4	5	6	7	8	9	10
11	12	13	14	15	16	17
	19	20	21	22	23	24
25	26	27	28	29	30	31
			World Friendship Day			

October

Let's talk menopause						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breast Cancer Awareness			National Three Peaks Challenge		1	2
3	4	5	6	7	8	9
Back Care Awareness Week						
World Mental Health Day	10	11	12	13	14	15 16
			National Work Life Week			
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

January

Wellbeing month						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
Blue Monday						
23	24	25	26	27	28	29
30	31					

April

Stress awareness						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1 2
			World Health Day			
3	4	5	6	7	8	9
10	11	12	13	14	15	16
			Queen's birthday			
17	18	19	20	21	22	23
24	25	26	27	28	29	30