



Q1 ENGAGEMENT & AWARENESS DAYS CALENDAR



JANUARY 2024



All month

Veganuary

A great opportunity to host a vegan challenge, bake off or simply have people share their favourite recipes.



January 15th

Brew Monday

Initially organised by the Samaritans, this nationwide event gives everyone the perfect opportunity to reach out and ask for a cuppa and a catch-up. Brew Monday is a great way to kick off your 2024 HR calendar and your wellbeing strategy.



All month

Dry January

Support employees who are participating in dry January.



January 27th

Holocaust Memorial Day

A time to remember the millions of people who died during the Holocaust under Nazi Persecution and in the genocides that followed in Cambodia, Rwanda, Bosnia, and Darfur.



January 1st

New year's day

Bank holiday



January 27th

Parent Mental Health Day

Parent Mental Health Day encourages understanding and awareness of the importance of parents' mental health and its impact on the whole family system.



January 2nd

National Motivation & Inspiration Day

#MotivationandInspirationDayJanuary

FEBRUARY 2024



All month

UK LGBT+ History Month

Annual month-long observance of LGBT+ history, and the history of the gay rights and related civil rights movements.



February 1st

World Hijab Day

WHD is in recognition of millions of Muslim women who choose to wear the hijab and live a life of modesty.



February 1st

Time to Talk Day

An opportunity for businesses to open conversations around mental health, look to reduce the stigma around it in the workplace, share their wellbeing initiatives, and ensure employees are comfortable enough to reach out for support when needed.



February 4th

World Cancer Day

An international awareness day led by the Union for International Cancer Control (UICC) to raise worldwide attention and inspire action for a cancer-free future.



February 5th

National Sickness Day

The first Monday of every February is statistically the day when most workers are likely to call in sick.



February 5th-11th

Race Equality Week

An annual UK-wide movement uniting thousands of organisations and individuals to address the barriers to race equality in the workplace.



February 5th-11th

Sexual Abuse & Sexual Violence Awareness Week

The UK's national week to raise awareness of sexual abuse and violence, and to provide an opportunity for any organisation or individual to engage in dialogue.



February 14th

Valentine's Day



February 17th-24th

Random Act of Kindness Week

A week to promote and celebrate kindness and generosity in the workplace. Originating in New Zealand, this key HR calendar date for 2024 ensures that we take the time to recognise and appreciate the little acts of kindness that make our lives whole.



February 26th

Emotional Health Day

A day for everyone to think about their own emotional health and how they can support and develop it in others, whether in their family, in school or in their workplace.



February 29th

Leap Year Day

MARCH 2024



March 1st

Employee Appreciation Day

The perfect opportunity to show your people appreciation for the incredible work and commitment they show each and every day.



March 4th-10th

National Careers Week

A celebration of career guidance and free resources in education across the UK.



March 8th

International Women's Day

It's the perfect opportunity to celebrate the achievements of women in your organisation, and to take the time to consider your organisation's approach to gender equality.



March 10th

Ramadan starts

By acknowledging and accommodating the needs of employees observing Ramadan, HR teams can contribute significantly to an inclusive and supportive workplace culture.



March 11-17th

Neurodiversity Celebration Week

Neurodiversity Celebration Week is a worldwide initiative that challenges stereotypes and misconceptions about neurological differences.



March 11-17th

Sign Language Week

Celebrated each year to coincide with the anniversary of the recognition of British Sign Language (BSL) by the UK Government in 2003. Sign Language Week is an initiative of the British Deaf Association (BDA).



March 15th

Red Nose Day

Red Nose Day is an annual fundraising campaign to end the cycle of child poverty and ensure a healthy future for all children. A great opportunity to put on a charity fundraiser!



March 18th-24th

Debt Awareness Week

An annual campaign that aims to put problem debt and free advice on the agenda.



March 20th

International Day of Happiness

Since 2013, the United Nations has celebrated the International Day of Happiness as a way to recognise the importance of happiness in the lives of people around the world.



March 29th

Good Friday

Bank holiday