



HR partner to you and your business

Employee awareness days 2026

More and more businesses recognise that events throughout the year are an important way of celebrating and raising awareness of issues which may affect any of its employees at any time.

The below is a list of key dates for next year. Whilst as a business you cannot commit to recognising all of them, it may be an idea (as part of your engagement strategy!) to pick some of these dates and plan events around them.

Date	Day	Purpose
1 to 31 January 2026	Dry January	Dry January challenges you to go alcohol free for 31 days and aims to raise awareness of the effects of alcohol.
18 January 2026	World Religion Day	To promote inter-faith understanding and harmony. A good opportunity to focus on diversity and inclusion!
30 January 2026	National Fun at Work Day	National Have Fun at Work Day is an unofficial holiday dedicated to injecting a bit of light-heartedness into the workplace. The main idea behind this day is to encourage employees to take a break from their usual routine and engage in enjoyable team building activities to foster camaraderie and boost morale
1 to 28 February 2026	LGBT+ History Month	An opportunity to promote equality and diversity

4 February 2026	World Cancer Day	World cancer day is the ideal opportunity to spread the word and raise awareness of cancer in people's minds and the world media. This global event takes place every year on 4 February and aims to save millions of preventable deaths each year by encouraging individuals to take action. You may also want to take a look at our additional guidance for employers on supporting employees with long-term health conditions returning to and continuing in work.
6 February 2026	Time to Talk Day	Time to talk day is a chance for all of us to be more open about mental health – to talk, to listen, to change lives.
9 to 15 February 2026	National Apprenticeship Week and National Work Experience Week	A week long event to shine a light on apprenticeships and the work being done by employers and apprentices across the country
6 March 2026	Employee Appreciation Day	Employee Appreciation Day provides an excellent additional opportunity for organisations to show their employees they are appreciated.
8 March 2026	International Women's Day	A global event to celebrate the cultural, political and socioeconomic achievements of women
11 March 2026	No Smoking Day	No smoking day is to encourage and support smokers to quit the habit.
15 March 2026	World Sleep Day	World sleep day promotes the importance of sleep on our overall health and wellbeing, recognising that not enough of us get enough sleep to maintain a health balanced lifestyle.
31 March 2026	International Trans Day of Visibility	Celebrating trans and non-binary people and aiming to raise awareness of discrimination faced by trans and non-binary people
1 to 30 April 2026	Stress Awareness Month	During Stress Awareness Month there are a variety of resources available to individuals and organisations to promote stress awareness and how to reduce stress

3 April 2026	Walk to Work Day	Walk to Work Day is a chance to see how a slower start to the day and taking a brisk walk can lead to a better and healthier day as well as being better for the environment.
7 April 2026	World Health Day	World health day is a great opportunity to promote good health at work, whether that be arranging for a range of healthy snacks to be delivered or asking all employees to take a day and focus on one positive change they can make to improve their health
24 April 2026	On your Feet Britain Day	On your feet Britain encourages workers across Britain to unite together and participate in a variety of fun and simple activities to #SitLess and #MoveMore at work. The On your feet Britain challenge dares you to convert 'sitting time' to 'standing time' by following some simple changes.
28 April 2026	World Day for Safety and Health at Work	World Day for Safety and Health at Work promotes and raises awareness about the importance of preventing occupational accidents and diseases. The day aims to encourage governments, employers, employees, and stakeholders to collaborate and take action to reduce workplace accidents, injuries, and occupational disease.
1 to 31 May 2026	National Walking Month	National Walking Month encourages people to walk more throughout May. Initiatives include, Walk to Work Week and Walk to School Week.
2 May 2026	National Fitness Day	National Fitness Day encourages people all across the country to make this the most active day of the year.
10 to 16 May 2026	Mental Health Awareness Week	Mental Health Awareness Month is all about raising awareness and promoting better mental health. Take a look at our dedicated web page for more information on mental health in the workplace.
6 to 12 May 2026	Deaf Awareness Week	The aim of Deaf Awareness Week is to raise awareness of hearing loss in the UK and its impact on people's lives. Many employees will suffer from hearing loss and recognising this day helps breakdown barriers for those suffering with hearing loss

5 June 2026	World Environment Day	Led by the United Nations Environment Programme (UNEP), this is the largest global platform for environmental public outreach and a good opportunity to consider your organisation's environmental policy.
10 to 14 June 2026	British Nutritional Foundation (BNF) Healthy Eating Week	BNF Healthy Eating Week celebrates and promotes healthy eating, as well as cooking and being active.
14 June 2026	National Blood Donor <u>Day</u>	National Blood Donor week raises awareness of the need for safe blood and blood products and to thank voluntary unpaid blood donors for their life-saving gifts of blood.
8 to 14 June 2026	Men's Health Week	Led by the Men's Health Forum, the purpose of Men's Health Week is to raise awareness of preventable health issues and encourage men and boys to seek professional advice for health-related problems.
6 August 2026	Cycle to Work Day	Cycle to Work Day is the UK's biggest cycle commuting event. How many of your employees cycle to work?
10 September 2026	World Suicide Prevention Day	World Suicide Prevention Day promotes worldwide commitment and action to prevent suicides.
21 to 27 September 2026	Jeans for Genes Day	Jeans for Genes Day is a fundraising day run by Genetic Disorders UK which aims to raise money and awareness for children with genetic disorders in the United Kingdom.
18 September 2026	International Equal Pay Day	This day represents the longstanding efforts towards the achievement of equal pay for work of equal value.
25 September 2026	World's Biggest Coffee Morning	Get involved in a coffee morning to raise funds for Macmillan Cancer Support.
1 to 31 October 2026	Stoptober	Stoptober is a campaign running throughout October which encourages people to stop smoking, and offers support to help achieve a smoke free.
5 to 9 October 2026	National Work Life Week	National Work Life Week aims to get both employers and their employees talking about

		wellbeing at work and work life balance. It's an opportunity for employers to show their employees, and potential candidates, how their organisation is striving for a family friendly and flexible working culture.
7 to 11 October 2026	Back Care Awareness Week	The aim of the week-long event, organised by BackCare, is to raise awareness of the problems back pain can cause, as well as prevention and treatments.
10 October 2026	World Mental Health Day	World Mental Health Day raises public awareness about mental health issues. What do you do to promote positive mental health at work?
18 October 2026	Wear it Pink Day	Wear it Pink Day is a great way to encourage employees to wear something pink to support breast cancer charities.
18 October 2026	World Menopause Day	World Menopause Day is to raise awareness about the menopause and to pledge support for women who face health issues when approaching, during and beyond the menopause
1 to 30 November 2026	Movember Men's Health Awareness Month	Each year, Movember is responsible for thousands of mustaches on men's faces in the UK and around the world. The aim of Movember is to raise vital funds and awareness for men's health, specifically prostate cancer.
1 December 2026	World Aids Day	World AIDS day is an opportunity for people worldwide to unite in the fight against HIV, show their support for people living with HIV and to commemorate people who have died.