



# 2026 Health and Wellbeing Calendar

Proactive support for a healthier, happier and more resilient workforce.

Our 2026 Wellbeing Calendar brings together key national health dates, expert-led webinars and practical resources to help organisations reduce absence, boost resilience, engage their people and enhance productivity.



**NEW FOR 2026:**  
A spotlight on neurodiversity

We've added key awareness days, fresh Neurodiversity & Inclusion webinars and practical adjustment guidance, all created to support today's modern workforce.



# Q1: RESET. REFOCUS. REBUILD

Q1 helps teams reset after winter pressures, strengthening resilience, supporting mental health and celebrating neurodiversity.

## JANURAY

### A FRESH START THAT FEELS REALSITIC

Helping employees reset routines, reduce alcohol-related risks and address relationship strain compassionately.

Dry January

Weight Loss  
Injection Risks



Divorce, Family  
Estrangement &  
Parental Stress

**30 January**  
Parental Mental  
Health Day

### WEBINAR

19 Jan | Mental health & resilience

Watch the recording



## FEBRUARY

### PREVENT, PROTECT, AND CARE

Spotlighting sickness prevention, heart health and early detection to keep people well and in work.

Heart Health Month

**2 February**  
National Sickie Day



**4 February**  
World Cancer Day

**5 February**  
Time to Talk Day

### WEBINAR

4 Feb | Cancer awareness

Watch the recording



## MARCH

### THRIVING MINDS. RESTED BODIES

Championing neurodiversity, improving sleep and supporting women's health in a month focused on inclusion.

**8 March**  
International  
Women's Day

**13 March**  
World Sleep Day



**16-22 March**  
Neurodiversity  
Celebration Week

**16-22 March**  
Nutrition &  
Hydration Week

### WEBINAR

16 Mar | Neurodiversity & inclusion

Find out more



To register for our webinars and explore our blogs and guides please visit [pamgroup.co.uk/insights](https://pamgroup.co.uk/insights)

# Q2: STRENGTH FROM THE INSIDE OUT

Q2 focuses on energy, movement and mindset helping employees to feel stronger, calmer and more in control.

## APRIL

### MOVE BETTER. FEEL BETTER

Tackling back pain and stress while improving daily movement, posture and workplace health.

Stress Awareness Month

7 April  
World Health Day



23 April  
On Your Feet  
Britian

28 April  
World Health &  
Safety Day

## MAY

### FUEL FOR MIND AND BODY

Supporting employees with nutrition, skin health and mental health awareness to lift energy and confidence.

National Walking Month

5 May  
World Asthma Day



6-12 May  
Mental Health  
Awareness Week

12-18 May  
Sunburn Awareness  
Week

## JUNE

### UNDERSTANDING & SUPPORTING OTHERS

Spotlighting trauma awareness, carers and loneliness; strengthening empathy and social connection.

PTSD Awareness Month

14-18 June  
Carers Week



8-14 June  
Loneliness  
Awareness Week

8-16 June  
Men's Health Week

### WEBINAR

15 Apr | Better backs at work

Find out more



### WEBINAR

13 May | Eating for energy

Find out more



### WEBINAR

17 Jun | Understanding trauma

Find out more



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# Q3: CONNECTION, CARE AND CULTURE



Q3 builds a culture of care through inclusion, self-compassion and supportive leadership.

## JULY

### PRIORITISING WELLBEING AND INCLUSION

A month dedicated to self-care, disability pride and disconnecting to protect mental health.

Disability Pride Month Awareness Month

6-12 July Alcohol Awareness Week

24 July International Self-Care Day

Right to Disconnect from Work



#### WEBINAR

9 Jul | Practising self-care

Find out more



## AUGUST

### HEALTHY HABITS TO POWER PERFORMANCE

Agile working, MSK support and tools for carers; helping teams stay well and productive.

National Wellness Month

Agile Working

Supporting carers

20 August International HR Day



#### WEBINAR

12 Aug | Kickstarting healthy habits

Find out more



## SEPTEMBER

### INCLUSION & EARLY INTERVENTION

Supporting suicide prevention, celebrating diversity and promoting health checks that save lives.

9-16 September Know Your Numbers Week

10 September World Suicide Prevention Day

15-21 September National Inclusion Week

29 September World Heart Day



#### WEBINAR

16 Sep | Living with anxiety

Find out more



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# Q4: RESILIENCE FOR THE REAL WORLD



Q4 supports inclusive health and winter wellbeing with practical tools to help employees stay balanced, focused and well throughout the season and beyond.

## OCTOBER

### INCLUSIVE HEALTH AND WORKPLACE BALANCE

Supporting menopause, mental health, ADHD awareness and work-life balance with practical, inclusive guidance.

Women's Health

**10 October**  
World Mental Health Day



ADHD Awareness Month

**18 October**  
Menopause Awareness Week

**WEBINAR**  
14 Oct | Managing menopause

Find out more



**WEBINAR**  
5 Oct | ADHD awareness

Find out more



## NOVEMBER

### PREVENTION, AWARENESS AND WELLBEING

Early detection, stress reduction and support for men's wellbeing in and out of work.

November

**4 November**  
National Stress Awareness Day



14 November  
Diabetes Prevention

**19 November**  
International Men's Day

**WEBINAR**  
18 Nov | Men's health essentials

Find out more



## DECEMBER

### STAY WELL THIS WINTER

Supporting financial wellbeing, mental resilience and cold-weather risks during the festive season.

Financial Wellbeing

SAD Awareness Month



Cold Weather Homeworking

**3 December**  
International Day of Disabilities

**WEBINAR**  
2 Dec | Keeping healthy in winter

Find out more



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# Reduce Sickness. Boost Wellbeing.

By providing employees with seamless access to expert services, you can help reduce sickness absence.

Our core services work together to keep your workforce healthy, supported and performing at their best. Here's how we help!

## Occupational Health

Specialist workplace health support to reduce risk, protect wellbeing and keep employees in work.

## Mental health

Access to qualified mental health counsellors and wellbeing services to support your employees' wellbeing.

## EAP

24/7 confidential access to counsellors, legal and financial support.

## Physiotherapy

Early MSK support to prevent and manage pain.

## Neurodiversity

Specialist assessments and tailored workplace support.



**Trusted by  
organisations  
supporting over  
1.5 million  
employees.**



## Explore All Our Wellbeing Webinars

Browse our full library of expert-led webinars across mental health, MSK, neurodiversity, lifestyle and financial wellbeing.

**For more information visit [pamgroup.co.uk](https://pamgroup.co.uk)**