2027

Wellbeing & Awareness Days Calendar

Treat Your Staff is here to guide you to find the best office wellbeing program to suit your needs.









Treat Your Staff

Q1 January - March 2027

Supporting healthy, high performing teams throughout the year

Treat Your Staff

January

Dry January





18
Blue Monday

February

LGBT History Month

4
World Cancer Day
Time to Talk Day

8
National Apprenticeship Week (8th to 14th)



17
Random Acts of Kindness Day

March

Women's History Month

5
National Employee Appreciation Day

7
Mother's Day

8
International Women's Day



15
Neurodiversity Celebration Week (15th to 21st)

15
Nutrition and Hydration Week (15th to 21st)

19
World Sleep Day
Mother's Day

20
International Day of Happiness

Q2 April - June 2027

Supporting healthy, high performing teams throughout the year

Treat Your Staff

April

Stress Awareness Month

2 World Autism Awareness Day

7 World Health Day



22 Earth Day

28 World Health & Safety Day At Work



29 On Your Feet Britain

May

National Walking Month, Mental Health Awareness Week

2 World Laughter Day

10 Mental Health Awareness Week (10th to 16th)



20 International Human Resources Day

21 UN Cultural Diversity Day World Meditation Day

28 World Nutrition Day

June

Pride Month

12 Global Wellness Day



14 International Men's Health Week (14th to 20th)

14 Learning Disability Week (14th to 20th)



21 International Day of Yoga

27 PTSD Awareness Day

Q3 July - September 2027

Supporting healthy, high performing teams throughout the year

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July

Plastic Free July, Disability Pride Month



4 Thank You Day

14 International Non-binary People's Day

24 International Self-Care Day

30 International Day of Friendship

August

International Happiness Month

5 Cycle to Work Day



14 National Financial Awareness Day



26 International Dog Day

30 Grief Awareness Day

September

Sleeptember, World Alzheimer's Month

5 International Day of Charity

10 World Suicide Prevention Day

15 National Inclusion Week (15th to 21st)

18 International Equal Pay Day





20 International Week of Happiness at Work (20st to 26th)

22 National Fitness Day

29 World Heart Day

Q4 October - December 2027

Supporting healthy, high performing teams throughout the year

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October

Breast Cancer Awareness Month, Black History Month

1 World Smile Day



4 National Work Life Week (4th to 8th)





10 World Mental Health Day

18 World Menopause Awareness Day

November

Movember



3 National Stress Awareness Day

9 Talk Money Week (9th to 13th)

11 Remembrance Day

14 World Diabetes Day



15 National Self Care Week (15th to 21nd)

19 International Men's Day

December

3 International Day of People with Disabilities



10 Human Rights Day



25 Christmas Day

Unlock the true potential of your workforce with our holistic Employee Wellbeing solutions.

At Treat Your Staff, we help businesses to build top-notch wellbeing strategies. Our mission is to improve employee wellbeing and performance. From mental health workshops and stress management training to leadership coaching and physical wellbeing programs, we empower employees to achieve balance and resilience. Invest in the health and vitality of your team, and watch your company flourish with an engaged, energised, and inspired workforce.

Together, let's build a healthier, happier workplace.



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