

The ultimate list of UK
Inclusion and Awareness Days

2024



A WORD FROM JO



A tool for busy HR professionals who want to celebrate and support their amazingly diverse workforce.

Your workforce will be made up of amazingly diverse people, each with their own background, values and unique heritage. And as HR professionals, we know you don't want to miss out on showing every single one of them that you care, and that their story matters to you and your business. We've got you covered!

Here is a complete list of the awareness days, weeks and months celebrated in the UK, so you can make sure you don't miss out on the celebrations and drive a culture of belonging where everyone feels they can bring their whole self to work.

There were many to choose from, so hopefully, we've covered all the important ones, but if you think a particular awareness day should be added to the list (we've taken the liberty of adding a few food-related ones for good measure), don't hesitate to let us know. Kind people are our kind of people!

A handwritten signature in black ink that reads 'Jo Taylor'. The signature is written in a cursive, flowing style.

Jo Taylor
MD & Founder at Let's Talk Talent

WHY AWARENESS DAYS MATTER

Celebrating the awareness days listed in this document isn't just a PR exercise. It goes deeper than this, and many of the causes listed below hold particular significance to the employees who work within your organisation.

While it's impossible to raise awareness of and celebrate them all, we recommend getting to know your staff to find out which ones hold particular meaning for your people. This will make them feel valued, appreciated and most of all, seen.

SELECT A MONTH



JANUARY



Dry January

Veganuary

Big Energy Saving Week (15th-23rd)

MON	TUE	WED	THU	FRI	SAT	SUN
01	02	03 Festival of Sleep Day	04 World Braille Day	05	06	07
08	09	10	11 International Parity at Work Day	12	13	14
Brew Monday 15	16	17	18	19	20	21
Blue Monday						
22	23	24	25	26	Parents Mental Health Day 27 Holocaust Memorial Day	28
29	30	31	01	02	03	04
05	06	07	08	09	10	11



SIGN UP TO OUR FREE WEBINARS FOR HR PROFESSIONALS

Our regular webinars are run by our team of HR experts and take place throughout the year. Sign up now and attend any of the online events for free.

FEBRUARY



UK LGBT+ History Month

Race Equality Week (5th-11th)

Sexual Abuse & Sexual Violence Awareness Week (5th-11th)

National Apprenticeship Week (5th-11th)

MON	TUE	WED	THU	FRI	SAT	SUN
29	30	31	Time to Talk Day 01 World Hijab Day	02	03	04 World Cancer Day
05 National Sickie Day	06	07	08	09	10	11
12	13	14	15	16	17 Random Acts of Kindness Day	18
19	20	21	22	23	24 Emotional Health Day	25
26	27	28	29	01	02	03
04	05	06	07	08	09	10



ULTIMATE LIST OF HR STATS 2024

Take a look at this handy list of the key UK HR stats, facts and data that every HR professional should know to help contribute to organisational performance, now and in the future.

MARCH



National Careers Week (4th-9th)

Sign Language Week (11th-17th)

Neurodiversity Celebration Week (18th-24th)

Debt Awareness Week (18th-24th)

MON	TUE	WED	THU	FRI	SAT	SUN
26	27	28	29	01 National Employee Appreciation Day	02	03
04	05	06	07	08 International Women's Day	09	10
11	12	13	14	15 Red Nose Day	16	17
18	19	20 International Day of Happiness	21	22	23	24
25	26	27	28	29	30	31
01	02	03	04	05	06	07



HR STRATEGY WHITEPAPER

There is no cookie-cutter plan that will magically solve every single HR issue. But this HR strategy whitepaper is good place to start if you want to focus on the biggest issues.

APRIL



Stress Awareness Month



ONBOARDING CHECKLIST

We've created the Ultimate Onboarding Checklist to help you build meaningful relationships with your people as you embark on a new journey together.

MON	TUE	WED	THU	FRI	SAT	SUN
01	02 World Autism Awareness Day	03	04	05	06	07 World Health Day
08	09	10	11	12	13	14
15	16	17	18	19	20	21
22 Earth Day	23	24	25	26	27	28 World Day for Safety and Health at Work
29	30	01	02	03	04	05
06	07	08	09	10	11	12

MAY



National Walking Month

Time for a Cuppa Week (29th April-5th May)

Deaf Awareness Week (6th-12th)

Mental Health Awareness Week (13th-19th)

Learning at Work Week (13th-19th)

National Conversation Week (20th-26th)

MON	TUE	WED	THU	FRI	SAT	SUN
29	30	01 International Workers Day / Labour Day	02	03	04	05 World Laughter Day
06	07	08	09	10	11	12
13	14	15	16	17 International Day Against Homophobia, Biphobia, Lesbophobia and Transphobia	18	19
20 International Human Resources Day	21 UN Cultural Diversity Day	22	23	24	25	26
27	28	29	30	31	01	02
03	04	05	06	07	08	09



LEARNING AT WORK WEEK

Click here for our complete guide to Learning at Work Week: including free webinars, whitepapers and mentoring tips and plenty more to showcase the value you can add to your organisation.

JUNE



Pride Month

Volunteers Week (3rd-9th)

International Men's Health Week (10th-16th)

Learning Disability Week (17th-23rd)

MON	TUE	WED	THU	FRI	SAT	SUN
27	28	29	30	31	01	02
03	04	05	06	07 National Fish and Chips Day	08 Global Wellness Day	09
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
01	02	03	04	05	06	07



10 FUTURE ROLES OF HR

Using research, in-depth experience and feedback from clients, we have mapped out the future for HR roles. Check out the 10 future HR roles that we think would transform HR as we know it.

JULY



Plastic Free July

Alcohol Awareness Week (1st-7th)

MON	TUE	WED	THU	FRI	SAT	SUN
01	02	03	04	05 Thank You Day	06	07 World Chocolate Day
08	09	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24 International Self-Care Day	25	26	27	28
29	30 International Day of Friendship	31	01	02	03	04
05	06	07	08	09	10	11



CAREER PATHWAYS GUIDE

Click here for our free guide to designing career pathways for each employee, team and department so they can see all the career development opportunities available to them.

AUGUST

International Happiness Happens Month

MON	TUE	WED	THU	FRI	SAT	SUN
29	30	31	01 Cycle to Work Day	02	03	04
05	06	07	08	09	10	11
12	13	14	15	16	17	18
19 World Photography Day	20	21	22 National Burger Day	23	24	25
26 International Dog Day	27	28	29	30	31	01
02	03	04	05	06	07	08



LIST OF TEAM DEVELOPMENT TOOLS

Download our free List of Tools for Team Development. This guides explores the top tools to facilitate teamwork and communication to turn any team into a high-performance unit.

SEPTEMBER



Sleeptember


Organic September

Recycle Week (16th-22nd)

International Week of Happiness at Work (23rd-29th)

National Inclusion Week

MON	TUE	WED	THU	FRI	SAT	SUN
26	27	28	29	30	31	01
02	03	04	05 International Day of Charity	06	07	08
09	10 World Suicide Prevention Day	11	12	13 National Doodle Day	14	15 National Pension Awareness Day
16 EveryWoman Day	17	18 International Equal Pay Day	19	20 World Cleanup Day	21 World Alzheimer Day	22 International Day of Peace Car Free Day
23	24	25 World Dream Day	26 Human Resource Professional Day	27	28	29
30	01	02	03	04	05	06



EVP PLAYBOOK

Our EVP Playbook will walk you step-by-step through the process of creating a compelling and data-driven EVP. Download now to access insights, tips, and exercises so for you and your team.

OCTOBER



Black History Month

Stoptober

Go Sober for October

Breast Cancer Awareness Month

Menopause Awareness Month

Dyslexia Awareness Week (7th-13th)

National Curry Week (7th-13th)

Dyspraxia Awareness Week (7th-13th)

National Work Life Week (7th-11th)

Baby Loss Awareness Week (7th-11th)

MON	TUE	WED	THU	FRI	SAT	SUN
30	01	02	03	04 World Smile Day	05	06
07	08	09	10 World Mental Health Day	11	12	13
14	15	16 Boss's Day World Food Day	17	18 World Menopause Day	19	20 World Osteoporosis Day
21	22	23	24	25	26	27
28	29	30	31	01	02	03
04	05	06	07	08	09	10



ULTIMATE LIST OF HR METRICS & KPIS

Click here to find a list of all the metrics you will ever need to review in order to benchmark and improve every single stage of your employee experience within your business.

NOVEMBER

Movember

World Vegan Month

Talk Money Week (MAPS) (11th-17th)

Anti-Bullying Week (11th-15th)

MON	TUE	WED	THU	FRI	SAT	SUN
28	29	30	31	01 World Vegan Day	02	03
04	05	06 National Stress Awareness Day	07	08	09	10
11 Remembrance Day	12	13 Kindness Day UK	14	15	16	17 World Prematurity Day
18	19 International Men's Day	20	21	22	23	24
25	26	27	28	29	30 Small Business Saturday	01
02	03	04	05	06	07	08



INTERNAL MENTORING PROGRAMME

When it comes to unlocking your people's potential, few methods are as effective as running an internal mentoring programme. Click here to access a programme that's right for your business.

DECEMBER

Decembeard

National Grief Awareness Week (2nd-8th)

MON	TUE	WED	THU	FRI	SAT	SUN		
25	26	27	28	29	30	01		
02	International Day of Persons with Disabilities Giving Tuesday	03	04	05	06	07	08	
09	Human Rights Day	10	11	Christmas Jumper Day National Workplace Remembrance Day	12	13	14	15
16	17	18	19	20	21	22		
23	24	25	26	27	28	29		
30	31	01	02	03	04	05		



PERFORMANCE MANAGEMENT WHITEPAPER

Download this workbook where you can find tips and practical exercises for you to make sure you are truly ready to shake things up and find out what works for you and your business.