

No. 020/26

22 January 2026

## Health, Safety and Wellbeing Planner 2026

Dear Colleagues,

The purpose of this LTB is to provide Branches and in particular our Regional and Divisional Safety forums with an advanced index of external health, safety, and wellbeing campaigns, activities, and conference events outlined for 2026.

Whilst relevant LTBs will be issued during the year by relevant departments within the union covering in more detail particular health, safety, and wellbeing campaigns, and in conjunction with the Central Services Health and Safety Policy Assistant, the publishing of this advanced index was again felt to be beneficial in assisting our Branches and our Regional and Divisional Safety forums in terms of planning any activities and membership engagement in this regard.

Accordingly, please find listed the bulk of health, safety, and wellbeing campaigns and activities for this year. Also attached are some brief background details of each of the listed campaigns, activities and conference events.

### Index of Health, Safety and Wellbeing activities/campaigns in 2026:

**World Cancer Day – 4<sup>th</sup> February**

**Time to Talk Day – 5<sup>th</sup> February**

**Scottish Hazards Conference – 26<sup>th</sup> February**

**National Self-Harm Awareness Day – 1<sup>st</sup> March**

**Neurodiversity Awareness Week (UK) – 16<sup>th</sup> to 22<sup>nd</sup> March**

**Prostate Cancer Awareness Month – March**

**Endometriosis Awareness Month – March**

**International Workers Memorial Day (IWMD) – 28<sup>th</sup> April**

**Bowel Cancer Awareness Month – April**

**Stress Awareness Month – April**

**Mental Health Awareness Week – 11<sup>th</sup> to 17<sup>th</sup> May**

**Deaf Awareness Week – 4<sup>th</sup> to 10<sup>th</sup> May**

**World Ovarian Cancer Day – 8<sup>th</sup> May**

**No Falls Week – 18<sup>th</sup> to 22<sup>nd</sup> May**

**Dementia Action Week – 18<sup>th</sup> to 24 May**

**Skin Cancer Awareness Month – May**

**World Environment Day – 5<sup>th</sup> June**

**NHS National Blood Donation Week – 9<sup>th</sup> to 15<sup>th</sup> June**

**Men's Health Week – 15<sup>th</sup> to 21<sup>st</sup> June**

**National Clean Air Day – 19<sup>th</sup> June**

**Action Mesothelioma Day – 3<sup>rd</sup> July**

**Alcohol Awareness Week – 6<sup>th</sup> to 12<sup>th</sup> July**

**Talk To Us Month – July**

**National Financial Awareness Day – 14<sup>th</sup> August**

**NHSBT National Organ Donation Week – TBC but normally in September**

**National Hazards Conference – 4<sup>th</sup> to 6<sup>th</sup> September**

**World Suicide Prevention Day – 10<sup>th</sup> September**

**Gas Safety Week – 14<sup>th</sup> to 20<sup>th</sup> September**

**Pension Awareness Day – 15<sup>th</sup> September**

**National Eye Health Week (UK) – 28<sup>th</sup> September to 4<sup>th</sup> October**

**MacMillan Coffee Morning – 26<sup>th</sup> September**

**World Heart Day – 29<sup>th</sup> September**

**Back Care Awareness Week – TBC but normally in October**

**World Mental Health Day – 10<sup>th</sup> October**

**Pregnancy and Infant Loss Remembrance Day – 15<sup>th</sup> October (Global Day) & Baby Loss Awareness Week – 9<sup>th</sup> to 15<sup>th</sup> October**

**International Stuttering Awareness Day – 22<sup>nd</sup> October**

**Menopause Awareness Month – October**

**Stoptober – October**

**ADHD Awareness Month – October**

**Breast Cancer Awareness Month – October**

**National Stress Awareness Day – 4<sup>th</sup> November**

**Talk Money Week – 4<sup>th</sup> to 8<sup>th</sup> November**

**Road Safety Week – 16<sup>th</sup> to 22<sup>nd</sup> November**

**National Older Workers Week – 17<sup>th</sup> to 21<sup>st</sup> November**

**November – November**

**National Grief Awareness Week – 7<sup>th</sup> to 13<sup>th</sup> December**

**Christmas Jumper Day – 11<sup>th</sup> December**

Whilst the above is not in itself an exhaustive list, it nonetheless highlights the bulk of health, safety, and wellbeing campaigns and activities previously covered and communicated alongside several new additions.

It is also necessary to advise that many of these activities and events are collaborations between different organisations and groups, and are sponsored and promoted by government, local and other government bodies and in some cases international organisations such as the UN. As such, few are supported by a generic website or source of further information. Therefore, where Branches and Regional Safety Forums are seeking additional supporting materials and information on any of the outlined activities and campaigns, can they please contact Louise Pietrzykowska, email: [lpietrzykowska@cwu.org](mailto:lpietrzykowska@cwu.org).

Finally, and as outlined above, subsequent LTBs covering particular health, safety and wellbeing campaigns and activities in 2026 will be issued in due course. It is hoped this advance index will be of direct use and assistance to Branches and Safety Forums in terms of any pre-planning in this area.

Any other enquiries in relation to the LTB should be addressed to: [lpietrzykowska@cwu.org](mailto:lpietrzykowska@cwu.org).

Yours sincerely,

**Martin Walsh**

Deputy General Secretary (Postal)

## **Wellbeing Planner 2026**

### **Brief background: Health, Safety and Wellbeing Planner 2026**

#### **World Cancer Day – 4<sup>th</sup> February**

World Cancer Day is an international day marked in February to raise awareness of cancer and to encourage its prevention, detection, and treatment. World Cancer Day is led by the Union for International Cancer Control. The theme for 2026 is part of the 'united by unique' campaign, focusing on delivering cancer care that meets people's needs.

#### **Time to Talk Day – 5<sup>th</sup> February**

Over 11 years ago, 'Time to Change' (the biggest mental wellbeing campaign in the UK) launched 'Time to Talk Day', run by the UK charities Mind and Rethink Mental Illness, with the day raising awareness of the importance of open conversations around mental health.

#### **Scottish Hazards Conference – 26<sup>th</sup> February**

The Scottish Hazards Annual Conference for 2026 will be on Thursday, 26<sup>th</sup> of February at the City of Glasgow College. This conference is held yearly to share and discuss relevant workplace occupational health and safety issues. The conference includes various speakers and experts to share their insight, research, and experience with a cohort of Health and Safety representatives from across Scotland.

#### **National Self-Harm Awareness Day – 1<sup>st</sup> March**

Each year in March Self Harm Awareness Day (sometimes also known as Self Injury Awareness Day) is held. In the UK, it is an opportunity for everyone across the country to speak with one voice to raise awareness around what is often a very misunderstood topic. It is a globally supported event.

#### **Neurodiversity Awareness Week (UK) – 16<sup>th</sup> to 22<sup>nd</sup> March**

Neurodiversity Celebration Week is a dedicated time to recognise and celebrate the neurodiverse community. This includes individuals with autism, ADHD, dyslexia, Tourette's syndrome, and other neurological differences. The week aims to raise awareness about neurodiversity, promoting understanding and acceptance while challenging stereotypes and misconceptions. The week seeks to engage in activities that foster a more inclusive environment for all within the workplaces and wider communities.

#### **Prostate Cancer Awareness Month – March**

March is prostate cancer awareness month. In the UK, about 1 in 8 men are diagnosed with it each year. For Black men, the rate is 1 in 4. If you are a trans woman or are non-binary assigned male at birth, you also need to be aware of prostate cancer and its symptoms. This cancer mainly affects men over the age of 50.

#### **Endometriosis Awareness Month – March**

Is held yearly in March and its purpose is to raise awareness about this painful yet treatable condition. Endometriosis is a disorder in which tissue that normally lines the inside of the uterus grows outside it. Supported by numerous groups and organisations including the Endometriosis Association.

**International Workers Memorial Day (IWMD) – 28<sup>th</sup> April**

Is an international event that offers a poignant reminder of the preventable nature of workplace accidents and illnesses, while underscoring the critical need for ongoing efforts to improve workplace safety. The slogan for the day, “Remember the dead – Fight for the living”, encapsulates both the solemnity of the occasion and the drive for proactive change. It is a day that unites people in both remembrance and action, pushing for better safety regulations, increased awareness, and ultimately, a reduction in workplace fatalities and injuries. IWMD was started back in 1989 by the American Federation of Labor and Congress of Industrial Organizations (AFL-CIO).

**Bowel Cancer Awareness Month – April**

Bowel cancer, which includes colon and rectal cancer, is one of the most common cancers in the UK. It is mostly diagnosed in people over 60, but can be diagnosed in younger people. Promoted every year by Macmillan Cancer Support and Bowel Cancer UK.

**Stress Awareness Month – April**

This is an annual event that’s been observed since 1992, it serves as a gateway to open up conversations about stress, signpost people to the right support and help us prioritise our mental health. It is promoted by numerous organisations and the NHS.

**Mental Health Awareness Week – 11<sup>th</sup> to 17<sup>th</sup> May**

Is a time to raise awareness about the impact mental health can have on a person’s overall well-being and share resources that may benefit those struggling with mental health disorders. The Mental Health Foundation began Mental Health Awareness Week in 2001.

**Deaf Awareness Week – 4<sup>th</sup> to 10<sup>th</sup> May**

Deaf Awareness Week is an annual event dedicated to increasing public understanding of the Deaf community, their culture and the challenges they face. It aims to promote inclusivity, accessibility, and the value of sign language in bridging communication gaps for Deaf individuals. This week encourages individuals and organisations to participate in activities that foster better communication and greater inclusivity.

**World Ovarian Cancer Day – 8<sup>th</sup> May**

Established in 2013 by a group of leaders from ovarian cancer advocacy organisations around the world. The day aims to raise global awareness about ovarian cancer and acknowledge the suffering of people with ovarian cancer and the efforts of their families.

**No Falls Week – 18<sup>th</sup> to 22<sup>nd</sup> May**

The objective of No Falls Week is to raise awareness about the importance of safe working at height. Falls from heights are consistently the leading cause of workplace fatalities in the UK. The latest figures from the HSE (Health and Safety Executive) show that 35 people lost their lives at work due to a fall from height in 2024/25. The week is organised by the No Falls Foundation which is the first and only UK-based charity devoted exclusively to the work at height sector.

**Dementia Action Week – 18<sup>th</sup> to 24 May**

Dementia Action Week normally takes place in May each year, shining a light on dementia and mobilising action to support those affected by the condition. It is an initiative spearheaded by the Alzheimer’s Society to encourage people to act on dementia. The week aims to bring

communities together to improve the lives of those affected by dementia. Each year, a new theme highlights key issues, such as diagnosis, support services, or care challenges. The campaign works to educate the public, influence policy, and drive forward positive change through individual and collective action.

#### **Skin Cancer Awareness Month – May**

Skin Cancer Awareness Month aims to raise awareness of the dangers of unprotected sun exposure and educate the public about the ways to help prevent skin cancer. It is supported by numerous Cancer support organisations both in the UK and internationally.

#### **World Environment Day – 5<sup>th</sup> June**

This is celebrated annually and encourages awareness and action for the protection of the environment. It is supported by many non-governmental organizations, businesses, and government entities, and represents the primary United Nations outreach day supporting the environment. World Environment Day was established in 1972.

#### **NHS National Blood Donation Week – 9<sup>th</sup> to 15<sup>th</sup> June**

National Blood Donor Week is a week where awareness is raised of the lifesaving importance of blood donation to encourage those who have never donated to give it a go.

#### **Men's Health Week – 15<sup>th</sup> to 21<sup>st</sup> June**

Men's Health Week takes place annually during the week leading up to Father's Day, focusing on raising awareness about the health challenges men face and encouraging them to prioritise their well-being. It is an international week celebrated in several countries and started in 2002.

#### **National Clean Air Day – 19<sup>th</sup> June**

Is an annual event designed to focus public and political attention on the problem of air pollution in the United Kingdom. The event, held since 2017, is promoted by the environmental charity Global Action Plan.

#### **Action Mesothelioma Day – 3<sup>rd</sup> July**

This annual event is organised by the Asbestos Alliance and aims to raise awareness about mesothelioma, the cancer caused by asbestos exposure. It is a day for the asbestos community to come together, recognise mesothelioma sufferers, and those who have lost their lives due to this disease.

#### **Alcohol Awareness Week – 6<sup>th</sup> to 12<sup>th</sup> July**

Is a dedicated week that aims to raise awareness around the health risks associated with alcohol intake and to support people in alcohol reduction. Coordinated by Alcohol Change UK, the week raises awareness and supplies resources to limit the significant harm of alcohol consumption.

#### **Talk To Us Month – July**

Organised by the UK Samaritans charity, the month aims to raise awareness about the importance of mental health and the availability of emotional support and help to reduce feelings of isolation and disconnection.

#### **National Financial Awareness Day – 14<sup>th</sup> August**

This day encourages everyone to gain a better understanding of their financial footing so they can work toward greater financial independence and stability. It is organised by the Money and Pensions Service as part of a week-long event that encourages people to have open conversations about money.

#### **NHSBT National Organ Donation Week – TBC but normally in September**

The (NHS Blood and Transplant) Organ Donation Week aims to urge people to register their donation decision and talk to their families about organ donation, as more than 100,000 lives have been saved through organ donation in the UK over the last 30 years.

#### **National Hazards Conference – 4<sup>th</sup> to 6<sup>th</sup> September**

The Hazards Conference is one of the biggest UK conferences for trade union safety reps and activists and will be held at Keele University Campus in Staffordshire. It consists of a mixture of meetings and a comprehensive workshop programme. Delegates have an opportunity to exchange experience and information with and learn from safety reps from other unions, sectors and jobs across the UK.

#### **World Suicide Prevention Day – 10<sup>th</sup> September**

Established in 2003 with the aim being to reach national organisations, governments and the general public, giving a singular message that suicide can be prevented. It is a global event and supported by many organisations including the UK Samaritans.

#### **Gas Safety Week – 14<sup>th</sup> to 20<sup>th</sup> September**

An annual safety campaign organised by the Gas Safety Register, the UK's official gas registration body, that aims to raise awareness about the importance of gas safety both at home and in the workplace.

#### **Pension Awareness Day – 15<sup>th</sup> September**

This day aims to raise awareness about the importance of planning for retirement and understanding pension options. It's an opportunity to educate individuals about the benefits of contributing to a pension plan. It is supported by several financial organisations and the Department for Works and Pensions.

#### **National Eye Health Week (UK) – 28<sup>th</sup> September to 4<sup>th</sup> October**

Is dedicated to promoting the importance of eye health and regular eye tests. This awareness week encourages everyone to take proactive steps in maintaining good eye health, such as scheduling regular eye exams, adopting a healthy diet, and protecting their eyes from harmful UV rays. The initiative is supported by various organisations and healthcare professionals who offer resources and advice on how to prevent vision problems and maintain optimal eye health throughout life.

#### **MacMillan Coffee Morning – 26<sup>th</sup> September**

This is an annual fundraising event for people living with cancer and started back in 1990.

#### **World Heart Day – 29<sup>th</sup> September**

The World Heart Foundation organises World Heart Day, an international campaign to inform people about cardiovascular diseases, which are the biggest cause of death. The day promotes preventative measures to reduce the risk of cardiovascular diseases. In 1999 the World Heart

Federation (WHF), in conjunction with the World Health Organization (WHO), announced the establishment of World Heart Day.

#### **Back Care Awareness Week – TBC but normally in October**

Back Care Awareness Week was established by a British charity called “BackCare,” which provides information and education in an attempt to prevent unnecessary back pain from happening in the first place.

#### **World Mental Health Day – 10<sup>th</sup> October**

Is an international day for global mental health education, awareness and advocacy against social stigma. It was first celebrated in 1992 at the initiative of the World Federation for Mental Health, a global mental health organisation with members and contacts in more than 150 countries.

#### **Pregnancy and Infant Loss Remembrance Day – 15<sup>th</sup> October (Global Day) & Baby Loss Awareness Week – 9<sup>th</sup> to 15<sup>th</sup> October**

Two opportunities of remembrance for pregnancy loss and infant death, which include miscarriages, stillbirth, sudden infant death syndrome (SIDS), ectopic pregnancy, termination for medical reasons, and the death of a newborn. The day serves to promote greater awareness and support for the estimated 1 in 4 individuals and families whose lives are irrevocably altered by the death of their children during pregnancy, at birth, and in infancy.

#### **International Stuttering Awareness Day – 22<sup>nd</sup> October**

Is celebrated normally in October, and the day is intended to raise public awareness of the millions of people, one per cent of the world's population, who have the speech disorder of stuttering, also known as stammering. The day is organised by three organisations: the European League of Stuttering Associations, the International Fluency Association, and the International Stuttering Association.

#### **Menopause Awareness Month – October**

Menopause Awareness Month, which is observed throughout October, is dedicated to raising awareness about menopause and the impact it has on the lives of women. This month-long campaign aims to educate the public about the physical, emotional, and psychological changes that women experience during menopause, as well as to promote understanding and support for those going through this natural stage of life. It began in 2009 and was officially established by the International Menopause Society (IMS), in collaboration with the World Health Organization (WHO).

#### **Stoptober – October**

Is an NHS public health campaign that encourages smokers to give up smoking in October, as evidence shows people are 5 times more likely to quit for good if they can make it to at least 28 days ‘smoke-free’.

#### **ADHD Awareness Month – October**

A month dedicated to understanding, supporting, and celebrating the unique perspectives and strengths of individuals with Attention Deficit/Hyperactivity Disorder (ADHD). The UK-based ADHD Aware organisation alongside the government and other ADHD groups across the world supports the event.



**Breast Cancer Awareness Month – October**

The month aims to promote screening and prevention of the disease, which affects 2.3 million women worldwide. The month features a number of campaigns and programs conducted by groups ranging from breast cancer advocacy organisations to local community organisations to major retailers.

**National Stress Awareness Day – 4<sup>th</sup> November**

Is an annual event held on the first Wednesday in November, and is dedicated to raising awareness about stress, its impact on mental and physical health, and ways to manage it effectively. It is an international event sponsored by the International Stress Management Association (ISMA).

**Talk Money Week – 4<sup>th</sup> to 8<sup>th</sup> November**

Is a national initiative and awareness campaign dedicated to encouraging open conversations about money and financial well-being. Launched by the Money & Pensions Service in 2020.

**Road Safety Week – 16<sup>th</sup> to 22<sup>nd</sup> November**

Road Safety Week is an annual campaign aimed at promoting safe driving practices and reducing road traffic accidents and is organised by Brake, a road safety charity in the UK.

**National Older Workers Week – 17<sup>th</sup> to 21<sup>st</sup> November**

This is the UK title that reflects the growing importance of older workers in the workforce. In 2026, the week-long event will be recognised as *International Age Pioneers Week* and aims to spotlight the value of professionals aged 50 and over, promoting age-inclusive workplaces and recognising the contribution of this demographic.

**Movember – November**

Is an annual event across many countries involving the growing of moustaches during the month of November to raise awareness of Men's Health issues, such as prostate cancer, testicular cancer, and men's suicide. The event originated in Australia in 2003 as an idea of two friends and is now organised by the Movember Foundation charity.

**National Grief Awareness Week – 7<sup>th</sup> to 13<sup>th</sup> December**

A period of online events and social media campaigns to raise awareness of grief and the supports and services available for those who feel they would benefit from additional support.

**Christmas Jumper Day – 11<sup>th</sup> December**

Is an annual fundraising campaign for the UK and Ireland organised by charity Save the Children.

**January 2026.**