



# Dame Elizabeth Cadbury

## Mental Health & Wellbeing Calendar 2026

January 2026	<p><b>Brew Monday: 19<sup>th</sup> January 2026</b> (every third Monday in January)</p> <p>Organised by the Samaritans, to encourage people to stop and have a cup of tea and a chat about mental health. <b>Pupil drop-in after school in Success - hot chocolate, biscuits and a chat.</b></p>
February 2026	<p><b>Time To Talk Day: 5<sup>th</sup> February 2026</b></p> <p>Getting people to talk about mental health and by doing so help change lives. Staff and pupils encouraged to talk about mental health. <b>Pupil drop-in after school in Success.</b></p> <p><b>Children's Mental Health Week: 9-15<sup>th</sup> February 2026 – 'This is My Place'</b></p> <p>A focus on creating a sense of belonging for young people in schools, families, and communities. Activities linked to understanding and supporting our mental health.</p>
March 2026	<p><b>Neurodiversity Celebration Week: 17-23<sup>rd</sup> March 2026</b></p> <p>This week challenges stereotypes and misconceptions about neurological differences. Activities linked to understanding and celebrating neurodiversity.</p>
April 2026	<p><b>Stress Awareness Month:</b></p> <p>Stress Awareness Month has been held every April since 1992 - we will increase awareness of the causes, signs, and coping strategies for stress. <b>Pupil drop-in after school in Success - information/signposting available.</b></p> <p><b>World Health Day: 7<sup>th</sup> April every year</b></p> <p>Each year WHD draws attention to a specific health topic of concern to people all over the world. Activities linked to supporting healthy lifestyles.</p>
May 2026	<p><b>Mental Health Awareness Week: 11–17 May 2026</b></p> <p>Mental Health Awareness Week is a national week to raise awareness of mental health problems and promote the message of good mental health for all. Activities linked to understanding and supporting our mental health. <b>Pupil drop-in after school in Success - information/signposting available.</b></p>
June 2026	<p><b>Volunteers' Week: 1–7<sup>th</sup> June every year</b></p> <p>An annual event run by the National Council of Voluntary Organisations to celebrate the contribution of over 20 million people who volunteer in the UK. We will promote the importance of volunteering and celebrate pupils who volunteer/support voluntary organisations. <b>Pupil leadership groups to undertake community visits.</b></p> <p><b>Pride Month: June every year</b></p> <p>A celebration designed to recognise the influence of the LGBTQ+ community. Activities linked to our STRIVE Values of Respectful to all and Everyone is Equal.</p>