



2024 Awareness Calendar



This Awareness Calendar highlights the content we will be sharing throughout the year to help you raise awareness of our services. All toolkits are available to download at groceryaid.org.uk/get-involved/ga-engage

JANUARY

Planning The Year Ahead				
Resources	Emotional Support	Practical Support	Financial Support	Key Dates
Blog Case study Assets	Relationship counselling from our partners Relate, funded by GroceryAid Online health and wellbeing support, from our partners RightSteps	Debt advice from our partners StepChange Support for people negatively impacted by gambling, from our partners GamCare Legal advice from our partners Law Express	Financial wellbeing advice and tools from our partners MoneyHelper	January - Dry January 15th - Blue Monday 27th - Parent Mental Health Day

FEBRUARY

Let's Start The Conversation				
Resources	Emotional Support	Practical Support	Financial Support	Key Dates
Blog Case study Assets	Relationship counselling from our partners Relate, funded by GroceryAid GroceryAid's Helpline Counselling accessed through the Helpline Online mental wellbeing support for young people aged 11-25 years old, from our partners Kooth Online health and wellbeing support, from our partners RightSteps	Debt advice from our partners StepChange Support for people negatively impacted by gambling, from our partners GamCare Legal advice from our partners Law Express	Breast cancer fund for grocery colleagues Financial grants	1st - Time To Talk Day 4th - World Cancer Day 5 - 11th - Children's Mental Health Week 26th - 3rd March - Eating Disorder Awareness Week

MARCH

Positive Thinking				
Resources	Emotional Support	Practical Support	Financial Support	Key Dates
Blog Case study Assets	GroceryAid's Helpline Counselling accessed through the Helpline Online mental wellbeing support for young people aged 11-25 years old, from our partners Kooth Online health and wellbeing support, from our partners RightSteps	Debt advice from our partners StepChange	Carers grants Financial wellbeing advice and tools from our partners MoneyHelper	1st- Self Harm Awareness Day 8th - International Women's Day 13th - Young Carers in Action Day 18th - 24th - Debt Awareness Week 20th - International Day of Happiness

APRIL

Managing Stress				
Resources	Emotional Support	Practical Support	Financial Support	Key Dates
Blog Case study Assets	Relationship counselling from our partners Relate, funded by GroceryAid GroceryAid's Helpline Counselling accessed through the Helpline Online health and wellbeing support, from our partners RightSteps	Debt advice from our partners StepChange Support for people negatively impacted by gambling, from our partners GamCare Legal advice from our partners Law Express	Financial grants Financial wellbeing advice and tools from our partners MoneyHelper	April - Stress Awareness Month 2nd - Autism Awareness Day

MAY

We Help You				
Resources	Emotional Support	Practical Support	Financial Support	Key Dates
Blog Case study Assets	Relationship counselling from our partners Relate, funded by GroceryAid GroceryAid's Helpline Counselling accessed through the Helpline Online mental wellbeing support for young people aged 11-25 years old, from our partners Kooth Online health and wellbeing support, from our partners RightSteps	Debt advice from our partners StepChange Support for people negatively impacted by gambling, from our partners GamCare	Financial grants Financial wellbeing advice and tools from our partners MoneyHelper	6th - 12th - Deaf Awareness Week 9th - GroceryAid Day 13th - 19th - Mental Health Awareness Week

JUNE

We Help You Care For Yourself And Others

Resources	Emotional Support	Financial Support	Key Dates
Blog Case study Assets	GroceryAid's Helpline Counselling accessed through the Helpline Online mental wellbeing support for young people aged 11-25 years old, from our partners Kooth Online health and wellbeing support, from our partners RightSteps	Financial wellbeing advice and tools from our partners MoneyHelper	June - Pride Month 10th - 16th - Carers Week 10th - 16th - Loneliness Awareness Week 10th - 16th - National Men's Health Week 24th - 30th - World Wellbeing Week

JULY

We Help You Build Positive Habits

Resources	Emotional Support	Practical Support	Key Dates
Blog Case study Assets	GroceryAid's Helpline Counselling accessed through the Helpline Relationship counselling from our partners Relate, funded by GroceryAid Online health and wellbeing support, from our partners RightSteps	Debt advice from our partners StepChange Support for people negatively impacted by gambling, from our partners GamCare	1st - 7th - Alcohol Awareness Week

AUGUST

We Help You Support Your Children

Resources	Emotional Support	Key Dates
Blog Case study Assets	Online mental wellbeing support for young people aged 11-25 years old, from our partners Kooth Counselling for children aged 5-10 years old, from our partners Relate, funded by GroceryAid Online health and wellbeing support, from our partners RightSteps	15th - A level results day 22nd - GCSE results day

SEPTEMBER

We Help You Find A Way Forward

Resources	Emotional Support	Practical Support	Financial Support	Key Dates
Blog Case study Assets	GroceryAid's Helpline Counselling accessed through the Helpline Online mental wellbeing support for young people aged 11-25 years old, from our partners Kooth Counselling for children aged 5-10 years old, from our partners Relate, funded by GroceryAid Online health and wellbeing support, from our partners RightSteps	Debt advice from our partners StepChange Support for people negatively impacted by gambling, from our partners GamCare	Financial wellbeing advice and tools from our partners MoneyHelper	September - Children go back to school 9th - 15th - UK Savings Week 10th - World Suicide Prevention Day 19th - Youth Mental Health Day

OCTOBER

We Help You Navigate Menopause

Resources	Emotional Support	Practical Support	Key Dates
Blog Case study Assets	GroceryAid's Helpline Counselling accessed through the Helpline Relationship counselling from our partners Relate, funded by GroceryAid Online health and wellbeing support, from our partners RightSteps	Debt advice from our partners StepChange	7th - 11th - National Work Life Week 9th - 15th - Baby Loss Awareness Week 10th - World Mental Health Day 18th - World Menopause Day

NOVEMBER

We Help You Talk About Money

Resources	Emotional Support	Practical Support	Financial Support	Key Dates
Blog Case study Assets	GroceryAid's Helpline Relationship counselling from our partners Relate, funded by GroceryAid Counselling accessed through the Helpline Online health and wellbeing support, from our partners RightSteps	Debt advice from our partners StepChange Support for people negatively impacted by gambling, from our partners GamCare	Financial grants Financial wellbeing advice and tools from our partners MoneyHelper: - Budget calculator - Pension calculator - Benefits calculator	4th - 8th - International Stress Awareness Week TBC - Talk Money Week TBC - Anti-Bullying Week TBC - Carers Rights Day 29th - Black Friday

DECEMBER

We Help You During the Winter Months

Resources	Emotional Support	Financial Support	Key Dates
Blog Case study Assets	GroceryAid's Helpline Relationship counselling from our partners Relate, funded by GroceryAid Counselling accessed through the Helpline	Financial grants Carers grants Financial wellbeing advice and tools from our partners MoneyHelper: - Budget calculator - What to do when someone dies	Christmas Day TBC - National Grief Awareness Week 3rd - International Day of Persons with Disabilities

SUPPORTING COLLEAGUES
24/7, 365 DAYS A YEAR

Free and confidential financial,
emotional and practical support

Call the Helpline on
08088 021 122
or visit [groceryaid.org.uk/get-help](https://www.groceryaid.org.uk/get-help)