

2026

Awareness Calendar

This awareness calendar highlights the content we will be sharing throughout the year to help you raise awareness of the support available to colleagues. We will share toolkits with you via email on a quarterly basis but you can also download the latest toolkits at groceryaid.org.uk/get-involved/ga-engage

(Click on  to visit webpage)

January

Distributed December 2025

Emotional Support

Call GroceryAid's confidential Helpline on **08088 021 122**

Financial Support

Financial Grants 

Key Dates

January: Dry January
19th: Blue Monday

February



FINANCIAL SUPPORT FOCUS

Toolkit 1 (January distribution): February, March, April

Emotional Support

Call GroceryAid's confidential Helpline on **08088 021 122**

Financial Support

Breast Cancer Grant 
Financial Grants 

Key Dates

4th: World Cancer Day
5th: Time to Talk Day

March

FINANCIAL SUPPORT FOCUS

Financial Support

Debt advice 

Key Dates

16th - 22nd: Debt Awareness Week




April

FINANCIAL SUPPORT FOCUS

Emotional Support

Counselling accessed through the Helpline 

General Support

Financial Support 
Emotional Support 
Practical Support 

Key Dates

April: Stress Awareness Month
30th: GroceryAid Day

May

Toolkit 2 (April distribution): May, June, July

Emotional Support



Call GroceryAid's confidential Helpline on **08088 021 122**

Key Dates

11th - 17th: Mental Health Awareness Week

June

Financial Support

School Essentials Grant 
Carers Grant 

Key Dates

2nd - 4th: GroceryAid School Essentials Grant
8th - 14th: Carers Week

GroceryAid provides relief during tough times



Call the Helpline on **08088 021 122**



Or visit groceryaid.org.uk/get-help

GROCERY AID[®]
The help you've earned

2026

Awareness Calendar

July

Emotional Support

Call GroceryAid's confidential Helpline on **08088 021 122**

August

Toolkit 3 (July distribution): August, September, October

Emotional Support

Call GroceryAid's confidential Helpline on **08088 021 122**

Support for Children and Young People >

Family Counselling >

Key Dates

August: Exam Results Day & Back to school

September

Practical Support

Legal Advice, Debt Advice, Carers Support and Gambling Addiction Support >

October

Emotional Support

Call GroceryAid's confidential Helpline on **08088 021 122**

Financial Support

Breast Cancer Grant >

Financial Grants >

Key Dates

October: Breast Cancer Awareness Month

October: Menopause Awareness Month

10th: World Mental Health Day

November

FINANCIAL SUPPORT FOCUS

Toolkit 4 (October distribution): November, December, January 2027

Financial Support

Financial Grants >

Key Dates

2nd - 7th: Talk Money Week

December

FINANCIAL SUPPORT FOCUS

Emotional Support

Call GroceryAid's confidential Helpline on **08088 021 122**

Financial Support

Financial Grants >

Key Dates

2nd - 8th: National Grief Awareness Week

25th: Christmas Day

GroceryAid provides relief during tough times



Call the Helpline on **08088 021 122**



Or visit groceryaid.org.uk/get-help

GROCERY AID[®]
The help you've earned