

2025

Awareness Calendar



This Awareness Calendar highlights the content we will be sharing throughout the year to help you raise awareness of our services. Each month we will provide you with a toolkit containing assets for the services highlighted below. Toolkits are available to download at groceryaid.org.uk/get-involved/ga-engage

JANUARY

Kickstart 2025 The Right Way		
Financial Support	Emotional and Practical Support	Key Dates
Financial grants Financial wellbeing advice and tools from our partners MoneyHelper <ul style="list-style-type: none">Budget calculator Cost of Living grant Debt advice from our partners StepChange	Online health and wellbeing support, from our partners RightSteps GroceryAid Helpline Counselling accessed through the Helpline Telephone Information Specialists accessed through the GroceryAid Helpline	January - Dry January 20th - Blue Monday

FEBRUARY

Conversations That Matter		
Financial Support	Emotional and Practical Support	Key Dates
Breast cancer fund	Online mental wellbeing support for young people aged 11-25 years old, from our partners Kooth Relationship counselling, funded by GroceryAid Counselling accessed through the Helpline Telephone Information Specialists accessed through the GroceryAid Helpline	3rd - 9th - Children's Mental Health Week 4th - World Cancer Day 6th - Time to Talk Day

MARCH

Facing Challenges Together		
Financial Support	Emotional and Practical Support	Key Dates
Carers grant Financial wellbeing advice and tools from our partners MoneyHelper Debt advice from our partners StepChange	GroceryAid Helpline Online mental wellbeing support for young people aged 11-25 years old, from our partners Kooth Counselling accessed through the Helpline ADHD and Autism support	1st - Self Harm Awareness Day 17th - 23rd - Neurodiversity Celebration Week 16th - Young Carers in Action Day 24th - 30th - Debt Awareness Week

APRIL

Finding Calm, Strength and Resilience		
Financial Support	Emotional and Practical Support	Key Dates
Financial grants Financial wellbeing advice and tools from our partners MoneyHelper Debt advice from our partners StepChange	GroceryAid Helpline Counselling accessed through the Helpline Health and wellbeing support Relationship counselling, funded by GroceryAid Legal advice from our partners Law Express	April - Stress Awareness Month

MAY

Reaching Out and Moving Forward		
Financial Support	Emotional and Practical Support	Key Dates
Financial grants Financial wellbeing advice and tools from our partners MoneyHelper Debt advice from our partners StepChange Support for people negatively impacted by gambling, from our partners GamCare	GroceryAid Helpline Counselling accessed through the Helpline Health and wellbeing support Support for managers and mental health first aiders	8th - GroceryAid Day 12th - 18th - Mental Health Awareness Week

JUNE

Wellbeing Starts with You		
Financial Support	Emotional and Practical Support	Key Dates
Carers grant	GroceryAid Helpline Counselling accessed through the Helpline Men's mental health Health and wellbeing support	Pride Month 3rd - 5th - GroceryAid School Essentials Grant 9th - 15th - Carers Week 9th - 15th - National Men's Health Week

JULY

Taking Control		
Emotional and Practical Support	Key Dates	
GroceryAid Helpline Health and wellbeing support Relationship counselling, funded by GroceryAid Counselling accessed through the Helpline	7th - 13th - Alcohol Awareness Week	

AUGUST

Raising Resilient Children		
Emotional and Practical Support	Key Dates	
GroceryAid Helpline Counselling for children aged 5-10 years old, funded by GroceryAid Health and wellbeing support	14th - A-Level Results Day 21st - GCSE Results Day	

SEPTEMBER

Your Money Matters		
Financial Support	Emotional and Practical Support	Key Dates
Financial wellbeing advice and tools from our partners MoneyHelper <ul style="list-style-type: none">Savings calculatorBudget calculator Debt advice from our partners StepChange Support for people negatively impacted by gambling, from our partners GamCare	GroceryAid Helpline Counselling accessed through the Helpline Health and wellbeing support	September - Sleptember September - National Suicide Prevention Month TBC - UK Savings Week

OCTOBER

Support Through Difficult Times		
Financial Support	Emotional and Practical Support	Key Dates
Financial grants Breast cancer fund Debt advice from our partners StepChange	GroceryAid Helpline Counselling accessed through the Helpline Relationship counselling, funded by GroceryAid Health and wellbeing support	October - Breast Cancer Awareness Month October - Menopause Awareness Month 9th - 15th - Baby Loss Awareness Week 10th - World Mental Health Day

NOVEMBER

Lets Talk Money		
Financial Support	Emotional and Practical Support	Key Dates
Financial grants Carers grant Financial wellbeing advice and tools from our partners MoneyHelper Debt advice from our partners StepChange	GroceryAid Helpline Counselling accessed through the Helpline Health and wellbeing support	November - Men's Health Awareness Month 3rd - 8th - Talk Money Week 20th - Carers Rights Day

DECEMBER

Winter Wellbeing		
Financial Support	Emotional and Practical Support	Key Dates
Financial grants Financial wellbeing advice and tools from our partners MoneyHelper	GroceryAid Helpline Counselling accessed through the Helpline Health and wellbeing support Relationship counselling, funded by GroceryAid	TBC - National Grief Awareness Week 25th - Christmas Day

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