



January

18th: Blue Monday

Divorce, Dissolution and Separation Act 2020

13th-20th: Obesity Awareness Week

Coping with change



February

4th: Time to Talk Day

Bereavement guidance: Wills and probate

4th: World Cancer Day

Emotional intelligence



March

20th: International Day of Happiness

Practical guidance for victims of fraud

12th: World Sleep Day

Understanding self-harm



April

Stress Awareness Month

Motoring Offences - Speeding

7th: World Health Day

Social media and mental health



May

Mental Health Awareness Week

Landlord and tenant – deposit protection rights

21st: World Meditation Day

Coping with bereavement



June

14th-18th: Loneliness Awareness Week

Criminal Law in the UK and Ireland

21st-25th: World Wellbeing Week

Pride Month: how to be an ally



July

Summer wellbeing

Planning permission and objections

30th: International Day of Friendship

Domestic abuse



August

19th: World Humanitarian Day

Bailiffs advice

5th: Cycle to Work Day

Complex mental health issues



September

World Alzheimer's Month

Leasehold repairs

10th: World Suicide Prevention Day

Suicide awareness



October

10th: World Mental Health Day

Child arrangements

Seasonal affective disorder (SAD)

Black History Month



November

13th: World Kindness Day

Bullying at school – information for parents

Alcohol Awareness Week

Basics of money management



December

2nd-8th: Grief Awareness Week

Medical negligence

1st-7th: Anger Awareness Week

Winter wellbeing