

2024 Workplace Calendar

Here at St John Ambulance we're passionate about enabling safe and supportive workplaces. Our calendar for 2024 is intended to raise awareness, spread positivity and allow time to reflect on your workplace policies and provisions.

Keep on top of these key dates, using them as a starting point to get people talking, and more importantly, learning. Celebrate people from all walks of life, inspiring a happier and more connected workplace.

Ensure your employees feel secure and supported. We offer a wide range of training courses and workplace supplies, turn to the last page of this calendar to discover how we can support you and your organisation.

"Happiness is by choice,
not by chance"

- Monthly Motivation

January

01/2024

MONTHLY
CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	★ 01	02	03	04	05	06
07	08	09	10	11	12	13
14	★ 15	16	17	18	19	20
21	22	23	24	24	★ 26	27
28	29	30	31	01	02	03

KEY DATES

01st - Bank Holiday

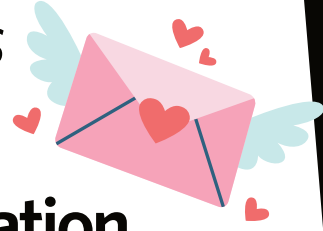
15th - Blue Monday. Be sure to check in with your colleagues, how is everybody feeling?

26th - National Fun at Work Day. Beat those January blues, do as it says on the tin.



"Failure is success
in progress"

- Monthly Motivation



February

02/2024

MONTHLY
CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	01	★ 02	03
04	★ 05	06	07	08	09	10
11	12	13	★ 14	15	16	★ 17
18	19	20	21	22	23	24
25	26	27	28	29	01	02

KEY DATES

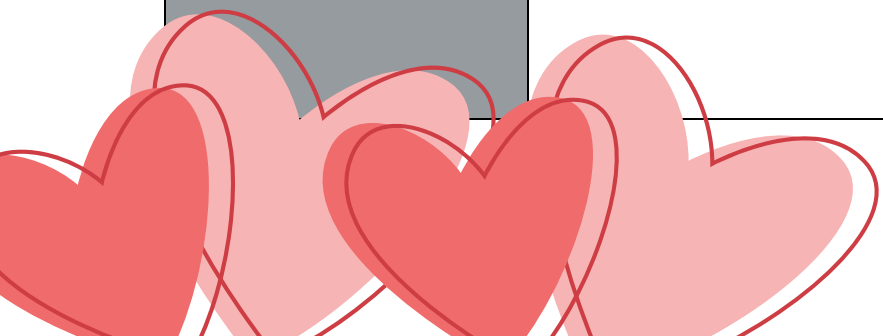
LGBT History Month - Take time to learn about your LGBT colleagues

2nd - Time to Talk Day. Join the nation's biggest mental health chat. How are you really feeling today?

5th - 11th - Race Equality Week. Address race equality barriers in the workplace. #ListenActChange

14th - Valentines Day. Spread the love.

17th - Random acts of kindness day. Spread compassion, positivity and feel good!



"The best view comes after the hardest climb"

- Monthly Motivation

March

03/2024

MONTHLY
CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	01	02
03	04	05	06	07	★ 08	09
10	11	12	13	14	★ 15	★ 16
17	18	19	20	21	22	23
24	25	26	27	28	★ 29	30
★ 31						

KEY DATES

Women's History Month - Celebrate the women of your workplace

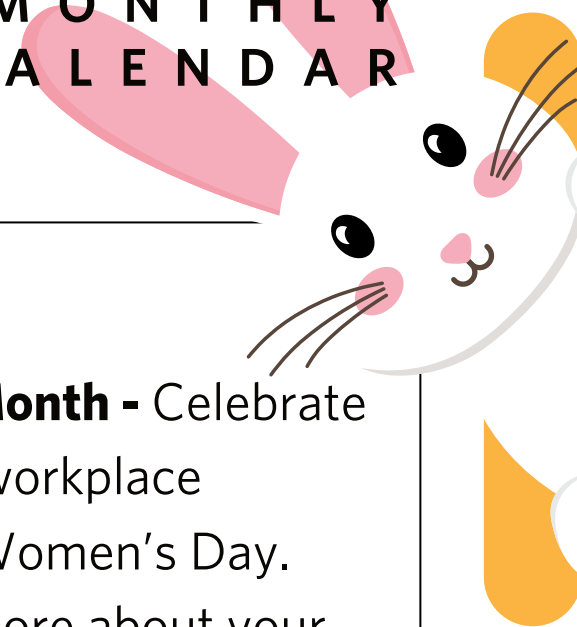
8th - International Women's Day. Take time to learn more about your colleagues and their stories

15th - 31st - The Big Spring Clean. It's time to spruce up the workplace, including digitally

16th - Global Accessibility Awareness Day. Talk, think and learn about digital access and inclusion

29th - Bank Holiday

31st - Clocks go forward



"Life is a journey, not a race"
 - Monthly Motivation



April

04/2024
 MONTHLY
 CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	★ 01	02	03	04	★ 05	06
★ 07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
★ 28	29	30	01	02	03	04

KEY DATES

Stress Awareness Month - Is your workplace doing enough to combat stress? Take time to reflect

1st - Bank holiday

5th - National Walk to Work Day. Kickstart your day with a few extra steps, good for the body and mind

7th - World Health Day. Ensure your colleagues have access to first aid when they need it

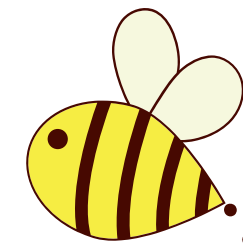
28th - World Safety and Health at Work Day. Promote a safe and healthy work environment



"Hard work today means success tomorrow"

- Monthly Motivation

May



05/2024

MONTHLY
CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	★ 01	02	03	04
05	★ 06	07	08	09	10	11
12	★ 13	14	15	16	17	18
19	20	21	22	23	24	25
26	★ 27	28	29	30	31	01

KEY DATES

1st - 7th - Deaf Awareness Week. Learn more about challenges for your deaf colleagues and how you can support them

6th - Bank Holiday

13th - 19th - Mental Health Awareness Week. Breakdown the stigma of mental health issues

27th - Bank Holiday

"What is coming is better than what is gone"

- Monthly Motivation

June

06/2024

MONTHLY
CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	01
02	03	04	05	06	07	08
09	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

KEY DATES

Pride Month - Celebrate and learn more about your LGBTQ colleagues

1st - 7th - Volunteers week. Celebrate your workplace volunteers and thank them for the hard work they do

12th - 18th - Men's health week. Raise awareness of preventable health problems disproportionately affecting men

"Happiness is a mood, positivity is a mindset"

- Monthly Motivation

July

07/2024

**MONTHLY
CALENDAR**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	01	02	03

KEY DATES

Disability Pride Month - raise awareness, start positive conversations and celebrate the diversity of your workplace



"Wake up determined and go to bed satisfied"

-Monthly Motivation

August

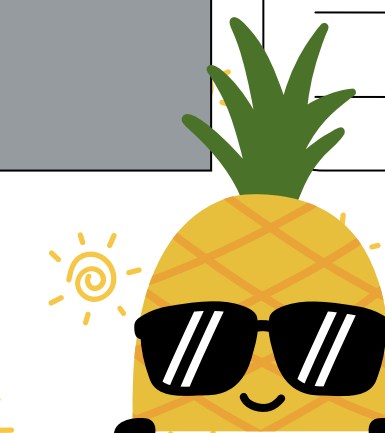
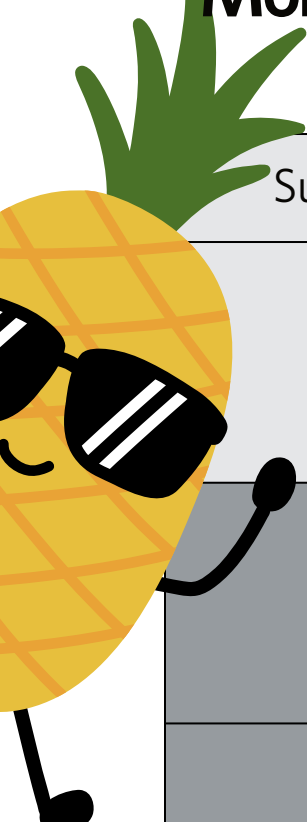
08/2024
MONTHLY
CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	★ 01	02	03
04	05	06	07	08	09	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	★ 26	27	28	29	30	31

KEY DATES

1st - Bike to Work Day. Discover the mental, physical and financial benefits of cycling to work

26th - Bank Holiday



"Success is a journey
not a destination"

- Monthly Motivation

September

09/2024
MONTHLY
CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01	02	03	04	05	06	07
08	09	★ 10	11	12	13	★ 14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
★ 29	30	01	02	03	04	05

KEY DATES

10th - Suicide Prevention Day. Get talking and listening, raise awareness that suicide can be prevented.

14th - World First Aid Day. Promote the importance of first aid, brush up on your knowledge - first aid saves lives

29th - World Deaf Day. Learn how you can better support your deaf colleagues



"Believe you can and you're half way there"

- Monthly Motivation

October



10/2024
MONTHLY
CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	01	02	03	04	05
06	07	08	★ 09	★ 10	11	12
13	14	15	★ 16	17	18	19
20	21	22	23	24	25	26
★ 27	28	29	30	31	01	02

KEY DATES

Black History Month - celebrate the contributions of your black colleagues, take time to understand black history in general

9th - Fire Prevention Day. Brush up on your fire safety skills and consider how fire safe your workplace is

10th - World Mental Health Day. Check in on your colleagues, advocate against social stigma

16th - Restart a Heart Day. Gain CPR skills and confidence, learn to save a life

27th - Clocks go back



"Don't wish for it,
work for it"

- Monthly Motivation

November

11/2024
MONTHLY
CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	01	02
03	04	05	06	07	08	09
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

KEY DATES

Men's Mental Health Awareness Month - Break down stigmas, how can you support your male colleagues?
2nd - Stress Awareness Day. How is your workplace combating stress?
13th - 17th - Anti Bullying Week. Contribute to a safer, inclusive and more accepting workplace

"It's never too late for
a new beginning"

- Monthly Motivation

December

12/2024

MONTHLY
CALENDAR



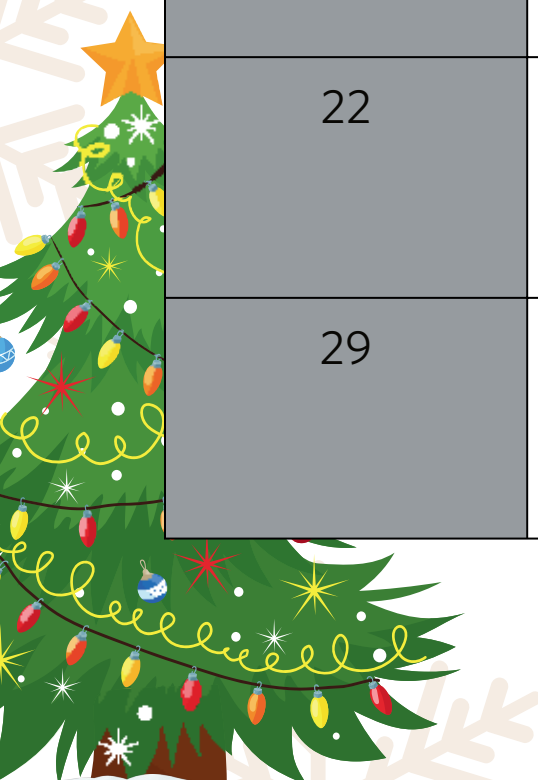
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08	09	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	★ 25	★ 26	27	28
29	30	31	★ 01	02	03	04

KEY DATES

25th - Bank holiday

26th - Bank holiday

1st Jan - Bank holiday



We've got you covered

For more support and information on training and supplies, visit our website: www.sja.org.uk



First Aid Training

Gain the knowledge and confidence to deal with first aid emergencies in the workplace. Our first aid courses confirm to HSE guidance.



Health and Safety Training

We also cover all things health and safety including fire marshal, occupational health and moving and handling.



Mental Health Training

Perhaps now more than ever, mental health first aid should be treated as importantly as physical first aid in the workplace.



Online Training

From the comfort of your own home, our e-learning courses are designed to help keep your workplace safe. Starting at only £29.



Wellbeing and Suicide Training

Take a practical approach to creating competent and confident employees who are able to support a person experiencing a mental health issue.



Supplies

From the comfort of your own home, our e-learning courses are designed to help keep your workplace safe. Starting at only £29.