

Financial wellbeing calendar

MONEY
FIRST
AID

A calendar for Money First Aiders looking to raise awareness of their role and offer support to their colleagues, and for employers looking to promote good financial health and financial inclusion in their organisations.

Date	Event	What's happening?
2nd Jan	First working day of the year	Colleagues may be feeling financial stress after Christmas, or keen to set some new years resolutions to improve their finances. It's a good time to offer MONEY FIRST AID conversations and promote workplace benefits.
20th Jan	<u>Brew Monday</u>	A day when Samaritans encourage everyone to reach out for a cuppa and a catch-up. A great day to offer some MONEY FIRST AID conversations.
20th-26th Jan	<u>Energy Savers Week</u>	Citizens Advice and Energy Saving Trust share a winter heating checklist and a resource pack to keep warm and spend less this winter.
6th Feb	<u>Time to Talk</u>	A day to have conversations with family, friends, or colleagues about mental health.
23rd Feb	<u>Helplines Awareness Day</u>	A celebration of the impact of helplines. A great opportunity to share the helplines included in the MONEY FIRST AID course and signpost to the helpline directory on this site.
From 3rd March	<u>Free Wills Month</u>	A campaign that allows people to write or update a simple will for free. An opportunity to share the financial implications of bereavement and the benefits of having a will.
17th-23rd March	<u>Debt Awareness Week</u>	A week to break the stigma surrounding debt and promote the practical advice and solutions available from resources shared in the MONEY FIRST AID course.
April	Stress Awareness Month	A month to increase awareness about both the causes and support available for stress. A good time to offer MONEY FIRST AID conversations to those struggling with financial stress.
1st April	<u>Minimum wage increases</u>	For workers aged 21 and over, the National Living Wage will rise from £11.44 to £12.21 per hour. The National Minimum Wage for younger workers will increase from £8.60 to £10.00 per hour (18-21 year olds) and from £6.40 to £7.55 per hour (16-17 year olds).

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6th April	<u>New tax year</u>	Budget changes come into effect: <ul style="list-style-type: none"> • Increases to the UK State Pension • The reduction in the Universal Credit debt repayment cap from 25% to 15% • Help to Save scheme for lower earners extended to 2027
12th–18th May	<u>Mental Health Awareness Week</u>	A week to focus on getting good mental health and a good week to offer MONEY FIRST AID conversations for anyone whose money is impacting their mental health.
9th–15th June	<u>Carers Week</u>	A week to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK.
July	School summer holidays begin	Parents and guardians may be facing higher costs for entertaining their children or paying for extra childcare. Offer MONEY FIRST AID conversations and promote workplace benefits like flexible working, childcare support or discounts and rewards.
24th July	<u>Samaritans awareness day</u>	Samaritans hold events to raise awareness of their services. Share their confidential hotline.
14th August	<u>Financial Awareness Day</u>	A day to promote financial literacy and the benefits of good financial health. A great day to raise awareness of the role of Money First Aider®.
9th–15th September	<u>UK savings week</u>	A week to raise awareness of the benefits of saving and help everyone save if they can.
9th–15th September	<u>Pension Awareness week</u>	Pensions are out of scope of the Money First Aider® role, but it's a good week to share information on your workplace pension and offer other MONEY FIRST AID conversations.
15th–21st September	<u>UK National Inclusion Week</u>	A week to celebrate inclusion and taking action to build inclusive workplaces. It's a good week to share the different financial challenges covered in the MONEY FIRST AID course.

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10th October	<u>World Mental Health Day</u>	A day for mental health education, awareness and advocacy against social stigma.
October	<u>Scams Awareness Campaign</u>	A week to educate everyone on what to do when they spot a scam. A great week to share the financial scam resources in the MONEY FIRST AID course.
October	<u>Renters rights awareness week</u>	A week to educate and empower renters with the knowledge they need to advocate for themselves and their communities.
3rd-7th November	<u>Talk Money Week</u>	A week to encourage open conversations about money and seek advice from experts if needed. A great week to offer MONEY FIRST AID conversations.
3rd-7th November	<u>Stress awareness week</u>	A week for individuals and organizations to engage in stress-awareness activities. A good week to share information on the causes, signs and impacts of financial stress.
17th-21st November	<u>Safer gambling week</u>	A week to promote safer gambling and share the gambling resources included in the MONEY FIRST AID course.
21st November	<u>Carers Rights Day</u>	A day to raise awareness of the rights the UK's 5.7 million unpaid carers are entitled to, and to help them get the support they need and the recognition they deserve.
26th November	<u>Economic Abuse Awareness Day</u>	A day to raise awareness about economic abuse and share resources to support those impacted.
November	<u>Addiction Awareness Week</u>	A week to shine a light on the complex causes of addiction and challenge the stigma surrounding it. Share the resources included in the MONEY FIRST AID course.
December	Seasonal early pay day	Colleagues may be paid earlier than usual this month, ahead of the festive period and New Year. This may lead to financial stress so it's a good time to offer MONEY FIRST AID conversations to support them through to the next paycheck.