

PUT MENTAL HEALTH IN YOUR CALENDAR



THE BURNT CHEF PROJECT

2025 ACTIVITY PLANNER



THEBURNTCHEFPROJECT.COM
FOLLOW ON SOCIAL MEDIA



JANUARY	FEBRUARY	MARCH NATIONAL NUTRITION MONTH	APRIL STRESS AWARENESS MONTH / WORLD AUTISM AWARENESS MONTH	MAY NATIONAL WALKING MONTH	JUNE
1	1 Time to talk day	1 Self Injury Awareness Day	1 - 7 Autism acceptance week	1	1
2	2	2	2 World Autism Day	2 - 8 Maternity Mental Health Awareness week	2 - Run for the road - London
3	3 Run for the road - London	3 Contract Catering Awards – Charity Partner, Run for the road - London	3	3	3
4	4	4	4	4	4 - 5 Talent Hive Golf Day – The Belfry
5	5 - 11 Sexual Abuse & Sexual Violence Awareness Week, Birmingham Night Time Economy Summit Panel	5	5	5 - Run for the road - London	5 - 11 National growing for wellbeing week
6	6	6 Game On! Game Butchery and Cookery Finals	6	6	6
7	7	7	7 World Health Day, Run for the road - London	7	7
8	8	8 International Women's Day	8	8	8
9	9	9	9	9	9 - Run for the road - London
10	10 Run for the road - London	10 - Run for the road - London	10	10	10
11	11	11 - 12 NRB Manchester	11	11	11
12	12	12 - 18 Nutrition and Hydration Week 2025	12	12 ME Awareness Day, Run for the road - London	12
13	13	13	13	13 - 19 Mental Health Awareness Week	13
14	14	14	14 - Run for the road - London	14	14
15 Brew Monday	15	15 World Sleep day	15	15	15
16	16	16	16	16	16 - Run for the road - London
17 Midlands Chief Ambassador meeting Leicester	17 - Run for the road - London	17 - 19 HRC in London, Run for the road - London	17	17	17
18	18	18 - 24 Neurodiversity celebration week	18	18	18
19	19	19	19	19 - Run for the road - London	19
20 Belazu Connects 6-9pm London, Run for the road - London	20	20 International Day of Happiness	20	20	20
21	21	21	21 - Run for the road - London	21 World Meditation day	21
22	22	22	22	22	22
23	23	23	23	23	23 - Run for the road - London
24	24 - 28 NAFEM in Atlanta. Burnt Chef North America Ambassador meetup. Run for the road - London	24 - Run for the road - London	24 Doncaster College Fundraiser	24	24
25	25	25	25	25	25 Bourdain day
26	26-27 Wales Bakery Conference, Wrexham	26	26	26 - Run for the road - London	26 - 30 World Wellbeing week
27 Parent Mental Health Day, Run for the road - London	27	27	27	27	27 PTSD Awareness day - USA
28 Thrive x Burnt Chef Webinar	28 - 05.03 Eating Disorder Awareness Week	28	28 World Health and safety at work day, Hotel Awards Charity Partner, Run for the road - London	28	28
29		29	29	29	29
30		30 World BI-Polar Day	30	30	30 - Run for the road - London
31		31 - Run for the road - London		31	31

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JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER <small>INTERNATIONAL MEN'S HEALTH MONTH</small>	DECEMBER
1	1	1 - Run for the road - London	1	1	1
2	2	2	2 - 8 National Hygiene Week	2	2 - 8 National Grief Awareness week
3 - 9 Alcohol Awareness Week	3	3	3	3 - Run for the road - London	3
4	4 - Run for the road - London	4	4	4 World lets stop shouting day	4
5	5	5	5	5 - 9 Stress awareness week	5 International Volunteer Day
6 Midlands Tough Mudder	6	6	6 - Run for the road - London	6 - Stress Awareness Day	6
7 - Run for the road - London	7	7	7 - 11 National Work Life Week	7	7
8	8	8 - Run for the road - London	8 - 14 OCD Awareness Week	8	8
9 Asburnham Palace Talk & Wellness Retreat	9	9	9	9	9
10	10	10 World Suicide Prevention Day	10 - World Mental Health Day	10 Self care week, Run for the road - London	10
11	11 - Run for the road - London	11	11	11	11
12	12	12	12	12	12
13	13	13	13 - Run for the road - London	13 - Social Media Kindness Day / world kindness day	13
14 - Run for the road - London	14	14	14	14	14
15	15	15 - Run for the road - London	15	15	15
16	16	16	16	16	16
17	17	17	17	17 - Run for the road - London	17
18	18 - Run for the road - London	18	18 Menopause day	18	18
19	19	19 - 25 Kilimanjaro Trek, Tanzania	19	19 - International Men's Day	19
20	20	20	20 International chefs day, Run for the road - London	20	20
21 Robin Williams Birthday, Run for the road - London	21	21	21	21	21
22	22	22 - Run for the road - London	22	22	22
23	23	23 - 27 Happiness at work week	23	23 - Survivors of Suicide Loss Day	23
24 Samaritans Day, National Schizophrenia Awareness Day	24	24	24	24 - Run for the road - London	24
25	25 Run for the road - London	25	25	25	25
26	26	26	26	26	26
27	27	27	27 - Run for the road - London	27	27
28 - Run for the road - London	28	28	28 - 04.11 Addiction awareness week	28 - Thanksgiving	28
29	29	29 - Run for the road - London	29	29	29
30	30	30	30	30	30
31	31		31		31