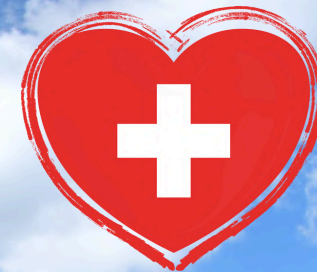


2026



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Lake Oeschinen, Canton Bern, Switzerland

RENEW

“I am not what happened to me, I am what I choose to become.”

~ Carl Gustav Jung, Swiss Psychologist ~



Every beginning is a chance to choose again – to grow from what was and start with purpose – clearing mental space and choosing what matters most for the year ahead.

JANUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1 29	30	31	New Year's Day 1	Bank Holiday (Scotl.) Berchtold Day (CH) 2	3	4
WEEK 2 Twelfth Night 5	Epiphany (CH) 6	7	8	9	10	11
WEEK 3 12	13	14	15	16	17	18
WEEK 4 19	20	21	22	23	Int'l Day of Education 24	Burns Night 25
WEEK 5 26	27	28	29	30	31	1

GOALS & PRIORITIES

Prompt of the Month: Write one small intention for the year.



BOND

**“To know how to listen is
the secret of true fellowship.”**

*~ Henri-Frédéric Amiel,
Swiss Philosopher & Diarist ~*

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Friendship Hike in the Berner Oberland, Canton Bern, Switzerland

Connection thrives, where care speaks louder than distance.
Language is a connection that builds bridges; friendship keeps them open.

FEBRUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 5 26	27	28	29	30	31	1
WEEK 6 2	3	World Cancer Day 4	5	6	7	8
WEEK 7 9	10	11	12	13	Valentine's Day 14	15
WEEK 8 16	Ramadan Start/tent. Shrove Tuesday 17	Ash Wednesday 18	19	20	Int'l Mother Language Day 21	22
WEEK 9 23	24	25	26	27	28	St.David's Day (Wales) 1

GOALS & PRIORITIES

Prompt of the Month: Call one friend or loved one to catch up.



BLOOM

**“The world is beautiful wherever we may turn
our eyes, if only we have a heart to see it.”**

~ Johanna Spyri, Swiss Author ~

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First bloom of Corcuses, Rämisgummen, Emmental, Canton Bern, Switzerland

Growth begins with curiosity – allow small ideas to take root and give yourself permission to play, explore, and imagine.

MARCH 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 10 2	3	4	5	6	7	Int'l Women's Day 8
WEEK 11 9	10	11	12	13	14	Mother's Day (UK) 15
WEEK 12 16	St. Patrick's Day 17	18	St. Joseph's (CH) 19	Eid al-Fitr (tent.) 20	21	22
WEEK 13 23	24	25	26	27	28	Palm Sunday Daylight Savings 29
WEEK 14 30	31	1	Passover Start 2	Good Friday (UK, CH) 3	4	Easter Sunday 5

GOALS & PRIORITIES

Prompt of the Month: Take 5 minutes daily to notice the beauty hiding in ordinary things.



BALANCE

“Some of us think holding on
makes us strong; but
sometimes it is letting go.”

~ Hermann Hesse,
Swiss-German Author ~

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Schaeffler Mountain Ridge Swiss Alpstein, Canton Appenzell, Switzerland

True balance is not perfection or stillness, but learning when to pause, breathe, and even let go. True strength often lies in the quiet act of realigning.

APRIL 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 14 30	31	April Fool's Day 1	Passover Start 2	Good Friday (UK, CH) 3	4	Easter Sunday 5
WEEK 15 Easter Monday (UK, CH) 6	7	8	9	10	11	12
WEEK 16 13	14	15	16	17	18	19
WEEK 17 20	21	Earth Day 22	St. George's Day 23	24	25	26
WEEK 18 27	28	29	30	May Day (CH) 1	2	3

GOALS & PRIORITIES

Prompt of the Month: Notice what drains you and what nourishes you.



THRIVE

**“Life calls not for perfection,
but for completeness.”**

*~ Carl Gustav Jung,
Swiss Psychologist ~*

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Lugano funicular and Lake Lugano, Canton Ticino, Switzerland

Growth doesn't always mean bigger.
Thriving means growing at your own pace — with purpose, patience, and care.

MAY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 18 27	28	29	30	May Day (CH) 1	2	3
WEEK 19 Early May Bank Holiday (UK) 4	5	6	7	World Red Cross Day 8	9	Mother's Day (CH) 10
WEEK 20 11	12	13	Ascension Day (CH) 14	15	16	17
WEEK 21 18	19	20	21	22	23	Pentecost (CH) Whit Sunday 24
WEEK 22 Pentecost (CH) Spring Bank Hday (UK) 25	26	Eid al-Adha (tent.) 27	28	29	30	Trinity Sunday 31

GOALS & PRIORITIES

Prompt of the Month: Add something nourishing to your routine — food, rest, laughter, or light.



EMBRACE

**To embrace humanity is to relieve
suffering wherever it is found.**

*~ Henri Dunant, Swiss humanitarian,
Founder of Red Cross ~*

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Lake Geneva, Jet d'Eau, Canton Geneva, Switzerland

In our life we care for ourselves and for others. Compassion begins within;
from there, every act of care expands outward and can become a gift.

JUNE 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 23 1	2	3	Corpus Christi (CH) 4	5	6	Father's Day (CH) 7
WEEK 24 World Oceans Day 8	9	10	11	12	13	14
WEEK 25 15	16	17	18	19	King's Birthday Summer Solice 20	Father's Day (UK) 21
WEEK 26 22	23	24	25	26	27	28
WEEK 27 29	30	1	2	3	4	5

GOALS & PRIORITIES

Prompt of the Month: Pause before you react — and choose patience, with others and yourself.



CONNECT

“A good friend is a lantern: not the sun, but enough to guide you home..”

~ Gottfried Keller, Swiss Author ~

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Gruyères, Canton Fribourg, Switzerland

Connection deepens through what we share – every exchange of knowledge grows both ways; it teaches us as much as it teaches others.

JULY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 27 29	30	1	2	3	4	5
WEEK 28 6	7	8	9	10	11	Battle of Boyne 12
WEEK 29 Battle of Boyne (N.I.) 13	14	World Youth Skills Day 15	16	17	18	19
WEEK 30 20	21	22	23	24	25	26
WEEK 31 27	28	29	Int'l Friendship Day 30	31	Swiss National Day 1	2

GOALS & PRIORITIES

Prompt of the Month: Pass on one piece of advice that helped you through a hard time or habit that shaped you.



UNITE

“A single tree does
not make a forest.”

~ Swiss Proverb ~

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Marché de Morges, Canton Vaud, Switzerland

There is strength in community and traditions that connect us – unity lives in shared moments, where every person adds their light.

AUGUST 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 31 27	28	29	30	31	Swiss National Day 1	2
WEEK 32 3	4	5	6	7	8	9
WEEK 33 10	11	12	13	14	Assumption of Mary (CH) 15	16
WEEK 34 17	18	World Humanitarian Day 19	20	21	22	23
WEEK 35 24	25	26	27	28	29	30

GOALS & PRIORITIES

Prompt of the Month: Attend a community event – notice what connects people.



SHARE

“What we give freely is never lost.”

*~ Johann Kaspar Lavater,
Swiss Theologian ~*

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Matterhorn, Sunnegga, Zermatt, Canton Wallis, Switzerland

Giving is good for your wellbeing. Generosity is a quiet practice that multiplies joy and eases burden.

SEPTEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 36 Summer Bank Holiday (UK) 31	1	2	3	4	Int'l Day of Charity 5	6
WEEK 37 7	8	9	10	11	Knabenschiessen (CH) 12	Knabenschiessen (CH) 13
WEEK 38 Knabenschiessen (CH) 14	15	16	17	18	19	Swiss Federal Fast (CH) 20
WEEK 39 Int'l Day of Peace Yom Kippur 21	Start of Fall 22	23	24	25	26	27
WEEK 40 28	29	30	1	2	3	4

GOALS & PRIORITIES *Prompt of the Month: Choose one way to lighten someone’s day – by giving, helping, or showing up.*



GROUND

**“Within you, there is a stillness and a sanctuary
to which you can retreat at any time and be yourself.”**

~ Hermann Hesse, Swiss-German Author ~

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Swiss Fleckvieh, Engelberg, Canton Obwalden, Switzerland

A seasonal reset means caring for the body and mind. As the world slows down, find steadiness in small rituals that calm and root you.

OCTOBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 40 28	29	30	1	2	3	4
WEEK 41 5	6	7	8	9	World Mental Health Day 10	11
WEEK 42 12	13	14	15	16	17	18
WEEK 43 19	20	21	22	23	United Nations Day 24	Daylight Savings End -1h 25
WEEK 44 26	27	28	29	30	31	All Saints' Day (CH) 1

GOALS & PRIORITIES *Prompt of the Month: Journal one line about how you feel or about one thing that you are grateful for.*



RESPECT

“To honor others is to honor ourselves, for we are shaped by every hand that touches us.”
~ Gottfried Keller, Swiss Author ~

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River Aare, Parliament Building, Bern, Canton Bern, Switzerland

Respect begins with listening – to our roots, our stories, and each other.
Honouring difference is how we stay connected to what we share.

NOVEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 44 26	27	28	29	30	31	All Saints' Day (CH) 1
WEEK 45 2	3	4	Bonfire Night Guy Fawkes Night 5	6	7	Remembrance Day 8
WEEK 46 Diwali 9	10	11	12	World Kindness Day 13	14	15
WEEK 47 16	17	18	19	Universal Children's Day 20	21	22
WEEK 48 23	24	25	26	27	28	1st Advent 29

GOALS & PRIORITIES

Prompt of the Month: Reflect on one value you inherited and still hold dear.



DREAM

**“The privilege of a lifetime is
to become who you truly are.”**

~ Carl Gustav Jung, Swiss Psychologist ~

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Swiss chalet near Kandersteg and Oeschinnensee, Canton Bern, Switzerland

Close the year with clarity and courage –
reflect with gratitude and look ahead with hope.

DECEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 49 St.Andrew's Day (Scotland)30	1	2	3	4	Hanukkah Start5	St. Nicholas Day 2nd Advent6
WEEK 507	Immaculate Conception (CH)8	9	10	11	12	3rd Advent13
WEEK 5114	15	16	17	18	19	4th Advent20
WEEK 5221	22	23	Christmas Eve24	Christmas Day25	St.Stephen's (CH) Boxing Day26	27
WEEK 53 Boxing Day (UK) (Substitute Day)28	29	30	New Year's Eve31	New Year's Day1	Berchtold Day (CH) New Year Day (Scotl.)2	3

Prompt of the Month: Picture who you'll be a year from now – and what choices will lead you there.

In the new year, I will ...



CARE

This calendar embodies the mission of the Swiss Benevolent Society, which has been fostering connection, care, and community since 1703. Every page is designed to reflect these values and our dedication to enhancing and inspiring the wellbeing of Swiss nationals in the UK. Our Welfare office, trustees, advisors, and volunteers provide support through wellbeing guidance, practical assistance, financial and educational aid. The Swiss Benevolent Society offers a compassionate and confidential space for those facing challenging times.

If you need help, please reach out. If you are able to contribute – one act of kindness and one moment of understanding at a time – your involvement allows us to continue this more than 300 year old tradition of Swiss care in the UK.

SWISS BENEVOLENT SOCIETY UK BOARD MEMBERS



Left to right: Emmanuel Robert (SBS Advisor, Cambridge Swiss Society); Federico Sassoli de Bianchi (SBS Treasurer, Ad-Interim Vice Chairman); Elsbeth Baxter (SBS Advisor); Marc Peter (SBS Trustee); Nadine Hoffzimmer (SBS Welfare Office Admin, Comp. Sec.); Suzanne Egloff (SBS Chairman); Laurent Vuillemez and Thomas Wagner (Swiss Embassy Rep.)

**“Community is built on care
– when one reaches out,
another can rise.”**

*~ Ambassador Dominique Paravicini
© Embassy of Switzerland
in the United Kingdom ~*

OUR PATRON OF THE SWISS BENEVOLENT SOCIETY



We are honoured to welcome Ambassador Dominique Paravicini, Swiss Ambassador to the United Kingdom, our Patron of the Swiss Benevolent Society. His support strengthens our shared commitment to every Swiss national seeking to establish stability, dignity, and belonging in the UK.

Together with our dedicated Welfare Office, Trustee Board and volunteers, the SBS continues a tradition of practical help and heartfelt presence – ensuring that no Swiss person in the United Kingdom faces life’s challenges alone.

January

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

February

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

March

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

May

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

June

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

July

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

August

M	T	W	T	F	S	S
						1
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

September

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		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

October

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

November

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

CONTRIBUTE

Help us continue a more than 300 year old tradition of Swiss care & connection in the UK.

Since 1703, the Swiss Benevolent Society has offered compassionate support to Swiss nationals in the UK – ranging from wellbeing guidance to educational grants and vital financial aid.

For more than three centuries, we have been a trusted connection and care for those navigating life far from home, in Switzerland. Your membership and donations keep this lifeline strong.

Every contribution, large or small, helps us provide direct assistance and advice to those in all types of difficulty, fund educational grants for Swiss students in the United Kingdom, and reduce isolation through community events and our continuous outreach.

With your support, we can continue to uphold dignity, wellbeing, and strengthen the sense of belonging within our Swiss community.

Sign up and become a SBS member today to join our supportive Swiss network, make a donation to light up a life, or leave a legacy to ensure this crucial commitment lives on.

Together, we carry forward a tradition of Swiss care, solidarity, and kindness in the UK. Your involvement helps us reach more people in need and keep this community of support thriving for years ahead.

JOIN. GIVE. CONNECT.



Scan the QR code to download our Membership application form or send us an email at info@swissbenevolent.org.uk.

WWW.SWISSBENEVOLENT.ORG.UK/DONATE

SWISS BENEVOLENT SOCIETY

FOUNDED
IN 1703

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A Company Ltd by Guarantee, reg. in England and Wales
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WHAT WE DO

- **ADMIN & RESEARCH:** Help with forms, benefits, bureaucracy, & everyday admin.
- **FINANCIAL AID:** Grants & regular help for those in financial difficulty.
- **REFERRAL & SIGNPOST:** Linking clients to trusted partners & specialists.
- **LIVING WELL GUIDANCE:** Coaching and tips to manage life and costs in the UK.
- **FRIENDLY SOLACE:** A kind, steady presence to talk to when life feels heavy.
- **COMMUNITY & CONNECTION:** Uniting Swiss through heritage, friendship, and care.