

2023 AWARENESS DAYS CALENDAR

JANUARY

Dry January <https://alcoholchange.org.uk/help-and-support/managing-your-drinking/dry-january>
 Veganuary <https://veganuary.com/>

15 th Jan	22 nd Jan	27 th Jan
World Religion Day	Chinese New Year (Year of the rabbit)	Holocaust day
https://www.bbc.co.uk/teach/world-religion-day-teaching-resources/zs6fsk7	https://www.timeanddate.com/holidays/uk/lunar-new-year	https://www.hmd.org.uk/what-is-holocaust-memorial-day/
World Religion Day takes place each January, aiming to promote understanding and peace between all religions as well as mutual understanding and tolerance between peoples from different backgrounds.	It centres around removing the bad and the old and welcoming the new and the good. It's a time to worship ancestors, exorcise evil spirits and pray for good harvest.	A time to remember the millions of people who died during the Holocaust under Nazi Persecution and in the genocides that followed in Cambodia, Rwanda, Bosnia, and Darfur.

FEBRUARY

LGBT History month
<https://lgbtplushistorymonth.co.uk/>

2 nd Feb	4 th Feb	6-12 Feb	7 th Feb	6-12 th Feb	17 th Feb	27 th Feb- 5 th Mar
Time to talk day	World Cancer Day	Children's mental health week	Safer internet day	National Apprenticeship Week	Random acts of kindness day	Eating disorder Awareness Week
https://timetotalkday.co.uk/	https://www.worldcancerday.org/about/2022-2024-world-cancer-day-campaign	https://www.childrensmentalhealthweek.org.uk/	https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2023	https://www.nationalapprenticeshipweek.co.uk/	https://www.randomactsofkindness.org/rak-day	https://www.beateatingdisorders.org.uk/support-our-work/fundraise-for-beat/eating-disorders-awareness-week-2023/
A day for friends, families, communities, and workplaces to come together to talk about mental	Aims to save millions of preventable deaths each year by encouraging individuals to act.	This year's theme is Let's Connect. A day to encourage children (and adults) to consider how we can make meaningful connections that	A day to promote the safe, responsible and positive use of digital technology for children and young people.	Annual week-long celebration of apprenticeships to shine a light on the amazing work being done by employers and	A day to celebrate and encourage random acts of kindness.	An international awareness event, fighting the myths and misunderstandings that surround eating disorders.

health, listen and help change lives.		support our mental health.		apprentices across the country.		
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MARCH						
Bisexual Health Awareness month https://bihealthmonth.org/ Ovarian Cancer Awareness Month						
1 st Mar	2 nd Mar	8 th Mar	9 th Mar	13 th – 19 th Mar	14 th - 20 th Mar	17 th Mar
Zero Discrimination Day	World Book Day	International Women’s Day	National No Smoking Day	Nutrition & Hydration Week	Healthcare Science Week	World Sleep Day
https://www.unaids.org/en/zero-discrimination-day	https://www.worldbookday.com/	https://www.internationalwomensday.com/	https://www.bhf.org.uk/informationsupport/publications/smoking/understanding-smoking	https://nutritionandhydrationweek.co.uk/	https://www.healthcareers.nhs.uk/career-planning/career-advisers-and-teachers/teaching-resources/healthcare-science-week	https://worldsleepday.org/#:~:text=World%20Sleep%20Day%C2%AE%20is%20March%2017%2C%202023
Celebrated by the United Nations (UN) and other international organisations. Aims to promote equality throughout all member countries	A day to promote the enjoyment of books and reading.	A day to celebrate women’s achievement, raise awareness against bias and take action for equality.	Help encourage as many smokers as possible to quit on No Smoking Day by organising your own event.	A day to highlight, promote and celebrate improvements in the provision of nutrition and hydration locally, nationally and globally.	Healthcare Science Week is an annual week-long programme designed to promote the work of healthcare science professionals.	A celebration of sleep and a call to action on important issues related to sleep, including medicine, education, social aspects and driving.
18 th Mar	20 th Mar	20 th Mar	27 th Mar-2 nd Apr			
National Child Exploitation Awareness Raising Day	World Oral Health Day	International Day of Happiness	World Autism Acceptance Week			
https://sway.office.com/I mQYYI3pW0p4TEM3?ref=Link&mc_cid=cf4719b111&mc_eid=d2129c7dcb	https://www.worldoralhealthday.org/	https://www.un.org/en/observances/happiness-day	https://www.autism.org.uk/get-involved/raise-money/world-autism-acceptance-week-2023			

<p>The National Child Exploitation Awareness Day aims to highlight the issues surrounding Child Exploitation; for 2023 we are focusing on Child Sexual Exploitation (CSE) and encouraging everyone to think, spot and speak out against abuse and adopt a zero tolerance to adults developing inappropriate relationships with children or children exploiting and abusing their peers.</p>	<p>A celebration of sleep and a call to action on important issues related to sleep, including medicine, education, social aspects and driving.</p>	<p>Since 2013, the UN has celebrated this day as a way to recognise the importance of happiness in the lives of people around the world.</p>	<p>Organised by the National Autistic Society, it stands alongside World Autism Awareness Day as the flagship awareness event for Autism worldwide.</p>			
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APRIL

Stress Awareness Month

<https://www.stress.org.uk/stressawarenessmonth/>

22 nd Mar– 21 st Apr	7 th Apr	7 th – 10 th Apr	14 th Apr	22 nd Apr	24 th -30 th Apr	28 th April
Ramadan	World Health Day	Easter	Vaisakhi	Eid ul Fitr	Lesbian Visibility Week	On your feet Britain
https://www.timeanddate.com/holidays/uk/ramadan-begins	https://www.who.int/campaigns/world-health-day	https://www.timeanddate.com/holidays/uk/easter-sunday	https://www.timeanddate.com/holidays/india/vaisakhi	https://www.timeanddate.com/holidays/uk/eid-ul-fitr	https://www.lesbianvisibilityweek.com/	https://onyourfeetday.com/
<p>A month of fasting to grow spiritually and build stronger relationships with their creator. It is a time for reflection, contemplation, and celebration for Muslims</p>	<p>Each year it draws attention to a specific health topic of concern to people all over the world.</p>	<p>To celebrate the belief in the resurrection of Jesus Christ.</p>	<p>Sikhs celebrate 1699 - the year when Sikhism was born as a collective faith.</p>	<p>It marks the end of Ramadan. Muslims all across the UK enjoy lavish meals together with loved ones.</p>	<p>To show solidarity with all LGBTQI women and non-binary people in our community. We believe in unity and lifting up those who</p>	<p>Workers across Britain unite and participate in a variety of fun and simple activities to #SitLess and #MoveMore at work.</p>

					are most marginalised.	
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MAY						
National Walking Month https://www.livingstreets.org.uk/						
To be announced	3 rd – 9 th May	5 th May	8 th -13 th May	10 th May	14 th May	15 th -21 st May
National Conversation Week	Sun awareness Week	World hand hygiene day	Equality, diversity & human rights week	National Day for Staff Networks	National Children’s Day	Mental Health Awareness Week
https://www.nationalconversationweek.com/	https://nationaltoday.com/sun-awareness-week/	https://www.who.int/campaigns/world-hand-hygiene-day/2022	https://www.nhsemployers.org/articles/equality-diversity-and-human-rights-week-2022#:~:text=%23EQW2023%20will%20be%20taking%20place%20from%208%20to%2013%20May%202023.	https://www.nationaldayforstaffnetworks.co.uk/	https://www.nationalchildrensdayuk.com/	https://www.rethink.org/
National Conversation Week encourages people to take the time to speak to those around them.	It aims to highlight the dangers of exposure to the sun. Get involved in raising awareness across the UK by ordering free posters and leaflets from the Sun Awareness range.	Aiming to prevent healthcare-associated sepsis through hand hygiene and infection prevention and control action.	A national platform for organisations to highlight their work to create a fairer and more inclusive NHS for patients and staff.	The national day for staff networks aims to encourage collaboration, support aligned activity and further inspire the voice of network members.	It highlights the importance of a healthy childhood, and how we need to protect the rights and freedoms of children and young people.	It is an annual event to focus on achieving good mental health.

15 th -21 st May 2022	17 th May	18 th May	18 th May	20 th May	30 th May	
Learning at Work Week	The International Day Against Homophobia, Transphobia and Biphobia	Global Accessibility Awareness Day	National Numeracy Day	International Human Resources Day	World Bedwetting Day	
https://campaign-for-learning.org.uk/Web/CFL/What-we-do/Learning-at-Work-Folder/Learning-at-Work-Week.aspx	https://may17.org/	https://accessibility.day/	https://www.nationalnumeracy.org.uk/numeracyday	https://www.eapm.org/ihrd/#:~:text=On%202020%20May%20we%20will,company%2C%20national%20and%20international%20level	https://www.bbuk.org.uk/world-bedwetting-day/	
Celebrate lifelong learning at work, explore learning and build learning cultures everywhere	It coordinates international events that raise awareness of LGBTQIA+ rights violations and stimulate interest in LGBTQ+ rights work worldwide.	To get everyone talking, thinking and learning about digital access and inclusion, and the more than One Billion people with disabilities/ impairments.	Led by National Numeracy, this day involves different activities and events to encourage everyone to build their confidence with numbers.	An international day of recognition for all the hardworking HR and people professionals around the world.	It aims to encourage families to discuss bedwetting with their doctors and get the help they need.	

JUNE

Pride Month

<https://prideinlondon.org/>

JUNE						
Pride Month						
https://prideinlondon.org/						
Volunteers' Week	Bike Week	National Carers Week	BNF Healthy Eating Week	Men's Health Week	World blood donor day	National Clean Air Day
1 st -7 th Jun	5 th – 11 th Jun	6 th -12 th Jun	12 th – 16 th Jun	12 th - 18 th Jun	14 th Jun	15 th Jun
https://volunteersweek.org/	https://www.cyclinuk.org/bikeweek	https://www.carersweek.org/	https://www.nutrition.org.uk/healthy-eating-week/	https://menshealthmonth.org/week	https://www.who.int/campaigns/world-blood-donor-day/2022	https://www.actionforcleanair.org.uk/campaigns/clean-air-day

The NHS is supported by around 2 million volunteers every year and most NHS organisations celebrate their contribution during National Volunteers' Week.	Encouraging people to get out cycling and switch to cycling as the best way to get around.	Raising awareness of caring by highlighting the challenges that carers face and recognise the contribution they make.	Have 5 A Day; Drink plenty; Get active; and try something new.	Led by the Men's Health Forum to raise awareness of preventable health issues and encourage men and boys to seek professional advice for health-related problems.	Raising awareness of the need for safe blood and blood products and to thank voluntary, unpaid blood donors for their life-saving gifts of blood.	Raising awareness of the need for safe blood and blood products and to thank voluntary, unpaid blood donors for their life-saving gifts of blood.
Autistic Pride Day	19 th -25 th Jun	23 rd -29 th Jun	24 th Jun	29 th Jun		
18 th Jun	Learning Disability Week	Cervical Screening Awareness Week	Armed Forces Day	Eid		
https://en.wikipedia.org/wiki/Autistic_Pride_Day	https://learning.nspcc.org.uk/	https://www.jostrust.org.uk/get-involved/campaign/cervical-screening-awareness-week	https://www.armyforcesday.org.uk/	https://www.timeanddate.com/holidays/uk/eid-al-adha		
Recognising the importance of pride for autistic people and its role in bringing about positive changes in the broader society.	It aims to educate, spread awareness, and increase understanding of learning disabilities.	Around 3,200 women are diagnosed with cervical cancer in the UK each year.	To commemorate the service of men and women in the British Armed Forces.	It is a celebration of unquestioning submission to God, faith, and personal sacrifice. Muslims worldwide honour the holiday by praying, sacrificing animals, giving to charity, and having a festive meal with family and friends.		

JULY		
Plastic Free https://www.plasticfreejuly.org/		
1 st - 7 th Jul	3 rd -9 th Jul	18 th Jul-17 Aug

Deaf awareness week	Alcohol awareness week	South Asian Heritage Month
https://diversity-inclusion-speakers.com/news/general-news/deaf-awareness-week/	https://alcoholchange.org.uk/get-involved/campaigns/alcohol-awareness-week-1/about-alcohol-awareness-week	https://www.southasianheritage.org.uk/
The aim of Deaf Awareness Week is to raise awareness of hearing loss in the UK and its impact on people's lives.	Highlights solutions to help address the harms related to alcohol and other drug use.	Aims to raise the profile and contribution of British South Asian history in the UK.

AUGUST		
International happiness happen month https://sohp.com/		
1 st - 7 th Aug	6 th Aug	30 th Aug
World breastfeeding awareness week	Cycle to work day	National grief awareness day
https://waba.org.my/wbw/	https://www.cyclescheme.co.uk/cycletoworkday	https://www.daysoftheyear.com/days/grief-awareness-day/
The global campaign that aims to inform, anchor, engage and galvanise action on breastfeeding and related issues.	UK's biggest cycle commuting event.	It is all about looking at grief and raising awareness both of how to cope with grief, and how to help others cope.

SEPTEMBER								
World Alzheimer's Month https://www.alzheimers.org.uk/get-involved/world-alzheimers-month								
Urology Awareness Month https://www.theurologyfoundation.org/get-involved/urology-awareness-month								
4 th -10 th Sep	5 th Sep	10 th Sep	12 th 16 th Sep	13 th Sep	15 th Sep	15 th -17 th Sep	17 th Sep	16 th -23 rd Sep
Know Your Numbers Week	International Day of Charity	World Suicide Prevention Day	National Pensions Awareness Week	World Sepsis Day	National Pensions Awareness Day	Rosh Hashanah	World Patient Safety Day	Bisexual Awareness Week
https://nationaltoday.com/know-your-numbers-week/#:~:text=K	https://www.un.org/en/observances/charity-day	https://www.samaritans.org/support-us/campaign/world-suicide-prevention-day	https://www.nhs.uk/employers/events/calendar	<a "="" href="https://sepsisresearch.org.uk/world-sepsis-day/#:~:text=">https://sepsisresearch.org.uk/world-sepsis-day/#:~:text=	https://pensionawarenessday.com/	https://www.timeanddate.com/holidays/uk/rosh-hashana	https://www.who.int/campaigns/world-patient-safety-day	https://mindout.org.uk/why-is-bisexuality-awareness-week

now%20your%20Numbers!,from%20September%204%20to%2010		rld-suicide-prevention-day/	national-campaigns	World%20Sepsis%20Day%20is%2013th,Sepsis%20Awareness%20Month%20in%20September				week-so-important-by-dominic-arnall-chair-of-mindout/
Encouraging adults to know their blood pressure numbers and take the necessary action to reach and maintain a healthy blood pressure.	It was established with the objective of sensitising and mobilising people, NGOs, and stakeholders all around the world to help others through volunteer and philanthropic activities.	It is celebrated to provide worldwide commitment and action to prevent suicides.	A week for raising awareness on the importance of preparing and saving for retirement.	An opportunity for people worldwide to unite in the fight against sepsis.	To raise awareness on the importance of preparing and saving for retirement.	It is the Jewish New Year. It is the first of the High Holidays or Yamim Noraim ("Days of Awe"), celebrated ten days before Yom Kippu.	Increasing public awareness and engagement, enhance global understanding, and spurring global solidarity and action to promote patient safety.	It is an extension of Celebrate Bisexuality Day, held annually on September 23.
18 th -24 th Sep	18 th -24 th Sep	22 nd Sep	23 rd Sep	23 rd Sep	25 th Sep	26 th Sep-2 nd Oct	29 th Sep	
Organ Donation Week	National eye health week	Youth Mental Health Day	Bisexual Visibility Day	International Day of Sign Languages	National Fitness Day	UK National Inclusion Week	World's Biggest Coffee Morning	
https://www.organdonation.nhs.uk/get-involved/organ-donation-campaigns/	https://www.visionmatters.org.uk/	https://stem4.org.uk/youthmentalhealthday/	https://bivisibilityday.com/	https://www.un.org/en/observances/sign-languages-day	https://www.nationalfitnessday.com/get-involved/	https://www.inclusiveemployers.co.uk/niw-2022/	https://coffee.macmillan.org.uk/	
Encouraging people to join the NHS Organ Donor Register and encourage people	Healthcare professionals joining forces to encourage more people to have regular	It encourages understanding and discussion of mental health in young people,	It raises bi-awareness and challenges bisexual & biromantic erasure. 2021	Celebrated annually across the world on 23 September every year along with	Make this the most active day of the year.	Designed to celebrate everyday inclusion in all its forms.	Support Macmillian by hosting your own coffee morning to raise awareness.	

to share their donation decision.	sight tests and make lifestyle choices that benefit their vision and general wellbeing.	enabling them to live happy and healthy lives all year round.	will be the 23rd year to celebrate this day.	International Week of the Deaf.				
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OCTOBER

Black History Awareness <https://www.ibhm-uk.org/> :An annual observance that began as a way of remembering important people and events in the history of the African diaspora.

Speak up month <https://nationalguardian.org.uk/2021/09/02/speak-up-month-2021/>

Breast Cancer Awareness Month <https://www.macmillan.org.uk/cancer-awareness/breast-cancer-awareness-month>

Stoptober <https://campaignresources.phe.gov.uk/resources/campaigns/6-stoptober/resources>

Sober October <https://www.gosober.org.uk/about/the-challenge>

National Cholesterol Month <https://www.heartuk.org.uk/>

24 th Sep-1 st Oct	2 nd -6 th Oct	3 rd -7 th Oct	10 th Oct	11 th Oct	12 th -20 th Oct	14 th Oct
Sexual Health Week	National Work Life Week	Back Care Awareness Week	World Mental Health Day	Coming Out Day	Bone & Joint Week	Allied Health Professions Day
https://ukpublichealthnetwork.org.uk/events/sexual-health-week-2022-09-24/	https://workingfamilies.org.uk/nationalworklife-week/	https://backcare.org.uk/events/2021-back-care-awareness-week/	https://www.mentalhealth.org.uk/campaigns/world-mental-health-day	https://workplacepride.org/event/national-coming-out-day-2-2023-10-11/	http://arma.uk.net/membership/bonejoint-week/	https://www.england.nhs.uk/ahp/allied-health-professions-day/
The UK Public Health Network is a collaboration of umbrella organisations representing public health across the four nations of the United Kingdom.	For employers to show employees, and potential candidates your organisation has a flexible working culture and appreciates work life balance.	2022 Raise awareness of the problems back pain can cause, as well as prevention and treatments.	It gives everyone a chance to talk about mental health in general, how we need to look after it, and how important it is to talk about things and get help if you are struggling.	An awareness day for LGBTQ+ people to celebrate being their authentic selves.	Bone and Joint Week aims to help get people thinking about one of the most widespread and pressing health issues of our times – musculoskeletal health.	Allied health professions (AHPs) Day is an annual opportunity for the 14 professions in the AHP Community to come together

						in celebration, showcasing the impact they make in delivering high quality care.
15 th -21 st Oct	18 th Oct	18 th -22 nd Oct	18 th Oct	22 nd Oct		
Infection Prevention Week	World Menopause Awareness Day	UK Malnutrition Awareness Week	International Pronouns Day	International Stammering Awareness Day		
https://nationaltoday.com/international-infection-prevention-week/	https://www.imsociety.org/education/world-menopause-day/	https://www.malnutritiontaskforce.org.uk/uk-malnutrition-awareness-week-2022	https://pronouns.org/day	https://westutter.org/what-is-stuttering/international-stuttering-awareness-day/		
Infection prevention control week is about raising awareness for the important role we all play in keeping patients safe from infection.	Raising awareness for women who are feeling lost and going through Menopause and need support.	Raise awareness and understanding of preventable malnutrition in local communities and with health and social care professionals.	Seeks to make respecting, sharing, and educating about personal pronouns commonplace.	Stammering associations, individuals and groups around the world organise events to raise awareness of stuttering.		

NOVEMBER

Islamophobia Awareness Month https://www.islamophobia-awareness.org/						
November - Men's Health Awareness Month https://uk.movember.com/						
World Vegan Month https://www.vegansociety.com/get-involved/world-vegan-month						
2 nd Nov	9 th -13 th Nov	12 th Nov	13 th Nov	13 th -17 th Nov	13 th -20 th Nov	TBA
Stress Awareness Day	Trans Awareness Week	Diwali	Kindness Day	Anti-bullying week	Interfaith week	Self-care week
https://www.rethink.org/get-involved/awareness-days-and-events/	https://www.glaad.org/transweek	https://www.timeanddate.com/holidays/uk/diwali	https://www.kindnessuk.com/	https://anti-bullyingalliance.org.uk/	https://www.interfaithweek.org/	https://www.selfcareforum.org/events/self-care-week/
It highlights the ways that stress can affect people and what you can do to	To help raise the visibility of transgender	It is a festival of lights that celebrates the	It aims to increase the value of kindness in society	It aims to raise awareness of	To strengthen good, inter faith relations at all levels and	Self-Care Week is an annual UK-wide national awareness week that

manage your stress before it becomes a problem.	people and address issues members of the community face.	triumph of light over darkness, good over evil and the human ability to overcome.	as well as increase the number of kind acts that take place.	bullying of children and young people.	increase awareness of the different and distinct faith communities in the UK. Also, to increase understanding between people of religious and non-religious beliefs.	focuses on embedding support for self-care across communities, families and generations
19 th Nov	20 th Nov	16 th Nov- 16 th Dec	25 th Nov			
International Men’s Day	Transgender Day of Remembrance	Disability History Month	16 Days of Action Against Domestic Violence			
https://internationalmensday.com/	https://www.glaad.org/tdor	https://ukdhm.org/what-is-ukdhm/	https://www.unwomen.org/en/what-we-do/ending-violence-against-women/unite/toolkit?gclid=Cj0KCCQiA5NSdBhDfARIsALzs2EAQaMWqJ0wKns9TFwp5BQxoAFR444L1hfRUQSmyEuP-UsQNnyaTRfAaAgtEEALw_wcB			
It is celebrated to highlight positive role models and raise awareness of men’s well-being.	An annual observance to remember those who have lost their lives to anti-transgender violence.	A month of activity to raise awareness and support people with disabilities.	A time to galvanize action to end violence against women and girls around the world.			

DECEMBER

Decembeard

<https://www.bowelcanceruk.org.uk/>

An annual event involving the growing of beards during the month of December to support everyone with bowel cancer.

1 st Dec	2 nd Dec-8 th Dec	3 rd Dec	3 rd Dec	8 th Dec	10 th Dec	25 th Dec
World Aids Day	National Grief Awareness Week UK	International Day of Persons with disabilities	Purple Light up Day	Hanukkah	Human Rights Day	Christmas
https://www.worldaidsday.org/	https://www.thego.org/grieftrust.org/ngaw/	https://www.un.org/en/observances/day-of-persons-with-disabilities	https://www.purplespace.org/purple-light-up	https://www.timeanddate.com/holidays/uk/chanukah	https://www.awarenessdays.com/awareness-days-calendar/human-rights-day-2023/	https://www.timeanddate.com/holidays/uk/christmas-day
It's an opportunity for people worldwide to unite in the fight against HIV, to show support for people living with HIV, and to commemorate those who have died from an AIDS-related illness. Founded in 1988, World AIDS Day was the first ever global health day.	To raise awareness of the myriad ways in which individuals cope with loss.	It promotes an understanding of disability issues and mobilises support for the dignity, rights and wellbeing of persons with disabilities.	A global movement that celebrates and draws attention to the economic contribution of the 386 million disabled employees around the world.	It is an 8-day Jewish celebration often referred to as the Festival of Lights. Jewish people in the UK celebrate this holiday by lighting candles, exchanging presents, and eating fried foods.	UN - Human Rights Day is observed every year — the day the United Nations General Assembly adopted, in 1948, the Universal Declaration of Human Rights (UDHR). The UDHR is a milestone document, which proclaims the inalienable rights that everyone is entitled to as a human being.	It is celebrated to remember the birth of Jesus Christ. It is a time for many people to give and receive gifts and prepare special festive meals.

Celebration days for major religions

- Islam – Ramadan, Eid
- Sikh - Vaisakhi, Diwali
- Christian – Good Friday/Easter Sunday, Christmas
- Jewish - Rosh Hashanah, Hanukkah
- Hindu - Diwali
- Buddhist – Diwali

Resources:

Pto.



<https://www.nhsemployers.org/events/calendar-national-campaigns>

<https://letstalktalent.co.uk/resources/uk-awareness-days-for-hr-professionals/>

Compass – Services to improve health and wellbeing