



# Health and wellbeing 2026

## *Dates for your diary*

### January

January	1st–31st	<b>Dry January</b>
January	1st–31st	<b>Veganuary</b>
January	1st–31st	<b>Thyroid Awareness Month</b>
January	1st–31st	<b>Cervical Health Awareness Month</b>
January	10th–17th	<b>National Obesity Awareness Week</b>
January	19th–25th	<b>Cervical Cancer Prevention Week</b>
January	19th	<b>Brew Monday</b>
January	30th	<b>Parent Mental Health Day</b>

### February

February	1st–28th	<b>LGBT+ History Month</b>
February	1st–28th	<b>National Heart Month</b>
February	9th–15th	<b>Children’s Mental Health Week</b>
February	23rd Feb–1st March	<b>Eating Disorder Awareness Week</b>
February	4th	<b>World Cancer Day</b>
February	5th	<b>Time to Talk Day</b>
February	9th	<b>International Epilepsy Day</b>
February	17th	<b>Random Acts of Kindness Day</b>

## March

March	1st –31st	<b>Ovarian Cancer Awareness Month</b>
March	1st –31st	<b>Prostate Cancer Awareness Month</b>
March	1st–31st	<b>Endometriosis Awareness Month</b>
March	1st –31st	<b>Marie Curie Great Daffodil Appeal</b>
March	1st –31st	<b>Brain Tumour Awareness Month</b>
March	16th–22nd	<b>Brain Awareness Week</b>
March	8th–14th	<b>Health Care Science Week</b>
March	16th–22nd	<b>Nutrition and Hydration Week</b>
March	16th–20th	<b>Neurodiversity Celebration Week</b>
March	22nd–28th	<b>World Doula Week</b>
March	1st	<b>Self-Injury Awareness Day</b>
March	8th	<b>International Women's Day</b>
March	12th	<b>World Glaucoma Day</b>
March	12th	<b>World Kidney Day</b>
March	12th	<b>University Mental Health Day</b>
March	13th	<b>World Sleep Day</b>
March	20th	<b>International Day of Happiness</b>
March	21st	<b>World Down Syndrome Day</b>
March	22nd	<b>World Water Day</b>
March	24th	<b>World Tuberculosis Day</b>
March	26th	<b>Purple Day (Epilepsy Awareness)</b>
March	30th	<b>World Bi-Polar Awareness Day</b>
March	31st	<b>Trans Day of Visibility</b>

## April

April	1st–30th	<b>Bowel Cancer Awareness Month</b>
April	1st–30th	<b>Stress Awareness Month</b>
April	24th–30th	<b>World Immunisation Week</b>
April	20th–26th	<b>MS Awareness Week</b>
April	2nd	<b>World Autism Awareness Day</b>
April	3rd	<b>Walk to Work Day</b>
April	7th	<b>World Health Day</b>
April	11th	<b>World Parkinson's Day</b>
April	24th	<b>On Your Feet Britain</b>
April	29th	<b>Stop Food Waste Day</b>

## May

May	1st–31st	<b>National Walking Month</b>
May	1st–31st	<b>Stroke Awareness Month</b>
May	1st–31st	<b>Skin Cancer Awareness Month</b>
May	1st–31st	<b>Cystic Fibrosis Awareness Month</b>
May	11th–17th	<b>Dying Matters Awareness Week</b>
May	12th–18th	<b>Sun Awareness Week</b>
May	18th–24th	<b>Dementia Action Week</b>
May	10th	<b>World Lupus Day</b>
May	10th	<b>National Children's Day UK</b>
May	12th	<b>International Nurses Day</b>
May	21st	<b>Global Accessibility Awareness Day</b>
May	15th	<b>International Day of Families</b>
May	17th	<b>World Hypertension Day</b>
May	11th–17th	<b>Mental Health Awareness Week</b>
May	19th	<b>World IBD Day</b>
May	20th	<b>World Autoimmune Arthritis Day</b>
May	30th	<b>World MS Day</b>

## June

June	1st-30th	<b>Alzheimer's and Brain Awareness Month</b>
June	1st-30th	<b>Aphasia Awareness Month</b>
June	1st-30th	<b>Cataract Awareness Month</b>
June	1st-30th	<b>National Migraine and Headache Awareness Month</b>
June	1st-30th	<b>Scleroderma Awareness Month</b>
June	1st-30th	<b>Pride Month</b>
June	1st-7th	<b>National CPR and AED Awareness Week</b>
June	8th-14th	<b>Cystic Fibrosis Week</b>
June	8th-14th	<b>Men's Health Week</b>
June	19th	<b>World Sickle Cell Day</b>
June	27th	<b>PTSD Awareness Day</b>

## July

July	24th	<b>International Self-Care Day</b>
July	28th	<b>World Hepatitis Day</b>

## August

August	1st-7th	<b>World Breastfeeding Week</b>
August	6th	<b>Cycle to Work Day</b>
August	12th	<b>International Youth Day</b>
August	19th	<b>World Humanitarian Day</b>

## September

September	1st-30th	<b>Blood Cancer Awareness Month</b>
September	1st-30th	<b>Childhood Cancer Awareness Month</b>
September	1st-30th	<b>Urology Awareness Month</b>
September	1st-30th	<b>Vascular Disease Awareness Month</b>
September	10th	<b>World Suicide Prevention Day</b>
September	17th	<b>World Patient Safety Day</b>
September	13th	<b>World Sepsis Day</b>
September	21st	<b>World Alzheimer's Day</b>
September	29th	<b>World Heart Day</b>

## October

October	1st-31st	<b>Breast Cancer Awareness Month</b>
October	1st-31st	<b>ADHD Awareness Month</b>
October	1st-31st	<b>Stoptober</b>
October	6th	<b>World Cerebral Palsy Day</b>
October	8th	<b>World Sight Day</b>
October	10th	<b>World Mental Health Day</b>
October	10th	<b>World Homeless Day</b>
October	16th	<b>World Food Day</b>
October	20th	<b>World Osteoporosis Day</b>

## November

November	1st-30th	<b>Lung Cancer Awareness Month</b>
November	1st-30th	<b>Pancreatic Cancer Awareness Month</b>
November	1st-30th	<b>Stomach Cancer Awareness Month</b>
November	1st-30th	<b>National Family Caregivers Month</b>
November	1st-30th	<b>COPD Awareness Month</b>
November	1st-30th	<b>National Marrow Awareness Month</b>
November	1st-30th	<b>National Hospice &amp; Palliative Care Month</b>
November	1st	<b>World Vegan Day</b>
November	14th	<b>World Diabetes Day</b>
November	17th	<b>World Prematurity Day</b>
November	19th	<b>World Pancreatic Cancer Day</b>
November	20th	<b>Trans Day of Remembrance</b>

## December

December	1st	<b>World AIDS Day</b>
December	3rd	<b>International Day of Persons with Disabilities</b>
December	10th	<b>Human Rights Day</b>
December	18th	<b>International Migrants Day</b>

