

# JANUARY

**This month:**

- Dry January
- National Obesity Awareness Week
- Blue Monday



MON	TUE	WED	THU	FRI	SAT	SUN
						1 New Year's Day
2 New Year's Day (substitute day)	3 2nd January (substitute day) (Scotland)	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 Cervical Cancer Prevention Week	24	25	26	27	28	29
30	31					



# FEBRUARY

This month:  
• Heart Month



MON	TUE	WED	THU	FRI	SAT	SUN
		1	2 Time to Talk Day	3	4 World Cancer Day	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



MON	TUE	WED	THU	FRI	SAT	SUN
		1	2	3	4	5
6	7	8 International Women's Day	9	10	11	12
13 Neurodiversity Celebration Week/ Nutrition and Hydration Week	14	15	16	17 St Patrick's Day (N. Ireland) World Sleep Day	18	19
20 International Day of Happiness	21	22	23	24	25	26
27	28	29	30	31 Trans Day of Visibility		



# APRIL

**This month:**

- Stress Awareness Month
- Bowel Cancer Awareness Month
- World Autism Month
- Maternal Mental Health Awareness Week
- On Your Feet Britain



MON	TUE	WED	THU	FRI	SAT	SUN
					1	2
3	4	5	6	7 Good Friday World Health Day Walk to Work Day	8	9
10 Easter Monday (excluding Scotland)	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



# MAY

MON	TUE	WED	THU	FRI	SAT	SUN
1 Early May bank holiday <b>Deaf Awareness Week</b>	2	3	4	5	6 Coronation of King Charles III	7
8 Bank holiday for the coronation of King Charles III	9	10	11	12	13	14
15 <b>Mental Health Awareness Week</b>	16	17	18	19	20	21 <b>World Meditation Day</b>
22	23	24	25	26	27	28
29 Spring bank holiday	30	31				



**This month:**

- Pride Month
- Carers Week
- Men's Health Week

MON	TUE	WED	THU	FRI	SAT	SUN
			1 Volunteers' Week	2	3	4
5 World Environment Day	6	7	8	9	10	11
12 Healthy Eating Week	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		



MON	TUE	WED	THU	FRI	SAT	SUN
					1	2
3	4	5	6	7	8	9
10	11	12 Battle of the Boyne (N. Ireland)	13	14	15	16
17	18	19	20	21	22	23
24 Samaritans Awareness Day	25	26	27	28	29	30
31						



# AUGUST



MON	TUE	WED	THU	FRI	SAT	SUN
	1	2	3 Cycle to Work Day	4	5	6
7 Summer bank holiday (Scotland)	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28 Summer bank holiday (excluding Scotland)	29	30	31			





# SEPTEMBER

**This month:**

- National Fitness Day
- Know Your Numbers Week
- International Week of Happiness At Work
- East and South East Asian Heritage Month



MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	3
4	5	6	7	8	9	10 World Suicide Prevention Day
11	12	13	14	15	16	17
18	19	20	21 World Alzheimer's Day	22	23	24
25	26	27	28	29	30	



# OCTOBER

**This month:**

- Menopause Awareness Month
- Black History Month
- Breast Cancer Awareness Month
- ADHD Awareness Month
- Back Care Awareness Week



MON	TUE	WED	THU	FRI	SAT	SUN
						1
2 National Work Life Week	3	4	5	6 World Smile Day	7	8
9	10 World Mental Health Day	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



# NOVEMBER

**This month:**

- Men's Health Awareness Month
- International Stress Awareness Week
- Talk Money Week



MON	TUE	WED	THU	FRI	SAT	SUN
		1	2	3	4	5
6	7	8	9	10	11	12
13	14 Living Wage Week	15	16	17	18	19
20 Trans Day of Remembrance	21	22	23	24	25	26
27	28	29	30 St Andrew's Day (Scotland)			



# DECEMBER

**This month:**

- International Volunteer Day
- National Grief Awareness Week



MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	3 International Day of Persons with Disabilities
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18 International Migrants Day	19	20	21	22	23	24
25 Christmas Day	26 Boxing Day	27	28	29	30	31

