

JANUARY



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



FEBRUARY



MON	TUE	WED	THU	FRI	SAT	SUN
		1	2	3	4 World Cancer Day	5
6 February bank holiday	7	8 No Smoking Day	9	10	11	12
13 International Epilepsy Day	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 HPV Awareness Day World Obesity Day	5
6	7	8 International Women's Day	9 World Kidney Day	10	11	12
13 National Brain Awareness Week	14	15	16	17 St Patrick's Day World Sleep Day	18	19
20 International Day of Happiness	21 World Down Syndrome Day	22	23	24	25	26
27	28	29	30	31		



APRIL

MON	TUE	WED	THU	FRI	SAT	SUN
					1	2 World Autism Awareness Day
3	4	5	6	7 Good Friday World Health Day	8	9
10 Easter Monday	11	12	13	14	15	16
17	18	19	20	21	22	23
24 European Immunisation Week Active School Week	25	26	27	28	29	30



MON	TUE	WED	THU	FRI	SAT	SUN
1 May bank holiday Deaf Awareness Week	2 World Asthma Day	3	4	5 World Hand Hygiene Day	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21 World Meditation Day
22	23	24	25	26	27	28
29	30 World MS Day	31				



MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3	4
5 June bank holiday World Environment Day	6	7	8 World Bike Week	9	10	11
12 Men's Health Week	13 Carers Week	14 World Blood Donors Day	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		



JULY

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



AUGUST



MON	TUE	WED	THU	FRI	SAT	SUN
	1 World Breastfeeding Week	2	3	4	5	6
7 August bank holiday	8	9	10	11	12 International Youth Day	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



SEPTEMBER



MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	3
4	5	6	7	8	9 Foetal Alcohol Spectrum Disorders Awareness Day	10 World Suicide Prevention Day World Sexual Health Week
11	12	13	14	15	16	17
18 International Week of Happiness at Work International Week of the Deaf	19	20	21 World Alzheimer's Day	22	23	24
25	26 World Contraception Day	27	28	29	30	



OCTOBER

This month:

- Menopause Awareness Month
- Black History Month
- Breast Cancer Awareness Month
- ADHD Awareness Month



MON	TUE	WED	THU	FRI	SAT	SUN
						1 International Day of Older Persons
2	3	4	5	6 World Smile Day	7	8
9	10 World Mental Health Day	11	12 World Sight Day	13	14	15
16 European Restart a Heart Day	17	18	19	20	21	22
23	24	25	26	27	28	29
30 October bank holiday International Stress Awareness Week	31					



NOVEMBER

This month:
• Men's Health Awareness Month



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



DECEMBER



MON	TUE	WED	THU	FRI	SAT	SUN
				1 World AIDS Day	2	3 International Day of Persons with Disabilities
4	5 International Volunteer Day	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 St Stephen's Day	27	28	29	30	31

