

### January



#### Dry January

Month long campaign

Encouraging individuals to embrace a 31-day alcohol-free challenge while raising awareness about the impact of alcohol consumption.

#### Parent Mental Health Day

27th January

This year's theme is #CreatingPositiveRelationships and offers an opportunity for parents and carers to acknowledge and discuss their struggles and share in their achievements of connecting positively with each other and their family.

### February



#### Time to Talk Day

1st February

Encouraging mental health discussions to make impactful changes in lives.

#### World Cancer

4th February

Aims to save millions of preventable deaths each year by encouraging individuals to take action.

#### National Apprenticeship Week

5th - 11th February

A week-long celebration of apprenticeships to shine a light on the amazing work being done by UK employers and apprentices.

### March



#### Zero Discrimination Day

1st March

Celebrated by the UN and international organisations, its goal is to foster equality across all member nations.

#### International Womens Day

8th March

Held annually to celebrate the cultural, political, and socioeconomic accomplishments of women.

#### World Sleep Day

15th March

Raising awareness of the significance of sleep and advocating for important issues related to sleep.

### April



#### Stress Awareness Month

Month long campaign

Increasing public awareness about both the causes and cures for our modern stress epidemic.

#### World Autism Day

2nd April

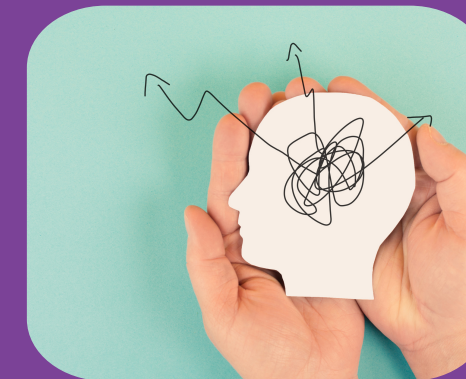
Emphasises the importance of enhancing the quality of life for individuals with autism, enabling them to fully participate and contribute meaningfully to society.

#### World Day for Safety and Health at Work

28th April

Advocates for global prevention of occupational accidents and diseases.

### May



#### National Walking Month

Month long campaign

National Walking Month in May promotes increased walking for better health and wellness.

#### Mental Health Awareness Week

13th - 19th May

Backed by the Mental Health Foundation, to raise awareness about mental health challenges and advocate for improved wellbeing.

#### Human Resources Day

20th May

A day to recognise the dedication of HR and people professionals worldwide.

### June



#### Pride Month

Month long campaign

A month dedicated to celebrating LGBTQ+ communities all around the world.

#### Bike Week

10th - 16th June

Encouraging cycling as a way to stay active and get around efficiently.

#### Mens Health Week

10th - 16th June

Organised by the Men's Health Forum to increase awareness of preventable health concerns and encourage men and boys to seek professional advice for health-related issues.

### July



#### Alcohol Awareness Week

1st - 7th July

A week dedicated to raising awareness, advocating for change.

#### Love Parks Week

26th July - 2nd Aug

To get as many people as possible out into the great outdoors to take advantage of their local park.

#### Plastic Free July

Month long campaign

A worldwide initiative empowering millions to contribute to the solution for plastic pollution, fostering cleaner streets, oceans, and more vibrant communities.

### August



#### Cycle to Work Day

6th August

Encouraging everyone to active with the UK's biggest cycle commuting event

#### Breast Feeding Awareness Week

1st - 7th August

The worldwide initiative striving to educate, involve, and mobilise action on breastfeeding and related issues.

#### National Dog Day

26th August

Founded by an animal welfare advocate to celebrate the nation's beloved dogs.

### September



#### Know Your Numbers Week

9th - 15th September

Encouraging adults to know their blood pressure numbers and maintain a healthy blood pressure.

#### World Suicide Prevention Day

10th September

Promoting worldwide commitment and action to prevent suicides.

#### National Fitness Day

20th September

Encouraging people of all ages, backgrounds and abilities to participate in a day of active challenges that aim to make people feel more positive about exercise and their bodies.

### October



#### Stoptober

Month long campaign

Encouraging the nation's smokers to make an attempt to quit for the month of October and beyond.

#### Black History Month

Month long campaign

A nationwide celebration of Black History, Arts and Culture throughout the UK.

#### Mental Health Day

10th October

run by the World Federation for Mental Health. Mental Health Day is an opportunity to raise awareness and campaign against mental health stigma.

### November



#### National Stress Awareness Day

2nd November

Raising awareness of stress and its impact, reducing the stigma, promoting wellbeing and stress management.

#### International Mens Day

19th November

Making a positive difference to the wellbeing and lives of men and boys.

#### Carers Rights Day

23rd November

A day to make carers and the wider public aware of the rights and support available to carers.

### December



#### National Grief Awareness Week

2nd - 8th December

Aimed at increasing awareness about grief and offering support to those who are experiencing it.

#### Human Rights Day

10th December

Dedicated to promoting and celebrating the fundamental rights and freedoms that all individuals are entitled to.

#### Christmas Jumper Day

13th December

A festive and charitable tradition that encourages people to wear their most vibrant and playful Christmas jumpers.