# Campaigns Calendar



This is not an exhaustive list and dates are subject to change. Some dates will change every year.

## January 2023

1st – 31st: [Dry January](https://alcoholchange.org.uk/help-and-support/managing-your-drinking/dry-january)

31 days alcohol-free, a break and a total reset for the body and mind with Alcohol Change UK. Sleep better and have more energy, improve your mental health and concentration, look fabulous and get brighter skin, save money and feel an amazing sense of achievement.

1st – 31st: [Love Your Liver Month](https://britishlivertrust.org.uk/love-your-liver-month/)

The British Liver Trust aims to raise awareness of the steps people can take to reduce their risk of developing a preventable liver condition.

1st – 31st: [Veganuary](https://veganuary.com/)

Veganuary is a combination of**veganism and January**. The campaign is centred around encouraging people all over the world to switch to a plant-based diet during the month of January.

1st – 31st: [Buy Nothing New Month](https://www.keepbritaintidy.org/get-involved/support-our-campaigns/buy-nothing-new-month)

A month to embrace buying nothing new for the whole of January (except for essentials like food) and making the most of what you already have to save the environment and to save money. To rethink what you want versus what you need, reconsider if you can repair versus replace and think about whether you can rent, borrow or buy second-hand.

10th - 16th: [National Obesity Awareness Week](http://www.nationalobesityforum.org.uk/)

National Obesity Awareness Week aims to demystify obesity and practice easy ways to prevent it. Eat right, stay fit, and lose weight to reduce the impact on people’s lives.

16th: Blue Monday

The third Monday of January is characterized as the most depressing day of the year. Although this may be a myth, it’s actually a goodopportunity to use this day to talk things through with other people and ensure we reflect on our mental wellbeing all year round.

23rd – 29th: [Cervical Cancer Prevention Week](http://www.jostrust.org.uk/)

We have the tools to make cervical cancer a thing of the past. HPV vaccination, cervical screening, and treatment for cell changes can all help prevent it but we need to increase awareness and uptake. Did you know that 1 in 3 women and people with a cervix do not take up their screening invite? Help to change this.

## February 2023

1st – 28th: [Heart Month](https://www.heartuk.org.uk/get-involved/heart-month) & [British Heart Foundation](https://www.bhf.org.uk/what-we-do/news-from-the-bhf/news-archive/2022/february/support-the-bhf-this-heart-month)

Each year, the British Heart Foundation declares February as National Heart Month. According to the World Health Organization (WHO), cardiovascular disease is the world’s number one cause of death, killing over 17 million people every year.

2nd: [Time to Talk Day](https://timetotalkday.co.uk/)

Time to Talk Day is the nation’s biggest mental health conversation. Happening every year, it’s a day for friends, families, communities, and workplaces to come together to talk, listen and change lives.

4th: [World Cancer Day](https://www.worldcancerday.org/)

By raising worldwide **awareness**, we are all working together to reimagine a world where millions of preventable cancer deaths are saved and access to life-saving cancer treatment and care is equitable for all. By taking part in activities and events, we can reduce the global impact of cancer.

6th – 12th: [Sexual Abuse & Sexual Violence Awareness Week](https://sexualabuseandsexualviolenceawarenessweek.org/)

Sexual Abuse & Sexual Violence Awareness Week is the UK’s national week to raise awareness of sexual abuse and violence and to provide an opportunity for any organisation or individual to engage in dialogue.

6th - 12th: [Race Equality Week](https://www.raceequalitymatters.com/race-equality-week/)

Race Equality Week unites thousands of individuals and businesses alike, to address the issues concerning race equality in the workplace. The theme for 2023 is #ItsEveryonesBusiness because “tackling race inequality is everyone’s business”.

17th: [Random Acts of Kindness Day](https://www.randomactsofkindness.org/rak-day)

12th – 18th: [Random Acts of Kindness Week](https://www.randomactsofkindness.org/)

Random Acts of Kindness Day and Week upholds the tradition of celebrating kindness, with the belief that small acts of kindness can change people’s lives and encourage everyone to make kindness the norm.

13th – 17th: [OCD Week of Action](https://ocdaction.org.uk/)

OCD is a serious mental health condition and although it is highly treatable, thousands are struggling to access the treatment they desperately need. At OCD Action, we believe that everybody with OCD deserves the support they need to recover.

27th – 5th March: [Eating Disorders Week](https://edaw.beateatingdisorders.org.uk/)

1.25 million people in the UK (with 25% of those being male) are living with an eating disorder right now – but behind each one is a network of loved ones struggling too. Eating Disorders Awareness Week (EDAW) is hosted by BEAT.

## March 2023

1st – 31st: [Ovarian Cancer Awareness Month](https://ovarian.org.uk/march-ovarian-cancer-awareness-month/)

Ovarian cancer is the biggest gynaecological killer in the United Kingdom, with UK survival rates among the worst in Europe. About 20 people a day are diagnosed with ovarian cancer in the UK - that’s 7,000 each year.

1st – 31st: [Prostate Cancer Awareness Month](https://prostatecanceruk.org/)

In the UK, about 48,600 men are diagnosed each year and more than 11,000 dads, brothers, grandads, partners and mates die from prostate cancer every year. Awareness will ultimately save men’s lives.

1st – 31st: [Endometriosis Action Month](https://www.endometriosis-uk.org/endometriosis-action-month-2023)

This Endometriosis Action Month and beyond, we’re busting the myths and highlighting the real impact of living with endometriosis.

1st: [Zero Discrimination Day](https://www.unaids.org/en/zero-discrimination-day)

Primarily celebrated by the United Nations along with other international organizations, it aims to end all forms of inequality and discrimination.

4th: [World Obesity Day](https://www.obesityday.worldobesity.org/)

1.9 billion people worldwide will be living with obesity in 2035. Together misconceptions surrounding obesity and its complexities can be acknowledged to take effective, collective action. Because when we all talk, debate and share, we can shift norms and transform health outcomes for everybody.

5th-12th: [No More Week](https://uksaysnomore.org/campaigns/nomoreweek2023/)

**The 10th annual NO MORE Week coincides with International Women’s Day on 8 March. Launched in 2013, NO MORE Week is an annual, international opportunity to come together to raise awareness of domestic abuse and sexual violence.**

6th-12th:[Food Waste Action Week](https://www.lovefoodhatewaste.com/)

The campaign is a week of action which brings the nation together to save time and money by making the food we already have go further.

8th: [International Women's Day](https://www.internationalwomensday.com/)

Imagine a gender equal world. A world free of bias, stereotypes, and discrimination. A world that's diverse, equitable, and inclusive. A world where difference is valued and celebrated. Together we can forge women's equality.

8th: [No Smoking Day](https://www.bhf.org.uk/informationsupport/publications/smoking/understanding-smoking)

Around 5.4 million adults in England still smoke, and it remains the leading preventable cause of premature death. The theme in 2023 is “Stopping smoking protects your brain health”. The same chemicals which cause damage to the heart also cause damage to the brain. Smoking increases the chance of getting dementia, as well as lung and heart diseases.

9th: [World Kidney Day](https://www.worldkidneyday.org/2023-campaign/)

World Kidney Day aims to raise awareness of the importance of our kidneys to our overall health and to reduce the frequency and impact of kidney disease and its associated health problems worldwide.

13th – 19th: [Nutrition and Hydration Week](https://nutritionandhydrationweek.co.uk/)

Its purpose is to bring people together to create energy, focus and fun to highlight and educate people on the value of food and drink in maintaining health and wellbeing in health and social care.

13th – 19th: [Neurodiversity Celebration Week](https://www.neurodiversityweek.com/)

Neurodiversity Celebration Week is a worldwide initiative that challenges stereotypes and misconceptions about neurological differences. It aims to transform how neurodivergent individuals are perceived and supported by providing schools, universities, and organisations with the opportunity to recognise the many talents and advantages of being neurodivergent.

13th-19th: [Sign Language Week](https://signlanguageweek.org.uk/)

It is the British Deaf Association’s mission to protect, preserve and promote the language for future generations to come.

17th: [World Sleep Day](https://worldsleepday.org/)

World Sleep Society is issuing a global call to action to organize sleep health awareness activities on World Sleep Day. Members of World Sleep Society, sleep experts, and community health advocates in over 70 countries will be organizing local, regional, and national activities to promote sleep health.

17th – 2nd April: [Great British Spring Clean](https://www.keepbritaintidy.org/get-involved/support-our-campaigns/great-british-spring-clean)

The Great British Spring Clean is the UK’s biggest mass action environmental campaign, hosted by Keep Britain Tidy. Individuals, organisations, and schools are invited to participate in the campaign with by pledging to pick up a bag of litter (or more!) in their local area. Litter picking is a great way to immediately improve the look and feel of your community.

18th: [Global Recycling Day](https://www.globalrecyclingday.com/)

The mission of Global Recycling Day is to ask people across the planet to think resource, not waste, when it comes to the goods around us – until this happens, we simply won’t award recycled goods the true value and repurpose they deserve.

20th: [World Oral Health Day](https://www.worldoralhealthday.org/)

Be Proud of Your Mouth. This year, we want to inspire change by focusing on the importance of oral health at every stage of life, because no matter what age you are, caring for your mouth and looking after your oral health is important.

20th: [United Nations International Day of Happiness](https://www.un.org/en/observances/happiness-day)

It’s a day to be happy, of course! Since 2013, the United Nations has celebrated the International Day of Happiness as a way to recognise the importance of happiness in the lives of people around the world.

20th – 26th: [Debt Awareness Week](https://www.stepchange.org/partner-with-us/supporting-debt-awareness-week.aspx)

Debt Awareness Week is the charity StepChange’s annual campaign which aims to put problem debt and free advice on the agenda. Organisations can access social media graphics and sample comms, email templates and more to promote financial wellbeing in the workplace.

22nd: [World Water Day](https://www.worldwaterday.org/)

This World Water Day is about accelerating change to solve the water and sanitation crisis. And because water affects us all, everyone needs to take action. You and your family, school and community can make a difference by changing the way you use, consume and manage water in your lives.

24th: [World Tuberculosis Day](https://www.stoptb.org/)

Every year there are 10 million people get sick with TB. And because TB is airborne - It can affect any of us at any moment. But this should not happen, as we can stop spread and end TB. This year’s campaign aims to contribute to boosting the global TB awareness.

26th: [Epilepsy Awareness Purple Day](https://www.epilepsy.org.uk/involved/fundraising/purple-day)

Epilepsy Action campaigns for people with epilepsy all year round, raising valuable awareness and funds to support everyone affected by the condition. Purple Day represents the biggest chance in the year to get the word out there about how important it is to understand epilepsy.

27th – 2nd April: [World Autism Acceptance Week](https://www.autism.org.uk/get-involved/raise-money/world-autism-acceptance-week-2023)

Our theme for 2023 is colour, and we have a new virtual challenge, the [Spectrum Colour Challenge](https://www.autism.org.uk/get-involved/raise-money/world-autism-acceptance-week-2023/spectrum-colour-challenge) and a new in-person event, the [Spectrum Colour Walks](https://www.autism.org.uk/get-involved/raise-money/world-autism-acceptance-week-2023/spectrum-colour-walks). Support is needed for the 700,000 autistic people in the UK to transform our society into one that truly works for autistic people.

30th: [World Bipolar Day](https://www.worldbipolarday.org/)

The vision of WBD is to bring world awareness to bipolar disorders and to eliminate social stigma.

31st: [International Transgender Day of Visibility](https://ccgsd-ccdgs.org/trans-visibility/)

This annual event occurring on March 31 is dedicated to celebrating trans people and raising awareness of discrimination faced by transgender people worldwide.

## April 2023

1st – 30th: [Stress Awareness Month](http://www.stress.org.uk/)

To raise awareness of the negative impact of stress and to raise awareness of the causes and cures for our modern-day stress epidemic.

1st – 30th: [Bowel Cancer Awareness Month](https://www.bowelcanceruk.org.uk/support-us/bowel-cancer-awareness-month/)

As bowel cancer is the fourth most common cancer in the UK, with nearly 43,000 new cases every year, this campaign is to raise awareness of the symptoms.

1st – 30th: [Testicular Cancer Awareness Month](https://www.testicularcancernetwork.co.uk/)

An ideal opportunity to inform men on testicular cancer, including the signs and symptoms and how to self-examine themselves, allowing early detection and increasing survival rates.

7th: [World Health Day](https://www.who.int/campaigns/world-health-day)

WHO’s 75th anniversary year is an opportunity to look back at public health successes and to motivate action to tackle the health challenges of today.

11th: [World Parkinson's Day](https://www.parkinsons.org.uk/get-involved/world-parkinsons-day)

Parkinson’s is the fastest growing neurological condition in the world.

21st: [Pancreatic Action Day](https://pancreaticcanceraction.org/)

P**ancreatic cancer is the** 5th biggest cancer killer in the UK and with dire **survival rates of between 3 to 8%**, which haven’t improved for almost 50 years, this is the ideal time to raise awareness and education about the disease.

22nd: [Earth Day](https://www.earthday.org/earth-day-2023/)

Earth Day is to raise awareness of the need to protect Earth’s natural resources for future generations.

24th – 30th: [MS Awareness Week](https://www.mssociety.org.uk/get-involved/ms-awareness-week)

This week provides an opportunity to shine a light on what is often an invisible and misunderstood condition, currently affecting around 130,000 people in the UK.

24th – 30th: [Allergy Awareness Week](https://www.allergyuk.org/)

This week is all about raising awareness about allergies and offering help and support to those living with allergic conditions.

27th: [On Your Feet Day](http://www.onyourfeetday.com/)

This is the national **activity** awareness day when **2 MILLION desk-based workers** across Britain participate in a variety of fun and simple activities to **#SitLess** and **#MoveMore** at work.

## May 2023

1st – 31st: [National Walking Month](https://www.livingstreets.org.uk/get-involved/campaign-with-us/national-walking-month)

A 20-minute walk can reduce the risk of a number of preventable health conditions, including certain cancers, depression, heart disease and Type 2 diabetes. By swapping a short drive for a short walk, you can also help reduce air pollution, congestion and road danger - whilst saving yourself some money and getting active in the process!

1st - 31st: [Stroke Awareness Month](https://www.stroke.org.uk/fundraising/stroke-awareness-month)

May is Stroke Awareness Month, an opportunity to remember that despite amazing advances in research and clinical care, stroke continues to be a leading cause of death and a leading cause of adult disability.

1st – 31st: [Skin Cancer Awareness Month](https://www.melanomauk.org.uk/melanoma-awareness-month)

Nearly 90% of melanomas are preventable, so raising awareness is of utmost importance to slowing the rapidly rising worldwide rates of diagnoses.

1st - 30th: [Bladder Cancer Awareness Month](https://fightbladdercancer.co.uk/get-involved/bladder-cancer-awareness-month)

Bladder cancer is the 6th most common cancer among men globally, and the 10th most common overall. Anybody can get bladder cancer, but it is most common in older adults (over 60-65 years old).

1st – 7th: [Sun Awareness Week](https://www.skinhealthinfo.org.uk/sun-awareness/sun-awareness-week/)

The Sun Awareness Week campaign provides advice on prevention as well as early detection. By teaching prevention, we aim to raise awareness of the dangers of burning and excessive tanning, and to discourage people from using sunbeds. We also teach people how to spot the signs of skin cancer to increase the number of people who get diagnosed early.

2nd: [World Asthma Day](https://ginasthma.org/2023-world-asthma-day/)

World Asthma Day (WAD) is organized by the Global Initiative for Asthma, (GINA) ([www.ginasthma.org](https://ginasthma.org/)), a World Health Organization collaborative organization founded in 1993.  WAD is held each May to raise awareness of Asthma worldwide.

2nd – 8th: [Maternal Mental Health Awareness Week](https://maternalmentalhealthalliance.org/)

Good maternity management means more than simply managing maternity rights, leave and pay. Employer responsibilities continue after new mums return to the office.

One in five new mothers experience perinatal mood and anxiety disorder (PMD) but this sometimes can go unnoticed in a busy workplace. Through educating yourself and engaging you can better help support members of staff who could be experiencing PMD.

2nd – 8th: [Deaf Awareness Week](https://ukcod.org/deaf-awareness-week/)

Deaf Awareness Week takes place annually to promote the positivity of living with deafness. The week brings awareness to the isolation that deaf people can experience, whilst promoting social inclusion of those with hearing loss.

10th: [National Day for Staff Networks](https://www.nationaldayforstaffnetworks.co.uk/)

The National Day for Staff Networks is dedicated to recognising networks/resource groups and the incredible value they add to the workplace. Interested organisations can register to receive an electronic toolkit with top tips and upcoming webinars from the sponsoring charity-National Day for Staff Networks CIC.

15th - 21st: [Mental Health Awareness Week](https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week)

Mental Health Awareness Week is**an ideal time for us all to think about mental health, tackle stigma, and find out how we can create a society that prevents mental health problems from developing and protects our mental well-being.**

15th-21st: [Learning at Work Week](https://www.learningatworkweek.com/LAWW/LAWW/Start-Here/About-LAW-Week.aspx)

Many organisers use the Week as a catalyst for change providing an opportunity to 'rebrand' or refresh learning and development, reinforcing the organisation’s commitment to staff development and celebrating learning that takes place all year round.

15th May – 15th June: [National Smile Month](https://www.dentalhealth.org/about-national-smile-month)

**National Smile Month** is a charity campaign all about championing the benefits of having good oral health and promoting the value of a healthy smile.

15th – 21st: [Dementia Action Week](https://www.alzheimers.org.uk/get-involved/dementia-action-week)

In 2022, Dementia Action Week encouraged people concerned that they or someone they know may be experiencing dementia symptoms to seek further help. Information was provided on memory loss, advice on talking to the GP, and ways to cope with memory loss.

22nd -26th: [Water Saving Week](https://www.waterwise.org.uk/wsw2022/)

Water-Saving Week aims to raise awareness about the need of reducing water waste to manage climate change, maintain our environment healthy, and assist local communities in thriving.

31st: [World No Tobacco Day](https://www.who.int/campaigns/world-no-tobacco-day)

This yearly celebration informs the public on the dangers of using tobacco and what people around the world can do to claim their right to health and healthy living and to protect future generations.

TBC: [National Conversation Week](https://www.nationalconversationweek.com/) & [National Conversation Week](https://www.nationalconversationweek.co.uk/about/)

**National Conversation Week aims to encourage everyone in the UK to try to engage with those around them.**

## June 2023

1st – 7th: [Volunteers Week](https://volunteersweek.org/)

Volunteers’ Week is an annual celebration of the contribution millions of people make across the UK through volunteering.

5th: [World Environment Day](https://www.worldenvironmentday.global/) & [UN - World Environment Day](https://www.un.org/en/observances/environment-day)

Time is running out, and nature is in emergency mode. To keep global warming below 1.5°C this century, annual greenhouse gas emissions must halve by 2030. Without action, exposure to air pollution beyond safe guidelines will increase by 50 per cent within the decade and plastic waste flowing into aquatic ecosystems will nearly triple by 2040.

5th – 11th: [Bike Week](https://www.cyclinguk.org/bikeweek)

This year Bike Week is all about workplace cycling to encourage workplaces to support their staff to ride during the week.

12 – 16th: [BNF Healthy Eating Week](https://www.nutrition.org.uk/healthy-eating-week/)

Healthy Eating Week is all about supporting and promoting healthier lifestyles. Healthy Eating Week aims to encourage everyone to reflect on their lifestyles and find ways to enhance their own health and wellbeing, with a particular focus on what they eat and drink.

12th – 16th: [Loneliness Awareness Week](https://www.marmaladetrust.org/law)

Loneliness Awareness Week is all about creating supportive communities by having conversations with family, friends or colleagues about loneliness. Loneliness is a natural human emotion - we are hardwired to need social connections. By talking about it, we can support ourselves and others.

12th – 18th: [Men's Health Week](https://www.menshealthforum.org.uk/mhw)

Men's Health Week (MHW) is designed to**give all boys and men access to the information, services and treatment they need to live healthier, longer and more fulfilling lives.**

13th – 19th: [Diabetes Awareness Week](https://www.diabetes.org.uk/diabetes-week)

**A time to celebrate those who overcome the everyday challenges of living with diabetes.**

14th: [World Blood Donor Day](https://www.who.int/campaigns/world-blood-donor-day)

The event serves to raise awareness of the need for safe blood and blood products and to thank voluntary, unpaid blood donors for their life-saving gifts of blood.

15th: [National Clean Air Day](https://www.actionforcleanair.org.uk/campaigns/clean-air-day)

Every year, air pollution causes up to 36,000 deaths in the UK.  The World Health Organisation and the UK Government recognise that air pollution is the largest environmental health risk we face today.

19th – 24th: [Cervical Screening Awareness Week](https://www.jostrust.org.uk/get-involved/campaign/cervical-screening-awareness-week)

Join us in raising awareness and sharing information about cervical screening (smear tests).

21st – 27th: [Love Your Lungs Week](https://www.blf.org.uk/take-action/campaign/loveyourlungsweek)

TBC: [World Wellbeing Week](https://wellbeingworld.je/news/world-wellbeing-week-2022-reaching-millions/)

## July 2023

1st - 31st: [Sarcoma Awareness Month](https://sarcoma.org.uk/sarcoma-awareness-month/)

Sarcomas are rare cancers that develop in the supporting tissues of the body. Supporting tissues include bone, cartilage, tendons, fat and muscle. Each year, about 4300 people in England are diagnosed with a soft tissue sarcoma and about 550 people are diagnosed with bone cancer in the UK.

3rd – 9th: [Health Information Week](https://healthinfoweek.wixsite.com/healthinfoweek)

Health Information Week is a national, multi-sector campaign promoting high-quality information for patients and the public. High quality health information can have a huge impact on people’s ability to stay healthy and manage illnesses effectively, giving them a better quality of life.

3rd – 9th: [Alcohol Awareness Week](https://alcoholchange.org.uk/get-involved/campaigns/alcohol-awareness-week-1)

Alcohol Awareness Week is a chance for the UK to get thinking about drinking. It’s a week of awareness-raising, campaigning for change, and more. The theme for Alcohol Awareness Week 2023 is ‘**Alcohol and cost**’.

1st – 31st: [Samaritans Talk to Us Month](https://www.samaritans.org/support-us/campaign/talk-us/)

This campaign reminds people that the Samaritans are here for anyone who needs someone to listen.

1st – 31st: [Plastic Free July](https://www.plasticfreejuly.org/)

Plastic Free July is a global movement that helps millions of people be part of the solution to plastic pollution – so we can have cleaner streets, oceans and beautiful communities. Will you be part of Plastic Free July by choosing to refuse single-use plastics?

24th: [Samaritans Awareness Day](https://www.samaritans.org/support-us/campaign/talk-us/)

30th: [International Day of Friendship](https://www.un.org/en/observances/friendship-day)

Our world faces many challenges, crises and forces of division — such as poverty, violence, and human rights abuses — that undermine peace, security, development and social harmony among the world's peoples. To confront those crises and challenges, their root causes must be addressed by promoting and defending a shared spirit of human solidarity that takes many forms — the simplest of which is friendship.

## August 2023

1st – 7th: [World Breastfeeding Week](https://worldbreastfeedingweek.org/)

Workplaces challenges remain the most common reason for women to never breastfeed or stop breastfeeding earlier than recommended.

4th: [Cycle to Work Day](https://www.cycletoworkday.org/)

It’s the UK’s biggest cycle commuting event of the year. It’s all about encouraging the great British workforce to ditch the car and instead try cycling to their place of work. It’s an event for everyone, from people who haven’t hopped on a bike since their school days to committed cycle commuters. What’s matters is jumping on a bike, giving it a go and joining a community of cyclists sharing all that’s good about cycling to work.

## September 2023

1st – 30th: [Blood Cancer Awareness Month](https://bloodcancer.org.uk/get-involved/blood-cancer-awareness-month/)

As we enter Blood Cancer Awareness Month, we're highlighting the massive crisis of awareness in blood cancer. Despite blood cancer being the UK’s third biggest cancer killer, one in four people would be unlikely to go to their GP if they had any of the main symptoms.

1st – 30th: [Gynaecological Cancer Awareness Month](https://www.macmillan.org.uk/cancer-awareness/gynaecological-cancer-awareness-month)

The campaigns highlights the importance of bringing awareness to all gynaecologic cancers—cervical, ovarian, uterine/endometrial, vaginal and vulvar cancer.

1st - 30th: [Urological Cancer Awareness Month](https://www.theurologyfoundation.org/get-involved/urology-awareness-month)

**One in five UK adults who have experienced potential cancer symptoms, have not seen a doctor due to being too embarrassed to go.**

1st - 30th: [Blood Cancer (Myeloma) Awareness Month](https://www.myeloma.org.uk/blood-cancer-awareness-month/)

Each year in the UK, approximately 5,700 people are diagnosed with myeloma. Find out more about this type of cancer and get information on how it develops.

1st - 30th: [Thyroid Cancer Awareness Month](https://www.amend.org.uk/get-ready-for-thyroid-cancer-awareness-month/)

Thyroid Cancer is a are type of cancer that affects the thyroid gland, a small gland at the base of the neck that produces hormones.

1st - 30th: [Organic September](https://www.soilassociation.org/take-action/organic-living/organic-september/)

Organised by the Soil Association, it aims to encourage more people to try organic food, products and services as a way to promote and educate people about organic food and farming practices that have a positive effect on the climate and environment.

10th: [World Suicide Prevention Day](https://www.who.int/campaigns/world-suicide-prevention-day) & [Samaritans - World Suicide Prevention Day](https://www.samaritans.org/support-us/campaign/world-suicide-prevention-day/)

World Suicide Prevention Day is hosted on 10 September each year by the International Association for Suicide Prevention and provides the opportunity for people, across the globe, to raise awareness of [suicide](http://www.mentalhealth-uk.org/suicide) and suicide prevention.

11th – 15th: [Pension Awareness Week](https://pensionawarenessday.com/)

Pension Awareness week is an annual five-day engagement event, aiming to empower members to better understand and value their pension, and help them plan for their financial future.

11th – 17th: [Male Cancer Awareness Week](https://orchid-cancer.org.uk/awareness-and-education/male-cancer-awareness-week/)

An event that gives the opportunity to highlight essential health awareness messages for men at risk of testicular, prostate or penile cancer.

15th-24th: [Great British Beach Clean](https://www.mcsuk.org/what-you-can-do/join-a-beach-clean/the-great-british-beach-clean/)

Every September thousands of people across the UK head to the coast to take part in the Great British Beach Clean.

18th – 24th: [Organ Donation Week](https://www.organdonation.nhs.uk/get-involved/organ-donation-campaigns/)

Organ Donation Week (https://www.organdonation.nhs.uk/) aims to encourage people to join the organ donor register and to share their decision with their families. Across the UK, there are around 6,500 people in need of an organ transplant, including around 150 children and teenagers.

19th - 25th: [International Week of Deaf People](https://wfdeaf.org/iwdeaf2021/)

The International Week of Deaf People has been celebrated during the last full week of September. This week, we come together to recognise that deaf people have our own communities, our own cultures, our own languages, sign languages, which unite us all.

18th - 24th: [National Eye Health Week](http://www.visionmatters.org.uk/)

National Eye Health Week promotes the importance of good eye health and the need for regular eye tests for all.

18th - 24th: [Organ Donation Week](https://www.organdonation.nhs.uk/get-involved/organ-donation-campaigns/)

We campaign to promote public awareness about organ donation and transplantation.

19th - 25th: [International Week of Happiness at Work](https://internationalweekofhappinessatwork.com/)

When we are happy at work, we are likely to also be happier in the rest of our life. We believe that Happiness at Work should be on the list of top priorities of all organizations, big and small, national and international.

23rd: [International Day of Sign Languages](https://www.un.org/en/observances/sign-languages-day)

The International Day of Sign Languages is a unique opportunity to support and protect the linguistic identity and cultural diversity of all deaf people and other sign language users.

25th: [National Fitness Day](https://www.nationalfitnessday.com/)

National Fitness Day is a chance to highlight the role physical activity plays across the UK, helping to raise awareness of its importance in assisting us lead healthier lifestyles through being physically active.

29th: [World Heart Day](https://world-heart-federation.org/world-heart-day/)

Every year, over 17 million people die from heart disease. To fight this, the World Heart Federation created World Heart Day. It’s an event held every year on September 29. People around the world can find events that raise awareness about cardiovascular disease (CVD) — its warning signs, the steps you can take to fight it, and how to help those around you who may be suffering. Fight CVD by getting involved with a World Heart Day event near you.

TBC: [Know Your Numbers Week](https://www.bloodpressureuk.org/know-your-numbers/know-your-numbers-week/)

Know Your Numbers! Week is the UK's biggest blood pressure testing and awareness event. Know Your Numbers! Week reaches those who have high blood pressure and don’t know it, so they can get the treatment and support they need to bring it under control. Every September, volunteers give free blood pressure checks to thousands of passers-by to prevent heart attacks and strokes.

TBC: [Recycle Week](https://wrap.org.uk/taking-action/citizen-behaviour-change/recycle-now/recycle-week)

Recycle Week is [Recycle Now](https://wrap.org.uk/taking-action/citizen-behaviour-change/recycle-now)'s flagship annual event which is a celebration of recycling across the nation and to galvanise the public into recycling more of the right things, more often.

## October 2023

1st – 31st: [National Cholesterol Month](https://www.heartuk.org.uk/national-cholesterol-month/national-cholesterol-month-october-2022)

October is National Cholesterol Month which is all about raising the awareness & importance of maintaining a healthy cholesterol level. 'Small changes can make a big difference' to your cholesterol levels & heart health through your habit, diet & exercise.

1st-31st: [Liver Cancer Awareness Month](https://britishlivertrust.org.uk/liver-cancer-awareness-month/)

Liver Cancer rates have more than doubled in 20 years and every year over 6,000 people are diagnosed in the UK.  Sadly, just 13% of people diagnosed with liver cancer will survive for five years or more.

1st – 31st: [Stoptober](https://www.blf.org.uk/take-action/campaign-with-us/stoptober)

Stoptober runs each October during which participants are encouraged to**stop smoking**. Public Health England created the annual campaign and continues to fund it.

1st – 31st: [Sober October](https://www.gosober.org.uk/about/the-challenge)

Sober October is a**fundraising campaign** aimed at challenging social drinkers to change their habits for a month and make some healthy lifestyle changes.

1st – 31st: [Breast Cancer Awareness Month](https://breastcancernow.org/get-involved/breast-cancer-awareness-month)

A month to raise awareness of breast cancer prevention.

1st – 31st: [Menopause Awareness Month](https://www.imsociety.org/for-women/)

The purpose of World Menopause Awareness Month is to raise awareness of the menopause and the support options available for improving health and wellbeing.

1st – 31st: [ADHD Awareness Month](https://adhdaware.org.uk/october-is-adhd-awareness-month/) & <https://www.adhdawarenessmonth.org/>

ADHD Awareness Month in October is a time to reflect on what ADHD is, how it affects people, and celebrate neurodiversity in general. ADHD is a type of neurodiversity that affects every aspect of life, and many people don’t realise they have it until they’re much older. The month serves as a time to celebrate the difference found in neurodiversity while also advocating for new perspectives and better support systems.

2nd – 8th: [Dyslexia Awareness Week](https://www.bdadyslexia.org.uk/support-us/awareness-events/dyslexia-awareness-week/dyslexia-awareness-week-2023)

**Dyslexia Week is an annual event to raise awareness of dyslexia, providing resources and information with teachers, employers and the general public to highlight a different dyslexia-related theme.**

2nd – 6th: [Back Awareness Week](https://backcare.org.uk/event/2022-back-care-awareness-week/)

The first full week of October marks Backcare Awareness Week in the UK, a campaign run by [BackCare](https://backcare.org.uk/) (the National Back Pain Association). For over 50 years it’s been educating people on how to prevent and relieve back pain. Each year their campaign focuses on a different area or cause of back pain, such as working from home, studying from home, back pain in nursing and back pain in golf.

2nd – 6th:[National Work Life Week](https://workingfamilies.org.uk/campaigns/national-work-life-week/)

National work-life week is another opportunity for employers to support the health and wellbeing of their employees and promote a healthy work-life balance. This week is designed to highlight the importance of creating a healthy balance between our working life and our personal life.

10th: [World Mental Health Day](https://www.who.int/news-room/events/detail/2022/10/10/default-calendar/world-mental-health-day-2022---make-mental-health-and-well-being-for-all-a-global-priority)

The overall objective of World Mental Health Day is to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health.

The Day provides an opportunity for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide.

18th: [World Menopause Awareness Day](https://www.imsociety.org/education/world-menopause-day/)

World Menopause Day is held every year on the 18th October, led by the [International Menopause Society](https://www.imsociety.org/). The purpose of the day is to raise awareness on the menopause and support options for improving health and wellbeing. It is designed as opportunity to help women and professionals engage in positive conversations, raise awareness through events, workshops, communication materials and sharing on social media.

20th: [World Osteoporosis Day](https://www.worldosteoporosisday.org/)

World Osteoporosis Day, marked on October 20th each year, is a prime time to put the spotlight on osteoporosis and highlight the importance of a bone-healthy lifestyle as the foundation for strong bones.

28th - 4th November: [International Brain Tumour Awareness Week](https://theibta.org/awareness-raising/ibtaw-toolkit/)

It is a celebration of awareness raising activities in which the international brain tumour community unites to draw attention to the challenges of brain tumours.

30th October – 3rd November: [International Stress Awareness Week](https://isma.org.uk/isma-international-stress-awareness-week)

International Stress Awareness Week focuses on stress management and campaigning against the stigma associated with stress and mental health issues.

## November 2023

1st - 30th: [World Vegan Month](https://www.vegansociety.com/get-involved/world-vegan-month)

Every November, World Vegan Month is celebrated around the world as a time to shine a light on the vegan movement.

1st – 30th: [Movember](https://uk.movember.com/)

Movember is an**annual event involving the growing of moustaches** during the month of November to raise awareness of men's health issues, such as prostate cancer, testicular cancer, and men's suicide.

1st - 30th: [Lung Cancer Awareness Month](https://roycastle.org/)

Lung Cancer is the third most common type of cancer in the UK. It's also difficult to spot the symptoms early on, so it's important to know what to look out for and how you can reduce your risk. Find out more about signs and symptoms, where you can find information and support, and how you can make a difference.

1st – 30th: [Pancreatic Cancer Awareness Month](https://www.pancreaticcancer.org.uk/get-involved/make-a-difference/pancreatic-cancer-awareness-month-pcam/)

With pancreatic cancer, silence is deadly. It’s a disease that gets too little attention and funding, and far too many people are dying.

1st – 30th: [Mouth Cancer Action Month](https://www.dentalhealth.org/Pages/Default.aspx?CategoryTitle=bemouthaware&TagTitle=mouth-cancer-action-month&SubsiteTitle=mouthcancer)

Mouth Cancer Action Month is an initiative run by the Oral Health Foundation aiming to raise awareness of the issues surrounding the condition and the symptoms that people should look for.

1st – 30th: [Veg pledge](https://www.cancerresearchuk.org/get-involved/do-your-own-fundraising/veg-pledge/the-benefits)

The Veg Pledge is an initiative set up by Cancer Research UK which asks you to “Take the Veg Pledge” and ditch meat for a whole month and aims to educate people on the benefits of following a vegetarian diet.

6th – 10th: [Money and Pensions Service Talk Money Week](https://maps.org.uk/talk-money-week/)

Every year the Money and Pensions Service hosts Talk Money Week to encourage people to open up about their finances. Discover how to get involved in Talk Money Week, regardless of the sector or size of your organisation, and find guides on how to Talk Money with your friends, family, or children.

13th: [World Kindness Day](https://www.randomactsofkindness.org/world-kindness-day)

World Kindness Day promotes kindness throughout the world and is observed annually on November 13 as part of the World Kindness Movement. World Kindness Day presents us with the opportunity to reflect upon one of the most important and unifying human principles.

14th: [World Diabetes Day](https://worlddiabetesday.org/)

World Diabetes Day is a global occasion on which people with diabetes, health professionals, diabetes advocates, media, the general public and government organisations unite to raise awareness of diabetes.

13th – 19th: [National Self Care Week](https://www.selfcareforum.org/events/self-care-week/)

Self-Care Week is an annual national awareness week that focuses on embedding support for self-care across communities, families and generations.

13th – 19th: [Sugar Awareness Week](https://www.actiononsugar.org/sugar-awareness-week/)

Each year we organise a national Sugar Awareness Week to help raise awareness of the damaging effect of too much sugars in our diet.

16th: [World Pancreatic Cancer Day](https://pancreatic.org/event/world-pancreatic-cancer-day/)

On World Pancreatic Cancer Day, loved ones, communities and organisations around the world unite to shine a light on pancreatic cancer and share our universal message that it’s about time we all know the symptoms! Raise awareness on this special day as we share the facts about this disease, survivor stories and what you can do to make an impact.

19th: [International Men's Day](https://internationalmensday.com/) & [International Men's Day UK](https://ukmensday.org.uk/)

International Men’s Day celebrates worldwide the positive value men bring to the world, their families and communities, highlighting positive role models and raising awareness of men’s well-being. The theme for 2023 is “Zero Male Suicide”.

19th – 26th: [Road Safety Week](https://www.brake.org.uk/road-safety-week)

Road Safety Week is Brake's biggest road safety campaign. Every year, thousands of schools, organisations and communities get involved to share important road safety messages, remember people affected by road death and injury, and raise funds to help Brake care for more road victims and campaign for safe roads for everyone.

25th: [White Ribbon Day](https://www.whiteribbon.org.uk/day-old)

White Ribbon is the UK’s leading charity engaging men and boys to end violence against women and girls.The campaign is intended to raise awareness about the prevalence of male violence against women, with the ribbon symbolizing “the idea of men giving up their arms”.

Every 25th November is White Ribbon Day which is followed by 16 days of action to end male violence against women. Each year, thanks to all our supporters, organisations and activists thousands of people make the White Ribbon Promise, wear a White Ribbon and raise awareness. [Kent & Medway 16 Days of Action](https://www.domesticabuseservices.org.uk/latest-news-articles-advice/16-days/)

TBC: [Stress Awareness Day](https://www.rethink.org/get-involved/awareness-days-and-events/stress-awareness-day/)

We know what it is like to feel stressed and being under pressure is a normal part of life. But becoming overwhelmed by stress can lead to mental health problems or make existing problems worse. Stress Awareness Day highlights the ways that stress can affect people and what you can do to manage your stress before it becomes a problem.

## December 2023

1st: [World Aids Day](https://www.worldaidsday.org/about/)

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.

3rd: [United Nations International Day of Persons with Disabilities](https://www.un.org/en/observances/day-of-persons-with-disabilities) & <https://idpwd.org/>

The aim of International Day of People with Disabilities is to make people aware of inequalities, to promote the rights of people with disabilities and to celebrate the achievements of people with disabilities.

10th: [Human Rights Day](https://www.un.org/en/observances/human-rights-day)

Human Rights Day remembers the day the General Assembly of the U.N. adopted and proclaimed the Universal Declaration of Human Rights in 1948. It has inspired countries and people to start treating every person with the right to life, liberty, property, and the pursuit of happiness. On Human Rights Day we acknowledge the importance of this document and the importance of human rights.

12th: [National Workplace Day of Remembrance](https://www.nwdr.online/)

This is a day to remember everyone who lost their lives at work, whatever their job or industry.

TBC: [National Grief Awareness Week](https://www.thegoodgrieftrust.org/ngaw/)

National Grief Awareness Week exists to raise awareness of all aspects of grief and loss on a national scale and also to signpost channels of support for those who have suffered a bereavement and are in need.