

## January

- Dry January (1-31)
- World Braille Day (4)
- Cervical Cancer Prevention Week (22-28)

## February

- National Heart Month
- Time to Talk Day (1)
- Children's Mental Health Week (5-11)

## March

- Prostate and Ovarian Cancer Awareness (1-31)
- No Smoking Day (13)
- Nutrition and Hydration Week (11-18)
- University Mental Health Day (14)
- World Sleep Day (15)

## April

- Stress Awareness month
- Testicular Cancer
- World Autism Acceptance Week (2-8)
- World Health Day (7)
- On your feet Britain (25)

## May

- National Walking Month (1-31)
- Sun Awareness Week (6-12)
- Deaf Awareness Week (2-8)
- Mental Health Awareness Week (13-19)
- Global Accessibility Awareness Day (16)
- International Day against Homophobia, Biphobia and Transphobia

## July

- Alcohol Awareness Week (3-9)

## August

- World Breastfeeding Week (1-7)
- Cycle to Work Day (1)

## June

- Carers Week (10-16)
- Healthy Eating Week (10-14)
- Men's Health Week (12-18)
- Diabetes Awareness Week (9-15)
- National Clean Air Day (15)
- Refugee Week (17-23)
- Learning Disabilities Week (17-23)

## September

- Know Your Numbers Week (9-15)
- World Suicide Prevention Day (10)
- National Fitness Day (25)

## October

- Stoptober (1-31)
- Breast Cancer Awareness Month (1-31)
- Back Care Awareness week (2-8)
- World Mental Health Day (10)
- National Work Life Balance Week (7-11)
- World Menopause Day (18)

## November

- November (1-30)
- Talk Money Week (11-17)
- 16 Days of Activism Against Domestic Violence (25 Nov-1 Dec)

## December

- World Aids Day (1)

