



# Health Campaigns Calendar 2024

This resource will help you find out about national health and wellbeing campaigns and awareness days which you can use to plan activities and help raise awareness in schools.

Campaign	Date	More Information
<b>Dry January</b>	January 2024	Challenging you to go alcohol free for 31 days and aims to raise awareness of the effects of alcohol.  <a href="#">Alcohol Change</a>
<b>World Religion Day</b>	21 January 2024	To promote inter-faith understanding and harmony.  <a href="#">World Religion Day</a>
<b>LGBT+ History Month</b>	February 2024	To promote equality and diversity for the benefit of the public.  <a href="#">LGBT+ History Month</a>
<b>World Cancer Day</b>	4 February 2024	Aims to save millions of preventable deaths each year by encouraging individuals to take action.  <a href="#">World Cancer Day</a>
<b>Time to Talk Day</b>	1 February 2024	Getting people to talk about mental health and by doing so help change lives.  <a href="#">Time to Change</a>
<b>National Apprenticeship Week</b>	5-11 February 2024	Annual week-long celebration of apprenticeships to shine a light on the amazing work being done by employers and apprentices across the country.  <a href="#">Apprenticeships</a>
<b>Eating Disorder Awareness Week</b>	26 February-3 March 2024	An international awareness event, fighting the myths and misunderstandings that surround eating disorders.  <a href="#">Beat Eating Disorders</a>
<b>International Women's Day</b>	8 March 2024	A global holiday celebrated annually to commemorate the cultural, political, and socioeconomic achievements of women.  <a href="#">International Women's Day</a>
<b>No Smoking Day</b>	13 March 2024	Help encourage as many smokers as possible to quit on No Smoking Day by organising your own event.  <a href="#">British Heart Foundation</a>
<b>British Science Week</b>	7 – 16 March 2024	A ten-day celebration of science, technology, engineering and maths. This year's theme is growth, with lots of free resources for schools to use!  <a href="#">British Science Week</a>

<b>Nutrition &amp; Hydration Week</b>	11 – 17 March 2024	A shared objective to highlight, promote and celebrate improvements in the provision of nutrition and hydration locally, nationally and globally.  <a href="#">Nutrition and Hydration Week</a>
<b>Red Nose Day, Comic Relief</b>	15 March 2024	With the mission to end child poverty, this year's theme is about 'you', the people at home, in schools and on the ground, doing your bit.  <a href="#">Red Nose Day</a>
<b>World Sleep Day</b>	15 March 2024	A celebration of sleep and a call to action on important issues related to sleep, including medicine, education, social aspects and driving.  <a href="#">World Sleep Day</a>
<b>World Oral Health Day</b>	20 March 2024	Celebrated globally every year on 20 March. Organised by FDI World Dental Federation.  <a href="#">World Oral Health Day</a>
<b>Stress Awareness Month</b>	April 2024	Increasing public awareness about both the causes and cures for our modern stress epidemic.  <a href="#">Stress Management Society</a>
<b>On Your Feet Britain</b>	25 April 2024	Workers across Britain unite together and participate in a variety of fun and simple activities to #SitLess and #MoveMore at work.  <a href="#">Living Streets</a>
<b>National Walking Month</b>	May 2024	Encourages people to walk more throughout May.  <a href="#">Living Streets</a>
<b>Sun Awareness Week</b>	6-12 May 2024	Get involved in raising awareness across the UK by ordering free posters and leaflets from the Sun Awareness range.  <a href="#">British Association of Dermatologists</a>
<b>Deaf Awareness Week</b>	6-12 May 2024	The aim of Deaf Awareness Week is to raise awareness of hearing loss in the UK and its impact on people's lives.  <a href="#">Deaf Council</a>
<b>Mental Health Awareness Week</b>	13- 19 May 2024	A UK event supported by the Mental Health Foundation. The aim is to educate the public about mental health issues and to promote better mental health.  <a href="#">Mental Health Foundation</a>

<b>National Numeracy Day</b>	22 May 2024	Led by National Numeracy, this day involves different activities and events to encourage everyone to build their confidence with numbers.  <a href="#">National Numeracy</a>
<b>International Day against Homophobia, Transphobia and Biphobia</b>	17 May 2024	International events raising awareness of LGBT rights violations and stimulating interest in LGBT rights work worldwide.  <a href="#">May 17</a>
<b>Volunteers' Week</b>	3-9 June 2024	Volunteers' Week is a time to say thanks for the contribution millions of people make across the UK through volunteering.  <a href="#">Volunteers' Week</a>
<b>Bike Week</b>	10-16 June 2024	Encouraging people to get out cycling and switch to cycling as the best way to get around.  <a href="#">Cycling Week</a>
<b>National Carers Week</b>	10-16 June 2024	Raising awareness of caring by highlighting the challenges that carers face and recognise the contribution they make.  <a href="#">Carers Week</a>
<b>BNF Healthy Eating Week</b>	10-14 June 2024	Have 5 A Day; Drink plenty; Get active; and try something new.  <a href="#">British Nutrition Foundation</a>
<b>National Clean Air Day</b>	20 June 2024	A chance for the whole country to come together and improve air quality through collective action.  <a href="#">Clean Air Day</a>
<b>Learning Disability Week</b>	17-23 June 2024	Raising awareness about the issues that are important to people with a learning disability and their families and carers.  <a href="#">Mencap</a>
<b>Alcohol Awareness Week</b>	1-7 July 2024	A chance for the UK to get thinking about drinking. It's a week of awareness-raising, campaigning for change, and more.  <a href="#">Alcohol Change</a>
<b>Cycle to Work Day</b>	1 August 2024	UK's biggest cycle commuting event.  <a href="#">Cycle to Work Day</a>
<b>World Suicide Prevention Day</b>	10 September 2024	Promoting worldwide commitment and action to prevent suicides.

		<a href="#">International Association of Suicide Prevention</a>
<b>National Eye Health Week</b>	23-29 September 2023	Healthcare professionals joining forces to encourage more people to have regular sight tests and make lifestyle choices that benefit their vision and general wellbeing.
		<a href="#">Vision Matters</a>
<b>International Day of Sign Languages</b>	23 September 2024	Celebrated annually across the world on 23 September every year along with International Week of the Deaf.
		<a href="#">The UN</a>
<b>World's Biggest Coffee Morning</b>	27 September 2024	Support Macmillan by hosting your own coffee morning to raise awareness.
		<a href="#">Macmillan</a>
<b>National Fitness Day</b>	18 September 2024	Make this the most active day of the year.
		<a href="#">National Fitness Day</a>
<b>Stoptober</b>	October 2024	Encouraging the nation's smokers to make a quit attempt for the month of October and beyond.
		<a href="#">Public Health England</a>
<b>Sober October</b>	October 2024	Get involved in Sober October by going alcohol-free in October to raise money for people with cancer.
		<a href="#">Macmillan Cancer Support</a>
<b>Black History Month</b>	October 2024	A nationwide celebration of Black History, Arts and Culture throughout the UK.
		<a href="#">Black History Month</a>
<b>World Mental Health Day</b>	10 October 2024	An opportunity to raise awareness and advocacy against mental health stigma.
		<a href="#">World Mental Health Day</a>
<b>Coming Out Day</b>	11 October 2024	An awareness day for LGBTQ+ people to celebrate being their authentic selves.
		<a href="#">Coming Out Day</a>
<b>Restart a Heart Day</b>	16 October 2024	Increase public awareness of cardiac arrests and increase the number of people trained in life saving CPR and defibrillator use.
		<a href="#">Restart a Heart Day</a>
<b>National Stress Awareness Day</b>	6 November 2024	Raise awareness, publicity and profile of stress and its impact, and reduce stigma while promoting the importance of wellbeing and stress reduction.

		<a href="#">National Stress Awareness Day</a>
<b>Trans Awareness Week</b>	13-19 November 2024	This week helps raise the visibility of transgender people and address issues members of the community face.
		<a href="#">GLAAD</a>
<b>Anti-Bullying Week</b>	11-15 November 2024	Anti-Bullying Week is organised by the Anti Bullying Alliance (ABA). The ABA is made up of anti-bullying organisations from all over the UK.
		<a href="#">Anti-bullying Alliance</a>
		<a href="#">Tackling bullying in the NHS infographic</a>
<b>BBC Children in Need</b>	15 November 2024	Fundraising to help disadvantaged young people in the UK.
		<a href="#">Children in Need</a>
<b>International Men's Day</b>	19 November 2024	Making a positive difference to the wellbeing and lives of men and boys.
		<a href="#">UK Men's Day</a>
<b>Disability History Month</b>	14 November- 20 December 2024	A month of activity to raise awareness and support people with disabilities.
		<a href="#">Disability History Month</a>
<b>National Grief Awareness Week</b>	2-8 December 2024	To raise awareness of the impact of grief.
		<a href="#">The Good Grief Trust</a>
<b>International Day of People with Disabilities</b>	3 December 2024	Since 1992, the United Nations IDPD has been annually celebrated around the world.
		<a href="#">UN IDPD</a>