



Health and wellbeing 2025

Dates for your diary

January

January	1st-31st	Dry January
January	1st-31st	Veganuary
January	1st-31st	Thyroid Awareness Month
January	9th-15th	National Obesity Awareness Week
January	20th-26th	Cervical Cancer Prevention Week
January	16th	Brew Monday
January	27th	Parent Mental Health Day

February

February	1st-28th	LGBT+ History Month
February	1st-28th	National Heart Month
February	26th-29th	Eating Disorder Awareness Week
February	4th	World Cancer Day
February	6th	Time to Talk Day
February	10th	International Epilepsy Day

March

March	1st –31st	Ovarian Cancer Awareness Month
March	1st –31st	Prostate Cancer Awareness Month
March	1st –31st	Marie Curie Great Daffodil Appeal
March	1st –29th	Brain Tumour Awareness Month
March	4th–11th	National Salt Awareness Week
March	9th–15th	MS Awareness Week
March	10th–16th	Brain Awareness Week
March	10th–16th	Health Care Science Week
March	10th–16th	Nutrition and Hydration Week
March	17th–23rd	Neurodiversity Celebration Week
March	22nd–28th	World Doula Week
March	1st	Self-Injury Awareness Day
March	8th	International Women's Day
March	12th	World Glaucoma Day
March	12th	Young Carers Action Day
March	13th	World Kidney Day
March	13th	University Mental Health Day
March	14th	World Sleep Day
March	20th	International Day of Happiness
March	21st	World Down Syndrome Day
March	22nd	World Water Day
March	24th	World Tuberculosis Day
March	26th	Purple Day (Epilepsy Awareness)
March	30th	World Bi-Polar Awareness Day
March	31st	Trans Day of Visibility

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April

April	1st–30th	Bowel Cancer Awareness Month
April	1st–30th	Stress Awareness Month
April	24th–30th	European Immunisation Week
April	22nd–28th	MS Awareness Week
April	2nd	World Autism Awareness Day
April	4th	Walk to Work Day
April	7th	World Health Day
April	11th	World Parkinson's Day
April	24th	On Your Feet Britain
April	30th	Stop Food Waste Day

May

May	1st–31st	National Walking Month
May	1st–31st	Stroke Awareness Month
May	1st–31st	Skin Cancer Awareness Month
May	1st–31st	Cystic Fibrosis Awareness Month
May	1st–31st	Lupus Awareness Month
May	5th–11th	Dying Matters Awareness Week
May	12th–18th	Sun Awareness Week
May	19th–25th	Dementia Action Week
May	12th	International Nurses Day
May	14th	Spinal Cord Injury Awareness Day
May	15th	Global Accessibility Awareness Day
May	15th	International Day of Families
May	18th	National Children's Day UK
May	17th	World Hypertension Day
May	19th	World IBD Day
May	20th	World Autoimmune Arthritis Day
May	21st	World Meditation Day
May	30th	World MS Day

June

June	1st-30th	Alzheimer's and Brain Awareness Month
June	1st-30th	Aphasia Awareness Month
June	1st-30th	Cataract Awareness Month
June	1st-30th	National Migraine and Headache Awareness Month
June	1st-30th	National Hernia Awareness Month
June	1st-30th	Scleroderma Awareness Month
June	1st-30th	Pride Month
June	1st-7th	National CPR and AED Awareness Week
June	9th-13th	Healthy Eating Week
June	9th-15th	Men's Health Week
June	19th	World Sickle Cell Day
June	27th	National HIV Testing Day
June	27th	PTSD Awareness Day

July

July	3rd-9th	National Health Information Week
July	28th	World Hepatitis Day

August

August	1st-7th	World Breastfeeding Week
August	7th	Cycle to Work Day
August	12th	International Youth Day
August	19th	World Humanitarian Day

September

September	1st-30th	Blood Cancer Awareness Month
September	1st-30th	Childhood Cancer Awareness Month
September	1st-30th	Urology Awareness Month
September	1st-30th	Vascular Disease Awareness Month
September	10th	World Suicide Prevention Day
September	17th	World Patient Safety Day
September	13th	World Sepsis Day
September	21st	World Alzheimer's Day
September	29th	World Heart Day

October

October	1st-31st	Breast Cancer Awareness Month
October	1st-31st	ADHD Awareness Month
October	1st-31st	National Cholesterol Month
October	1st-31st	Stoptober
October	6th-12th	Mental Health Awareness Week
October	7th-12th	Back Care Awareness Week
October	6th	World Cerebral Palsy Day
October	9th	World Sight Day
October	10th	World Mental Health Day
October	10th	World Homeless Day
October	16th	World Food Day
October	20th	World Osteoporosis Day

November

November	1st-30th	Lung Cancer Awareness Month
November	1st-30th	Pancreatic Cancer Awareness Month
November	1st-30th	Stomach Cancer Awareness Month
November	1st-30th	National Family Caregivers Month
November	1st-30th	National Hospice Palliative Care Month
November	1st-30th	COPD Awareness Month
November	1st-30th	National Marrow Awareness Month
November	1st	World Vegan Day
November	14th	World Diabetes Day
November	17th	World Prematurity Day
November	20th	Trans Day of Remembrance
November	21st	World Pancreatic Cancer Day

December

December	1st	World AIDS Day
December	3rd	International Day of Persons with Disabilities
December	10th	Human Rights Day
December	18th	International Migrants Day

