



2025

H E A L T H & W E L L B E I N G
C A L E N D A R



01
january

JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4 WORLD BRAILLE DAY
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 SAMARITANS BREW MONDAY	21	22	23	24	25
26	27	28	29	30 PARENT MENTAL HEALTH DAY	31	

Monthly Campaigns

Dry January
Veganuary

Cervical Cancer Awareness

Weekly Campaigns

- Cervical Cancer Prevention Week
21st - 28th



02
february

FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 NATIONAL SICKIE DAY	4 WORLD CANCER DAY	5	6 TIME TO TALK DAY	7 WEAR RED DAY	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24 EMOTIONAL HEALTH AWARENESS DAY	25	26	27	28 RARE DISEASE DAY	

Monthly Campaigns

LGBT+ History Month

Oesophageal Cancer Awareness

Raynaud's Awareness

Weekly Campaigns

- Tinnitus Awareness Week
3rd - 9th
- Eating Disorder Awareness Week
28th Feb - 6th Mar



03
march

MARCH

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8 INTERNATIONAL WOMEN'S DAY
9	10	11	12 NATIONAL NO SMOKING DAY	13 WORLD KIDNEY DAY	14 WORLD SLEEP DAY	15
16	17	18	19	20 WORLD ORAL HEALTH DAY	21 RED NOSE DAY	22
23	24	25	26	27	28	29
30	31					

Monthly Campaigns

Brain Tumour Awareness
Ovarian Cancer Awareness
Prostate Cancer Awareness

Weekly Campaigns

- Endometriosis Awareness
1st - 7th
- Nutrition & Hydration Week
17th - 23rd



04
april

APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2 WORLD AUTISM AWARENESS DAY	3	4	5
6	7 WORLD HEALTH DAY	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22 EARTH DAY	23	24 ON YOUR FEET BRITAIN	25	26
27	28 WORLD DAY FOR SAFETY & HEALTH AT WORK	29	30			

Monthly Campaigns

Stress Awareness

Bowel Cancer Awareness

Testicular Cancer Awareness

Weekly Campaigns

- World Autism Acceptance Week
2nd - 8th
- Parkinson's Awareness Week
14th - 20th
- MS Awareness Week
22nd - 28th



05
may

MAY

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12 INTERNATIONAL NURSES DAY	13	14	15	16	17
18	19	20 INTERNATIONAL HUMAN RESOURCES DAY	21 WORLD MEDITATION DAY	22	23	24
25	26	27	28	29	30	31

Monthly Campaigns

Bladder Cancer Awareness

Skin Cancer Awareness

Action on Stroke

Weekly Campaigns

- Deaf Awareness Week
5th - 11th
- Dementia Awareness Week
19th - 25th



06

june

JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
1 NATIONAL CANCER SURVIVOR'S DAY	2	3	4	5 WORLD ENVIRONMENT DAY	6	7
8	9	10	11	12	13	14 WORLD BLOOD DONOR DAY
15	16	17	18 AUTISTIC PRIDE DAY	19	20	21 INTERNATIONAL YOGA DAY
22	23	24	25	26	27 NATIONAL P.T.S.D. AWARENESS DAY	28
29	30					

Monthly Campaigns

Cervical Screening Awareness

Weekly Campaigns

- Men's Health Week
9th - 15th
- Healthy Eating Week
10th - 14th
 - Bike Week
10th - 16th
- Learning Disabilities Week
16th - 21st
- World Wellbeing Week
24th - 30th



07
july

JULY

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24 INTERNATIONAL SELF-CARE DAY	25	26
27	28 WORLD HEPATITIS DAY	29	30	31		

Monthly Campaigns

Sarcoma Awareness
Samaritans 'Talk to Us'

Weekly Campaigns

- Alcohol Awareness Week
7th - 13th
- Dementia Awareness Week
19th - 25th



08
august

AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7 CYCLE TO WORK DAY	8	9
10	11	12	13	14	15 NATIONAL RELAXATION DAY	16
17	18 NEVER GIVE UP DAY	19	20	21	22	23
24	25	26	27	28	29	30
31						

Monthly Campaigns

National Wellness Month
Samaritans 'Talk to Us'

Weekly Campaigns

- World Breastfeeding Week
1st - 7th



09
september

SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10 WORLD SUICIDE PREVENTION DAY	11	12 STAND UP TO CANCER DAY	13 WORLD SEPSIS DAY
14	15	16	17	18 NATIONAL FITNESS DAY GLOBAL WORKPLACE CULTURE DAY	19	20
21 WORLD ALZHEIMER'S DAY	22	23 INTERNATIONAL DAY OF SIGN LANGUAGES	24	25	26 MACMILLAN WORLD'S BIGGEST COFFEE MORNING	27
28	29	30				

Monthly Campaigns

Blood Cancer Awareness
World Alzheimer's Month
Gynaecological Cancer Awareness
Thyroid Cancer Awareness

Weekly Campaigns

- Know Your Numbers Week
9th - 15th
- National Eczema Week
14th - 21st
- Migraine Awareness Week
22nd - 28th



10
october

OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6 CHILD HEALTH DAY	7	8	9 WORLD SIGHT DAY	10 WORLD MENTAL HEALTH DAY	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Monthly Campaigns

Stoptober
Menopause Awareness
ADHD Awareness
Breast Cancer Awareness
National Cholesterol Month
Sober October

Weekly Campaigns

- Back care Awareness Week
3rd - 7th
- Dyslexia Awareness Week
6th - 13th
- Dyspraxia Awareness Week
9th - 15th



11
november

NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5 NATIONAL STRESS AWARENESS DAY	6	7	8
9	10	11	12	13 WORLD KINDNESS DAY	14 WORLD DIABETES DAY	15
16	17	18	19 INTERNATIONAL MEN'S DAY	20 WORLD PANCREATIC CANCER DAY	21	22
23 31	24	25	26	27	28	29

Monthly Campaigns

November

Lung Cancer Awareness
Mouth Cancer Awareness
Pancreatic Cancer Awareness
National Diabetes Month

Weekly Campaigns

- Talk Money Week
3rd - 8th
- Transgender Awareness Week
13th - 19th
- National Self Care Week
18th - 24th



12
december

DECEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3 INTERNATIONAL DAY OF PERSONS WITH DISABILITIES	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Monthly Campaigns
Seasonal Affective Disorder
Awareness
Lung Cancer Awareness

Weekly Campaigns
• National Grief Awareness Week
2nd - 8th

