



# Health and Wellbeing Calendar 2023

**wtw**



# January

## **Festival of Sleep Day**

3 January

A day to celebrate getting some shut-eye after the festive season.

## **National Hug Day**

21 January

This event encourages hugging in order to help improve our health.

## **Cervical Cancer Prevention Week**

23-29 January

A week that shines a spotlight on cervical cancer, helping people to reduce their risk of the disease.

## **Parent Mental Health Day**

27 January

A day to promote the understanding and awareness of the importance of parents' mental health.

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Dates to note  
LGBT History Month

# February

## Children's Mental Health Week

6-12 February

Organised by Place2Be, this week helps shine a spotlight on the importance of children and young people's mental health.

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## Eating Disorders Awareness Week

24 February - 2 March

An international event, fighting the myths and misunderstandings that surround anorexia, bulimia, binge eating disorder and EDNOS.

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# February

## Time to Talk Day

3 February

Time to Talk Day encourages conversations around mental health to help break the silence and stigma.

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**time to change**

let's end mental health discrimination

## World Cancer Day

4 February

An initiative led by the Union for International Cancer Control (UICC), World Cancer Day raises awareness of the disease to help reduce the number of premature deaths from cancer by a third by 2030.

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# March

## **International Day of Happiness**

20 March

Adopted officially by the UN in 2012, it is celebrated on March 20 each year.

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## **Young Carers Action Day**

15 March

An event to raise public awareness of the challenges faced by young carers.

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*Dates to note*  
*International Women's Day*  
*- 8 March*





# March

## **Neurodiversity Celebration Week**

13-19 March

A week to shine a spotlight on neurodiversity and celebrate the positives of being neurodiverse.

[FIND OUT MORE](#)



**Neurodiversity  
Celebration  
Week**

## **World Oral Health Day**

20 March

A yearly event to highlight the burden of oral diseases.

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## **Debt Awareness Week**

20-26 March

Debt Awareness Week encourages people to open up about debt and get the help they need.

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# April

## **Testicular Cancer Awareness Month**

A month to raise awareness, know the signs and reduce embarrassment about testicular cancer.

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**MACMILLAN**  
CANCER SUPPORT

## **World Autism Awareness Day**

2 April

An opportunity to increase understanding and acceptance of people with autism.

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# April

## **Stop Food Waste Day**

26 April

A day of action in the fight against food waste.

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## **Global Intergenerational Week**

24-30 April

A week to say no to the age gap and celebrate the moments when multiple generations come together.

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**Generations  
Working  
Together**





# May

## **Skin Cancer Awareness Month**

Raises awareness of the dangers of unprotected sun exposure and how to prevent skin cancer.

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## **Deaf Awareness Week**

1-7 May

An event that promotes the positive aspects of deafness, organised by the UK Council of Deafness.

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## **Maternal Mental Health Week**

1-7 May

A campaign dedicated to talking about mental illness both before and after pregnancy.

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**Maternal Mental  
Health Alliance**



# May

## **National Walking Month**

Arranged by walking charity, Living Streets, National Walking Month encourages people to get outside and add movement to their everyday routine.

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## **World No Tobacco Day**

31 May

World No Tobacco Day is intended to showcase the health problems tobacco can cause and to discourage its use.

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## **Mental Health Awareness Week**

15-21 May

An opportunity for the UK to focus on achieving good mental health.

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## **Action on Stroke Month**

A month to focus on raising awareness of strokes and their prevention, treatment and research.

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# June

## **Volunteers Week**

1-7 June

An annual celebration of the contribution people make across the UK through volunteering.

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## **Bike Week**

5-11 June

An initiative to showcase cycling and getting people out on two wheels.

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## **World Environment Day**

5 June

The biggest international event for the preservation of the environment.

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*Dates to note  
International Pride Month*



# June

## **Carers Week**

5-11 June

An event to highlight the challenges of unpaid carers and recognising the contribution they make to families and local communities.

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## **Men's Health Week**

12-18 June

The goal of this week is to highlight and tackle the health issues suffered by males.

[FIND OUT MORE](#)

## **Diabetes Awareness Week**

12-18 June

An annual nationwide initiative devoted to increasing awareness around diabetes.

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A photograph of two older women with short grey hair and glasses, smiling and posing for a selfie. They are standing on a train platform with tracks and a train visible in the background.

# July

## **Sarcoma Awareness Month**

This month aims to increase awareness around one of the least understood forms of cancer.

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## **World Hepatitis Day**

28 July

Taking place every 28 July, the day raises awareness of the global burden of viral hepatitis.

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## **Talk to Us Month**

A Samaritans-led event that encourages communities to become better listeners during July.

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## **World Friendship Day**

30 July

An annual event, this day promotes the role that friendship plays in creating a culture of peace.

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# August

## **World Breastfeeding Week**

1-7 August

Held during the first seven days of August, this week highlights the benefits of breastfeeding.

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## **National Allotments Week**

7-13 August

Organised by the National Allotment Society, the event promotes the role allotments play in helping people to live a healthier lifestyle.

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## **Cycle to Work Day**

4 August

The UK's biggest commuting event, Cycle to Work Day promotes the Cycle to Work Scheme.

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## **Never Give Up Day**

18 August

A day cultivating the mindset of determination.

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# September

## **Vascular Disease Awareness Month**

Promoting awareness of vascular disease to the public.

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## **Gynecological Cancer Awareness Month**

A month that shines a spotlight on the five gynaecological cancers which affect 22,000 women each year in the UK.

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## **World Alzheimer's Month**

An international campaign to raise awareness and challenge the stigma surrounding Alzheimer's Disease.

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## **Know Your Numbers Week**

5-11 September

The UK's biggest blood pressure and testing event.

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# September

## **World Suicide Prevention Day**

10 September

An event to raise awareness of how we can create a world where fewer people die by suicide.

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**SAMARITANS**

## **National Eye Health Week**

18-24 September

This week aims to promote good eye health and improve the nation's eyesight.

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## **World Heart Day**

29 September

A campaign to draw people's attention to cardiovascular diseases.

[FIND OUT MORE](#)



# October

*Dates to note  
Black History Month*

## **Breast Cancer Awareness Month**

A global event where people show their support for those affected by the disease.

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## **ADHD Awareness Month**

A month-long campaign to educate the public about ADHD.

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## **National Cholesterol Month**

National Cholesterol Month aims to highlight the health implications of high cholesterol levels.

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## **Dyspraxia Awareness Week**

9-15 October

Occurring each October, the week raises awareness of the disorder and how to manage and treat it.

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# October

## **Baby Loss Awareness Week**

9-15 October

An opportunity to mark the lives of babies lost during pregnancy or after birth.

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## **National Adoption Week**

17-23 October

This week aims to open up conversations around adoption.

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## **World Mental Health Day**

10 October

World Mental Health Day shines a light on mental health issues and advocates against social stigma.

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## **Menopause Awareness Month**

A call to raise awareness of the impact menopause can have on women's lives.

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# November

*Dates to note  
International Men's Day -  
19 November*

## **Movember**

Movember involves the growing of moustaches throughout the month to raise awareness around men's health issues.

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## **World Kindness Day**

13 November

On this day, participants attempt to make the world a better place by promoting kindness.

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## **World Vegan Day**

1 November

Celebrated annually on 1 November, World Vegan Day calls on Brits to go vegan for 24 hours.

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## **Pancreatic Cancer Awareness Month**

A campaign to help improve survival rates over the next 10 years.

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# December

## **Decembeard**

Decembeard involves ditching the razor and growing a beard for the month of December to raise money for bowel cancer.

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## **National Grief Awareness Week**

2-8 December

An initiative to normalise grief and get people talking.

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## **International Day of Persons with Disabilities**

3 December

A UN-sanctioned event that celebrates those with disabilities.

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## **Christmas Jumper Day**

8 December

Christmas Jumper Day is a national fundraising campaign to raise money for Save the Children.

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