Health and Wellbeing Calendar 2022
January

**Dry January**
throughout January
A one-month alcohol-free challenge run by the charity, Alcohol Change UK.

**Festival of Sleep Day**
3 January
A day to celebrate getting some shut-eye after the festive season.

**Veganuary**
throughout January
Similar to Dry January, Veganuary encourages Brits to give up meat and dairy for a month, instead adopting a vegan diet.
January

Brew Monday  17 January
A Samaritans-organised event that aims to turn Blue Monday into a positive experience, asking people to reach out to someone who might be struggling.

Cervical Cancer Prevention Week  17-23 January
A week that shines a spotlight on cervical cancer, helping people to reduce their risk of the disease.

Blue Monday  17 January
Dubbed the most depressing day of the year, the third Monday in January is said to be when Brits are most miserable due to aspects like the gloomy weather, the end of Christmas and failed New Year’s resolutions.
February

National Heart Month
throughout February
A British Heart Foundation event to bring awareness of heart and circulatory disease.

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.

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

**Tinnitus Awareness Week**
7-13 February
Tinnitus Awareness Week aims to educate the British public about tinnitus, its symptoms and how it can affect a person’s day-to-day life.

**Random Acts of Kindness Day**
17 February
Originating in New Zealand, the day celebrates and encourages random acts of kindness.

**International Epilepsy Day**
14 February
An event for those with epilepsy to share their experiences with others.

**Dates to note**
Valentine’s Day - 14 February
March

Prostate Cancer Awareness Month
throughout March
Helps to increase awareness around the most common cancer for males in the UK.

World Hearing Day
3 March
World Hearing Day aims to raise awareness around deafness and hearing problems across the globe.

Endometriosis Awareness Week
7-13 March
An event that highlights this hidden and often unrecognised condition.
March

International Women’s Day
8 March
A worldwide event to celebrate women and their achievements, as well as a call-to-action for gender equality.

National No Smoking Day
9 March
The focus of No Smoking Day is to bring awareness to the dangers of smoking, urging those with the addiction to kick the habit.

Neurodiversity Celebration Week
21-27 March
A week to shine a spotlight on neurodiversity and celebrate the positives of being neurodiverse.
March

World Sleep Day
18 March
World Sleep Day is an annual call-to-action on important issues to do with sleep, highlighting the problem of sleep disorders on society.

FIND OUT MORE

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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World Oral Health Day
20 March
A yearly event to highlight the burden of oral diseases.

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Dates to note
Mother’s Day - 27 March
April

Stress Awareness Month throughout April
Stress Awareness Month has been held each April since it was launched in 1992 and aims to help people reduce their stress levels.

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Testicular Cancer Awareness Month throughout April
A month to raise awareness, know the signs and reduce embarrassment about testicular cancer.

IBS Awareness Month throughout April
An international initiative to draw the public’s attention to Irritable Bowel Syndrome (IBS).

National Pet Month throughout April
A campaign to celebrate pet ownership and its benefits.

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April

World Health Day
7 April
Organised by the World Health Organisation since 1950, the day shines a light on a specific health issue to highlight a priority area of concern for the WHO.

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Parkinson’s Awareness Week
11-17 April
An annual opportunity to raise awareness and funds to support those living with the condition.

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MS Awareness Week
18-24 April
This awareness week helps to shine a light on Multiple Sclerosis (MS).

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Dates to note
Easter Sunday - 17 April
May

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

**Skin Cancer Awareness Month**
throughout May
Raises awareness of the dangers of unprotected sun exposure and how to prevent skin cancer.

**Action on Stroke Month**
throughout May
Also known as ‘Make May Purple’, the aim is to increase awareness around stroke and stroke prevention while raising funds for research into this condition.
World Ovarian Cancer Day
8 May
With one woman in the UK dying from ovarian cancer every two hours, the day shines a light on the disease and how to help.

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Mental Health Awareness Week
10-16 May
An opportunity for the UK to focus on achieving good mental health.

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Coeliac UK’s Awareness Week
9-15 May
An initiative to educate and inform the public about coeliac disease.

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ME Awareness Week
10-16 May
ME Awareness Week highlights this chronic illness and how people are living with it.
May

Dementia Action Week
16-22 May
Organised by the Alzheimer’s Society, this week aims to help improve the lives of those affected by dementia.

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.

World Meditation Day
21 May
A day to encourage people to ‘press pause and reboot’.
June

National Growing for Wellbeing Week 6-12 June
A celebration of how growing your own produce can help your physical and mental wellbeing.

Loneliness Awareness Week 13-19 June
Organised by the Marmalade Trust, the annual campaign aims to get people talking about loneliness.

Bike Week
6-12 June
An initiative to showcase cycling and getting people out on two wheels.

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June

Men’s Health Week
13-19 June
The goal of this week is to highlight and tackle the health issues suffered by males.

Love your Lungs Week
20-26 June
An initiative to raise awareness of lung health.

International Day of Yoga
21 June
Highlights how yoga can improve physical, mental, emotional and spiritual health.

Dates to note
Father’s Day - 19 June
July

Sarcoma Awareness Month
throughout July
This month aims to increase awareness around one of the least understood forms of cancer.

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Talk to Us Month
throughout July
A Samaritans-led event that encourages communities to become better listeners during July.

World Chocolate Day
7 July
An annual celebration to appreciate all things chocolate.
World Friendship Day
30 July
An annual event, this day promotes the role that friendship plays in creating a culture of peace.

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

**World Breastfeeding Week**
1-7 August
Held during the first seven days of August, this week highlights the benefits of breastfeeding.

**National Allotments Week**
8-14 August
Organised by the National Allotment Society, the event promotes the role allotments play in helping people to live a healthier lifestyle.

**Cycle to Work Day**
4 August
The UK’s biggest commuting event, Cycle to Work Day promotes the Cycle to Work Scheme.
September

**World Alzheimer’s Month**
throughout September
An international campaign to raise awareness and challenge the stigma surrounding Alzheimer’s Disease.

**Migraine Awareness Week**
5-10 September
An annual campaign to draw attention to migraine, educate the public and reduce stigma.

**Urology Awareness Month**
throughout September
This month aims to highlight urological diseases in the kidneys, bladder, prostate and the male reproductive system.

**Know your Numbers Week**
6-11 September
The UK’s biggest blood pressure and testing event.
September

**World Sepsis Day**
13 September
Established in 2012, the event aims to provide global leadership to reduce the global burden of sepsis.

**International Week of Happiness at Work**
19-25 September
Encourages workplaces to cultivate a culture of positivity.

**National Eye Health Week**
19-25 September
An event to promote good eye health and improve the nation’s eyesight.
October

Breast Cancer Awareness Month throughout October
A global event where people show their support for those affected by the disease.

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

World Menopause Month throughout October
A call to raise awareness of the impact menopause can have on women’s everyday life.

Dyslexia Awareness Week 3-9 October
An annual event aimed at further understanding and improving awareness of dyslexia.

National Grandparents Day 2 October
October

**Back Care Awareness Week**
2-7 October
Run by the charity Back Care, this week raises awareness of the problems back pain can cause, prevention of back pain and the treatments available.

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

**National Work Life Week**
10-14 October
An initiative to encourage both employers and employees to focus on work life balance.

**Dates to note**
Halloween - 31 October
November

Veg Pledge throughout November
An initiative that involves people going vegetarian for the month of November to raise money for cancer.

International Stress Awareness Week 7-12 November
An initiative to highlight the importance of identifying and managing stress.

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

Bonfire Night - 5 November
Sugar Awareness Week

A campaign to reduce sugar consumption in the UK.

Alcohol Awareness Week

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This week encourages people to take a look at their drinking habits and to make a change.

International Men’s Day

19 November

International Men’s Day celebrates the successes of men across the globe.
December

Dates to note
Christmas Day - 25 December

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

International Day of Persons with Disabilities
3 December
A UN-sanctioned event that celebrates those with disabilities.

World AIDS Day
1 December
Founded in 1988, World AIDS Day is an opportunity for people worldwide to unite in the fight against HIV.

National Grief Awareness Week  tbc
An initiative to normalise grief and get people talking.
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