

# Calendar of health events 2021 - 2022

## April

**29 Mar - 4 April**  
World Autism Awareness Week  
[www.autism.org.uk](http://www.autism.org.uk)

**1 - 30**  
Bowel Cancer Awareness Month  
[www.bowelcanceruk.org.uk](http://www.bowelcanceruk.org.uk)

**MS Awareness Month**  
[www.mstrust.org.uk/msawareness](http://www.mstrust.org.uk/msawareness)  
**Stress Awareness Month**  
[www.stressawarenessmonth.com](http://www.stressawarenessmonth.com)

**7**  
World Health Day  
[www.who.int/campaigns/world-health-day](http://www.who.int/campaigns/world-health-day)

**10 - 16**  
Parkinson's Awareness Week  
[www.parkinsons.org.uk](http://www.parkinsons.org.uk)

**24 - 30**  
World Immunisation Week  
[www.who.int/campaigns/world-immunization-week](http://www.who.int/campaigns/world-immunization-week)

**29**  
On Your Feet Britain  
[www.onyourfeetday.com/britain/challenge](http://www.onyourfeetday.com/britain/challenge)

## May

**1 - 31**  
Action On Stroke Month  
[www.stroke.org.uk](http://www.stroke.org.uk)  
National Walking Month  
[www.nationalfitnessday.com](http://www.nationalfitnessday.com)  
Skin Cancer Awareness Month  
[www.skincancer.org](http://www.skincancer.org)

**4**  
World Asthma Day  
[www.ginasthma.org/wad](http://www.ginasthma.org/wad)

**4 - 9**  
Deaf Awareness Week  
[www.deafcouncil.org.uk](http://www.deafcouncil.org.uk)  
Viral Meningitis Week  
[www.meningitis.org](http://www.meningitis.org)

**4 - 10**  
Sun Awareness Week  
[www.bad.org.uk](http://www.bad.org.uk)

**5**  
World Hand Hygiene Day  
[www.who.int/gpsc/5may/en](http://www.who.int/gpsc/5may/en)

**10 - 16**  
Mental Health Awareness Week  
[www.mentalhealth.org.uk/campaigns/mental-health-awareness-week](http://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week)  
Action For Brain Injury Week  
[www.headway.org.uk](http://www.headway.org.uk)

**11 - 16**  
M.E. Awareness Week  
[www.afme.org.uk](http://www.afme.org.uk)

**12**  
International Fibromyalgia Awareness Day  
[www.fmauk.org](http://www.fmauk.org)

**14 - 21**  
Arthritis Care Awareness Week  
[www.arthritiscare.org.uk/Home](http://www.arthritiscare.org.uk/Home)

**17 - 23**  
Dementia Action Week  
[www.alzheimers.org.uk/get-involved/dementia-action-week](http://www.alzheimers.org.uk/get-involved/dementia-action-week)

**17 - 17 June**  
National Smile Month  
[www.nationalsmilemonth.org](http://www.nationalsmilemonth.org)

**17 - 21**  
Walk to school week  
[www.livingstreets.org.uk](http://www.livingstreets.org.uk)

**20 - 25**  
Food Allergy Awareness Week  
[www.foodallergy.org](http://www.foodallergy.org)  
National Epilepsy Week  
[www.epilepsy.org.uk](http://www.epilepsy.org.uk)

**30 May - 5 Jun**  
Bike Week  
[www.bikeweek.org.uk](http://www.bikeweek.org.uk)

## June

**1 - 6**  
Child Safety Week  
[www.childsafetyweek.org.uk](http://www.childsafetyweek.org.uk)

**1 - 7**  
Volunteers Week  
[www.volunteersweek.org](http://www.volunteersweek.org)

**7**  
World Food Safety Day  
[www.who.int/news-room/campaigns/world-food-safety-day](http://www.who.int/news-room/campaigns/world-food-safety-day)

**7 - 11**  
Dietitians Week  
[https://www.bda.uk.com/improvinghealth/awareness\\_raising/dietitians\\_week](https://www.bda.uk.com/improvinghealth/awareness_raising/dietitians_week)

**8 - 13**  
Diabetes Week  
[www.diabetes.co.uk](http://www.diabetes.co.uk)  
Carers Week  
[www.carersweek.org](http://www.carersweek.org)

**9 - 15**  
Coeliac Disease Awareness Week  
[www.coeliac.org.uk](http://www.coeliac.org.uk)

**14**  
World Blood Donor Day  
[www.who.int/campaigns/world-blood-donor-day](http://www.who.int/campaigns/world-blood-donor-day)

**14 - 18**  
BNF Healthy Eating Week  
[www.nutrition.org.uk/healthyliving](http://www.nutrition.org.uk/healthyliving)

**14 - 21**  
National Men's Health Week  
[www.menshealthmonth.org/week](http://www.menshealthmonth.org/week)

**15 - 20**  
Cervical Screening Awareness Week  
[www.jostrust.org.uk](http://www.jostrust.org.uk)

**17**  
National Clean Air Day  
[www.cleanairday.org.uk](http://www.cleanairday.org.uk)

**22 - 27**  
Breathe Easy Week  
[www.blf.org.uk](http://www.blf.org.uk)

**tbc**  
UK Myeloma Awareness Week  
[www.myeloma.org.uk](http://www.myeloma.org.uk)

## July

**24**  
Samaritans Awareness Day  
[www.samaritans.org](http://www.samaritans.org)

**28**  
World Hepatitis Day  
[www.worldhepatitisday.org](http://www.worldhepatitisday.org)

## August

**1 - 6**  
World Breastfeeding Week  
[www.worldbreastfeedingweek.org](http://www.worldbreastfeedingweek.org)

**4**  
National Play Day  
[www.playday.org.uk](http://www.playday.org.uk)

**5**  
Cycle to Work Day  
[www.cycletoworkday.org](http://www.cycletoworkday.org)

## September

**1 - 29**  
Urology Awareness Month  
[www.theurologyfoundation.org](http://www.theurologyfoundation.org)

**1 - 30**  
Childhood Cancer Awareness Month  
[www.childrenwithcancer.org.uk](http://www.childrenwithcancer.org.uk)

**7 - 12**  
Organ Donation Week  
[www.britisHLiverTrust.org.uk/our-work/campaigns/organ-donation-week](http://www.britisHLiverTrust.org.uk/our-work/campaigns/organ-donation-week)

**Know Your Numbers! (National Blood Pressure Testing Awareness Week)**  
[www.bloodpressureuk.org](http://www.bloodpressureuk.org)

**10**  
World Suicide Prevention Day  
[www.samaritans.org/media-centre/our-campaigns/world-suicide-prevention-day](http://www.samaritans.org/media-centre/our-campaigns/world-suicide-prevention-day)

**13 - 19**  
Orchid Male Cancer Awareness Week  
[www.orchid-cancer.org.uk](http://www.orchid-cancer.org.uk)

**14 - 19**  
Sexual Health Week  
[www.fpa.org.uk](http://www.fpa.org.uk)

**17**  
World Sepsis Day  
[www.worldsepsisday.org](http://www.worldsepsisday.org)

**20 - 26**  
Fall Prevention Awareness Week  
[www.stopfalls.org](http://www.stopfalls.org)

**21**  
World Alzheimer's Day  
[www.alzscot.org](http://www.alzscot.org)

**22**  
National Fitness Day  
[www.nationalfitnessday.com](http://www.nationalfitnessday.com)

**25**  
Ataxia Awareness Day  
[www.ataxia.org.uk](http://www.ataxia.org.uk)  
World's Biggest Coffee Morning  
<https://coffee.macmillan.org.uk>

**29**  
World Heart Day  
[www.world-heart-federation.org/world-heart-day](http://www.world-heart-federation.org/world-heart-day)

## October

**1**  
International Day of Older Persons  
<https://www.un.org/en/observances/older-persons-day>

**1 - 31**  
Breast Cancer Awareness Month  
[www.breastcancercare.org.uk](http://www.breastcancercare.org.uk)  
National Cholesterol Month  
[www.heartuk.org.uk](http://www.heartuk.org.uk)

**4 - 10**  
Challenge Poverty Week  
[www.challengepoverty.net](http://www.challengepoverty.net)

**9 - 15**  
Baby Loss Awareness Week  
[www.sands.org.uk](http://www.sands.org.uk)

**9**  
World Hospice & Palliative Care Day  
<http://www.thewhpc.org/>

**10**  
World Mental Health Day  
[www.who.int/mental\\_health/world-mental-health-day/en](http://www.who.int/mental_health/world-mental-health-day/en)

**14**  
World Sight Day  
<https://www.iapb.org>

**14 - 20**  
International Infection Prevention Control Week  
<https://apic.org/international-infection-prevention-week>

**18**  
World Menopause Day  
[www.thebms.org.uk](http://www.thebms.org.uk)

**20**  
World Osteoporosis Day  
<http://www.worldosteoporosisday.org/>

## November

**1 - 30**  
World Movember Month  
[www.movember.com](http://www.movember.com)

**Lung Cancer Awareness Month**  
[www.roycastle.org](http://www.roycastle.org)

**6**  
National Stress Awareness Day  
[www.nationalstressawarenessday.co.uk](http://www.nationalstressawarenessday.co.uk)

**15 - 21**  
Self Care Week  
[www.selfcareforum.org](http://www.selfcareforum.org)

**16 - 22**  
Anti-bullying week  
[www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk)  
Alcohol Awareness Week  
[www.alcoholchange.org.uk](http://www.alcoholchange.org.uk)

**25 Nov - 10 Dec**  
16 Days of Action Against Domestic Violence  
<https://16daysofaction.co.uk/the-campaign>

## December

**1**  
World AIDS Day  
[www.worldaidsday.org](http://www.worldaidsday.org)

**2 - 7**  
Grief Awareness Week  
[www.thegoodgrieftrust.org](http://www.thegoodgrieftrust.org)

**3**  
International Day of Persons with Disabilities  
[www.idpwd.org](http://www.idpwd.org)

## January

**1 - 31**  
Dry January  
[www.alcoholchange.org.uk](http://www.alcoholchange.org.uk)

**7 - 13**  
Cervical Cancer Prevention Week  
[www.jostrust.org.uk](http://www.jostrust.org.uk)

**13 - 20**  
National Obesity Awareness Week  
[www.nationalobesityforum.org.uk](http://www.nationalobesityforum.org.uk)

## February

**1**  
Breathing Space Day  
[www.breathingspace.scot](http://www.breathingspace.scot)

**1 - 28**  
LGBT History Month  
[www.lgbthistory.org.uk](http://www.lgbthistory.org.uk)  
National Heart Month  
[www.bhf.org.uk](http://www.bhf.org.uk)

**3**  
Time to Talk Day  
[www.time-to-change.org.uk/get-involved/time-talk-day](http://www.time-to-change.org.uk/get-involved/time-talk-day)

**8**  
Safer Internet Day  
[www.saferinternetday.org](http://www.saferinternetday.org)

**24 - 2 March**  
Eating Disorders Awareness Week  
[www.b-eat.co.uk](http://www.b-eat.co.uk)

## March

**1 - 31**  
Marie Curie Cancer Care Great Daffodil Appeal  
[www.mariecurie.org.uk/supportus/thegreatdaffodilappeal](http://www.mariecurie.org.uk/supportus/thegreatdaffodilappeal)

**Ovarian Cancer Awareness Month**  
[www.ovarian.org.uk](http://www.ovarian.org.uk)  
**Prostate Cancer Awareness Month**  
[www.prostatecanceruk.org](http://www.prostatecanceruk.org)

**9**  
No Smoking Day  
[www.nosmokingday.org.uk](http://www.nosmokingday.org.uk)

**10**  
World Kidney Day  
[www.worldkidneyday.org](http://www.worldkidneyday.org)

**14 - 20**  
Nutrition and Hydration Week  
[www.nutritionandhydrationweek.co.uk](http://www.nutritionandhydrationweek.co.uk)

**18**  
World Sleep Day  
[www.worldsleepday.org](http://www.worldsleepday.org)

**21**  
International Day for the Elimination of Racial Discrimination  
[www.un.org/en/observances/end-racism-day](http://www.un.org/en/observances/end-racism-day)

## Information and support materials

You can source information and support materials by contacting the national website addresses or by visiting <http://hpac.fife.scot.nhs.uk>

Contact the Health Promotion Service Information and Resources Centre on [fife.infocentre@nhs.scot](mailto:fife.infocentre@nhs.scot)

Event dates, locations and times may change. Check out each entry fully before embarking on any campaign support.

Inclusion in this calendar does not imply endorsement by Fife Health & Social Care Partnership.

Click here for the link to download the dates to your phone calendar.

