

# Health Events Calendar 2023

Date	Event	Campaign
<b>January 2023</b>		
1 <sup>st</sup> - 31 <sup>st</sup>	Dry January	<a href="https://alcoholchange.org.uk/get-involved/campaigns/dry-january">https://alcoholchange.org.uk/get-involved/campaigns/dry-january</a>
1 <sup>st</sup> - 31 <sup>st</sup>	Red January	<a href="https://redtogether.co.uk/">https://redtogether.co.uk/</a>
1 <sup>st</sup> - 31 <sup>st</sup>	Veganuary	<a href="https://veganuary.com/">https://veganuary.com/</a>
10 <sup>th</sup> -16 <sup>th</sup>	National Obesity Awareness Week	<a href="https://www.worldobesityday.org/">https://www.worldobesityday.org/</a>
16 <sup>th</sup>	Brew Monday	<a href="https://www.samaritans.org/support-us/campaign/brew-monday/">https://www.samaritans.org/support-us/campaign/brew-monday/</a>
<b>February 2023</b>		
2 <sup>nd</sup>	Time to Talk Day	<a href="https://timetotalkday.co.uk/">https://timetotalkday.co.uk/</a>
4 <sup>th</sup>	World Cancer Day	<a href="https://www.worldcancerday.org/">https://www.worldcancerday.org/</a>
6 <sup>th</sup> - 12 <sup>th</sup>	Children's Mental Health Week	<a href="https://www.childrensmentalhealthweek.org.uk/">https://www.childrensmentalhealthweek.org.uk/</a>
<b>March 2023</b>		
1 <sup>st</sup>	Self-injury awareness day	<a href="https://www.lifesigns.org.uk/siad/">https://www.lifesigns.org.uk/siad/</a>
27 <sup>th</sup> Feb - 5 <sup>th</sup> March	Eating Disorders Awareness Week	<a href="https://www.beateatingdisorders.org.uk/support-our-work/">https://www.beateatingdisorders.org.uk/support-our-work/</a>
8 <sup>th</sup>	International Women's Day	<a href="https://www.internationalwomensday.com/">https://www.internationalwomensday.com/</a>
18 <sup>th</sup>	My Whole Self Day	<a href="https://mhfaengland.org/my-whole-self/resources/">https://mhfaengland.org/my-whole-self/resources/</a>
17 <sup>th</sup>	Comic Relief	<a href="https://www.comicrelief.com/">https://www.comicrelief.com/</a>
4 <sup>th</sup> - 11 <sup>th</sup>	National Salt Awareness week	<a href="https://www.actiononsalt.org.uk/awareness/">https://www.actiononsalt.org.uk/awareness/</a>
8 <sup>th</sup>	No Smoking Day	Quit smoking - Better Health - NHS ( <a href="http://www.nhs.uk">www.nhs.uk</a> )
17 <sup>th</sup>	World Sleep Day	<a href="http://www.worldsleepday.org">www.worldsleepday.org</a>
19 <sup>th</sup>	Mothering Sunday	
20 <sup>th</sup>	International Day of Happiness	<a href="https://www.dayofhappiness.net/">https://www.dayofhappiness.net/</a>
<b>April 2023</b>		
TBC	Big Walk and Wheel	<a href="https://bigwalkandwheel.org.uk/">https://bigwalkandwheel.org.uk/</a>

1 <sup>st</sup> - 30 <sup>th</sup>	Stress Awareness Month	<a href="http://www.stress.org.uk">www.stress.org.uk</a>
7 <sup>th</sup> April	Walk to Work Day	<a href="http://www.livingstreets.org.uk">www.livingstreets.org.uk</a>
7 <sup>th</sup>	World Health Day	<a href="https://www.who.int/campaigns/world-health-day">https://www.who.int/campaigns/world-health-day</a>
26 <sup>th</sup>	On Your Feet Britain	<a href="https://onyourfeetday.com/">https://onyourfeetday.com/</a>
<b>May 2023</b>		
1 <sup>st</sup> – 31 <sup>st</sup>	National Walking Month	<a href="http://www.livingstreets.org.uk">www.livingstreets.org.uk</a>
3 <sup>rd</sup> – 9 <sup>th</sup>	Sun Awareness Week	<a href="http://www.bad.org.uk/for-the-public/sun-awareness-campaign">www.bad.org.uk/for-the-public/sun-awareness-campaign</a> <a href="https://www.skinhealthinfo.org.uk/sun-awareness/sun-awareness-week/">https://www.skinhealthinfo.org.uk/sun-awareness/sun-awareness-week/</a>
2 <sup>nd</sup>	World Asthma Day	
4 <sup>th</sup> May	Maternal mental health day	<a href="https://wmmhday.postpartum.net/">https://wmmhday.postpartum.net/</a>
8 <sup>th</sup> – 14 <sup>th</sup>	Mental Health Awareness Week	<a href="http://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week">www.mentalhealth.org.uk/campaigns/mental-health-awareness-week</a>
15 <sup>th</sup> – 21 <sup>st</sup>	Dementia Action Week	<a href="http://www.alzheimers.org.uk/get-involved/dementia-action-week">www.alzheimers.org.uk/get-involved/dementia-action-week</a>
15 <sup>th</sup>	International Day of Families	<a href="http://www.un.org/en/events/familyday">www.un.org/en/events/familyday</a>
TBC	Walk to School Week	<a href="http://www.livingstreets.org.uk/products-and-services/projects/walk-to-school-week">www.livingstreets.org.uk/products-and-services/projects/walk-to-school-week</a>
	International Learn to Swim Week	
<b>June 2023</b>		
5 <sup>th</sup> – 11 <sup>th</sup>	National Bike Week	<a href="https://www.cyclinguk.org/bikeweek">https://www.cyclinguk.org/bikeweek</a> <a href="https://nationaltoday.com/team-green-britain-bike-week/">https://nationaltoday.com/team-green-britain-bike-week/</a>
12 <sup>th</sup> -18 <sup>th</sup>	Diabetes Week	<a href="https://www.diabetes.org.uk/diabetes-week">https://www.diabetes.org.uk/diabetes-week</a>
12 <sup>th</sup> – 18 <sup>th</sup>	Men’s Health Week	<a href="https://menshealthmonth.org/week">https://menshealthmonth.org/week</a>
12 <sup>th</sup> – 16 <sup>th</sup>	Healthy Eating Week	<a href="https://www.nutrition.org.uk/healthy-eating-week/">https://www.nutrition.org.uk/healthy-eating-week/</a>
<b>July 2023</b>		
<b>August 2023</b>		
2 <sup>nd</sup>	Play Day	<a href="http://www.playday.org.uk">www.playday.org.uk</a>
3 <sup>rd</sup>	Cycle to Work Day	<a href="https://www.cyclescheme.co.uk/ctwd">https://www.cyclescheme.co.uk/ctwd</a>

September 2023		
1 <sup>st</sup> -30 <sup>th</sup>	World Alzheimer's Month	<a href="http://www.alz.co.uk/world-alzheimers-month">www.alz.co.uk/world-alzheimers-month</a>
TBC	Know Your Numbers Week	<a href="http://www.bloodpressureuk.org/know-your-numbers">www.bloodpressureuk.org/know-your-numbers</a>
10 <sup>th</sup>	World Suicide Prevention Day	<a href="https://www.who.int/campaigns/world-suicide-prevention-day/2022">https://www.who.int/campaigns/world-suicide-prevention-day/2022</a> <a href="https://www.startaconversation.co.uk/events/2022/09/world-suicide-prevention-day?month=2023-07">https://www.startaconversation.co.uk/events/2022/09/world-suicide-prevention-day?month=2023-07</a>
21 <sup>st</sup>	World Alzheimer's Day	<a href="http://www.alzheimers.org.uk/get-involved/world-alzheimers-day">www.alzheimers.org.uk/get-involved/world-alzheimers-day</a>
22 <sup>nd</sup>	World Car Free Day	<a href="http://www.worldcarfree.net/wcfd">www.worldcarfree.net/wcfd</a>
TBC	National Fitness Day	<a href="http://www.nationalfitnessday.com">www.nationalfitnessday.com</a>
29 <sup>th</sup>	World's Biggest Coffee Morning (Macmillan)	<a href="https://coffee.macmillan.org.uk/">https://coffee.macmillan.org.uk/</a>
29 <sup>th</sup>	World Heart Day	<a href="http://www.world-heart-federation.org/world-heart-day">www.world-heart-federation.org/world-heart-day</a>
October 2023		
1 <sup>st</sup> – 28 <sup>th</sup>	Stoptober	<a href="http://www.nhs.uk/oneyou/stoptober/home">www.nhs.uk/oneyou/stoptober/home</a>
1 <sup>st</sup> – 31 <sup>st</sup>	International Walk to School Month	<a href="http://www.livingstreets.org.uk/what-you-can-do/campaigns/international-walk-to-school-month">www.livingstreets.org.uk/what-you-can-do/campaigns/international-walk-to-school-month</a>
1 <sup>st</sup> – 31 <sup>st</sup>	National Cholesterol Month	<a href="http://www.heartuk.org.uk/national-cholesterol-month/national-cholesterol-month">www.heartuk.org.uk/national-cholesterol-month/national-cholesterol-month</a>
1 <sup>st</sup>	International Day of Older Persons	<a href="http://www.un.org/en/events/olderpersonsday/">www.un.org/en/events/olderpersonsday/</a>
3 <sup>rd</sup> – 7 <sup>th</sup>	Back Care Awareness Week	<a href="http://backcare.org.uk/index.html">http://backcare.org.uk/index.html</a>
TBC	National Work Life Week	<a href="http://www.workingfamilies.org.uk/campaigns/national-work-life-week">www.workingfamilies.org.uk/campaigns/national-work-life-week</a>
10 <sup>th</sup>	World Mental Health Day	<a href="http://www.mentalhealth.org.uk/campaigns/world-mental-health-day">www.mentalhealth.org.uk/campaigns/world-mental-health-day</a>
12 <sup>th</sup>	World Arthritis Day	<a href="http://www.worldarthritisday.org">www.worldarthritisday.org</a>
18 <sup>th</sup>	World Menopause Day	<a href="https://www.imsociety.org/education/world-menopause-day/">https://www.imsociety.org/education/world-menopause-day/</a> <a href="https://thebms.org.uk/">https://thebms.org.uk/</a>

### November 2023

November 2023		
1 <sup>st</sup> – 30 <sup>th</sup>	Movember	<a href="https://prostatecanceruk.org/about-us/movember">https://prostatecanceruk.org/about-us/movember</a> <a href="https://uk.movember.com/">https://uk.movember.com/</a>
	International Stress Awareness Week	<a href="https://isma.org.uk/isma-international-stress-awareness-week">https://isma.org.uk/isma-international-stress-awareness-week</a>
	National Stress Awareness Day	<a href="https://mentalhealth-uk.org/get-involved/mental-health-awareness-days">https://mentalhealth-uk.org/get-involved/mental-health-awareness-days</a>
14 <sup>th</sup>	World Diabetes Day	<a href="https://worlddiabetesday.org/">https://worlddiabetesday.org/</a>
December 2023		
3 <sup>rd</sup>	International Day of Persons with Disabilities	<a href="http://www.un.org/en/observances/day-of-persons-with-disabilities">www.un.org/en/observances/day-of-persons-with-disabilities</a>
5 <sup>th</sup>	International Volunteer Day	<a href="http://www.un.org/en/observances/volunteer-day">www.un.org/en/observances/volunteer-day</a>