

2024 Health Awareness Calendar



OUR MISSION IS TO CREATE THRIVING WORKPLACES WITH A HEALTHY, HAPPY WORKFORCE.

January 2024

February ▶


Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 UK Bank Holiday New's Year Day	2	3	4	5	6	7
8	9	10 National Obesity Awareness Week	11 National Obesity Awareness Week	12 National Obesity Awareness Week	13 National Obesity Awareness Week	14 National Obesity Awareness Week
15 National Obesity Awareness Week Blue Monday Martin Luther King Day	16 National Obesity Awareness Week	17	18	19	20	21
22 Cervical Cancer Prevention Week	23 Cervical Cancer Prevention Week	24 Cervical Cancer Prevention Week	25 Cervical Cancer Prevention Week Burn's Night	26 Cervical Cancer Prevention Week	27 Cervical Cancer Prevention Week Parental Mental Health Day International Chocolate Cake Day	28 Cervical Cancer Prevention Week

January 2024

February ▶

Mon	Tue	Wed	Thu	Fri	Sat	Sun
29	30	31	Veganuary Veganuary.Com Dry January AlcoholChange.org			

February 2024						
◀ January						March ▶
Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1 Time to Talk Day	2	3	4 World Cancer Day
5 Children's Mental Health Week National Yorkshire Pudding Day	6 Children's Mental Health Week	7 Children's Mental Health Week	8 Children's Mental Health Week	9 Children's Mental Health Week National Pizza Day	10 Children's Mental Health Week Chinese New Year (Year of the Dragon)	11 Children's Mental Health Week
12	13 Shrove Tuesday (Pancake Day)	14 Valentine's Day Lent Begins	15	16	17 Random Acts of Kindness Day	18
19 Cancer Prevention Week	20 Cancer Prevention Week	21 Cancer Prevention Week	22 Cancer Prevention Week	23 Cancer Prevention Week	24 Cancer Prevention Week Emotional Health Day	25 Cancer Prevention Week

February 2024						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p>26</p> <p>Eating Disorders Week</p> <p>BEAT Eating Disorders</p> 	<p>27</p> <p>Eating Disorders Week</p>	<p>28</p> <p>Eating Disorders Week</p>	<p>29</p> <p>Leap Year Day</p> <p>Eating Disorders Week</p>	<p>LGBT History Month</p> <p>Heart Month</p>  <p>BHFCampaigns</p> <p>BHF-CPR in 15 minutes</p>		

March 2024

◀ February

April ▶

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			WOMEN'S HISTORY MONTH  nationalwomenshistoryalliance.org	1 Eating Disorders Week Employee Appreciation Day Employee Appreciation Day	2 Eating Disorders Week	3 Eating Disorders Week
4 British Pie Week	5 British Pie Week	6 British Pie Week	7 British Pie Week	8 British Pie Week International Women's Day	9 British Pie Week	10 British Pie Week Ramadan begins (until Apr 8 th)
11 World Glaucoma Week Brain Awareness Week Nutrition and Hydration week actionforhappiness.org-talk-Food-Wellbeing-Dr-Rupy-Auja	12 World Glaucoma Week Brain Awareness Week Nutrition and Hydration week	13 World Glaucoma Week Brain Awareness Week Nutrition and Hydration week No Smoking Day	14 World Glaucoma Week Brain Awareness Week Nutrition and Hydration week World Kidney Day	15 World Glaucoma Week Brain Awareness Week Nutrition and Hydration week Red Nose Day	16 World Glaucoma Week Brain Awareness Week Nutrition and Hydration week	17 World Glaucoma Week Brain Awareness Week Nutrition and Hydration week World Sleep Day Matt-Walker-Sleep-is-your-Superpower St Patrick's Day (Ireland)
18 Neurodiversity Celebration Week	19 Neurodiversity Celebration Week	20 Neurodiversity Celebration Week International Day of Happiness actionforhappiness.org-10-keys World Oral Health Day	21 Neurodiversity Celebration Week	22 Neurodiversity Celebration Week	23 Neurodiversity Celebration Week	24 Neurodiversity Celebration Week

March 2024

◀ February

April ▶

Mon	Tue	Wed	Thu	Fri	Sat	Sun
25	26	27	28	29 UK Bank Holiday Easter Good Friday	30	31 UK Easter Sunday Daylight Saving Time begins

April 2024

◀ March

May ▶

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 UK Bank Holiday Easter Monday April Fool's Day	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 Allergy Awareness Week Earth Day	23 Allergy Awareness Week St George's Day – (England) National Asparagus Day	24 Allergy Awareness Week	25 Allergy Awareness Week	26 Allergy Awareness Week	27 Allergy Awareness Week	28 Allergy Awareness Week World Day for Safety and Health at Work

April 2024

◀ March

May ▶

Mon	Tue	Wed	Thu	Fri	Sat	Sun
29	30	Stress Awareness Month Move More Month (US)				

May 2024

◀ April


June ▶

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1 Sun Awareness Week Deaf Awareness Week	2 Sun Awareness Week Deaf Awareness Week	3 Sun Awareness Week Deaf Awareness Week	4 Sun Awareness Week Deaf Awareness Week Star Wars Day	5 Sun Awareness Week Deaf Awareness Week World Laughter Day Cinco de Mayo
6 UK Early May Bank Holiday Sun Awareness Week Deaf Awareness Week	7 Sun Awareness Week Deaf Awareness Week	8	9	10	11 World Fairtrade Day	12 International Nurses Day
13 Mental Health Awareness Week Dementia Awareness Week World Cocktail Day	14 Mental Health Awareness Week Dementia Awareness Week	15 Mental Health Awareness Week Dementia Awareness Week Coeliac Awareness Week	16 Mental Health Awareness Week Dementia Awareness Week Coeliac Awareness Week	17 Mental Health Awareness Week Dementia Awareness Week Coeliac Awareness Week World Baking Day	18 Mental Health Awareness Week Dementia Awareness Week Coeliac Awareness Week National Doughnut Week (for The Children's Trust)	19 Mental Health Awareness Week Dementia Awareness Week Coeliac Awareness Week National Doughnut Week (for The Children's Trust)
20 Coeliac Awareness Week National Doughnut Week (for The Children's Trust) 	21 Coeliac Awareness Week National Doughnut Week (for The Children's Trust) International Tea Day	22 National Doughnut Week (for The Children's Trust) British Tomato Fortnight	23 National Doughnut Week (for The Children's Trust) British Tomato Fortnight	24 National Doughnut Week (for The Children's Trust) British Tomato Fortnight	25 National Doughnut Week (for The Children's Trust) British Tomato Fortnight	26 British Tomato Fortnight

May 2024

◀ April


June ▶

Mon	Tue	Wed	Thu	Fri	Sat	Sun
27 UK Spring Bank Holiday British Tomato Fortnight	28 British Tomato Fortnight	29 British Tomato Fortnight	30 British Tomato Fortnight	31 World No Tobacco Day  British Tomato Fortnight	National Walking Month	

June 2024

◀ May

July ▶

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				Pride Month 	1 Volunteers Week VOLUNTARY NORFOLK British Tomato Fortnight	2 Volunteers Week British Tomato Fortnight
3 Volunteers Week British Tomato Fortnight	4 Volunteers Week British Tomato Fortnight National Cheese Day	5 Volunteers Week British Tomato Fortnight National Growing for Wellbeing Week Bike Week	6 Volunteers Week National Growing for Wellbeing Week Bike Week	7 Volunteers Week National Growing for Wellbeing Week Bike Week World Food Safety Day National Fish and Chip Day	8 National Growing for Wellbeing Week Bike Week	9 National Growing for Wellbeing Week Bike Week Diabetes Awareness Week
10 National Growing for Wellbeing Week Bike Week Diabetes Awareness Week diabetes.org.uk/diabetes-the-basics Healthy Eating Week Carers Week Men's Health Week	11 National Growing for Wellbeing Week Bike Week Diabetes Awareness Week Healthy Eating Week Carers Week Men's Health Week	12 Diabetes Awareness Week Healthy Eating Week Carers Week Men's Health Week	13 Diabetes Awareness Week Healthy Eating Week Carers Week Men's Health Week	14 Diabetes Awareness Week Healthy Eating Week Carers Week Men's Health Week World Blood Donor Day	15 Diabetes Awareness Week enjoy-food-eating-with-diabetes Healthy Eating Week Carers Week Men's Health Week	16 Carers Week Men's Health Week

June 2024

◀ May

July ▶

Mon	Tue	Wed	Thu	Fri	Sat	Sun
17 World Continance Week	18 World Continance Week International Picnic Day	19 World Continance Week	20 World Continance Week Love Your Lungs Week Summer Solstice	21 World Continance Week Love Your Lungs Week International Day of Yoga	22 World Continance Week Love Your Lungs Week	23 World Continance Week Love Your Lungs Week
24 Love Your Lungs Week	25 Love Your Lungs Week	26 Love Your Lungs Week World Wellbeing Week	27 Love Your Lungs Week World Wellbeing Week	28 World Wellbeing Week National Fish and Chip Day	29 World Wellbeing Week	30 World Wellbeing Week

July 2024

◀ June

August ▶

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 International Joke Day	2	3 Alcohol Awareness Week	4 Alcohol Awareness Week	5 Alcohol Awareness Week	6 Alcohol Awareness Week	7 Alcohol Awareness Week World Chocolate Day
8 Alcohol Awareness Week	9 Alcohol Awareness Week	10	11	12	13	14 International Non-Binary People's Day
15	16	17	18	19	20	21 National Ice Cream Day 
22	23	24 International Self Care Day	25	26	27 norwichpride.org.uk The 16th Norwich Pride is on the 27th July 2024 	28

July 2024

◀ June

August ▶

Mon	Tue	Wed	Thu	Fri	Sat	Sun
29	30 World Friendship Day 	31	Plastic Free July plasticfreejuly.org  Disability Pride Month			

August 2024

◀ July

September ▶

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1 World Breast Feeding Week Cycle to Work Day	2 World Breast Feeding Week	3 World Breast Feeding Week	4 World Breast Feeding Week
5 World Breast Feeding Week	6 World Breast Feeding Week	7 World Breast Feeding Week National Allotments Week	8 National Allotments Week	9 National Allotments Week International Cat Day National Book Lovers Day	10 National Allotments Week Grief Awareness Day	11 National Allotments Week National Bakewell Tart Day
12 National Allotments Week	13 National Allotments Week	14 National Financial Awareness Day	15 National Relaxation Day	16	17	18
19 World Humanitarian Day	20	21	22	23	24	25

August 2024

July

September

Mon	Tue	Wed	Thu	Fri	Sat	Sun
26 UK Summer Bank Holiday National Dog Day	27	28	29	30 National Beach Day	31 International Bacon Day	

September 2024

◀ August

October ▶

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1 Migraine Awareness Week
2 Migraine Awareness Week Zero Waste Week	3 Migraine Awareness Week Zero Waste Week	4 Migraine Awareness Week Zero Waste Week	5 Migraine Awareness Week Zero Waste Week International Day of Charity	6 Migraine Awareness Week Zero Waste Week	7 Migraine Awareness Week	8 Know Your Numbers Week (Blood Pressure UK)
9 Know Your Numbers Week (Blood Pressure UK)	10 Know Your Numbers Week (Blood Pressure UK) World Suicide Prevention Day samaritans-national-suicide-prevention-alliance	11 Know Your Numbers Week (Blood Pressure UK)	12 Know Your Numbers Week (Blood Pressure UK)	13 Know Your Numbers Week (Blood Pressure UK) World Sepsis Day	14 Know Your Numbers Week (Blood Pressure UK)	15 World Lymphoma Day Great British Beach Clean
16 National Eczema Week Great British Beach Clean Jeans for Genes Day	17 National Eczema Week Great British Beach Clean	18 National Eczema Week Great British Beach Clean	19 National Eczema Week Great British Beach Clean	20 National Eczema Week Great British Beach Clean National Fitness Day	21 National Eczema Week Great British Beach Clean World Gratitude Day World Alzheimer's Day  get-involve-world-alzheimers-day	22 National Eczema Week


September 2024

September 2024							October ▶
Mon	Tue	Wed	Thu	Fri	Sat	Sun	
23 International Week of Happiness at Work Organ Donation Week  International Day of Sign Languages	24 International Week of Happiness at Work Organ Donation Week	25 International Week of Happiness at Work Organ Donation Week	26 International Week of Happiness at Work Organ Donation Week	27 International Week of Happiness at Work Organ Donation Week Macmillan Coffee Morning (World's Biggest Coffee Morning)	28 Organ Donation Week	29 Organ Donation Week World Heart Day  National Teaching Assistants Day Hidden Heros Day	
30	Sleeptember thesleepcharity.org.uk-knowyoursleep Organic September						

◀ September

October 2024

November ▶

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Menopause Month  thebms.org.uk	1 World Vegetarian Day International Coffee Day	2 Backcare Awareness Week	3 Backcare Awareness Week	4 Backcare Awareness Week No Disposable Cup Day International Taco Day	5 Backcare Awareness Week National Brunch Weekend	6 Backcare Awareness Week National Brunch Weekend
7 Backcare Awareness Week National Work Life Week National Curry Week	8 Backcare Awareness Week National Work Life Week National Curry Week	9 National Work Life Week National Curry Week National Baby Loss Week tommys.org	10 National Work Life Week National Curry Week National Baby Loss Week World Mental Health Day	11 National Work Life Week National Curry Week National Baby Loss Week Yom Kippur	12 National Curry Week National Baby Loss Week Yom Kippur	13 National Curry Week National Baby Loss Week
14 National Baby Loss Week	15 Global Handwashing Day	16 World Food Day National Boss Day	17	18 World Menopause Day menopauseintheworkplace.co.uk	19	20 World Osteoporosis Day
21	22	23	24	25	26	27 Daylight Saving Time ends National Cheese Toastie Day

◀ September

October 2024

November ▶

Mon	Tue	Wed	Thu	Fri	Sat	Sun
28	29 World Psoriasis Day	30 Stress Awareness Week	31 Stress Awareness Week Halloween Diwali			

◀ October		November 2024						December ▶	
Mon	Tue	Wed	Thu	Fri	Sat	Sun			
			National Stress Awareness Month November Men's Health Awareness Month UK Disability History Month	1 Stress Awareness Week All Saints Day World Vegan Day	2 Stress Awareness Week	3 Stress Awareness Week World Sandwich Day			
4 Stress Awareness Week	5 Stress Awareness Week Bonfire Night	6 Stress Awareness Week	7	8	9 Social Media Kindness Day	10 Remembrance Sunday			
11 Armistice Day	12	13 Self- Care Week selfcareforum.org	14 Self- Care Week World Diabetes Day Anti-Bullying Week	15 Self- Care Week Anti-Bullying Week Children in Need World COPD Day	16 Self- Care Week Anti-Bullying Week	17 Self- Care Week Anti-Bullying Week			
18 Self- Care Week why-kindness-is-the-superpower-you-didnt-know-you-had- Anti-Bullying Week	19 Self- Care Week International Men's Day Road Safety Awareness Week	20 Road Safety Awareness Week	21 Road Safety Awareness Week	22 Road Safety Awareness Week	23 Road Safety Awareness Week	24 Road Safety Awareness Week National Day of Listening			

◀ October

November 2024

December ▶

Mon	Tue	Wed	Thu	Fri	Sat	Sun
25 Road Safety Awareness Week White Ribbon Day	26 International Cake Day	27	28 Thanksgiving	29	30 St Andrew's Day (Scotland)	

◀ November

December 2024

▶ January

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1 World Aid's Day Anger Awareness Week
2 Grief Awareness Week Anger Awareness Week English Breakfast Day	3 Grief Awareness Week Anger Awareness Week International Day of People with Disabilities	4 Grief Awareness Week Anger Awareness Week	5 Grief Awareness Week Anger Awareness Week International Volunteers Day	6 Grief Awareness Week Anger Awareness Week	7 Grief Awareness Week Anger Awareness Week	8 Grief Awareness Week
9	10 Human Right's Day	11	12 Christmas Jumper Day  Get Ahead Gravy Day Gingerbread House Day (US) National Workplace Day of Remembrance	13	14	15
16	17	18	19	20 World Solidarity Day 	21 Winter Solstice	22
23	24 Christmas Eve	25 UK Bank Holiday Christmas Day	26 UK Bank Holiday Boxing Day	27	28	29

◀ November		December 2024					January ▶
Mon	Tue	Wed	Thu	Fri	Sat	Sun	
30	31 New Year's Eve	Decembeard – Bowel Cancer Awareness Month bowelcanceruk.org.uk-fundraise-decembeard					

thriving

WORKPLACES

