

Key Dates to activate on / around



October 2018

10 – World Mental Health Day
15 – 21 – National Baking Week UK
18 – World Values Day
All – Breast Cancer Awareness Month
All – Stoptober

November 2018

5-9 – International Stress Awareness Week (UK day on Nov 7)
12-18 – Anti Bullying Week
12-18 – Sugar Awareness Week
13 – World Kindness Day
14 – World Diabetes Day
16 – BBC Children in Need
19-25 – Alcohol Awareness Week
All – Movember
All – Lung Cancer Awareness Month
All – Veg Pledge for Cancer Research

December 2018

1-6 – Anger Awareness Week
10 – Human Rights Day
14 – Christmas Jumper Day (Save the Children)

January 2019

3 – Festival of Sleep Day
14-20 – National Obesity Awareness Week
21 – Blue Monday
21 – National Hug Day
All – Dry January

February 2019

4 – World Cancer Day
4-10 – Children's Mental Health Week

7 – Time to Talk Day (Mental Health)
17 – Random Acts of Kindness Day
25 – Fairtrade Fortnight begins
All – LGBT History Month

March 2019

1 – Time for a Cuppa (Dementia UK)
1 – Marie Curie Daffodil Appeal
15 – World Sleep Day
22 – National Skipping Day
30 – World Bipolar Day
All – Walk All Over Cancer Month
All – Dechox, British Heart Foundation
All – National Bed Month

April 2019

5 – Walk to Work Day
7 – World Health Day
8-14 – Parkinson's Awareness Week
11 – World Parkinson's Day
23 – World Book Night
All – Bowel Cancer Awareness Month

May 2019

13-19 – Mental Health Awareness Week
13-19 – Learning at Work Week
15 – International Day For Families
15 – World Meditation Day
20-26 – Dementia Awareness Week
31 – World No Tobacco Day
All – Maternal Mental Health Week
All – National Walking Month

June 2019

1-7 – Volunteers Week 2019
5 – World Environment Day
14-20 – National Picnic Week
17-23 – Learning Disability Week

21 – World Music Day

All – Pride Month

July 2019

12 – National Simplicity Day

21-27 – National Parks Week

30 – World Friendship Day

August 2019

7 – Play Day

September 2019

6 – National Read a Book Day

9-16 – National Spa Week

10 – World Suicide Prevention Week

20 – Jeans for Genes Day

27 – Macmillan Coffee Morning

TBA – National Fitness Day 2019