

Calendar of health events 2021 - 2022

April

29 Mar - 4 April
World Autism Awareness Week
www.autism.org.uk

1 - 30
Bowel Cancer Awareness Month
www.bowelcanceruk.org.uk
MS Awareness Month
www.mstrust.org.uk/msawareness
Stress Awareness Month
www.stressawarenessmonth.com

7
World Health Day
www.who.int/campaigns/world-health-day

10 - 16
Parkinson's Awareness Week
www.parkinsons.org.uk

24 - 30
World Immunisation Week
www.who.int/campaigns/world-immunization-week

29
On Your Feet Britain
www.onyourfeetday.com/britain/challenge

May

1 - 31
Action On Stroke Month
www.stroke.org.uk
National Walking Month
www.nationalfitnessday.com

4
World Asthma Day
www.ginasthma.org/wad

4 - 9
Deaf Awareness Week
www.deafcouncil.org.uk
Viral Meningitis Week
www.meningitis.org

4 - 10
Sun Awareness Week
www.bad.org.uk

5
World Hand Hygiene Day
www.who.int/gpsc/5may/en

10 - 16
Mental Health Awareness Week
www.mentalhealth.org.uk/campaigns/mental-health-awareness-week

Action For Brain Injury Week
www.headway.org.uk

11 - 16
M.E. Awareness Week
www.afme.org.uk

12
International Fibromyalgia Awareness Day
www.fmauk.org

14 - 21
Arthritis Care Awareness Week
www.arthritiscare.org.uk/Home

17 - 23
Dementia Action Week
www.alzheimers.org.uk/get-involved/dementia-action-week

17 - 17 June
National Smile Month
www.nationalsmilemonth.org

17 - 21
Walk to school week
www.livingstreets.org.uk

20 - 25
Food Allergy Awareness Week
www.foodallergy.org
National Epilepsy Week
www.epilepsy.org.uk

30 May - 5 Jun
Bike Week
www.bikeweek.org.uk

31
World No Tobacco Day
www.who.int/campaigns/world-no-tobacco-day/world-no-tobacco-day-2021

June

1 - 6
Child Safety Week
www.childsafetyweek.org.uk

1 - 7
Volunteers Week
www.volunteersweek.org

7
World Food Safety Day
www.who.int/news-room/campaigns/world-food-safety-day

7 - 11
Dietitians Week
https://www.bda.uk.com/improvinghealth/awareness_raising/dietitians_week

8 - 13
Carers Week
www.carersweek.org

9 - 15
Coeliac Disease Awareness Week
www.coeliac.org.uk

14
World Blood Donor Day
www.who.int/campaigns/world-blood-donor-day

14 - 18
BNF Healthy Eating Week
www.nutrition.org.uk/healthyliving

14 - 20
Diabetes Week
www.diabetes.org.uk

14 - 21
National Men's Health Week
www.menshealthmonth.org/week

15 - 20
Cervical Screening Awareness Week
www.jostrust.org.uk

17
National Clean Air Day
www.cleanairday.org.uk

22 - 27
Breathe Easy Week
www.blf.org.uk

tbc
UK Myeloma Awareness Week
www.myeloma.org.uk

July

24
Samaritans Awareness Day
www.samaritans.org

28
World Hepatitis Day
www.worldhepatitisday.org

August

1 - 6
World Breastfeeding Week
www.worldbreastfeedingweek.org

4
National Play Day
www.playday.org.uk

5
Cycle to Work Day
www.cycletoworkday.org

September

1 - 29
Urology Awareness Month
www.theurologyfoundation.org

1 - 30
Childhood Cancer Awareness Month
www.childrenwithcancer.org.uk

7 - 12
Organ Donation Week
www.britisHLivertrust.org.uk/our-work/campaigns/organ-donation-week

Know Your Numbers! (National Blood Pressure Testing Awareness Week)
www.bloodpressureuk.org

10
World Suicide Prevention Day
www.samaritans.org/media-centre/our-campaigns/world-suicide-prevention-day

13 - 19
Orchid Male Cancer Awareness Week
www.orchid-cancer.org.uk

14 - 19
Sexual Health Week
www.fpa.org.uk

17
World Sepsis Day
www.worldsepsisday.org

20 - 26
Fall Prevention Awareness Week
www.stopfalls.org

21
World Alzheimer's Day
www.alzscot.org

22
National Fitness Day
www.nationalfitnessday.com

25
Ataxia Awareness Day
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

October

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

1 - 31
Breast Cancer Awareness Month
www.breastcancer.org.uk
National Cholesterol Month
www.heartuk.org.uk

4 - 10
Challenge Poverty Week
www.challengepoverty.net

9 - 15
Baby Loss Awareness Week
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

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

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

November

1 - 30
World Movember Month
www.movember.com

Lung Cancer Awareness Month
www.roycastle.org

6
National Stress Awareness Day
www.nationalstressawarenessday.co.uk

15 - 21
Self Care Week
www.selfcareforum.org

16 - 22
Anti-bullying week
www.anti-bullyingalliance.org.uk
Alcohol Awareness Week
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

2 - 7
Grief Awareness Week
www.thegoodgrieftrust.org

3
International Day of Persons with Disabilities
www.idpwd.org

January

1 - 31
Dry January
www.alcoholchange.org.uk

7 - 13
Cervical Cancer Prevention Week
www.jostrust.org.uk

13 - 20
National Obesity Awareness Week
www.nationalobesityforum.org.uk

February

1
Breathing Space Day
www.breathingspace.scot

1 - 28
LGBT History Month
www.lgbthistory.org.uk
National Heart Month
www.bhf.org.uk

3
Time to Talk Day
www.time-to-change.org.uk/get-involved/time-talk-day

8
Safer Internet Day
www.saferinternetday.org

24 - 2 March
Eating Disorders Awareness Week
www.b-eat.co.uk

March

1 - 31
Marie Curie Cancer Care Great Daffodil Appeal
www.mariecurie.org.uk/supportus/thegreatdaffodilappeal
Ovarian Cancer Awareness Month
www.ovarian.org.uk
Prostate Cancer Awareness Month
www.prostatecanceruk.org

9
No Smoking Day
www.nosmokingday.org.uk

10
World Kidney Day
www.worldkidneyday.org

14 - 20
Nutrition and Hydration Week
www.nutritionandhydrationweek.co.uk

18
World Sleep Day
www.worldsleepday.org

21
International Day for the Elimination of Racial Discrimination
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

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 to order your own paper copy or to download the dates to your phone calendar.

