



2025

Key awareness days



Wellbeing topics of the month – at a glance

Look out for our employee and HR guides plus our monthly wellbeing webinars around the following calendar dates.

January

Awareness day: **Cervical Cancer Awareness Month**
Topic: **Female cancer**

February

Awareness event: **Eating Disorder Awareness Week**
Topic: **Eating disorders**

March

Awareness event: **World Oral Health Day**
Topic: **Oral health**

April

Awareness event: **World Autism Awareness Day**
Topic: **Neurodiversity**

May

Awareness event: **National Walking Month**
Topic: **Benefits of walking**

June

Awareness event: **National Carers Week**
Topic: **Caring**

July

Awareness event: **Samaritans Awareness Day**
Topic: **The power of talking**

August

Topic: **Male cancer**

September

Awareness event: **Pension Awareness Week**
Topic: **Pension awareness**

October

Awareness event: **World Menopause Awareness Day**
Topic: **Menopause**

November

Awareness event: **Talk Money Week**
Topic: **Talk money**

December

Awareness event: **International Volunteer Day**
Topic: **Giving back**



January

20

Blue Monday

Falling on the third Monday in January, Blue Monday is known as 'the most depressing day of the year'.

1-31

Cervical Cancer Awareness Month

An awareness campaign to educate the public on cervical cancer and screenings. → [READ MORE](#)

24

International Day of Education

A day to celebrate the role of education in promoting peace, development and equality worldwide. → [READ MORE](#)

27-2 February

Financial Planning Week

A week-long event to encourage people to take control of their finances and plan for the future. → [READ MORE](#)



January

30

Parent Mental Health Day

Founded by charity stem4, the day highlights the importance of parental mental health and its impact on the family. → [READ MORE](#)

February

1-28

LGBT+ History Month

A month-long campaign that celebrates LGBT+ history and achievements, and promotes equality. → [READ MORE](#)

3-9

Children's Mental Health Week

An opportunity to promote the importance of mental wellbeing for children and young people.

→ [READ MORE](#)



February

4

World Cancer Day

Observed on 4 February each year, the initiative raises global awareness and inspires action against cancer.

→ [READ MORE](#)

11

Safer Internet Day

Promotes safe and responsible internet use worldwide, especially among young people and children. → [READ MORE](#)

24-2 March

Eating Disorder Awareness Week

An annual campaign to challenge stigmas and dispel myths around eating disorders.

→ [READ MORE](#)

28

Rare Disease Day

The goal of this day is to raise awareness and support for people living with rare diseases worldwide. → [READ MORE](#)



March

6

National Dentist Day

Celebrated on 6 March each year, National Dentist Day aims to show appreciation for dentists.

→ [READ MORE](#)

7

Employee Appreciation Day

An event to recognise and celebrate the hard work and contributions of employees in the workplace.

14

World Sleep Day

Organised by the World Sleep Society, the day draws attention to the importance of good sleep for overall health and wellbeing. → [READ MORE](#)

17-23

Nutrition and Hydration Week

This week highlights the vital role of proper nutrition and hydration for health and wellbeing. → [READ MORE](#)



March

17-23

Neurodiversity Celebration Week

Neurodiversity Celebration Week to encourage understanding, respect and inclusion for neurodiverse individuals.

→ [READ MORE](#)

20

World Oral Health Day

An initiative to promote global awareness of the importance of good oral hygiene and preventive dental care. → [READ MORE](#)

tbc

Debt Awareness Week

Encourages open conversations about debt and provides resources to help people manage their finances.

→ [READ MORE](#)



April

1-30

Stress Awareness Month

Held every April since 1992, Stress Awareness Month focuses in on the causes and cures of stress.

→ [READ MORE](#)

1-30

Bowel Cancer Awareness Month

An opportunity for people to learn more about bowel cancer, its symptoms and the importance of early detection.

→ [READ MORE](#)

1-30

Testicular Cancer Awareness Month

Brings awareness of testicular cancer and promotes support for those affected. → [READ MORE](#)

2

World Autism Awareness Day

An initiative to promote understanding, acceptance and inclusion of people with autism worldwide. → [READ MORE](#)



April

7

World Health Day

Organised by the World Health Organisation, this day aims to highlight global health issues. → [READ MORE](#)

22

Earth Day

Inspires global action to protect the environment and promote sustainable practices. → [READ MORE](#)

28-22 May

Global Payroll Week

Aims to boost payroll professionals' skills through education, training and networking. → [READ MORE](#)



May

1-31

National Walking Month

Organised by Living Streets, this event encourages people to get outside and start moving. → [READ MORE](#)

1-31

Skin Cancer Awareness Month

Highlights the dangers of unprotected sun exposure and signs of skin cancer.

→ [READ MORE](#)

1-31

Action on Stroke Month

An initiative to raise awareness about the prevention and treatment of strokes.

5-11

Maternal Mental Health Week

A week-long campaign dedicated to talking about mental health problems before, during and after pregnancy.

→ [READ MORE](#)



May

12-18

Sun Awareness Week

Promotes safe sun practices to reduce skin cancer risks and protect skin health.

→ [READ MORE](#)

tbc

Equality, Diversity and Human Rights Week

A national campaign for health and care organisations to highlight their work to create a fairer and more inclusive NHS for patients and staff.

June

20

International Human Resources Day

A day to celebrate HR professionals' role in supporting workplaces and employee wellbeing worldwide.

→ [READ MORE](#)

21

World Meditation Day

Held on the same day every year, World Meditation Day encourages people to practice meditation.

→ [READ MORE](#)



June

5

World Environment Day

Encourages global action to protect the planet and address environmental challenges. → [READ MORE](#)

9-15

National Carers Week

A week to raise awareness of unpaid carers and the contributions they make to society. → [READ MORE](#)

9-13

Heathy Eating Week

The British Nutrition Foundation's (BNF) annual event to promote healthier eating habits and lifestyles across the UK.

→ [READ MORE](#)

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Diabetes Week

An initiative to highlight the impact of the condition and the people living with it. → [READ MORE](#)



June

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Bike Week

Highlights the positives of riding a bike and encourages people to get out cycling. → [READ MORE](#)

14

Global Wellness Day

An event dedicated to shining a spotlight on wellness and its importance. → [READ MORE](#)

14

World Blood Donor Day

World Blood Donor Day honours blood donors and raises awareness of the need for safe blood donations. → [READ MORE](#)

tbc

Cervical Screening Awareness Week

Raises awareness about the importance of regular cervical screenings for early detection and prevention of cancer. → [READ MORE](#)



July

1-31

Sarcoma Awareness Month

An opportunity to raise awareness of sarcoma, a rare cancer, and the importance of early diagnosis.

→ [READ MORE](#)

7-13

Alcohol Awareness Week

This week aims to get people thinking about drinking and the risks associated with alcohol. → [READ MORE](#)

5

Research Appreciation Day

Celebrates the work of health researchers around the world.

→ [READ MORE](#)

24

Samaritans Awareness Day

Encourages open conversations about mental health and promotes the support available. → [READ MORE](#)



July

tbc

International Self Care Day

An event that shines a spotlight on self care and its benefits. → [READ MORE](#)

28

World Hepatitis Day

A day to educate the public about hepatitis, its prevention and the need for global action. → [READ MORE](#)

30

International Day of Friendship

Celebrates the power of friendships in promoting peace and connecting communities. → [READ MORE](#)



August

1-7

World Breastfeeding Week

A campaign to celebrate mothers throughout their breastfeeding journey.

→ [READ MORE](#)

tbc

National Allotments Week

A week-long event to highlight the social, health and environmental benefits of allotments. → [READ MORE](#)

18

Never Give Up Day

An international event dedicated to the resilience, perseverance and the unyielding human spirit.

→ [READ MORE](#)

19

World Humanitarian Day

Recognises the actions of humanitarian workers across the globe.

→ [READ MORE](#)



August

31

International Overdose Awareness Day

A day to end overdose, recognise without stigma those who have died and acknowledge the grief of those left behind. → [READ MORE](#)

September

1-30

World Alzheimer's Month

A campaign to raise dementia awareness and support those affected by the disease. → [READ MORE](#)

19

Blood Cancer Awareness Month

The goal of this campaign is to raise the profile of blood cancer and its signs, symptoms and impact. → [READ MORE](#)



September

1-30

Childhood Cancer Awareness Month

An international event established in 1990 to put childhood cancers in the spotlight. → [READ MORE](#)

1-30

Gynaecological Cancer Awareness Month

An initiative dedicated to raising awareness around the five gynaecological cancers. → [READ MORE](#)

tbc

Pension Awareness Week

Promotes the understanding of pensions and importance of planning for retirement. → [READ MORE](#)

10

World Suicide Prevention Day

Raises awareness and promotes actions to prevent suicide and support mental health. → [READ MORE](#)



September

tbc

National Eye Health Week

Draws attention to the importance of good eye health and the need for regular eye tests. → [READ MORE](#)

29

World Heart Day

An event to encourage actions to prevent cardiovascular disease, the world's number one killer. → [READ MORE](#)

October

1-31

National Cholesterol Month

A campaign to highlight the impact of high cholesterol and ways to maintain healthy levels. → [READ MORE](#)

1-31

Breast Cancer Awareness Month

Celebrated globally, this event aims to improve support and screening for the disease. → [READ MORE](#)



October

1-31

ADHD Awareness Month

A month-long event to learn and share information about ADHD. → [READ MORE](#)

1-31

Global Diversity Month

Recognises the positive impact a diverse culture of people can have on society.

→ [READ MORE](#)

6-13

Dyslexia Awareness Week

A time to increase public understanding of dyslexia, promote inclusion and support those affected. → [READ MORE](#)

10

World Mental Health Day

A day to come together to talk about mental health issues and support those affected. → [READ MORE](#)



October

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World Sight Day

A day to draw attention to blindness and vision impairment. → [READ MORE](#)

18

World Menopause Awareness Day

Aims to break the taboo, raise awareness and educate the public about menopause. → [READ MORE](#)

November

8

Movember

Movember involves growing moustaches to raise awareness and funds for men's health issues. → [READ MORE](#)

10

Pancreatic Cancer Awareness Month/World Pancreatic Cancer Day

Focuses on raising understanding of pancreatic cancer to improve survival rates. → [READ MORE](#)



November

5 Stress Awareness Day

Established by the International Stress Management Association, the day raises awareness of the harmful effects of stress. → [READ MORE](#)

tbc Talk Money Week

Encourages people to have more open conversations about their money to improve financial wellbeing and confidence. → [READ MORE](#)

tbc National Self Care Week

An annual event dedicated to embedding support for self-care across communities, families and generations. → [READ MORE](#)

tbc Carers Rights Day

Shines a spotlight on the rights of carers and provides information to support them in their roles. → [READ MORE](#)



December

1

World AIDS Day

A global movement to unite people in the fight against HIV and AIDS.

→ [READ MORE](#)

3

International Day of Persons with Disabilities

Promotes inclusion, accessibility and rights for people with disabilities worldwide.

→ [READ MORE](#)

5

International Volunteer Day

Pays tribute and acknowledges the achievements of volunteers worldwide.

→ [READ MORE](#)

tbc

Grief Awareness Week

A week to provide support, understanding and education around grief and bereavement. → [READ MORE](#)



December

tbc

Christmas Jumper Day

A festive event where people wear Christmas jumpers to raise money for the charity, Save the Children.

→ [READ MORE](#)

tbc

Festival of Winter Walking

Running from December to January, this event encourages people to get outside over the winter season. → [READ MORE](#)