

February

National Heart Month (1-28)

Feel Good February (1-28)

Time to Talk Day (1)

Tinnitus Awareness Week (3-9)

World Cancer Day (4)

Children's Mental Health Week (5-11)

NI Helplines Awareness Day (6)

NI Sexual Health Awareness Week (7-14) TBC

Think about Sex day/
National Impotence Day (14)

World Thinking Day (22)

Eating Disorders Awareness Week (26 Feb - 4 Mar)

Rare Disease Day (28)

March

National Bed Month (1-31)

Ovarian Cancer Awareness Month (1-31)

Prostate Cancer Awareness Month (1-31)

Self Injury/Harm Awareness Day (1)

Acupuncture Awareness Week (2-8)

Endometriosis Awareness Week (5-11)

National MS Week (5-11)

International Women's Day (8)

World Kidney Day (8)

Salt Awareness Week (10-16)

No Smoking Day (14)

World Sleep Day (14)

International Happiness Day (20)

World Down Syndrome Day (21)

World Water Day (22)

World TB Day (24)

April

International IBS Awareness Month (1-30)

Stress Awareness Month (1-30)

Bowel Cancer Awareness Month (1-30)

World Autism Awareness Day (2)

World Health Day (7)

World Parkinson's Day (11)

European Immunization Week (23-29)

MS Awareness Week (23-29)

World Malaria Day (25)

Allergy Awareness Week (25 Apr - 1 May)

World Day for Safety and Health at Work (28)

May

National Walking Month (1-31)

Action on Stroke Month (1-31)

World Asthma Day (1)

Global Hand Hygiene Day (5)

International Fibromyalgia Awareness Day (12)

Food Allergy Awareness Week (13-19)

Sun Awareness Week (14-20)

Dying Matters Week (14-20)

Mental Health Awareness Week (14-20)

National Smile Month (14 May - 14 June)

Dementia Awareness Week (21-27)

World No Tobacco Day (31)

June

Motor Neurone Disease (MND) Awareness Month (1-30)

SANDS (Stillbirth and Neonatal Death Society) Awareness Month (1-30)

National Osteoporosis Month (1-30)

Volunteers' Week (1-7)

National Bike Week (9-17)

Carers' Week (11-17)

National Men's Health week (11-17)

Cervical Screening Awareness Week (11-17) TBC

Diabetes Week (11-17)

World Blood Donor day (14)

Water Safety Awareness Week/
Drowning prevention week (15-25)

Breathe Easy Week (18-24)

July

International Group B Strep Awareness Month (1-31)

National Childhood Obesity week (2-8)

24/7 Samaritans Awareness Day (24)

World Hepatitis Day (28)

International day of friendship (30)

***This calendar is to be used as a guide. This calendar is produced several months before many events take place. Whilst every care is taken to ensure the accuracy of the information it must be pointed out that, occasionally, the dates for events may be changed. It is the responsibility of calendar users to check the details of events they wish to support.**