

# INTERNATIONAL AWARENESS DAYS

## JANUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1 <b>New Year's Day</b>	2 Introvert Day	3	4 <u>World Braille Day</u>	5	6 <u>Epiphany (Christian)</u>
7 <u>Christmas Day (Orthodox)</u>	8	9	10	11 <u>National Human Trafficking Awareness Day</u>	12 Kiss a Ginger Day	13 <u>Maghi, Sikh</u>
14 <u>STIQ Day</u>	15 Martin Luther King Jr. Day Blue Monday	16	17 <u>Big Energy Saving Week</u>	18	19	20
21 <u>World Religion Day</u>	22 <u>Cervical Cancer Prevention Week</u>	23 National Pie Day	24 <u>International Day of Education</u>	25 <u>Burns Night Mahayana New Year (Buddhist)</u>	26	27 <u>Holocaust Memorial Day</u> <u>Parent Mental Health Day</u>
28	29 National Puzzle Day	30 <u>World Leprosy Day</u>	31	1	2	3

### MORE AWARENESS DAYS:

- National Mentoring Month
- National Slavery and Human Trafficking Prevention Month
- Dry January Month
- **15:** Brew Monday (tea, not beer!)
- **22:** Chinese New Year
- **24:** Race Against Dementia Day
- **25:** Thaipusam (Hindu)
- **25:** 15 Shevat (Judaism)
- **27:** Parent Mental Health Day
- **27 Jan-4 Feb:** National Storytelling Week

# INTERNATIONAL AWARENESS DAYS

## FEBRUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1 <a href="#">Time to Talk Day</a>	2 Groundhog Day <a href="#">Wear Red Day</a>	3
4 <a href="#">World Cancer Day</a>	5 <a href="#">National Apprenticeship Week</a>	6 <a href="#">Safer Internet Day</a>	7 Send a Card to a Friend Day	8 <a href="#">Lailat al-Miraj (Islam)</a>	9 <a href="#">National Pizza Day</a> <a href="#">Welsh Language Music Day</a>	10 <a href="#">Chinese New Year</a>
11 <a href="#">International Day of Women and Girls in Science</a>	12 <a href="#">International Epilepsy Day</a>	13 <a href="#">Shrove Tuesday</a>	14 <a href="#">Ash Wednesday</a> Valentine's Day	15 <a href="#">Nirvana Day (Buddhist)</a>	16 <a href="#">Care Day</a> Real Bread Week	17 <a href="#">Random Acts of Kindness Day</a>
18 <a href="#">World Drink Wine Day</a> 🍷	19 <a href="#">Cancer Prevention Action Week</a>	20 <a href="#">World Day of Social Justice</a>	21	22 <a href="#">World Thinking Day</a>	23 <a href="#">Helplines Awareness Day</a>	24 <a href="#">Magha Puja (Buddhist)</a> <a href="#">Emotional Health Day</a>
25	26 <a href="#">Eating Disorders Awareness Week</a>	27	28 <a href="#">National Essay Day</a>	29 <a href="#">Rare Disease Day</a>	1	2

### MORE AWARENESS DAYS:

- Black History Month (US)
- [LGBTQ+ History Month](#)
- [Reynaud's Awareness Month](#)
- **5-11:** [Race Equality Week](#)
- **5-11:** [Sexual Abuse and Sexual Violence Awareness Week](#)
- **5-11:** [Children's Mental Health Week](#)
- **5-11:** [National HIV Testing Week](#)
- **6:** [Zero Tolerance for female genital mutilation day \(FGM\)](#)
- **12-18:** [Student Volunteering Week](#)
- **14:** [International Book Giving Day](#)
- **14-28:** Lent
- **14:** [Vasant Panchami \(Hindu\)](#)
- **20:** National Love Your Pet Day

# INTERNATIONAL AWARENESS DAYS

## MARCH 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	1 <a href="#">St David's Day</a> <a href="#">International Wheelchair Day</a>	2 <a href="#">National Old Stuff Day</a>
3 <a href="#">World Wildlife Day</a> <a href="#">World Hearing Day</a>	4 <a href="#">International HPV Awareness Day</a> <a href="#">National Careers Week</a>	5	6	7 <a href="#">World Book Day</a>	8 <a href="#">International Women's Day</a> <a href="#">British Science Week</a>	9
10 <a href="#">Mother's Day</a> <a href="#">World Glaucoma Week</a>	11	12 <a href="#">Ramadan</a>	13 <a href="#">National No Smoking Day</a>	14 <a href="#">University Mental Health Day UK</a>	15 <a href="#">Comic Relief International Day to Combat Islamophobia</a>	16 <a href="#">Disabled Access Day</a>
17 <a href="#">St Patrick's Day</a>	18 <a href="#">Global Recycling Day</a>	19	20 <a href="#">International Day of Happiness</a> <a href="#">Spring Equinox</a>	21 <a href="#">World Down Syndrome Day</a>	22 <a href="#">World Water Day</a>	23 <a href="#">Earth Hour Day</a>
24 <a href="#">Purim (Jewish)</a>	25 <a href="#">Debt Aware Week</a> <a href="#">Holi, the Festival of Colours (Hindu)</a>	26 <a href="#">Purple Day for Epilepsy</a>	27	28 <a href="#">Wear a Hat Day (Brain Tumour Awareness)</a>	29 <b>Good Friday</b> (Christian)	30 <a href="#">World Bipolar Day</a>
31 <a href="#">Easter Sunday (Christian)</a>	1	2	3	4	5	6

### ADDITIONAL DATES OF NOTE

- [Women's History Month / Ovarian Cancer Awareness Month](#)
- [Endometriosis Action Month / Developmental Disabilities Awareness Month](#)
- **1:** [Zero Discrimination Day / Employee Appreciation Day](#)
- **1:** [Self Injury/Harm Awareness Day SIAD](#)
- **12 March-12 April:** [Ramadan](#)
- **18-24:** [Neurodiversity Celebration Week](#)
- **20:** [Nowruz \(Iranian/Persian New Year\) / National Native HIV/AIDS Awareness Day](#)
- **20:** [Super Social Care Staff Day](#)
- **21:** [International Day for the Elimination of Racial Discrimination](#)
- **31:** [International Transgender Day of Visibility](#)

# INTERNATIONAL AWARENESS DAYS

## APRIL 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1 April Fool's Day Family Safety Week <b>Easter Monday</b>	2 <u>World Autism Awareness Day</u> Children's Book Day	3 <u>Animal Conservation</u>	4 404 Day	5 Walk to Work Day	6 International Pillow Fight Day
7 <u>World Health Day</u>	8 <u>World Parkinson's Day</u>	9 <u>Eid al-Fitr</u>	10 <u>Siblings Day</u>	11 <u>World Parkinson's Day</u>	12	13 MS Awareness Week <u>Vaisakhi (Sikh)</u>
14	15 <u>Micro-volunteering Day</u> World Art Day	16 <u>World Voice Day</u>	17 <u>World Haemophilia Day</u>	18	19	20
21 National Tea Day London Marathon	22 <u>Earth Day</u> Stephen Lawrence Day	23 <u>St George's Day</u> Asparagus Day	24 <u>International Guide Dog Day</u>	25 <u>World Malaria Day</u>	26 <u>Lesbian Visibility Day/Week</u>	27
28 <u>World Day for Safety and Health at Work</u>	29 <u>International Dance Day</u>	30	1	2	3	4

### ADDITIONAL DATES OF NOTE

- Functional Neurological Disorder (FND) Awareness Month
- Stress Awareness Month / Bowel Cancer Awareness Month / Jazz Appreciation Month
- National Pet Month
- **2-8:** World Autism Awareness Week
- **2-8:** International Dark Sky Week
- **8:** International Romani Day
- **8-12:** National Stalking Awareness Week
- **15-21:** Conversation Week
- **22-30:** Passover (Jewish) - no work permitted 23-24 and 29-30
- **22:** National Stop Snoring Week
- **22-28:** MS (Multiple Sclerosis) Awareness Week
- **24:** World Immunisation Week

# INTERNATIONAL AWARENESS DAYS

## MAY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	1 <a href="#">May Day</a> <a href="#">National Gardening Week</a>	2 <a href="#">World Password Day</a> <a href="#">World Asthma Day</a>	3 <a href="#">World Press Freedom Day</a>	4 Star Wars Day
5 <a href="#">International Family Equality Day</a>	6 <b>May BH</b> <a href="#">Dying Matters Awareness Week</a>	7	8 <a href="#">National Staff Networks Day</a> World Donkey Day	9 <a href="#">Europe Day</a> National Lost Sock Day	10 <a href="#">World Lupus Day</a>	11
12 <a href="#">International Nurses Day</a>	13 <a href="#">Black Inclusion Week</a>	14	15 <a href="#">Spinal Cord Injury Awareness Day</a>	16 <a href="#">Global Accessibility Awareness Day</a>	17 <a href="#">Endangered Species Day</a>	18
19 Malcolm X's birthday	20 <a href="#">National Rescue Dog Day</a>	21 <a href="#">World Meditation Day</a>	22 <a href="#">Buddha's birthday</a>	23 <a href="#">World Turtle Day</a>	24 <a href="#">Declaration of the Báb (Bahá'í)</a>	25
26	27 <b>Spring BH</b> National BBQ Week	28 <a href="#">World Hunger Day</a>	29 <a href="#">International Day of UN Peacekeepers</a>	30 <a href="#">World MS Day</a>	31 <a href="#">World No Tobacco Day</a>	1

### ADDITIONAL DATES OF NOTE

- [Make May Purple, Stroke Awareness Month](#)
- [Celiac Awareness Month](#)
- [National Share a Story Month](#)
- [Skin Cancer Awareness Month](#)
- [Ehlers-Danlos Syndromes \(EDS\) and Hypermobility Spectrum Disorders \(HSD\) Awareness Month](#)
- **1-7:** [Deaf Awareness Week](#)
- **29 April-5 May:** [Maternal Mental Health Awareness Week](#)
- **13-19:** [Mental Health Awareness Week](#)
- **13-19:** [National Stationery Week](#)
- **17:** [International Day against Homophobia, Transphobia, and Biphobia](#)
- **18:** [International Museum Day](#)

# INTERNATIONAL AWARENESS DAYS

## JUNE 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1 <a href="#">Volunteers' Week</a>
2 <a href="#">National Cancer Survivor's Day</a>	3 <a href="#">Child Safety Week</a>	4 <a href="#">National Cheese Day</a>	5 <a href="#">World Environment Day</a>	6 <a href="#">D-Day</a>	7 <a href="#">Tourette Awareness Day</a>	8 <a href="#">World Oceans Day</a>
9 <a href="#">Diabetes Awareness Week</a>	10 <a href="#">National Carers' Week</a>	11 <a href="#">Shavuot (Jewish)</a>	12 <a href="#">Loneliness Awareness Week</a>	13	14 <a href="#">World Blood Donor Day</a>	15 <a href="#">Waqf al Arafa - Hajj Day (Islam)</a>
16 <a href="#">Father's Day</a> <a href="#">World Refill Day</a>	17 <a href="#">Learning Disability Week</a> <a href="#">Refugee Week</a>	18	19 <a href="#">Juneteenth</a>	20 <a href="#">World Refugee Day</a> Summer Solstice	21 <a href="#">Take your Dog to Work Day</a>	22 <a href="#">Windrush Day</a> <a href="#">World Rainforest Day</a>
23 <a href="#">Women in Engineering Day</a> <a href="#">National Writing Day</a>	24 <a href="#">Deafblind Awareness Week</a>	25	26	27 <a href="#">National PTSD Awareness Day</a>	28 <a href="#">Wallace &amp; Gromit's Wrong Trousers Day</a>	29
30	1	2	3	4	5	6

### ADDITIONAL DATES OF NOTE

- [Pride Month](#)
- [Cataract Awareness Month](#)
- **10-16:** [Men's Health Week](#)
- **16:** [ND \(Neurodivergent\) Pride Day](#)
- **16-19:** [Eid al-Adha](#), Muslim festival
- **18:** [International Day of Countering Hate Speech](#)
- **20-26:** [#GladtoCare Awareness Week](#)
- **21:** [World Humanist Day](#)

# INTERNATIONAL AWARENESS DAYS

## JULY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1 <a href="#">Canada Day</a> <a href="#">International Joke Day</a>	2 <a href="#">Independent Retailer Month</a>	3	4 <a href="#">Independence Day</a>	5	6 <a href="#">Dalai Lama's Birthday</a> <a href="#">International Kissing Day</a>
7 <a href="#">Hijri New Year</a> <a href="#">World Chocolate Day</a>	8	9	10	11 <a href="#">World Population Day</a>	12 <a href="#">National Simplicity Day</a>	13
14 <a href="#">International Disability Awareness Day</a>	15 <a href="#">Samaritans Awareness Day</a> <a href="#">World Youth Skills Day</a>	16	17 <a href="#">Black Leaders Awareness Day</a> <a href="#">World Emoji Day</a>	18 <a href="#">South Asian Heritage Month</a>	19 <a href="#">National Daiquiri Day</a> 🍹	20
21	22 <a href="#">Fragile X Awareness Day</a>	23	24 <a href="#">International Self Care Day</a>	25 <a href="#">World Schizophrenia Day</a>	26	27
28 <a href="#">World Hepatitis Day</a>	29	30 <a href="#">International Day of Friendship</a>	31 <a href="#">World Day Against Trafficking in Persons</a>	1	2	3

### ADDITIONAL DATES OF NOTE

- [Disability Pride Month](#)
- [Alcohol Awareness Week](#) - dates tbc
- [Plastic Free July](#)
- **14:** [International Non-Binary People's Day](#)
- **18:** [Nelson Mandela International Day](#)
- **18 July-17 August:** [South Asian Heritage Month](#)
- **20:** [Asalha Puja / Dharma Day \(Buddhist\)](#)
- **24 July-8 August:** [National Marine Week](#)

# INTERNATIONAL AWARENESS DAYS

## AUGUST 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1 <a href="#">Yorkshire Day</a> <a href="#">Cycle to Work Day</a>	2	3
4 <a href="#">International Assistance Dog Week</a>	5	6	7	8 International Cat Day	9 Book Lover's Day	10
11	12 <a href="#">International Youth Day</a>	13 <a href="#">International Left Handers Day</a>	14	15	16	17
18 Lord Krishna's birthday <a href="#">Never Give Up Day</a>	19 <a href="#">World Photography Day</a>	20	21	22 National Burger Day	23 <a href="#">Remembrance of the Slave Trade and its Abolition</a>	24
25 <a href="#">UK Black Pride</a>	26 <b>Summer BH</b> International Dog Day	27	28 National Bow Tie Day	29	30 <a href="#">International Day of the Disappeared</a>	31 <a href="#">International Overdose Awareness Day</a>

### ADDITIONAL DATES OF NOTE

- [National Fishing Month](#)
- [International Happiness Happens Month](#)
- **1:** [World Wide Web Day](#)
- **1-7:** [World Breastfeeding Week \(WBW\)](#)
- **9:** [International Day of the World's Indigenous Peoples](#)
- **13-15:** [Obon \(Buddhist\)](#)
- **19:** [Raksha Bandhan \(Hindu\)](#)
- **19:** [World Humanitarian Day](#)
- **22:** [International Day commemorating the victims of acts of violence based on religion or belief](#)
- **26:** [Women's Equality Day \(US\)](#)
- **31:** [International Day for People of African Descent](#)



# INTERNATIONAL AWARENESS DAYS

## SEPTEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <a href="#">World Letter Writing Day.</a>	2	3 <a href="#">National Doodle Day. (Epilepsy).</a>	4 <a href="#">World Sexual Health Day.</a>	5 <a href="#">International Day of Charity.</a>	6 <a href="#">National Food Bank Day</a> <a href="#">Colour Blind Awareness Day.</a>	7 <a href="#">Ganesh Chaturthi (Hindu)</a>
8 <a href="#">International Literacy Day.</a>	9	10 <a href="#">World Suicide Prevention Day.</a>	11	12	13 <a href="#">Stand Up to Cancer Day.</a>	14
15	16 <a href="#">Every Woman Day.</a>	17	18 <a href="#">International Equal Pay Day.</a>	19	20 <a href="#">HeForShe World Cleanup Day.</a>	21 <a href="#">World Alzheimer's Day.</a>
22 Car Free Day	23 <a href="#">Bisexual Visibility Day.</a>	24	25 <a href="#">World Dream Day.</a>	26 HR Professional Day	27 <a href="#">World's Biggest Coffee Morning, Macmillan</a>	28
29 <a href="#">World Heart Day.</a>	30	1	2	3	4	5

### ADDITIONAL DATES OF NOTE

- [World Alzheimer's Month](#)
- [Sleeptember](#)
- [Organic September](#)
- [Blood Cancer Awareness Month](#)
- [9-22: Fairtrade Fortnight](#)
- [11-15: National Pension Awareness Week](#)
- [16-22: Recycle Week](#)
- [21: International Day of Peace](#)
- [23-29: National Inclusion Week \(NIW\)](#)
- [23-29: International Week of Happiness at Work](#)
- [29: International Day of Awareness of Food Loss and Waste](#)

# INTERNATIONAL AWARENESS DAYS

## OCTOBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	1	2 <a href="#">International Day of Non-Violence</a>	3 <a href="#">National Poetry Day</a>	4 <a href="#">World Animal Day</a> <a href="#">World Smile Day</a>	5 <a href="#">World Teachers' Day</a>
6	7 <a href="#">Dyslexia Awareness Week</a>	8	9 <a href="#">Dyspraxia Awareness Week</a>	10 <a href="#">World Sight Day</a> <a href="#">World Homeless Day</a>	11 Yom Kippur (Jewish) <a href="#">World Egg Day</a>	12 <a href="#">World Hospice and Palliative Care Day</a>
13 <a href="#">International Day for Disaster Risk Reduction</a>	14 <a href="#">Defender of Ukraine Day</a>	15	16 <a href="#">World Food Day</a>	17 <a href="#">International Day for the Eradication of Poverty</a>	18 <a href="#">World Menopause Day</a> <a href="#">Anti-Slavery Day</a>	19
20 <a href="#">World Osteoporosis Day</a>	21	22	23	24 <a href="#">United Nations Day</a>	25	26 <a href="#">International Brain Tumour Awareness Week</a>
27 <a href="#">National Black Cat Day</a>	28	29 <a href="#">World Stroke Day</a>	30	31 <a href="#">Halloween</a>	1	2

### ADDITIONAL DATES OF NOTE

- [ADHD Awareness Month](#)
- [Global Diversity Awareness Month](#)
- [Go Sober for October](#)
- [Breast Cancer Awareness Month](#)
- [Black History Month \(UK\)](#)
- [Stoptober](#)
- [World Menopause Awareness Month](#)
- **2-4:** [Rosh Hashanah, the Jewish New Year](#)
- **7-13:** [National Curry Week](#)
- **7-11:** [Baby Loss Awareness Week](#)
- **7-11:** [National Work Life Week](#)
- **10:** [World Mental Health Day](#)
- **16:** [International Pronouns Day](#)
- **29:** [Start of Diwali, the Festival of Lights](#)

# INTERNATIONAL AWARENESS DAYS

## NOVEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1 <a href="#">Diwali</a> <a href="#">World Vegan Day</a>	2
3	4	5 <a href="#">World Tsunami Awareness Day</a> <a href="#">Bonfire Night</a>	6 <a href="#">International Stress Awareness Day</a>	7 <a href="#">Trustees' Week</a>	8	9 <a href="#">World Adoption Day</a>
10 <a href="#">Remembrance Sunday</a>	11 <a href="#">Armistice Day</a> <a href="#">COP 29</a>	12	13 <a href="#">World Kindness Day</a>	14 <a href="#">World Diabetes Day</a>	15 <a href="#">National Philanthropy Day</a>	16 <a href="#">International Day for Tolerance</a>
17 <a href="#">World Prematurity Day</a>	18	19 <a href="#">International Men's Day</a>	20 <a href="#">World Children's Day</a>	21	22	23
24	25 <a href="#">Elimination of Violence Against Women</a>	26	27	28	29	30 <a href="#">Small Business Saturday</a>

### ADDITIONAL DATES OF NOTE

- [Movember, raising awareness of men's issues](#)
- [World Vegan Month](#)
- [4-8: International Stress Awareness Week](#)
- [11-15: Anti-Bullying Week](#)
- [11-22: COP 29](#)
- [20: Transgender Day of Remembrance](#)
- [25: International Day for the Elimination of Violence Against Women](#)

# INTERNATIONAL AWARENESS DAYS

## DECEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <a href="#">World AIDS Day</a>	2 <a href="#">Cyber Monday</a>	3 <a href="#">International Day for Disabilities Giving Tuesday</a>	4	5 <a href="#">International Volunteer Day</a>	6	7 Hanukkah
8	9	10 <a href="#">International Human Rights Day</a>	11	12 <a href="#">Christmas Jumper Day</a>	13	14
15	16	17	18	19	20 <a href="#">International Human Solidarity Day</a>	21 <a href="#">Winter Solstice</a>
22	23	24	25 <b>Christmas Day</b> First day of Hannukah	26 <b>Boxing Day</b>	27	28
29	30	31 <b>New Year's Eve</b>	1	2	3	4

### ADDITIONAL DATES OF NOTE

- [Decembeard, growing beards to support people with bowel cancer](#)
- **2:** [International Day for the Abolition of Slavery](#)
- **2-8:** [National Grief Awareness Week](#)
- **9:** [International Day of Commemoration and Dignity of the Victims of Crime of Genocide](#)
- **12:** [National Workplace Remembrance Day](#)