

# Calendar of health events 2019 - 2020



## April

**1 - 7**  
World Autism Awareness Week  
<https://www.autism.org.uk/>

**1 - 30**  
Bowel Cancer Awareness Month  
[www.bowelcanceruk.org.uk](http://www.bowelcanceruk.org.uk)

**MS Awareness Month**  
[www.mstrust.org.uk/msawareness](http://www.mstrust.org.uk/msawareness)

**Stress Awareness Month**  
[www.stressawarenessmonth.com](http://www.stressawarenessmonth.com)

**7**  
World Health Day  
<https://www.who.int/campaigns/world-health-day/>

**8 - 14**  
Orchid Male Cancer Awareness Week  
[www.orchid-cancer.org.uk/](http://www.orchid-cancer.org.uk/)

**10 - 16**  
Parkinson's Awareness Week  
[www.parkinsons.org.uk/](http://www.parkinsons.org.uk/)

## May

**1 - 31**  
Action On Stroke Month  
[www.stroke.org.uk](http://www.stroke.org.uk)

**National Walking Month**  
[www.livingstreets.org.uk](http://www.livingstreets.org.uk)

**Skin Cancer Awareness Month**  
[www.skincancer.org/](http://www.skincancer.org/)

**5**  
Save Lives - Clean Your Hands  
[www.who.int/gpsc/5may/en/](http://www.who.int/gpsc/5may/en/)

**6 - 12**  
Deaf Awareness Week  
[www.deafcouncil.org.uk/](http://www.deafcouncil.org.uk/)

**M.E. Awareness Week**  
[www.afme.org.uk/](http://www.afme.org.uk/)

**Sun Awareness Week**  
[www.bad.org.uk](http://www.bad.org.uk)

**Viral Meningitis Week**  
[www.meningitis.org](http://www.meningitis.org)

**7**  
World Asthma Day  
<https://ginasthma.org/wad>

**12**  
International Fibromyalgia Awareness Day  
[www.fmauk.org/](http://www.fmauk.org/)

**12 - 18**  
Food Allergy Awareness Week  
[www.foodallergy.org/education-awareness/food-allergy-awareness-week](http://www.foodallergy.org/education-awareness/food-allergy-awareness-week)

**13 - 19**  
Mental Health Awareness Week  
[www.mentalhealth.org.uk/campaigns/mental-health-awareness-week](http://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week)

**13 - 13 June**  
National Smile Month  
[www.nationalsmilemonth.org](http://www.nationalsmilemonth.org)

**14 - 21**  
Arthritis Care Awareness Week  
[www.arthritiscare.org.uk/Home](http://www.arthritiscare.org.uk/Home)

**20 - 24**  
Walk to school week  
[www.livingstreets.org.uk](http://www.livingstreets.org.uk)

**20 - 26**  
Action For Brain Injury Week  
[www.headway.org.uk/action-for-brain-injury-week.aspx](http://www.headway.org.uk/action-for-brain-injury-week.aspx)

**Dementia Awareness Week**  
[www.alzheimers.org.uk](http://www.alzheimers.org.uk)

**National Epilepsy Week**  
[www.epilepsy.org.uk/](http://www.epilepsy.org.uk/)

**31**  
World No Tobacco Day  
<https://www.who.int/news-room/events/detail/2019/05/31/default-calendar/world-no-tobacco-day>

## June

**1 - 7**  
Diabetes Week  
<https://www.diabetes.co.uk>

**Volunteers Week**  
[www.volunteersweek.org](http://www.volunteersweek.org)

**3 - 7**  
Dietitians Week  
[https://www.bda.uk.com/improvinghealth/awareness\\_raising/dietitians\\_week](https://www.bda.uk.com/improvinghealth/awareness_raising/dietitians_week)

**3 - 9**  
Child Safety Week  
[www.childsafetyweek.org.uk](http://www.childsafetyweek.org.uk)

**8 - 16**  
Bike Week  
[www.bikeweek.org.uk](http://www.bikeweek.org.uk)

**9 - 15**  
Coeliac Disease Awareness Week  
[www.coeliac.org.uk](http://www.coeliac.org.uk)

**10 - 14**  
BNF Healthy Eating Week  
[www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk)

**10 - 16**  
Carers week  
[www.carersweek.org](http://www.carersweek.org)

**Cervical Screening Awareness Week**  
<https://www.jostrust.org.uk/get-involved/campaign/cervical-screening-awareness-week>

**National Men's Health Week**  
[www.menshealthmonth.org/week](http://www.menshealthmonth.org/week)

**17 - 23**  
Breathe Easy Week  
[www.blf.org.uk](http://www.blf.org.uk)

**21 - 28**  
UK Myeloma Awareness Week  
<https://maw.myeloma.org.uk/>

## July

**24**  
Samaritans Awareness Day  
[www.samaritans.org](http://www.samaritans.org)

**28**  
World Hepatitis Day  
[www.worldhepatitisday.org/](http://www.worldhepatitisday.org/)

## August

**1 - 7**  
World Breastfeeding Week  
[www.worldbreastfeedingweek.org](http://www.worldbreastfeedingweek.org)

**7**  
National Play Day  
[www.playday.org.uk](http://www.playday.org.uk)

**12**  
International Youth Day  
<http://www.un.org/en/events/youthday/>

## September

**1 - 30**  
Childhood Cancer Awareness Month  
<https://www.childrenwithcancer.org.uk/>

**Urology Awareness Month**  
[www.theurologyfoundation.org](http://www.theurologyfoundation.org)

**3 - 9**  
Organ Donation Week  
<https://www.britishlivertrust.org.uk/our-work/campaigns/organ-donation-week/>

**9 - 15**  
Know Your Numbers!  
(National Blood Pressure Testing Awareness Week)  
[www.bloodpressureuk.org](http://www.bloodpressureuk.org)

**10**  
Suicide Prevention Day  
<https://www.samaritans.org/media-centre/our-campaigns/world-suicide-prevention-day>

**13**  
World Sepsis Day  
<https://www.worldsepsisday.org/>

**20**  
Jeans For Genes Day  
[www.jeansforgenes.org](http://www.jeansforgenes.org)

**21**  
World Alzheimer's Day  
[www.alzscot.org](http://www.alzscot.org)

**22 - 28**  
Falls Prevention Awareness Week  
[www.stopfalls.org](http://www.stopfalls.org)

**24 - 30**  
Sexual Health Week  
[www.fpa.org.uk](http://www.fpa.org.uk)

**25**  
Ataxia Awareness Day  
[www.ataxia.org.uk](http://www.ataxia.org.uk)

**28**  
World's Biggest Coffee Morning  
(Cancer Support)  
[www.macmillan.org.uk/coffee](http://www.macmillan.org.uk/coffee)

**29**  
World Heart Day  
[www.worldheart.org](http://www.worldheart.org)

## October

**1**  
International Day of Older Persons  
<https://www.un.org/en/events/olderpersonsday/>

**1 - 31**  
Breast Cancer Awareness Month  
[www.breastcancercare.org.uk](http://www.breastcancercare.org.uk)

**National Cholesterol Month**  
[www.heartuk.org.uk](http://www.heartuk.org.uk)

**9 - 15**  
Baby Loss Awareness Week  
[www.uk-sands.org](http://www.uk-sands.org)

**10**  
World Mental Health Day  
[http://www.who.int/mental\\_health/world-mental-health-day/en/](http://www.who.int/mental_health/world-mental-health-day/en/)

**World Sight Day**  
<https://www.iapb.org/>

**13**  
World Hospice & Palliative Care Day  
[www.worldday.org](http://www.worldday.org)

**15**  
Global Handwashing Day  
[www.globalhandwashing.org](http://www.globalhandwashing.org)

**16**  
World Food Day  
[www.fao.org/getinvolved/en](http://www.fao.org/getinvolved/en)

**18**  
World Menopause Day  
[www.thebms.org.uk](http://www.thebms.org.uk)

**20**  
World Osteoporosis Day  
[www.nos.org.uk](http://www.nos.org.uk)

## November

**1 - 30**  
World Movember Month  
[www.movember.com](http://www.movember.com)

**Lung Cancer Awareness Month**  
<https://www.roycastle.org/>

**6**  
National Stress Awareness Day  
[www.nationalstressawarenessday.co.uk](http://www.nationalstressawarenessday.co.uk)

**13 - 19**  
Self Care Week  
[www.selfcareforum.org](http://www.selfcareforum.org)

**14**  
World Diabetes Day  
<https://www.diabetes.co.uk/World-Diabetes-Day.html>

## December

**1**  
World AIDS Day  
[www.worldaidsday.org](http://www.worldaidsday.org)

**3**  
International Day of Persons with Disabilities  
<https://idpwd.org/>

## January

**tbc**  
Cervical Cancer Prevention Week  
<https://www.jostrust.org.uk/>

**1 - 31**  
National Obesity Awareness Week  
[www.nationalobesityforum.org.uk/](http://www.nationalobesityforum.org.uk/)

**4**  
World Braille Day  
[www.worldblindunion.org/](http://www.worldblindunion.org/)

**31**  
National Bug Busting Day  
[www.chc.org](http://www.chc.org)

## February

**tbc**  
Eating Disorders Awareness Week  
[www.b-eat.co.uk](http://www.b-eat.co.uk)

**Breathing Space Day**  
[www.breathingspacescotland.co.uk](http://www.breathingspacescotland.co.uk)

**1 - 28**  
LGBT History Month  
[www.lgbthistory.org.uk](http://www.lgbthistory.org.uk)

**National Heart Month**  
[www.bhf.org.uk/](http://www.bhf.org.uk/)

**4**  
World Cancer Day  
[www.worldcancerday.org](http://www.worldcancerday.org)

**11**  
Safer Internet Day  
<https://www.saferinternet.org.uk/>

## March

**1 - 31**  
Marie Curie Cancer Care Great Daffodil Appeal  
[www.mariecurie.org.uk/supportus/thegreatdaffodilappeal](http://www.mariecurie.org.uk/supportus/thegreatdaffodilappeal)

**Ovarian Cancer Awareness Month**  
[www.ovarian.org.uk](http://www.ovarian.org.uk)

**1 - 31 cont'd**  
Prostate Cancer Awareness Month  
<https://prostatecanceruk.org>

**11**  
No Smoking Day  
[www.nosmokingday.org.uk](http://www.nosmokingday.org.uk)

**12**  
World Kidney Day  
[www.worldkidneyday.org](http://www.worldkidneyday.org)

**21**  
International Day for the Elimination of Racial Discrimination  
<https://www.un.org/en/events/racialdiscriminationday/>

## 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-uhb.infocentre@nhs.net](mailto:fife-uhb.infocentre@nhs.net)

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.

Every healthcare contact is a health improvement opportunity. For further support please visit [www.hphs.co.uk](http://www.hphs.co.uk)

## Health Promotion Service