Awareness Calendar 25/26

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ACHIEVE WELL TEAM

Empowering wellbeing, elevating achievement



Nottingham
City Council

www.achievewell.co.uk

| Sept | Oct | Nov | Dec | Jan | Feb | Mar | Apr | May | June | July |
|---|---|--|--|---|---|--|--|--|---|---|
| 1-30: <u>Childhood Cancer Awareness Month</u> | 1-31: <u>Black</u> <u>History Month</u> | 1-30: <u>Islamophobia</u> <u>Awareness Month</u> | UK Disability History Month (UKDHM) | 1 – 31 Jan Dry January | 1-28: <u>LGBT</u> <u>History Month</u> | 1-31: Women's History Month | 1:30: <u>Stress Awareness Month</u> | 1-30. Walk Notts festival | 1-30: Pride Month | 1-31: Plastic Free July |
| 2-6: Zero Waste Week | 1-31: <u>Breast Cancer</u> <u>Awareness</u> | 1-30: Movember | 1: Worlds AIDS day | 1-31: Veganuary | 1: Time to Talk Day | 3-16: <u>Fairtrade</u> <u>Fortnight</u> | 2: World Autism Day | 1-31: <u>Local and</u> <u>Community History</u> <u>Month</u> | 1-30: <u>Gypsy, Roma</u> <u>& Traveller Month</u> Month | 1-31 <u>Sniention festival</u> |
| 10: World Suicide Prevention Day | 6 –12:Dyslexia Awareness Week | 1-30: <u>Lung Cancer</u> <u>Awareness Month</u> | 8-12 <u>Inclusive</u> <u>schools week</u> | 10 Sherwood vegan market | 3-9: <u>Children's Mental Health Week</u> | 6: National School Breakfast Day | 2: International Walking Day | 2-Gurilla gardening Nottz garden project | 5: World Environ- ment Day | 1-31: <u>Talk to Us</u> (<u>Samaritans</u>) |
| 14: World First Aid Day | 16– World Food Day | 11-15: <u>Anti-Bullying</u> <u>Week</u> | 10 Human Rights Day | 10-16: <u>National</u> <u>Obesity Awareness</u> <u>Week</u> | 6: <u>International Day</u> of Zero Tolerance to <u>FGM</u> | 8: <u>International</u> Women's Day | 6 International Day of Sport for Devel- opment and Peace | 5: World Hand Hy- giene Day | 12: <u>Brake's Kids</u> <u>Walk</u> | 4 <u>Dragon Boat race</u> |
| 15-21: <u>Sexual Health</u> <u>Week</u> | 1-31: Stoptober | 12: Odd Socks Day | 2-8: <u>National</u> <u>Grief Awareness</u> | 20: <u>Brew</u> <u>Monday</u> | 9: World Toothache Day | 17-23: <u>Nutrition and</u> <u>Hydration Week</u> | 22: <u>National Ste-</u> phen Lawrence Day | 17: <u>IDAHOBIT</u> | 14: World Blood Donor Day | 5 <u>city libraries Sum-</u> mer Reading Chal- |
| 18: <u>National Fitness</u> <u>Day</u> | 10: <u>World Mental</u> <u>Health Day</u> | 13: World Kindness Day | 3: International Day of People with Disabilities | 21 Writing for Wellness - | 11: <u>Safer Internet</u> <u>Day</u> | 18: Stop Child Exploitation Day | 24-30: World Immunisations Week | 28: Menstrual Hygiene Day | 19: Clean Air Day | 25 <u>future outlaw</u> <u>triathlon</u> |
| 19: <u>Youth Mental</u> <u>Health Day</u> | 12-19: <u>Hate Crime</u> <u>Awareness Week</u> | 17-23: Road Safety Week | 10: <u>Human</u> <u>Rights Day</u> | 25 Beat the streets | 14-20: <u>Kindness</u> <u>Week</u> | 20: <u>International</u> <u>Day of Happiness</u> | | 31: World No Tobac- co Day | 26: <u>RSE Day</u> | 25: <u>Drowning Prevention Day</u> |
| 23: <u>Bi Visibility Day</u> | 15: Global Handwashing Day | 18-24: <u>UK Parliament</u> <u>Week</u> Road Safety Week International | 26 Win- ter Light Trail at Wollaton Hall | | 15: <u>International</u> <u>Childhood Cancer</u> <u>day</u> | 20: <u>World Oral</u> <u>Health Day</u> | | | | 25:Notts Pride 2026 |
| 28 Robin Hood Half & Mini Marathon | 16-22: Recycle Week | 25: Elimination of VAWG | 21 ATW Nottingham Holme Run | | 24-2 (Mar): Eating Disorders Aware- ness Week | | | | | |
| | 24: <u>UN Day</u> | 27 <u>Nottingham</u> <u>Healthy Child Conference</u> | | | | | | | | |

