

Calendar of health events 2022 - 2023



April

28th Mar - 3rd Apr
World Autism Awareness Week
www.autism.org.uk

1st - 30th
Bowel Cancer Awareness Month
www.bowelcanceruk.org.uk

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

10th - 16th
Parkinson's Awareness Week
www.parkinsons.org.uk

24th - 30th
World Immunisation Week
<https://www.who.int/campaigns/world-immunization-week>

25th - 1st May
MS Awareness Week
www.msstrust.org.uk

28th
On Your Feet Britain
www.onyourfeetday.com

May

1st - 31st
Action On Stroke Month
www.stroke.org.uk

National Walking Month
www.nationalfitnessday.com
Skin Cancer Awareness Month
www.skincancer.org

2nd - 8th
Deaf Awareness Week
<https://ukcod.org>

Sun Awareness Week
www.bad.org.uk
Viral Meningitis Week
www.meningitis.org

3rd
World Asthma Day
www.ginasthma.org/wad

5th
World Hand Hygiene Day
www.who.int/gpsc/5may/en

8th - 14th
Food Allergy Awareness Week
www.foodallergy.org

9th - 15th
Mental Health Awareness Week
www.mentalhealth.org.uk/campaigns/mental-health-awareness-week

11th - 17th
M.E. Awareness Week
www.afme.org.uk

12th
International Fibromyalgia Awareness Day
www.fmauk.org

15th - 21st
National Epilepsy Week
www.epilepsy.org.uk

16th - 20th
Walk to school week
www.livingstreets.org.uk

16th - 22nd
Action For Brain Injury Week
www.headway.org.uk

Dementia Action Week
www.alzheimers.org.uk/get-involved/dementia-action-week

16th May - 16th June
National Smile Month
www.nationalsmilemonth.org

31st
World No Tobacco Day
<https://www.who.int/campaigns/world-no-tobacco-day>

June

1st - 7th
Volunteers Week
www.volunteersweek.org

6th - 12th
Bike Week
www.bikeweek.org.uk

Carers Week
<https://www.carersweek.org/>
Child Safety Week
www.childsafetyweek.org.uk

7th
World Food Safety Day
<https://www.who.int/campaigns/world-food-safety-day>

9th - 15th
Coeliac Disease Awareness Week
www.coeliac.org.uk

13th - 17th
BNF Healthy Eating Week
<https://www.nutrition.org.uk/healthy-eating-week/>

13th - 19th
Diabetes Week
www.diabetes.org.uk
National Men's Health Week
www.menshealthmonth.org/week

14th
World Blood Donor Day
<https://www.who.int/campaigns/world-blood-donor-day>

16th
National Clean Air Day
www.cleanairday.org.uk

17th - 24th
Breathe Easy Week
www.blf.org.uk

20th - 24th
Dietitians Week
<https://www.bda.uk.com/news-campaigns/campaigns/dietitians-week.html>

20th - 26th
Cervical Screening Awareness Week
www.jostrust.org.uk

Learning Disability Week
<https://www.mencap.org.uk/>
UK Myeloma Awareness Week
www.myeloma.org.uk

July

24th
Samaritans Awareness Day
www.samaritans.org

28th
World Hepatitis Day
www.worldhepatitisday.org

August

1st - 7th
World Breastfeeding Week
www.worldbreastfeedingweek.org

3rd
National Play Day
www.playday.org.uk

4th
Cycle to Work Day
www.cycletoworkday.org

12th
International Youth Day
<https://www.un.org/en/observances/youth-day>

September

1st - 30th
Childhood Cancer Awareness Month
www.childrenwithcancer.org.uk

Urology Awareness Month
www.theurologyfoundation.org

9th - 16th
Know Your Numbers! (National Blood Pressure Testing Awareness Week)
www.bloodpressureuk.org

10th
World Suicide Prevention Day
<https://www.samaritans.org/scotland/support-us/campaign/world-suicide-prevention-day/>

12th - 18th
Orchid Male Cancer Awareness Week
www.orchid-cancer.org.uk

13th
World Sepsis Day
www.worldsepsisday.org

19th - 25th
Organ Donation Week
www.britishlivertrust.org.uk/our-work/campaigns/organ-donation-week

21st
National Fitness Day
www.nationalfitnessday.com
World Alzheimer's Day
www.alzscot.org

22nd - 28th
Fall Prevention Awareness Week
<https://www.medline.eu/uk/prevention-of-falls>

24th
World's Biggest Coffee Morning
<https://coffee.macmillan.org.uk>

24th Sept - 1st Oct
Sexual Health Week
www.fpa.org.uk

25th
Ataxia Awareness Day
www.ataxia.org.uk

26th - 30th
Self Management Week
<https://www.alliance-scotland.org.uk/self-management-and-co-production-hub/self-management-network/>

29th
World Heart Day
<https://world-heart-federation.org/world-heart-day/>

October

1st
International Day of Older Persons
<https://www.un.org/en/observances/older-persons-day>

1st - 31st
Black History Month
<https://www.blackhistorymonth.org.uk/>
Breast Cancer Awareness Month
www.breastcancercare.org.uk

Health Literacy Month
<https://www.healthliteracyplace.org.uk/>
National Cholesterol Month
www.heartuk.org.uk

Menopause Awareness Month
www.thebms.org.uk

3rd - 7th
Back Care Awareness Week
<https://backcare.org.uk/event/2022-back-care-awareness-week/>

3rd - 9th
Challenge Poverty Week
www.challengepoverty.net

8th
World Hospice & Palliative Care Day
<http://www.thewhpc.org/>

9th - 15th
Baby Loss Awareness Week
www.sands.org.uk

10th
World Mental Health Day
<https://www.who.int/campaigns/world-mental-health-day>

13th
World Sight Day
<https://www.iapb.org>

22nd
International Stammering Day
<https://stamma.org/>

TBC
International Infection Prevention Control Week
<https://opic.org/international-infection-prevention-week>

20th
World Osteoporosis Day
<http://www.worldosteoporosisday.org/>

November

1st - 30th
World November Month
www.november.com

Lung Cancer Awareness Month
www.nycastle.org

2nd
National Stress Awareness Day
www.nationalstressawarenessday.co.uk

14th - 18th
Anti-bullying week
www.anti-bullyingalliance.org.uk

20th
World Children's Day
<https://www.unicef.org/world-childrens-day>

December

1st
World AIDS Day
www.worldaidsday.org

2nd - 8th
Grief Awareness Week
www.thegoodgrieftrust.org

3rd
International Day of Persons with Disabilities
www.idpwd.org

January

1st - 31st
Dry January
www.alcoholchange.org.uk

Love Your Liver Awareness Month
<https://britishlivertrust.org.uk/love-your-liver-month/>

13th - 20th
National Obesity Awareness Week
www.nationalobesityforum.org.uk

21st - 28th
Cervical Cancer Prevention Week
www.jostrust.org.uk

February

1st
Breathing Space Day
www.breathingspace.scot

1st - 28th
LGBT History Month
www.lgbthistory.org.uk
National Heart Month
www.bhf.org.uk

2nd
Time to Talk Day
<https://www.mind.org.uk/get-involved/time-to-talk-day-2022/>

4th
World Cancer Day
<https://www.worldcancerday.org/>

TBC
Eating Disorders Awareness Week
<https://www.beateatingdisorders.org.uk/>
National HIV Testing Week
<https://www.tht.org.uk/>

March

1st - 31st
Marie Curie Cancer Care Great Daffodil Appeal
www.mariecurie.org.uk/supportus/thegreatdaffodilappeal

Ovarian Cancer Awareness Month
www.ovarian.org.uk
Prostate Cancer Awareness Month
www.prostatecanceruk.org

8th
International Women's Day
<https://www.internationalwomensday.com/>
No Smoking Day
www.nosmokingday.org.uk

9th
World Kidney Day
www.worldkidneyday.org

11th - 18th
Nutrition and Hydration Week
www.nutritionandhydrationweek.co.uk

17th
World Sleep Day
www.worldsleepday.org

21st
International Day for the Elimination of Racial Discrimination
<https://www.un.org/en/observances/eradism-day>

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.infocentre@nhs.scot

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.

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