

2024 Awareness Days - updated July 2024

Date	Event day
11 January	Less Survivable Cancers Awareness Day
10-16 January	National Obesity Awareness Week
22 -28 January	Cervical Cancer Prevention Week
January	Dry January
January	Cervical Cancer Awareness Month
January	Love Your Liver Month
1 February	Time to Talk Day
4 February	World Cancer Day
5- 11 February	Sexual Abuse and Sexual Violence Awareness Week
5- 11 February	Race Equality Week
10-15 February	Kidney Cancer Awareness Week
28 February - 5 March	Eating Disorder Week
February	National Heart Month
February	Oesophageal cancer awareness month
4 March	HPV Awareness day
8 March	International Women's Day
11-18 March	Nutrition and Hydration Week
15 March	World Sleep Day
18-24 March	Neurodiversity Celebration Week
20-26 March	Debt Awareness Week
24 March	TB World Awareness
March	Brain Tumour Awareness Month
March	Colorectal Cancer Awareness Month
March	Kidney Cancer Awareness Month
March	Ovarian Cancer Awareness Month
March	Prostate Awareness Month
2 April	World Autism Awareness Day
5 April	Walk to Work Day
26 April	On Your Feet Britain
28 April	World Day for Safety and Health at Work
29 April - 5 May	Maternal Mental Health Matters Awareness Week
April	Bowel Cancer Awareness Month
April	Testicular Cancer Awareness Month
April	Stress Awareness Month
6-12 May	Sun Awareness Week
6-12 May	Dying Matters Week (Bereavement Support)
8 May	World Ovarian Cancer day
13-19 May	Mental Health Awareness Week
13-19 May	Learning at Work Week
17 May	World Hypertension Day
29 May - 5 June	National Gardening Week
May	National Walking Month

May	Action on Stroke Month
May	Bladder Cancer Awareness Month
May	Skin Cancer Awareness Month
1-7 June	Volunteers' Week
8-16 June	Bike Week
10-14 June	British Nutritional Foundation (BNF) Healthy Eating Week
10- 16 June	Carers Week
10- 16 June	Men's Health Week
10 - 18 June	Loneliness Awareness Week
10 - 18 June	Diabetes Awareness Week
17 - 23 June	Cervical Screening Awareness Week
20 - 27 June	Breath Easy awareness week
24 July	Samaritans Awareness Day / The Big Listen
24 July	International Self-Care Day
TBA - July	Alcohol Awareness Week
1 August	World Lung Cancer Day
1-7 August	World Breastfeeding Awareness Week
2-8 September	Know Your Numbers Week
10 September	World Suicide Prevention Day
18 September	National Fitness Day
23- 29 September	National Inclusion Week
23- 29 September	National Eye Health Week
23- 29 September	Migraine Awareness Week
27 September	Macmillan World's Biggest Coffee Morning
29 September	World Heart Day
September	Blood Cancer Awareness Month
7 - 11 October	Back Care Awareness Week
7 -13 October	Dyslexia Awareness Week
7 - 13 October	National Work Life Week
10 October	World Mental Health Day
10 - 20 October	Bone and Joint Week
18 October	World Menopause Day
October	Stoptober
October	Breast Cancer Awareness Month
October	Menopause Awareness Month
October	National Cholesterol Month
2 November	National Stress Awareness Day (NSAD)
5 - 9 November	International Stress Awareness Week
11 - 17 November	Anti-bullying Week
19 November	International Men's Day
19 November	Talk Money Week
18 - 24 November	Self-Care Week
November	Movember
November	Lung Cancer Awareness Month
2- 8 December	National Grief Awareness Week