Health Campaigns Calendar 2023

This resource will help you find out about national health and wellbeing campaigns and awareness days which you can use to plan activities and help raise awareness in schools.

HealthySchools

Campaign	Date	More Information
Dry January	January 2023	Challenging you to go alcohol free for 31 days and aims to raise awareness of the effects of alcohol. Alcohol Change
World Religion Day	15 January 2023	To promote inter-faith understanding and harmony. World Religion Day
LGBT+ History Month	February 2023	To promote equality and diversity for the benefit of the public. LGBT+ History Month
World Cancer Day	4 February 2023	Aims to save millions of preventable deaths each year by encouraging individuals to take action. World Cancer Day
Time to Talk Day	2 February 2023	Getting people to talk about mental health and by doing so help change lives. Time to Change
National Apprenticeship Week	6-12 February 2023	Annual week-long celebration of apprenticeships to shine a light on the amazing work being done by employers and apprentices across the country. Apprenticeships
Eating Disorder Awareness Week	27 February-5 March 2023	An international awareness event, fighting the myths and misunderstandings that surround eating disorders. Beat Eating Disorders
International Women's Day	8 March 2023	A global holiday celebrated annually to commemorate the cultural, political, and socioeconomic achievements of women. International Women's Day
No Smoking Day	8 March 2023	Help encourage as many smokers as possible to quit on No Smoking Day by organising your own event. British Heart Foundation
British Science Week	10-19 March 2023	A ten-day celebration of science, technology, engineering and maths. This year's theme is growth, with lots of free resources for schools to use! British Science Week

Nutrition & Hydration Week	13-19 March 2023	A shared objective to highlight, promote and celebrate improvements in the provision of nutrition and hydration locally, nationally and globally. [Nutrition and Hydration Week](#)
Red Nose Day, Comic Relief	21 March 2023	With the mission to end child poverty, this year's theme is about 'you', the people at home, in schools and on the ground, doing your bit. [Red Nose Day](#)
World Sleep Day	17 March 2023	A celebration of sleep and a call to action on important issues related to sleep, including medicine, education, social aspects and driving. [World Sleep Day](#)
World Oral Health Day	20 March 2023	Celebrated globally every year on 20 March. Organised by FDI World Dental Federation. [World Oral Health Day](#)
Stress Awareness Month	April 2023	Increasing public awareness about both the causes and cures for our modern stress epidemic. [Stress Management Society](#)
On Your Feet Britain	26 April 2023	Workers across Britain unite together and participate in a variety of fun and simple activities to #SitLess and #MoveMore at work. [Living Streets](#)
National Walking Month	May 2023	Encourages people to walk more throughout May. [Living Streets](#)
Sun Awareness Week	1-7 May 2023	Get involved in raising awareness across the UK by ordering free posters and leaflets from the Sun Awareness range. [British Association of Dermatologists](#)
Deaf Awareness Week	4-7 May 2023	The aim of Deaf Awareness Week is to raise awareness of hearing loss in the UK and its impact on people's lives. [Deaf Council](#)
Mental Health Awareness Week	15- 21 May 2022	A UK event supported by the Mental Health Foundation. The aim is to educate the public about mental health issues and to promote better mental health. [Mental Health Foundation](#)

National Numeracy Day	17 May 2023	Led by National Numeracy, this day involves different activities and events to encourage everyone to build their confidence with numbers. [National Numeracy](#)
International Day against Homophobia, Transphobia and Biphobia	17 May 2023	International events raising awareness of LGBT rights violations and stimulating interest in LGBT rights work worldwide. [May 17](#)
Volunteers' Week	1-7 June 2023	Volunteers' Week is a time to say thanks for the contribution millions of people make across the UK through volunteering. [Volunteers' Week](#)
Bike Week	5-11 June 2023	Encouraging people to get out cycling and switch to cycling as the best way to get around. [Cycling Week](#)
National Carers Week	5-11 June 2023	Raising awareness of caring by highlighting the challenges that carers face and recognise the contribution they make. [Carers Week](#)
BNF Healthy Eating Week	13-16 June 2023	Have 5 A Day; Drink plenty; Get active; and try something new. [British Nutrition Foundation](#)
National Clean Air Day	15 June 2023	A chance for the whole country to come together and improve air quality through collective action. [Clean Air Day](#)
Learning Disability Week	19-25 June 2023	Raising awareness about the issues that are important to people with a learning disability and their families and carers. [Mencap](#)
Cycle to Work Day	6 August 2023	UK's biggest cycle commuting event. [Cycle to Work Day](#)
World Suicide Prevention Day	10 September 2023	Promoting worldwide commitment and action to prevent suicides. [International Association of Suicide Prevention](#)
National Eye Health Week	18-24 September 2023	Healthcare professionals joining forces to encourage more people to have regular sight tests and make

		lifestyle choices that benefit their vision and general wellbeing. Vision Matters
International Day of Sign Languages	23 September 2023	Celebrated annually across the world on 23 September every year along with International Week of the Deaf. The UN
World's Biggest Coffee Morning	29 September 2023	Support Macmillan by hosting your own coffee morning to raise awareness. Macmillan
National Fitness Day	21 September 2023	Make this the most active day of the year. National Fitness Day
Stoptober	October 2023	Encouraging the nation's smokers to make a quit attempt for the month of October and beyond. Public Health England
Sober October	October 2023	Get involved in Sober October by going alcohol-free in October to raise money for people with cancer. Macmillan Cancer Support
Black History Month	October 2023	A nationwide celebration of Black History, Arts and Culture throughout the UK. Black History Month
World Mental Health Day	10 October 2023	An opportunity to raise awareness and advocacy against mental health stigma. World Mental Health Day
Coming Out Day	11 October 2023	An awareness day for LGBTQ+ people to celebrate being their authentic selves. Coming Out Day
Restart a Heart Day	16 October 2023	Increase public awareness of cardiac arrests and increase the number of people trained in life saving CPR and defibrillator use. Restart a Heart Day
National Stress Awareness Day	2 November 2023	Raise awareness, publicity and profile of stress and its impact, and reduce stigma while promoting the importance of wellbeing and stress reduction. National Stress Awareness Day

Alcohol Awareness Week	3-9 July 2023	A chance for the UK to get thinking about drinking. It's a week of awareness-raising, campaigning for change, and more. [Alcohol Change](#)
Trans Awareness Week	13-19 November 2023	This week helps raise the visibility of transgender people and address issues members of the community face. [GLAAD](#)
Anti-Bullying Week	13-17 November 2023	Anti-Bullying Week is organised by the Anti Bullying Alliance (ABA). The ABA is made up of anti-bullying organisations from all over the UK. [Anti-bullying Alliance](#) [Tackling bullying in the NHS infographic](#)
BBC Children in Need	18 November 2023	Fundraising to help disadvantaged young people in the UK. [Children in Need](#)
International Men's Day	19 November 2023	Making a positive difference to the wellbeing and lives of men and boys. [UK Men's Day](#)
Disability History Month	16 November-16 December 2023	A month of activity to raise awareness and support people with disabilities. [Disability History Month](#)
National Grief Awareness Week	2-8 December 2023	To raise awareness of the impact of grief. [The Good Grief Trust](#)
International Day of People with Disabilities	3 December 2023	Since 1992, the United Nations IDPD has been annually celebrated around the world. [UN IDPD](#)