

UK AWARENESS DAYS 2023

JANUARY <ul style="list-style-type: none"> • Dry Jan • Veganuary • Festival of Sleep • 4 - World Braille • 11 - Parity at Work • 16 - Blue Monday • 27 - Holocaust Memorial • 27 - Parent Mental Health 	FEBRUARY <ul style="list-style-type: none"> • LGBT History Month • 1 - World Hijab • 2 - Time to Talk • 4 - World Cancer • 6 - National Sickie • 17 - Random Acts of Kindness • 24 - Emotional Health 	MARCH <ul style="list-style-type: none"> • 3 - Employee Appreciation • 6 - 11 - Careers Week • 8 - International Womens Day • 17 - Red Nose Day • 20 - International Day of Happiness • 20 - 26 - Debt Awareness Week 	APRIL <ul style="list-style-type: none"> • Stress Awareness Month • 2 - World Autism Awareness • 7 - World Health • 22 - Earth Day • 28 - World Day for Safety and Health at Work 	MAY <ul style="list-style-type: none"> • Walking Month • 1 - Labour Day • 7 - World Laughter • 8 - 14 - Mental Health Awareness • 15 - 21 - Learning at Work Week • 22 - 26 - Water Saving Week • 31 - Cultural Diversity 	JUNE <ul style="list-style-type: none"> • Pride Month • 1 - 7 - Volunteer Week • 2 - Fish & Chip Day • 10 - Global Wellness • 12 - 18 - Men's Health Week • 19 - 25 - Learning Disability Week
JULY <ul style="list-style-type: none"> • Plastic Free July • 2 - Thank You Day • 3 - 9 - Alcohol Awareness Week • 7 - World Chocolate • 24 - International Self-Care Day • 30 - International Day of Friendship 	AUGUST <ul style="list-style-type: none"> • Happiness Happens Month • 3 - Cycle to Work • 19 - World Photography • 26 - International Dog Day • 31 - National Burger Day 	SEPTMEBER <ul style="list-style-type: none"> • Sleptmeber • Organic September • World Alzheimer's Month • 3 - Every Woman Day • 10 - Suicide Prevention • 25 - 1 - National Inclusion Week 	OCTOBER <ul style="list-style-type: none"> • Black History • Stoptober • Go Sober • Breast Cancer Awareness • Menopause Awareness • 10 - Mental Health • 16 - Boss's Day • 2 - Osteoporosis Day 	NOVEMBER <ul style="list-style-type: none"> • Movember • 1 - World Vegan Day • 1 - Stress Awareness • 11 - Remembrance Day • 13 - Kindness Day • 19 - International Mens Day 	DECEMBER <ul style="list-style-type: none"> • Decembeard • 2 - Small Busniess Saturday • 4 - 10 - National Grief Awareness • 8 - Christmas Jumper Day • 10 - Human Rights Day • National Workplace Remembrance Day