

Campaign Calendar

2023

January

Dry January,

[Dry January | Alcohol Change UK](#)

14th January, STIQ Awareness Day

[STIQ Day 2023](#)

23rd – 29th January, Cervical Cancer Prevention Week

[Jo's Cervical Cancer Trust](#)

February

National Heart Month

[National Heart Month 2023](#)

Raynaud's Awareness Month

[Raynaud's Awareness Month](#)

Oesophageal Cancer Awareness Month

[gutscharity.org.uk](#)

2nd February, Time to Talk Day

[Time To Talk Day](#)

4th February, World Cancer Day

[Official website of World Cancer Day by UICC | 4 February](#)

7th February, Safer Internet Day

[Safer Internet Day 2023 - UK Safer Internet Centre](#)

27th February – 5th March, Eating Disorders Awareness Week

[www.beateatingdisorders.org.uk](#)

28th February – 6th March, OCD Week of Action

[www.ocdaction.org.uk](#)

28th February, Rare Disease Day

<https://www.rarediseaseday.org/>

March

Ovarian Cancer Awareness Month

[Ovarian Cancer Awareness Month 2023](#)

Colorectal Cancer Awareness

www.iarc.who.int

Brain Tumour Awareness Month

www.braintumourresearch.org

Prostate Cancer Awareness

prostatecanceruk.org

Sustrans Scottish Workplace Journey Challenge

8th March, No Smoking Day

ash.org.uk

13th - 19th March, Nutrition and Hydration Week

[N&H Week | Nutrition and Hydration Week](#)

17th March, World Sleep Day

worldsleepday.org

20th March, World Oral Health Day

<https://www.worldoralhealthday.org/>

20th – 31st March, Sustrans Big Pedal

www.Sustrans.org.uk

24th March, World Tuberculosis Day

www.stoptb.org

24th March – 2nd April, Climate Week North East

[Climate Week North East – Take action for a sustainable future](#)

26th March, Epilepsy Awareness Purple Day

<https://www.epilepsy.org.uk/purple>

27th March – 2nd April, World Autism Acceptance Week

www.autism.org.uk

April

Bowel Cancer Awareness Month

www.bowelcanceruk.org.uk

Testicular Cancer Awareness Month

www.macmillan.org.uk

Stress Awareness Month

<https://www.stress.org.uk/>

7th April, World Health Day

<https://www.who.int/campaigns/world-health-day>

7th April, Pyjamas for PANCAN

pancreaticcanceraction.org

11th April, World Parkinson's Day

www.parkinsons.org.uk

17th April, World Haemophilia Day

wfh.org

25th April – 1st May, MS Awareness Week

www.mssociety.org.uk

26th April, On Your Feet Britain

www.onyourfeetday.com

May

Action on Stroke Month

www.stroke.org.uk

Bladder Cancer Awareness

actionbladder canceruk.org

Skin Cancer Awareness

www.macmillan.org.uk

National Walking Month

www.livingstreets.org.uk

Paths for All Spring Step Challenge

www.pathsforall.org.uk

2nd May, World Asthma Day

www.asthmaandlung.org.uk

5th May, World Hand Hygiene Day

www.who.int

10th May, World Lupus Day

www.lupusuk.org.uk

15th – 21st May, Dementia Action Week

www.alzheimers.org.uk

15th – 21st May, Mental Health Awareness Week

mentalhealth-uk.org

16th May – 16th June, National Smile Month

www.dentalhealth.org/national-smile-month

June

5th – 11th June, Breastfeeding Scotland

5th – 11th June, Bike Week

[Bike Week 2022 | Cycling UK](#)

6th – 12th June, Carers Week

www.carersweek.org

12th – 16th June, Diabetes Week

www.diabetes.org.uk

12th–18th June, Men's Health Week

menshealthmonth.org

14th June, World Blood Donor Day

www.who.int

15th June, Clean Air Day

www.cleanairday.org.uk

21st June, MND Awareness Day

www.mndassociation.org

July

Sarcoma Awareness Month

sarcoma.org.uk

28th July, World Hepatitis Day

www.who.int

3rd – 9th July Alcohol Awareness Week

alcoholchange.org.uk

August

1st – 7th August World Breast Feeding Week

www.worldbreastfeedingweek.org

4th August, Cycle to Work Day

www.cyclescheme.co.uk

September

National Blood Cancer Awareness Month

bloodcancer.org.uk

Urology Awareness Month,

www.theurologyfoundation.org

Sepsis Awareness Month

sepsisresearch.org.uk

Love to Ride Cycling

4th–10th September, Know Your Numbers Week

www.bloodpressureuk.org

10th September, World Suicide Prevention Day

www.samaritans.org

18th – 24th September, National Eye Health Week

www.visionmatters.org.uk

18th – 24th September, Organ Donation Week

www.organdonation.scot

21st September, World Alzheimer Day

<https://www.alzheimers.org.uk/>

October

Breast Cancer Awareness Month

www.breastcancer.org

ADHD Awareness Month

adhdaware.org.uk

Stoptober

www.stoptober.smokefree.nhs.uk

Sober October

www.gosober.org.uk

Menopause Awareness Month

[International Menopause Society](http://InternationalMenopauseSociety.org)

Paths for All Autumn Step Challenge

www.pathsforall.org.uk

9th-15th October, Baby Loss Awareness Week

www.babyloss-awareness.org

10th October, World Mental Health Day

www.mind.org.uk

20th October, World Osteoporosis Day

theros.org.uk

28th October – 4th November, International Brain Tumour Awareness week

theibta.org

November

Lung Cancer Awareness Month,

www.roycastle.org

Movember – Men's Health

uk.movember.com

Pancreatic Cancer Awareness Month

www.pancreaticcancer.org.uk

Mouth Cancer Awareness Month

www.dentalhealth.org

13th- 17th November, Anti-Bullying Week

anti-bullyingalliance.org.uk

14th November, World Diabetes Day

www.diabetes.org.uk

25th November - 10th December, 16 Day of Action

16dayscampaign.org

December

Love to Ride Winter Wheelers

1st December, World Aids Day

www.worldaidsday.org

1st-7th December, Anger Awareness Week

www.angermanage.co.uk