

2020

Awareness Days and Bank Holidays Calendar



Provided by: D2 Corporate Solutions Ltd

Employers can use this calendar as a guide to plan workplace fundraising events and boost their employee well-being programmes. Click on the links for more information on participating, fundraising, free resources and more. Take advantage of these free resources by providing employees with information that promotes health and well-being.

Some dates may have changed since the calendar was first created, so be sure to check with the sponsoring organisation. However, participants can observe awareness days whenever it is most convenient—the exact date is not as important as participating in the event and promoting health and well-being.

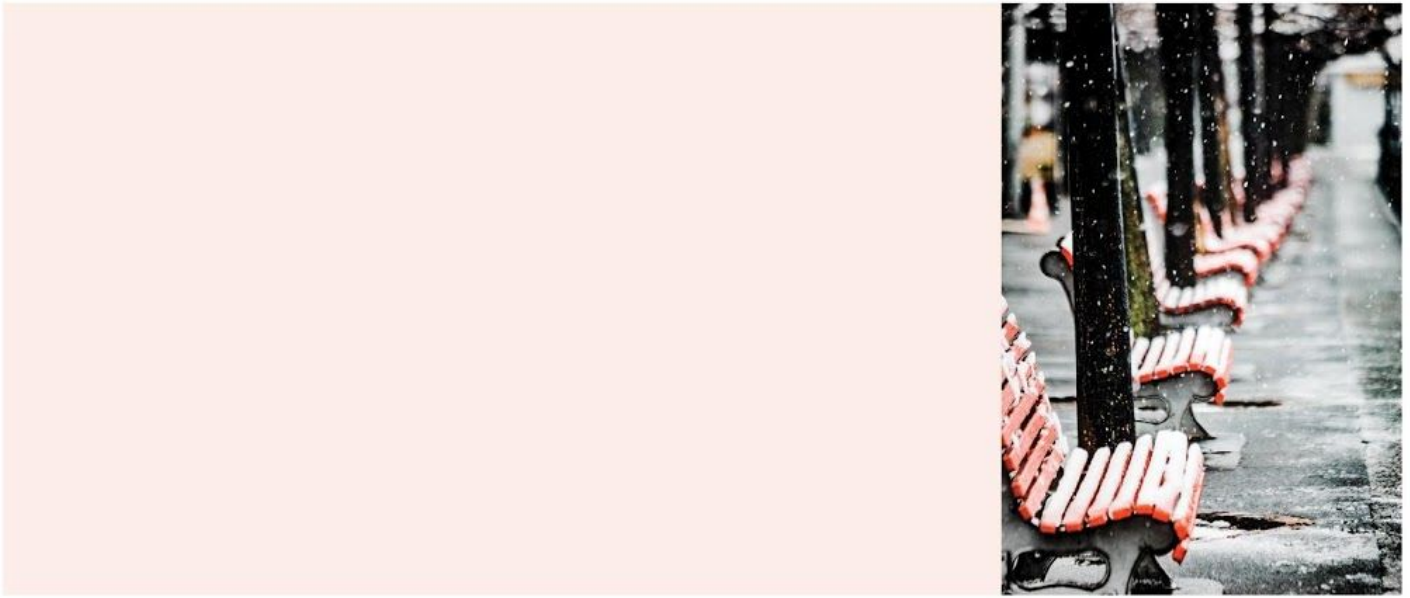
January 2020



Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
		1 New Year's Day Dry January (Begins) Love Your Liver Month (Begins)	2	3	4	5
6	7	8	9	10	11	12
13	14 STIQ day	15	16	17	18	19
20 National Sugar Awareness Week (Begins) Cervical Cancer Prevention Week (Begins) Big Energy Saving Week (Begins) Blue Monday	21	22	23	24	25	26 National Sugar Awareness Week (Begins) Cervical Cancer Prevention Week (Ends) Big Energy Saving Week (Ends)
27 Holocaust Memorial Day	28	29	30	31 Dry January (Ends) Love Your Liver Month (Ends)		

- [Dry January](#): Challenge employees to abstain from alcohol for 31 days and reap the benefits.
- [Love Your Liver Month](#): This initiative aims to raise awareness about liver health and encourages people to request a liver function test (a simple blood test) from their GP.
- [National Obesity Awareness Week](#): Encourage staff to make a resolution to prepare healthier meals and get more exercise, as 1 in 4 adults in the UK are considered obese.
- [STiQ Day](#): People are encouraged to think about their sexual health and get tested for sexually transmitted infections, as about 1 in 12 people in the UK test positive for one.
- [Blue Monday](#): Post-Christmas blues, gloomy skies and cold nights make this Monday the unofficial most depressing day of the year.
- [Cervical Cancer Prevention Week](#): Women are encouraged to become educated about cervical cancer and get tested, as three women in the UK lose their lives to the disease every day.
- [Big Energy Saving Week](#): This campaign aims to help people save money on their energy bills and make homes more energy-efficient.
- [Holocaust Memorial Day](#): This day of remembrance honours the survivors of the Holocaust.

February 2020



Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
					1 National Heart Month (Begins) Raynaud's Awareness Month (Begins) LGBT History Month (Begins)	2
3 Sexual Abuse & Sexual Violence Awareness Week (Begins) Tinnitus Awareness Week (Begins)	4 World Cancer Day	5	6	7	8	9 Sexual Abuse & Sexual Violence Awareness Week (Ends) Tinnitus Awareness Week (Ends)
10	11 Safer Internet Day	12	13	14 Valentine's Day	15	16
17 Random Acts of Kindness Day	18	19	20	21	22	23
24	25	26	27	28	29 National Heart Month (Ends) Raynaud's Awareness Month (Ends) LGBT History Month (Ends)	

Sexual Abuse & Sexual Violence Awareness Week: This week is an opportunity to educate employees about sexual abuse and sexual violence, and offer support to those affected.

Raynaud's Awareness Month: Use this month to raise awareness about the disorder that plagues more than 3 million people in the UK.

World Cancer Day: Participate in this worldwide event by helping to raise awareness about cancer, which claims an estimated 8 million lives annually.

Tinnitus Awareness Week: Host a 'Together for Tinnitus' party by gathering employees to learn about the dangers of tinnitus and help fundraise for the British Tinnitus Association.

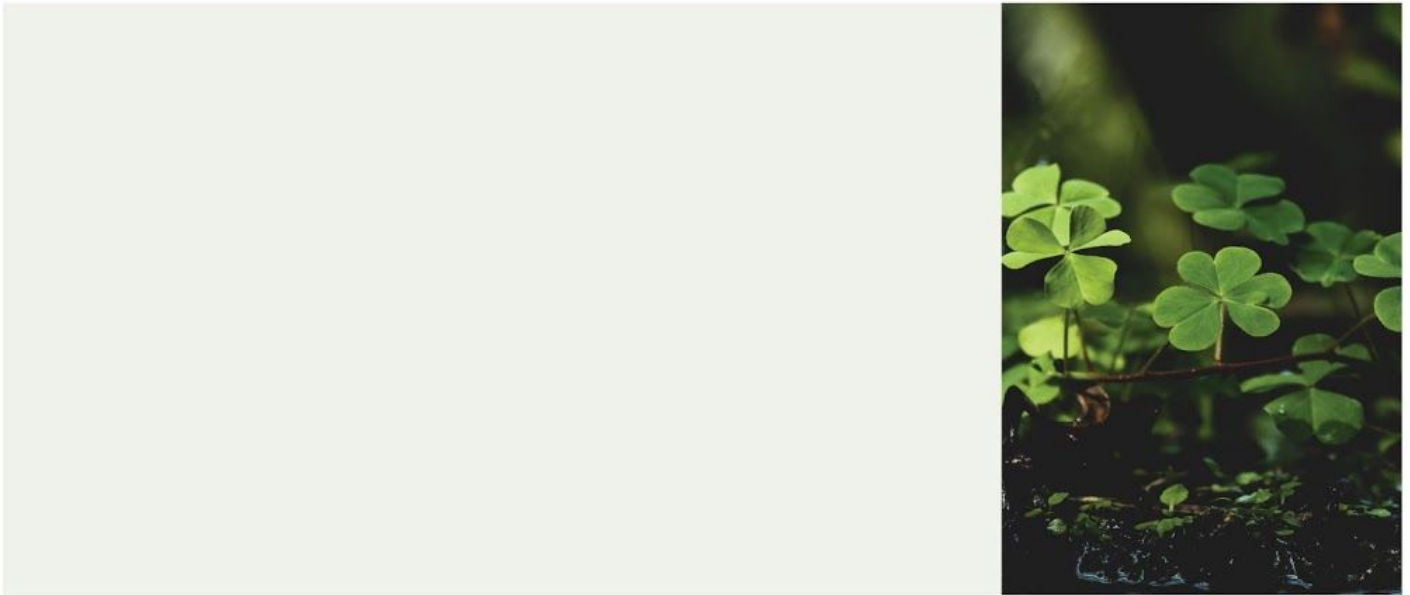
National Heart Month: Use this month to raise awareness on heart disease and help employees promote heart health.

LGBT History Month: Use this month to raise awareness, promote visibility and encourage education on matters affecting the LGBT community.

Random Acts of Kindness Day: Encourage employees to practise random acts of kindness.

Safer Internet Day: Use this campaign to provide employees with best practices for safe and positive use of digital technology.

March 2020



Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
						1 Self-injury Awareness Day Ovarian Cancer Awareness Month (Begins) Prostate Cancer Awareness Month (Begins) National Bed Month (Begins) Walk All Over Cancer Month (Begins)
2 Eating Disorders Awareness Week (Begins)	3	4	5	6	7	8 Eating Disorders Awareness Week (Ends)
9	10	11 No Smoking Day	12	13 World Sleep Day	14	15
16	17 St. Patrick's Day	18	19	20 The Great British Spring Clean World Oral Health Day	21	22 Mother's Day
23 National Workouts and Well-being Week (Begins)	24	25	26	27	28	29 National Workouts and Well-being Week (Ends)
30	31 Ovarian Cancer Awareness Month (Ends) Prostate Cancer Awareness Month (Ends) National Bed Month (Ends) Walk All Over Cancer Month (Ends)					

Self-injury Awareness Day: Raise awareness about self-injury and provide resources to those who need help.

Ovarian Cancer Awareness Month: Promote early detection of ovarian cancer among your female employees, as many women are diagnosed once the cancer has already spread.

Prostate Cancer Awareness Month: Encourage your male employees to get tested, as 1 in 8 men in the UK will get prostate cancer at some point in their lives.

Walk All Over Cancer Month: Use this campaign to motivate your employees to walk 10,000 steps every day throughout the month and raise money for cancer research.

The Great British Spring Clean: Encourage staff to participate by cleaning up litter in their area.

No Smoking Day: Inspire your staff to quit smoking. Every year, about 100,000 people in the UK die from smoking.

World Sleep Day: Celebrate sleep and encourage your employees to reap its health benefits.

National Workouts and Well-being Week: Use this campaign to promote daily exercise for your employees and discuss how physical fitness bolsters overall well-being.

Eating Disorders Awareness Week: Help any employees struggling with an eating disorder by raising awareness, discussing the causes and offering treatment solutions.

April 2020



Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
		1 Bowel Cancer Awareness Month (Begins) Stress Awareness Month (Begins)	2	3 Walk to Work Day	4	5
6	7 World Health Day	8	9	10 Good Friday	11 Parkinson's Awareness Day	12
13 Easter	14	15	16	17	18	19
20 European Immunisation Week (Begins) MS Awareness Week (Begins)	21	22 International Mother Earth Day	23	24	25	26 European Immunisation Week (Ends) MS Awareness Week (Ends) London Marathon
27 Allergy Awareness Week (Begins) Water Saving Week (Begins)	28 World Day for Safety and Health at Work	29	30 Bowel Cancer Awareness Month (Ends) Stress Awareness Month (Ends)			

[Bowel Cancer Awareness Month](#): Educate your employees about symptoms and treatment options for bowel cancer, as someone is diagnosed every 15 minutes.

[Stress Awareness Month](#): Highlight the negative health effects of stress and provide staff with strategies for overcoming it, since 12.8 million working days were lost in 2018-19 due to stress, anxiety and depression.

[World Day for Safety and Health at Work](#): On this day, emphasise the importance of workplace health and safety to your employees by providing proper resources and training.

[World Health Day](#): Use this day to educate your staff about a new health condition each year.

[Parkinson's Awareness Day](#): Help raise awareness about Parkinson's, as 1 in 500 have been diagnosed with it.

[Allergy Awareness Week](#): Raise awareness of allergies and share tips to mitigate their impact.

[Water Saving Week](#): This campaign helps employees find ways to reduce their daily water usage.

[European Immunisation Week](#): Promote the immunisation of every child to prevent diseases and protect life.

[MS Awareness Week](#): Help support MS research, as more than 100,000 people in the UK have MS.

May 2020



Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
				1 Stroke Awareness Month (Begins) National Walking Month (Begins)	2	3 Allergy Awareness Week (Ends) Water Saving Week (Ends)
4 Sun Awareness Week (Begins)	5	6	7	8 Early May Bank Holiday (VE Day)	9	10 Sun Awareness Week (Ends)
11 Action for Brain Injury Week (Begins) Dementia Awareness Week (Begins)	12	13	14	15	16	17 Action for Brain Injury Week (Ends) Dementia Awareness Week (Ends)
18 Mental Health Awareness Week (Begins) Learning at Work Week (Begins)	19	20	21 World Day for Cultural Diversity for Dialogue and Development	22	23	24 Mental Health Awareness Week (Ends) Learning at Work Week (Ends)
25 Spring Bank Holiday	26	27	28	29	30	31 Stroke Awareness Month (Ends) National Walking Month (Ends) World No Tobacco Day

Stroke Awareness Month: Educate your employees on how to prevent a stroke and help raise funds for those affected by the fourth-largest cause of death in the UK.

National Walking Month: Challenge your employees to walk an extra 20 minutes per day and reap the benefits.

Action for Brain Injury Week: Provide staff with information about support for brain injuries.

Sun Awareness Week: Help promote proper skin protection—Eight out of 10 people fail to adequately apply sunscreen before going out in the sun.

World Day for Cultural Diversity for Dialogue and Development: Use this event to raise awareness and educate employees on the importance of cultural diversity.

Dementia Awareness Week: Foster awareness and understanding of dementia, as an estimated 850,000 people in the UK have been diagnosed with the condition.

Mental Health Awareness Week: Promote the importance of mental health and provide employees with support, as an estimated 1 in 4 people in the UK will experience a mental health problem.

Learning at Work Week: Stress the benefits of continued learning and development at work.

World No Tobacco Day: Challenge your employees to abstain from tobacco products for 24 hours.

June 2020



Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
1 Volunteers' Week (Begins)	2	3	4	5 World Environment Day	6	7 Volunteers' Week (Begins)
8 Employer Branding Awareness Week (Begins)	9	10	11	12	13	14 World Blood Donor Day Employer Branding Awareness Week (Ends)
15 Breathe Easy Week (Begins) Men's Health Week (Begins)	16	17	18 Clean Air Day	19	20	21 Breathe Easy Week (Ends) Men's Health Week (Ends) Father's Day
22	23 UN Public Service Day	24	25	26	27	28
29	30					

Volunteers' Week: Encourage employees to join the 21 million people who volunteer in the UK each year.

Employer Branding Awareness Week: Use this week to evaluate your organisational brand and determine best practices for building a positive company image.

Diabetes Week: Help your employees understand diabetes and raise funds for research and treatment, as there are an estimated 4.5 million people in the UK with the disease.

World Environment Day: Use this day to educate employees on how they can implement more environmentally friendly practices within their daily routines.

World Blood Donor Day: Challenge employees to donate blood—one donation can save up to three lives.

Breathe Easy Week: Join the British Lung Association in focusing on lung health.

Men's Health Week: Provide your male employees with resources to boost their health and well-being.

UN Public Service Day: Help celebrate the value of public service to the community.

National Clean Air Day: Use this campaign to raise awareness on the dangers of air pollution and offer solutions to promote clean air.

July 2020



Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
		1	2	3	4	5
6 Health Information Week (Begins)	7	8	9	10	11	12 Health Information Week (Ends) Disability Awareness Day
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28 World Hepatitis Day	29	30	31		

Health Information Week: This campaign promotes the quality health resources that are available to the public.

Disability Awareness Day: This day highlights what people with disabilities can do in both their daily and professional lives through education and interactive exhibits.

World Hepatitis Day: Raise money and awareness of hepatitis and the 1.4 million people who die every year from the disease.

August 2020



Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
					1	2
3	4	5	6	7	8 Cycle to Work Day	9
10	11	12	13	14	15	16
17	18	19 World Humanitarian Day	20	21	22	23
24	25	26	27	28	29	30
31 Summer Bank Holiday Business Fire Protection Day						

World Humanitarian Day: Dedicate this day to paying tribute to all those affected by humanitarian crises and those who lost their lives in humanitarian service. Consider organising an employee volunteer event to get involved and help those in need.

Business Fire Protection Day: Use this day to stress the importance of fire protection in your workplace and to remind employees of proper fire safety procedures. This would also be a good opportunity to conduct a fire drill.

Cycle to Work Day: Use this day to encourage your workplace to take part in the UK's biggest cycle commuting event, celebrating a healthy form of exercise and environmentally friendly travel.

September 2020

Urology Awareness Month: Dedicate the month to raising awareness about urology health and its related conditions.

Vascular Disease Awareness Month: Help raise funds to combat vascular disease, which makes up 40 per cent of UK deaths.

World Alzheimer's Day: Use this event to raise awareness and break the stigma surrounding dementia diagnosis.

International Day of Charity: Show that your company cares by organising a charity event.

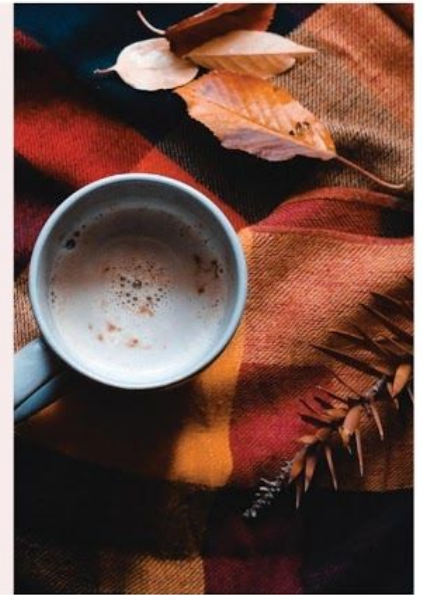
World Suicide Prevention Day: Discuss the importance of mental health with your employees and offer support.

Pension Awareness Day: Explain pensions to your employees and encourage them to save for their future.

National Eye Health Week: Promote the importance of eye health and encourage employees to schedule an eye test.

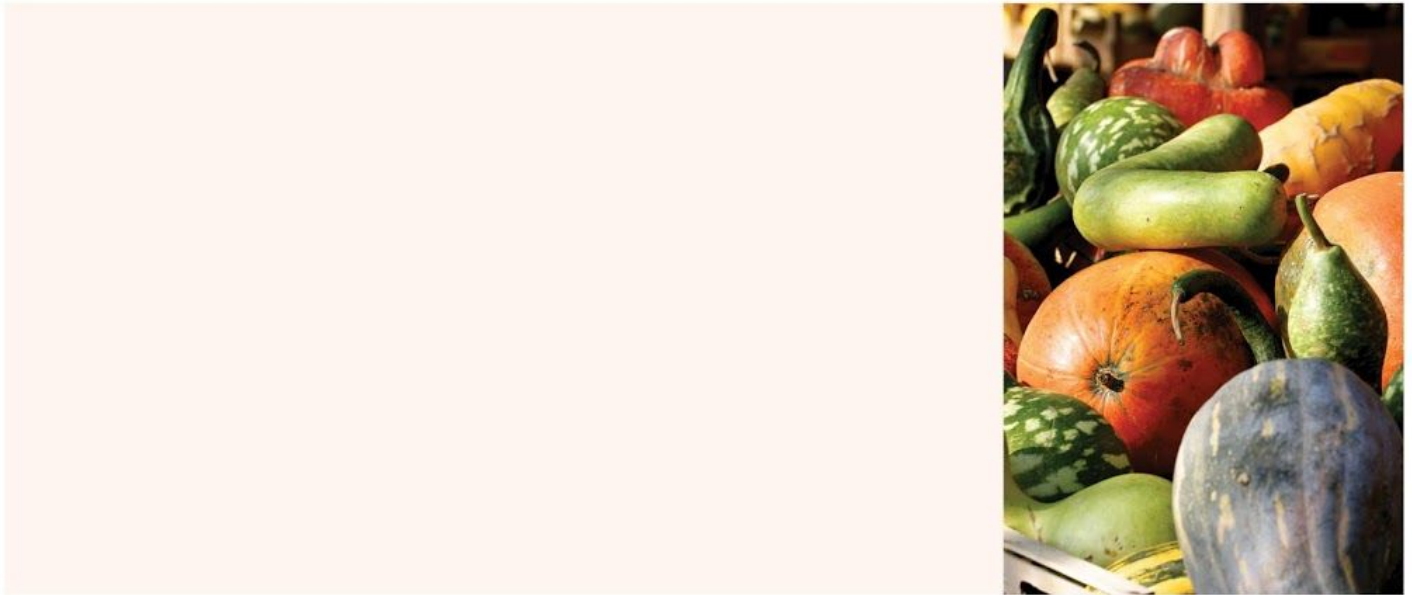
World Heart Day: Emphasise the importance of a healthy heart and provide employees with resources to boost their heart health.

National Fitness Day: Use this day to encourage your workplace to get active and boost employees' fitness levels.



Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
	1 Urology Awareness Month (Begins) Vascular Disease Awareness Month (Begins)	2	3	4	5 International Day of Charity	6
7	8	9	10 World Suicide Prevention Day	11	12	13
14	15 Pension Awareness Day	16	17	18	19	20
21 National Eye Health Week (Begins) World Alzheimer's Day	22	23	24	25 National Fitness Day	26	27 National Eye Health Week (Ends)
28	29 World Heart Day	30 Urology Awareness Month (Ends) Vascular Disease Awareness Month (Ends)				

October 2020



Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
			1 Breast Cancer Awareness Month (Begins) Stoptober (Begins) Pituitary Awareness Month (Begins) National Cholesterol Month (Begins)	2	3	4 World Animal Day
5	6	7 National Work Life Week (Begins)	8	9	10 World Mental Health Day	11 National Work Life Week (Ends) National Coming Out Day
12	13	14	15 Global Handwashing Day	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31 Breast Cancer Awareness Month (Ends) Stoptober (Ends) Pituitary Awareness Month (Ends) National Cholesterol Month (Ends)	

Breast Cancer Awareness Month: Help raise awareness and support research for breast cancer, as 1 in 8 women will be diagnosed with breast cancer during their lifetime.

Stoptober: Use this campaign to encourage employees to quit smoking and offer them support.

National Cholesterol Month: On this day, offer guidance and resources to help employees maintain healthy cholesterol levels and prevent heart disease.

Pituitary Awareness Month: Encourage pituitary health amongst your staff and consider planning fundraising activities to help those suffering from pituitary conditions.

National Work Life Week: Dedicate this week to focusing on work-life balance with your staff, and consider offering activities that promote well-being.

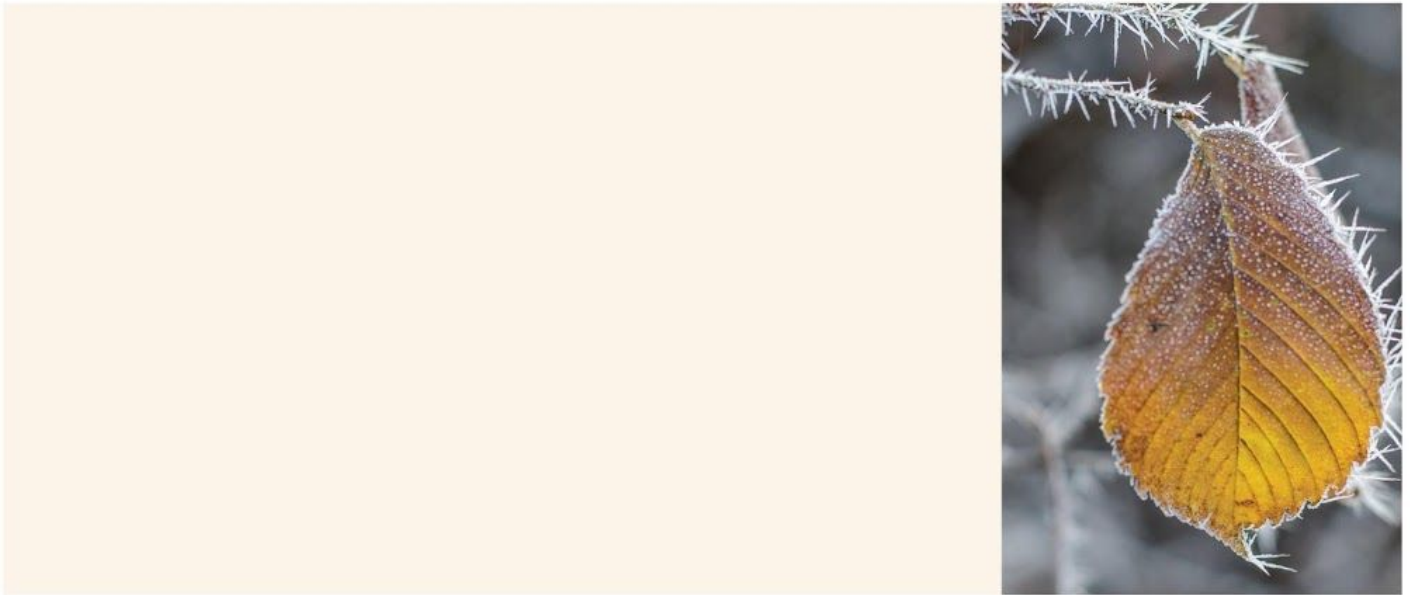
World Animal Day: Get involved by volunteering at an animal charity.

World Mental Health Day: This is another opportunity to stress the importance of proper mental health.

National Coming Out Day: Support LGBTQIA+ staff by celebrating Coming Out Day.

Global Handwashing Day: Remind employees about the importance of handwashing.

November 2020



Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
						1 November (Begins) Lung Cancer Awareness Month (Begins) Pancreatic Cancer Awareness Month (Begins)
2	3	4 Stress Awareness Day	5 Bonfire Night	6	7	8
9	10	11	12	13 World Kindness Day	14 Diabetes Day	15
16 Self Care Week (Begins) Road Safety Week (Begins)	17	18	19	20	21	22 Self Care Week (Ends) Road Safety Week (Ends)
23	24	25	26	27	28	29
30 November (Ends) Lung Cancer Awareness Month (Ends) Pancreatic Cancer Awareness Month (Ends)						

Movember: Encourage staff to grow moustaches and raise funds for men's health.

Lung Cancer Awareness Month: Organise an awareness day in your workplace to help employees realise the warning signs of lung cancer and improve their lung health.

Pancreatic Cancer Awareness Month: Help staff understand their risk factors for pancreatic cancer and adopt healthy habits.

Road Safety Week: Use this campaign to help employees foster safe driving practices.

International Stress Awareness Day: Promote workplace stress management, which helps employees be more productive, happy and healthy.

World Kindness Day: Show your staff you care, and encourage them to demonstrate kindness to boost morale.

Self Care Week: Prove that you value your employees' well-being by celebrating Self Care Week. Encourage your employees to take better care of themselves with free resources from the Self Care Forum.

World Diabetes Day: Use this day to raise awareness about diabetes and prevention methods.

December 2020



Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
	1 World Aids Day Decembeard (Begins)	2	3 International Day of Persons with Disabilities	4	5 International Volunteer Day	6
7	8	9	10 Human Rights Day	11	12	13
14	15	16	17	18	19	20
21	22	23	24 Christmas Eve	25 Christmas Day	26 Boxing Day	27
28 Boxing Day (Substitute Day)	29	30	31 Decembeard (Ends) New Year's Eve			

World AIDS Day: Use this event to show support for more than 100,000 people in the UK living with HIV. Help raise money for the [National AIDS Trust](#) to fund research and treatment.

Decembeard: Male employees can grow beards and solicit donations to help beat bowel cancer and support those suffering from the disease.

International Volunteer Day: Consider organising an employee volunteer event to demonstrate your organisation's commitment to improving the community.

Human Rights Day: This day commemorates when the United Nations General Assembly adopted the Universal Declaration of Human Rights, and provides an opportunity to discuss social issues and volunteer with a human rights organisation.

International Day of Persons with Disabilities: Use this day to raise awareness and promote the well-being of persons with disabilities.