

2021

Awareness Days and Bank Holidays Calendar

Provided by: Brilliant Brokers

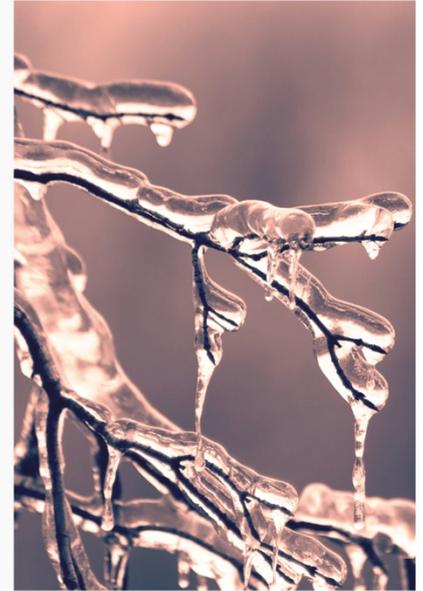
Employers can use this calendar as a guide to plan workplace fundraising events and boost their employee well-being programmes. Click on the links for more information on participating, fundraising, free resources and more. Take advantage of these free resources by providing employees with information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

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January 2021

- [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.
- [World Braille Day](#): This day is observed to emphasise the importance of Braille as a means of communication for blind and visually impaired people.
- [STiQ Day](#): This event encourages Britons 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.
- [Paget's Awareness Day](#): This day recognises Paget's Disease, a disease of the bones that disrupts the process by which new bone tissue replaces old bone tissue.
- [National Obesity Awareness Week](#): National Obesity Awareness Week is intended to help people avoid or overcome obesity by maintaining healthy diets and staying physically active.
- [Cervical Cancer Prevention Week](#): This event motivates women to become more educated about cervical cancer and get tested, as three women in the UK lose their lives to the disease every day.
- [Big Energy Saving Winter](#): This campaign aims to help people save money on their energy bills and protect the environment by making homes more energy-efficient.
- [Holocaust Memorial Day](#): This day of remembrance honours the survivors of the Holocaust.



Mon. Tues. Wed. Thurs. Fri. Sat. Sun.

Dry January Love Your Liver Month Big Energy Saving Winter						
Paget's Awareness Day Date Unannounced					1 New Year's Day	2
4 World Braille Day	5	6	7	8	9	10
11 National Obesity Awareness Week (11-17)	12	13	14 STiQ Day	15	16	17
18 Cervical Cancer Prevention Week (18-24)	19	20	21	22	23	24
25	26	27 Holocaust Memorial Day	28	29	30	31

February 2021

- [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 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 of heart disease and help employees promote heart health.
- [Children's Mental Health Week](#): This week-long initiative emphasises the importance of good mental health among children.
- [LGBT+ History Month](#): Use this month to raise awareness, promote visibility and encourage education on matters affecting the LGBT+ community.
- [Time to Talk Day](#): Use this day to raise awareness of and break the silence around mental health problems.
- [Safer Internet Day](#): Use this campaign to provide employees with best practices for safe and positive use of digital technology.



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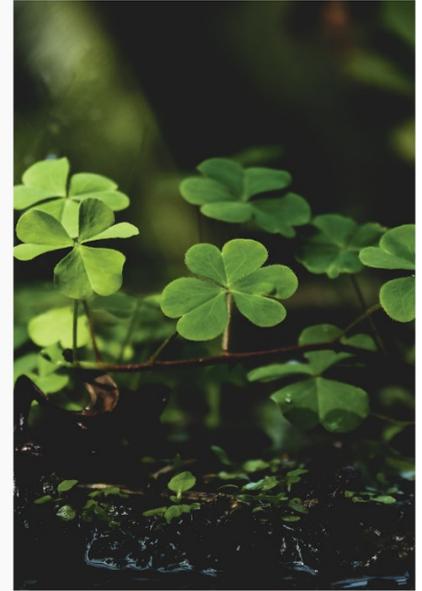
Sat.

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National Heart Month Raynaud's Awareness Month LGBT history Month						
1 Sexual Abuse & Sexual Violence Awareness Week (1-7) Tinnitus Awareness Week (1-7) Children's Mental Health Week (1-7)	2	3	4 World Cancer Day	5	6	7
8	9 Safer Internet Day	10	11	12	13	14 Valentine's Day
15	16	17	18	19	20	21
22	23	24	25	26	27	28

March 2021

- [Self-injury Awareness Day](#): Raise awareness and provide resources about self-injury.
- [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.
- [World Oral Health Day](#): Promote this initiative to help your employees understand the importance of good oral health and hygiene.
- [World Salt Awareness Week](#): Encourage employees to maintain healthy diets, including tracking and limiting their salt intake.
- [Nutrition and Hydration Week](#): Use this campaign to educate employees about the importance of proper hydration and nutritional balance.
- [Brain Awareness Week](#): Raise awareness among your employees about the ongoing progress and benefits of brain research.
- [No Smoking Day](#): Inspire employees to quit smoking.
- [World Hearing Day](#): This initiative can help raise awareness about hearing loss and deafness.
- [World Sleep Day](#): Celebrate sleep and encourage your employees to reap its health benefits.
- [Eating Disorders Awareness Week](#): Help any employees struggling with an eating disorder by raising awareness, discussing the causes and offering treatment solutions.

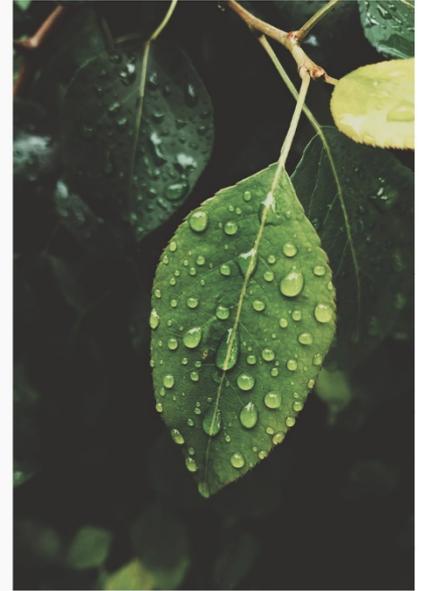


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Ovarian Cancer Awareness Month Prostate Cancer Awareness Month Walk All Over Cancer Month						
1 Self-injury Awareness Day Eating Disorders Awareness Week (1-7)	2	3 World Hearing Day	4	5	6	7
8 World Salt Awareness Week (8-14)	9	10 No Smoking Day	11	12	13	14 Mother's Day
15	16 Nutrition and Hydration Week (16-22) Brain Awareness Week (16-22)	17 St. Patrick's Day	18	19 World Sleep Day	20 World Oral Health Day The first day of Spring in 2021	21
22	23	24	25	26	27	28
29	30	31				

April 2021

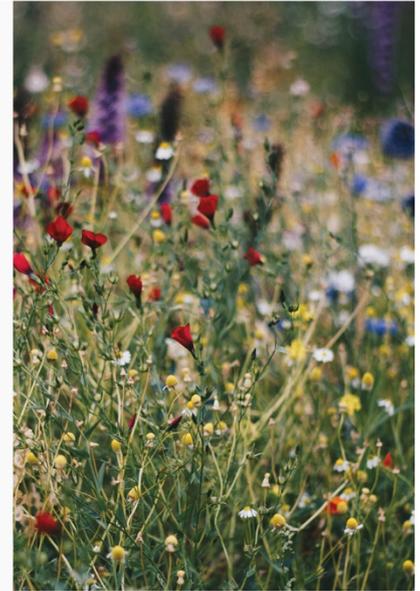
- **Bowel Cancer Awareness Month:** Educate your employees about symptoms and treatment options for bowel cancer, as someone is diagnosed every 15 minutes.
- **Stress Awareness Month:** Highlight the negative health effects of stress, and provide staff with strategies for overcoming it, since 12.8 million 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.
- **Orchid Male Cancer Awareness Week:** Educate your male employees on a number of types of specific cancers.
- **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 in the UK have been diagnosed with it.
- **Allergy Awareness Week:** Raise awareness of allergies and share strategies to mitigate their impact.
- **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.



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

May 2021

- [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.
- [Big Asthma Bake Sale](#): Encourage employees to participate in this annual event to raise funds for asthma research.
- [National Walking Month](#): Challenge your employees to walk an extra 20 minutes per day and reap the benefits.
- [Sun Awareness Week](#): Help promote proper skin protection—8 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 of and educate employees on the importance of cultural diversity.
- [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.
- [National Sugar Awareness Week](#): Encourage staff to make a resolution to reduce their daily sugar intake and experience the numerous health advantages.



Mon. Tues. Wed. Thurs. Fri. Sat. Sun.

Stroke Awareness Month National Walking Month The Big Asthma Bake Sale						
				Action for Brain Injury Week dates are not yet announced	1	2
3 Early May Bank Holiday (VE Day)	4 Sun Awareness Week (4-10)	5	6	7	8	9
10 Mental Health Awareness Week (10-16) National Sugar Awareness Week (10-16)	11	12	13	14	15	16
17 Dementia Awareness Week (17-23)	18 Learning at Work Week (18-24)	19	20	21 World Day for Cultural Diversity for Dialogue and Development	22	23
24	25	26	27	28	29	30
31 Spring Bank Holiday World No Tobacco Day						

June 2021

- **Volunteers' Week**: Encourage employees to volunteer this week and join the 21 million people who volunteer in the UK each year.
- **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.
- **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.



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

July 2021

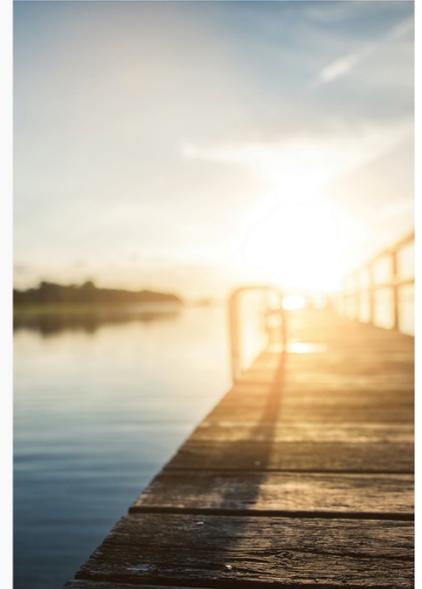
- [#GladtoCare Awareness Week](#): This initiative is dedicated to recognising and celebrating the efforts of care workers.
- [Disability Awareness Day](#): This day highlights what people with disabilities can do in both their daily and professional lives through education and interactive exhibits.
- [World Hepatitis Day](#): Raise money and awareness of hepatitis and the 1.4 million people who die every year from the disease.



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

August 2021

- [National Road Victim Month](#): Educate employees on the importance of road safety by recognising this month-long campaign.
- [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.
- [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.



Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
National Road Victim Month						
						1
2	3	4	5 Cycle to Work Day	6	7	8
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 Summer Bank Holiday	31					

September 2021

- [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 of and break the stigma surrounding dementia diagnosis.
- [International Day of Charity](#): Show that your company cares by organising a workplace charity event.
- [World Suicide Prevention Day](#): Discuss the importance of mental health with your employees and offer support.
- [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.



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

October 2021

- [Breast Cancer Awareness Month](#): Help raise awareness and support research for breast cancer, as 1 in 8 women in the UK will be diagnosed with breast cancer during their lifetime.
- [Sober October](#): This initiative raises money for Macmillan Cancer Support and encourages people to avoid alcohol for the month of October.
- [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.
- [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.
- [World Menopause Day](#): This initiative raises awareness about menopause and supports women facing health issues related to it.
- [National Coming Out Day](#): Support LGBTQ staff by celebrating Coming Out Day.
- [Global Handwashing Day](#): Remind employees about the importance of handwashing.



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Breast Cancer Awareness Month Stoptober Pituitary Awareness Month National cholesterol Month						
				1	2	3
4	5	6	7	8	9	10 World Mental Health Day
11 National Coming Out Day	12	13	14	15 Global Handwashing Day	16	17
18 World Menopause Day	19	20	21	22	23	24
25	26	27	28	29	30	31

November 2021

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

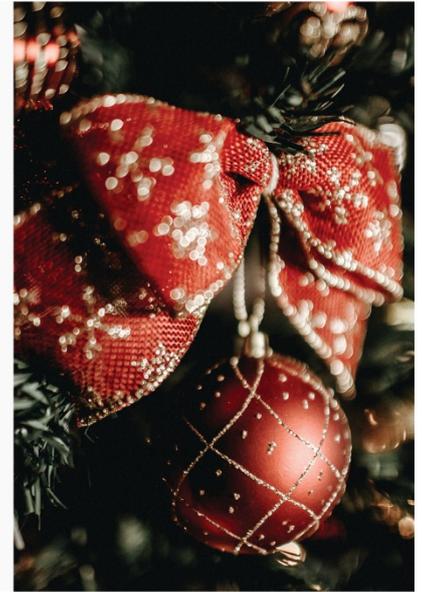


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November Lung Cancer Awareness Month Pancreatic Cancer Awareness Month						
1 International Stress Awareness Week (1-5)	2	3	4	5 Bonfire Night	6	7
8	9	10	11	12	13 World Kindness Day	14 Diabetes Day
15 Road Safety Week (15-21)	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December 2021

- **World AIDS Day:** Help show support for those who have been diagnosed with HIV, as there are 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.



Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Decembeard						
		1 World Aids Day	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	26 Boxing Day
27 Christmas Day (Substitute Day)	28 Boxing Day (Substitute Day)	29	30	31 New Year's Eve		