



Provided by: D2 Corporate Solutions Ltd

# 2022

## Awareness Days and Bank Holidays Calendar

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 2022

- [Dry January](#): Challenge employees to go alcohol-free for the month of January and reap the benefits.
- [Love Your Liver Month](#): This national campaign aims to raise awareness of liver health, including the key steps people can take to keep their liver healthy.
- [World Braille Day](#): This day helps to raise awareness of the issues impacting those who are visually impaired, and emphasises the importance of Braille.
- [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.
- [STIQ Day](#): This event encourages Britons to think about their sexual health and get tested for sexually transmitted infections.
- [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](#): Around 850 women lose their lives to cervical cancer each year, according to Cancer Research UK. This event motivates women to become more educated about cervical cancer and get tested.

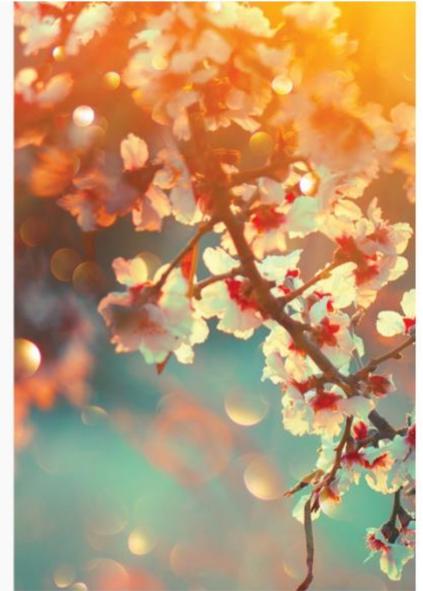


## Dry January Love Your Liver

M	Tu	W	Th	F	Sa	Su
					1 New Year's Day	2
3 New Year's Day (substitute)	4 World Braille Day	5	6	7	8	9
10 National Obesity Awareness Week	11 Paget's Awareness Da	12y	13	14 STIQ Day	15	16
17 Cervical Cancer Prevention Week	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

# February 2022

- **National Heart Month:** Use this month to raise awareness of heart disease and help employees promote heart health.
- **Raynaud's Awareness Month:** Use this month to raise awareness about the disorder that plagues as many as 10 million people in the UK.
- **LGBT+ History Month:** Use this month to raise awareness, promote visibility and encourage education on matters affecting the LGBT+ community.
- **World Cancer Day:** Cancer is the leading cause of death worldwide, accounting for nearly 10 million deaths a year, according to the World Health Organisation. Participation in this worldwide event will help raise cancer awareness.
- **National Apprenticeship Week:** National Apprenticeship Week aims to help employers train, retain and achieve with apprenticeships.
- **Children's Mental Health Awareness Week:** This week-long initiative emphasises the importance of good mental health among children.
- **Sexual Abuse and Sexual Violence Awareness Week:** This week is an opportunity to educate employees about sexual abuse and sexual violence, and offer support to those affected.
- **Safer Internet Day:** Use this campaign to provide employees with best practices for safe and positive use of digital technology.
- **Eating Disorders Awareness Week:** Help any employees struggling with an eating disorder by raising awareness, discussing the causes and offering treatment solutions.



National Heart Month  
Raynaud's Awareness Month  
LGBT+ History Month

M	Tu	W	Th	F	Sa	Su
	1	2	3	4 World Cancer Day	5	6
7 National Apprenticeship Week Children's Mental Health Awareness Week Sexual Abuse and Sexual Violence Awareness Week	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 Eating Disorders Awareness Week						

# March 2022

- [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.
- [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.
- [Brain Tumour Awareness Month](#): This campaign aims to raise awareness and money to help find a cure for this disease.
- [National Feet Week](#): Foot pain can sometimes be an indicator of other health problems within the body. Help your employees prioritise foot health by taking part in this campaign.
- [International Women's Day](#): Encourage a workplace free of bias, stereotypes and discrimination, by taking part in International Women's Day.
- [No Smoking Day](#): Inspire employees to quit smoking.
- [World Kidney Day](#): This campaign aims to raise awareness of kidney disease, and increase kidney health education.
- [Nutrition and Hydration Week](#): Use this campaign to educate employees about the importance of proper hydration and nutritional balance.
- [World Sleep Day](#): Celebrate sleep and encourage your employees to reap its health benefits.
- [World Oral Health Day](#): Promote this initiative to help your employees understand the importance of good oral health and hygiene.

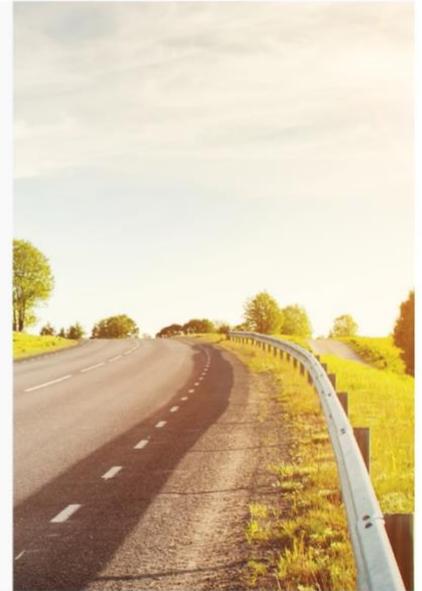


Prostate Cancer Awareness Month  
Ovarian Cancer Awareness Month  
Brain Tumour Awareness Month

M	Tu	W	Th	F	Sa	Su
	1	2	3	4	5	6
7 National Feet Week	8 International Women's Day	9 No Smoking Day	10 World Kidney Day	11	12	13
14 Nutrition and Hydration Week	15	16	17 St. Patrick's Day	18 World Sleep Day	19	20 World Oral Health Day
21	22	23	24	25	26	27 Mother's Day
28	29	30	31			

# April 2022

- **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:** According to the Health and Safety Executive, 17.9 million working days were lost in 2019-20 due to stress, anxiety and depression. Highlight the negative health effects of stress, and provide staff with strategies for overcoming it.
- **World Health Day:** Use this day to educate your staff about a new health condition each year.
- **Pyjamas for PanCan:** Consider allowing your employees to attend work in pyjamas to help raise vital funds for pancreatic cancer research.
- **MS Awareness Week:** This campaign aims to break the silence around MS, making it less of a challenge for those newly diagnosed to speak up. Use the campaign to promote open discussions about health with employees.
- **Allergy Awareness Week:** Raise awareness of allergies and share strategies to mitigate their impact.
- **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.



## Bowel Cancer Awareness Month Stress Awareness Month

M	Tu	W	Th	F	Sa	Su
				1	2	3
4	5	6	7 World Health Day	8	9	10
11	12	13	14	15 Good Friday	16 Pyjamas for PanCan	17
18 Easter Monday MS Awareness Week	19	20	21	22	23	24
25 Allergy Awareness Week	26	27	28 World Day for Safety and Health at Work	29	30	

# May 2022

- [National Walking Month](#): Challenge your employees to walk an extra 20 minutes per day and reap the benefits.
- [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.
- [UK Maternal Mental Health Awareness Week](#): Educate employees about mental health problems that can happen during and after pregnancy so they know the signs.
- [Global Hand Hygiene Day](#): Help your employees understand the importance of hand hygiene and its role in infection prevention and control.
- [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.
- [Global Accessibility Awareness Day](#): Make sure your employees are thinking about digital access and inclusion.
- [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.



## National Walking Month Stroke Awareness Month

M	Tu	W	Th	F	Sa	Su
						1
2 UK Maternal Mental Health Awareness Week	3	4	5 Global Hand Hygiene Day	6	7	8
9	10	11	12	13 Mental Health Awareness Week	14	15
16 Learning at Work Week	17	18	19 Global Accessibility Awareness Day	20	21 World Day for Cultural Diversity for Dialogue and Development	22
23	24	25	26	27	28	29
30	31					

# June 2022

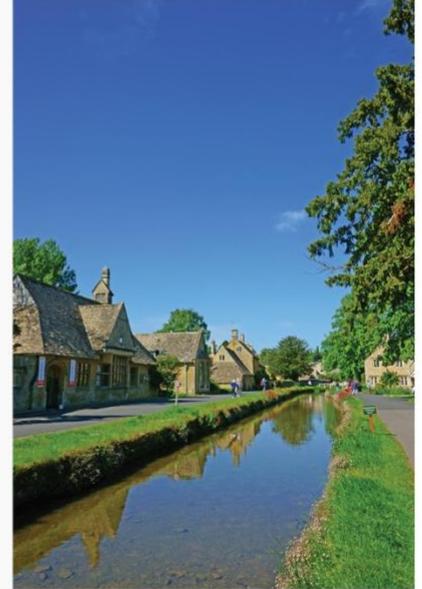
- [National Volunteer's Week](#): Encourage employees to volunteer this week and join the 21 million people who volunteer in the UK each year.
- [World Environment Day](#): Use this day to educate employees on how they can implement more environmentally friendly practices within their daily routines.
- [Bike Week](#): Encourage employees to cycle to work as part of Bike Week, and reap the benefits.
- [Diabetes Awareness Week](#): Help your employees understand diabetes and raise funds for research and treatment, as there are an estimated 4.9 million people in the UK with the disease.
- [World Blood Donor Day](#): Challenge employees to donate blood—one donation can save up to three lives.
- [Cervical Screening Awareness Week](#): This campaign highlights the importance of regular cervical screening for all women.
- [UN Public Service Day](#): Help celebrate the value of public service to the community.



M	Tu	W	Th	F	Sa	Su
		1 National Volunteer's Week	2 Spring Bank Holiday	3 Platinum Jubilee Bank Holiday	4	5 World Environment Day
6 Bike Week	7	8	9	10 Diabetes Awareness Week	11	12
13	14 World Blood Donor Day	15	16	17	18	19
20 Cervical Screening Awareness Week	21	22	23 UN Public Service Day	24	25	26
27	28	29	30			

# July 2022

- [Net Zero Week](#): Help your employees better understand the challenge to achieve net zero carbon emissions, and how they can help the cause.
- [#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.



M	Tu	W	Th	F	Sa	Su
				1	2 Net Zero Week	3
4	5	6	7	8	9	10
11 #GladtoCare Awareness Week	12	13	14	15	16	17 Disability Awareness Day
18	19 Father's Day	20	21	22	23	24
25	26	27	28 World Hepatitis Day	29	30	31

# August 2022

- [National Road Victim Month](#): Educate employees on the importance of road safety by recognising this month-long campaign.
- [World Breastfeeding Week](#): Find out how you can support breastfeeding employees in the workplace.
- [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.
- [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.



## National Road Victim Month

M	Tu	W	Th	F	Sa	Su
1 World Breastfeeding Week	2	3	4 Cycle to Work Day	5	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 Summer Bank Holiday	30	31				

# September 2022

- [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.
- [Childhood Cancer Awareness Month](#): Raise money and awareness to change the future for children living with cancer.
- [Blood Cancer Awareness Month](#): Raise money and awareness for a disease which more than a million people worldwide are diagnosed with each year.
- [Migraine Awareness Week](#): Raise awareness of the disabling condition that is estimated to affect one in seven people.
- [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.
- [World Alzheimer's Day](#): Use this event to raise awareness of and break the stigma surrounding dementia diagnosis.
- [World Heart Day](#): Emphasise the importance of a healthy heart, and provide employees with resources to boost their heart health.

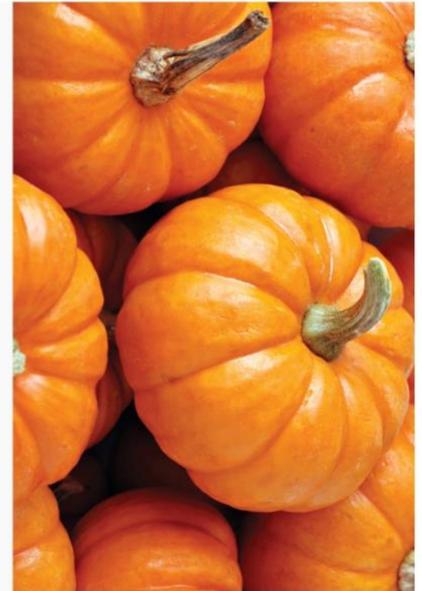


**Urology Awareness Month**  
**Vascular Disease Awareness Month**  
**Childhood Cancer Awareness Month**  
**Blood Cancer Awareness Month**

M	Tu	W	Th	F	Sa	Su
			1	2	3	4 Migraine Awareness Week
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 World Alzheimer's Day	22	23	24	25
26	27	28	29 World Heart Day	30		

# October 2022

- [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.
- [Pituitary Awareness Month](#): Encourage pituitary health amongst your staff, and consider planning fundraising activities to help those suffering from pituitary conditions.
- [Back Care Awareness](#): Join the campaign to help educate your employees on the importance of good posture and how to avoid preventable back injury.
- [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 LGBTQ staff by celebrating Coming Out Day.
- [World Arthritis Day](#): Raise awareness of the impact of rheumatic and musculoskeletal diseases, as there's an estimated one-hundred million worldwide with symptoms that are often overlooked and frequently misdiagnosed.
- [Global Handwashing Day](#): Remind employees about the importance of handwashing.
- [World Menopause Day](#): This initiative raises awareness about menopause and supports women facing health issues related to it.



Breast Cancer Awareness Month  
Sober October  
Stoptober  
Pituitary Awareness Month

M	Tu	W	Th	F	Sa	Su
					1	2
3	4 Back Care Awareness Week	5 World Animal Day	6	7	8	9
10	11 World Mental Health Day	12 National Coming Out Day	13 World Arthritis Day	14	15	16 Global Handwashing Day
17	18	19 World Menopause Day	20	21	22	23
24	25	26	27	28	29	30
31						

# November 2022

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



**Movember**  
**Lung Cancer Awareness Month**  
**Pancreatic Cancer Awareness Month**

<b>M</b>	<b>Tu</b>	<b>W</b>	<b>Th</b>	<b>F</b>	<b>Sa</b>	<b>Su</b>
	1	2	3	4	5	6
7 International Stress Awareness Week	8	9	10	11	12	13 World Kindness Day
14 World Diabetes Day	15	16	17	18	19 Road Safety Week	20
21	22	23	24	25	26	27
28	29	30				

# December 2022

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



M	Tu	W	Th	F	Sa	Su
			1 World AIDS Day	2	3 International Day of People with Disabilities	4
5 International Volunteers 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 Christmas Day (substitute)	28	29	30	31 New Year's Eve	