

Dry January

Dry January | Alcohol Change UK
Dry January challenges you to go alcohol free for 31 days and aims to raise awareness of the effects of alcohol.



Brew Monday

Join the Samaritans and turn 'Blue Monday' into 'Brew Monday' on 17th January. Feeling alone with your problems can have a big impact on your mental health. Reach out to a friend, colleague, or family member for a cuppa, a chat and a biscuit. It could be the start of someone feeling less alone.



Veganuary

Try eating a vegan diet for a month this January. Veganuary has inspired and supported more than one million people in 192 countries to try veganism for January – and beyond.



World Cancer Day 4 Feb

By raising worldwide awareness, improving education and catalysing personal, collective and government action, we're working together to reimagine a world where millions of preventable cancer deaths are saved
<https://www.worldcancerday.org/>



Time to Talk Day from Time to Change 4 Feb

With a range of great downloadable resources for workplaces, from games and activities, to a workplace conversation pack, and more
<https://www.time-to-change.org.uk/get-involved/get-involved-workplace/make-impact-your-workplace/mental-health-calendar/time-to-talk>



Random Acts of Kindness Day 17 February

Everyone can use more kindness in their lives. Scientific evidence shows us the positive effects of doing kind acts for others as, well as receiving or even witnessing kindness. Even the smallest act of kindness can change a life.
Random Acts of Kindness | Random Acts of Kindness Day 2021



World Oral Health Day 20th March

World Oral Health Day aims to empower people with the knowledge, tools, and confidence to secure good oral health



World Sleep Day March 19

World Sleep Day is an annual event, intended to be a celebration of sleep and a call to action on important issues related to sleep, including medicine, education, social aspects, and driving.



Eating Disorders Awareness Week 1-7 March

Join the campaign to create a future where people experiencing binge eating disorder are met with understanding and compassion.



Target Ovarian Cancer

Find out how you can raise awareness of ovarian cancer. Use our resources to spread the word and find out how raising awareness can save lives.

