



# Campaigns Calendar 2024

This resource will help you find out about national health and wellbeing campaigns and awareness days for both early years children and staff and parents at your setting, helping you to plan events and raise awareness.

Campaign	Date	More Information
<b>Dry January</b>	January 2024	Challenging you to go alcohol free for 31 days and aims to raise awareness of the effects of alcohol.  <a href="#">Alcohol Change</a>
<b>Fizz Free February</b>	February 2024	Take action this February to reduce your sugar intake by kicking out fizzy drinks.  <a href="https://www.sugarsmartuk.org/news/jan22-fizz-free-february/">https://www.sugarsmartuk.org/news/jan22-fizz-free-february/</a>
<b>LGBT+ History Month</b>	February 2024	To promote equality and diversity for the benefit of the public.  <a href="#">LGBT+ History Month</a>
<b>Time to Talk Day</b>	1 February 2024	Time to Talk Day is the perfect opportunity to start a conversation about mental health.  <a href="https://timetotalkday.co.uk/">https://timetotalkday.co.uk/</a> and <a href="https://www.startaconversation.co.uk/">https://www.startaconversation.co.uk/</a>
<b>National Apprenticeship Week</b>	5-11 February 2024	Annual week-long celebration of apprenticeships to shine a light on the amazing work being done by employers and apprentices across the country.  <a href="#">Apprenticeships</a>
<b>Eating Disorder Awareness Week</b>	26 February-3 March 2024	An international awareness event, fighting the myths and misunderstandings that surround eating disorders.  <a href="#">Beat Eating Disorders</a>
<b>International Women's Day</b>	8 March 2024	A global holiday celebrated annually to commemorate the cultural, political, and socioeconomic achievements of women.  <a href="#">International Women's Day</a>
<b>Safer Sleep Week</b>	11 <sup>th</sup> – 17 <sup>th</sup> March 2024	Safer Sleep Week is The Lullaby Trust's national awareness campaign targeting anyone looking after a young baby.  <a href="https://www.lullabytrust.org.uk/about-us/safer-sleep-week/">https://www.lullabytrust.org.uk/about-us/safer-sleep-week/</a>
<b>No Smoking Day</b>	13 March 2024	Help encourage as many smokers as possible to quit on No Smoking Day by organising your own event.  <a href="https://www.nhs.uk/better-health/quit-smoking/">https://www.nhs.uk/better-health/quit-smoking/</a>

<b>Nutrition &amp; Hydration Week</b>	11-17 March 2024	<p>A shared objective to highlight, promote and celebrate improvements in the provision of nutrition and hydration locally, nationally and globally.</p> <p><a href="#">Nutrition and Hydration Week</a></p>
<b>Stress Awareness Month</b>	April 2024	<p>Increasing public awareness about both the causes and cures for our modern stress epidemic.</p> <p><a href="#">Stress Management Society</a></p>
<b>Maternal Mental Health Awareness Week</b>	29 April – 5 May 2024	<p>A week-long campaign dedicated to talking about mental health problems before, during and after pregnancy.</p> <p><a href="https://maternalmentalhealthalliance.org/">https://maternalmentalhealthalliance.org/</a></p>
<b>National Walking Month</b>	May 2024	<p>Encourages people to walk more throughout May.</p> <p><a href="#">Living Streets</a></p>
<b>Sun Awareness Week</b>	6-12 May 2024	<p>Get involved in raising awareness across the UK by ordering free posters and leaflets from the Sun Awareness range.</p> <p><a href="#">British Association of Dermatologists</a></p>
<b>Deaf Awareness Week</b>	1-7 May 2024	<p>The aim of Deaf Awareness Week is to raise awareness of hearing loss in the UK and its impact on people's lives.</p> <p><a href="#">Deaf Council</a></p>
<b>National Smile Month</b>	13 May – 13 June 2024	<p>Join the nation's biggest oral health campaign and help bring a smile to millions of people.</p> <p><a href="https://www.dentalhealth.org/national-smile-month">https://www.dentalhealth.org/national-smile-month</a></p>
<b>Mental Health Awareness Week</b>	13- 19 May 2024	<p>A UK event supported by the Mental Health Foundation. The aim is to educate the public about mental health issues and to promote better mental health, with this year's theme "Movement: Moving more for our mental health".</p> <p><a href="#">Mental Health Foundation</a></p>
<b>Bike Week</b>	10-16 June 2024	<p>Encouraging people to get out cycling and switch to cycling as the best way to get around.</p> <p><a href="#">Cycling Week</a></p>
<b>National Carers Week</b>	10-16 June 2024	<p>Raising awareness of caring by highlighting the challenges that carers face and recognise the contribution they make.</p> <p><a href="#">Carers Week</a></p>

<b>Healthy Eating Week</b>	10-14 June 2024	Encouraging everyone, including early years settings, schools, workplaces and community groups, to 'Give it a go' this Healthy Eating Week.  <a href="#">British Nutrition Foundation</a>
<b>National Clean Air Day</b>	12 June 2024	A chance for the whole country to come together and improve air quality through collective action.  <a href="#">Clean Air Day</a>
<b>Learning Disability Week</b>	17-23 June 2024	Raising awareness about the issues that are important to people with a learning disability and their families and carers.  <a href="#">Mencap</a>
<b>Alcohol Awareness Week</b>	1-7 July 2024	Opportunity for charities, local authorities, GP surgeries, businesses and more to think and talk about alcohol harm with their communities.  <a href="https://alcoholchange.org.uk/">https://alcoholchange.org.uk/</a>
<b>Breastfeeding Awareness Week</b>	1-7 August 2024	World Breastfeeding Week (WBW) is a global campaign to raise awareness and galvanise action on themes related to breastfeeding.  <a href="https://waba.org.my/wbw/">https://waba.org.my/wbw/</a>
<b>Cycle to Work Day</b>	8 August 2024	UK's biggest cycle commuting event.  <a href="#">Cycle to Work Day</a>
<b>World Suicide Prevention Day</b>	10 September 2024	Promoting worldwide commitment and action to prevent suicides.  <a href="https://www.samaritans.org/">https://www.samaritans.org/</a> and <a href="https://www.startaconversation.co.uk/">https://www.startaconversation.co.uk/</a>
<b>International Day of Sign Languages</b>	23 September 2024	Celebrated annually across the world on 23 September every year along with International Week of the Deaf.  <a href="#">The UN</a>
<b>National Fitness Day</b>	20 September 2024	Make this the most active day of the year.  <a href="#">National Fitness Day</a>
<b>World's Biggest Coffee Morning</b>	27 September 2024	Support Macmillan by hosting your own coffee morning to raise awareness.  <a href="#">Macmillan</a>
<b>Stoptober</b>	October 2024	When you quit smoking, good things start to happen — you can begin to see almost immediate improvements to your health.

<b>Sober October</b>	October 2024	<a href="https://www.nhs.uk/better-health/quit-smoking/">https://www.nhs.uk/better-health/quit-smoking/</a> Get involved in Sober October by going alcohol-free in October to raise money for people with cancer.  <a href="https://www.gosober.org.uk/">https://www.gosober.org.uk/</a>
<b>Black History Month</b>	October 2024	A nationwide celebration of Black History, Arts and Culture throughout the UK.  <a href="#">Black History Month</a>
<b>World Mental Health Day</b>	10 October 2024	An opportunity to raise awareness and advocacy against mental health stigma.  <a href="#">World Mental Health Day</a>
<b>Coming Out Day</b>	11 October 2024	An awareness day for LGBTQ+ people to celebrate being their authentic selves.  <a href="#">Coming Out Day</a>
<b>Restart a Heart Day</b>	16 October 2024	Increase public awareness of cardiac arrests and increase the number of people trained in life saving CPR and defibrillator use.  <a href="#">Restart a Heart Day</a>
<b>National Stress Awareness Day</b>	6 November 2024	Raise awareness, publicity and profile of stress and its impact, and reduce stigma while promoting the importance of wellbeing and stress reduction.  <a href="https://isma.org.uk/isma-international-stress-awareness-week">https://isma.org.uk/isma-international-stress-awareness-week</a>
<b>Trans Awareness Week</b>	13-19 November 2024	This week helps raise the visibility of transgender people and address issues members of the community face.  <a href="#">GLAAD</a>
<b>International Men's Day</b>	19 November 2024	Making a positive difference to the wellbeing and lives of men and boys.  <a href="#">UK Men's Day</a>
<b>National Grief Awareness Week</b>	2-8 December 2024	To raise awareness of the impact of grief.  <a href="#">The Good Grief Trust</a>

### Other national days of interest

- **Shrove Tuesday** – 13<sup>th</sup> February 2024
- **Valentines Day** – 14<sup>th</sup> February 2024
- **World Book Day** – 7<sup>th</sup> March 2024 – <https://www.worldbookday.com/>
- **Comic Relief (Red Nose Day)** – 15<sup>th</sup> March 2024 – With the mission to end child poverty, this year's theme is about 'you', everyone doing their bit! - [www.comicrelief.com](http://www.comicrelief.com)
- **Easter Sunday** – 31<sup>st</sup> March 2024
- **National Numeracy Day** – 22<sup>nd</sup> May 2024 – Led by National Numeracy, this day encourages everyone to build their confidence with numbers - <https://www.nationalnumeracy.org.uk/numeracyday>
- **BBC Children in Need** – 15<sup>th</sup> November 2024 - <https://www.bbcchildreninneed.co.uk/>