

Campaign Calendar 2025

January

Dry January

www.alcoholchange.org.uk/help-and-support/managing-your-drinking/dry-january

Cervical Cancer Prevention Week

<https://www.macmillan.org.uk/cancer-awareness/cervical-cancer-awareness>

February

National Heart Month

www.bhf.org.uk

Raynauds Awareness Month

www.sruk.co.uk

World Cancer Day - 4 February

www.worldcancerday.org

Time to Talk Day - 1 February

www.mind.org.uk/get-involved/time-to-talk-day-2025/

Time to Talk Day - Mind - Mind

Safer Internet Day - 6 February

www.saferinternet.org.uk/safer-internet-day

Eating Disorder Awareness Week - 24 February – 2

March [Eating Disorders Awareness Week 2025](#)

March

Ovarian Cancer Awareness Month

www.targetovariancancer.org.uk

Prostate Cancer Awareness Month

www.prostatecanceruk.org

No Smoking Day – 12 March

www.ashscotland.org.uk

Nutrition and Hydration Week - 17 – 23 March

www.nutritionandhydrationweek.co.uk

World Sleep Day – 14 March

www.worldsleepday.org

World Oral Health Day - 20 March

www.worldoralhealthday.org

Sustrans Big Walk and Wheel – 24 March – 4 April

www.bigwalkandwheel.org.uk/register

Epilepsy Awareness Purple Day – 26 March

www.epilepsy.org.uk/involved/fundraising/purple-day

Brain Tumour Awareness Day - 28 March

www.braintumourresearch.org/fundraise/wear-a-hat-day

Diabetes UK 12 week challenge

[Swim22 2025 | Diabetes UK](#)

April

Bowel Cancer Awareness Month

www.bowelcanceruk.org.uk

Stress Awareness Month

<https://www.stress.org.uk/resourcehub/>

World Autism Acceptance Week - 31 March - 6 April

<https://waam.autism.org.uk/sign-up>

World Health Day - 7 April

[World Health Day](#)

Parkinson's Awareness Day - 11 April

www.parkinsons.org.uk/get-involved/world-parkinsons-day

MS Awareness Week – 21 - 27 April

www.mssociety.org.uk

On Your Feet Britain - 24 April

www.onyourfeetday.com

Spring Step Count Challenge

[Step Count Challenge | Paths for All](#)

May

Action on Stroke Month

www.stroke.org.uk

World Lupus Day - 10 May

www.lupusuk.org.uk

World Asthma Day – 6 May

<https://join.aluk.org.uk/>

Global Hand Hygiene Day - 5 May

www.who.int/campaigns/world-hand-hygiene-day

Green Health Week TBC

www.thinkhealththinknature.scot/activity-ideas/

Mental Health Awareness Week - 12 - 18 May

www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week

Dementia Action Week – 19-25 May

www.alzheimers.org.uk/get-involved/dementia-action-week

National Smile Month – 12 May - 12 June

www.dentalhealth.org/national-smile-month

World No Tobacco Day - 31 May

www.who.int/campaigns/world-no-tobacco-day

June

Carers Week – 9 – 15 June

www.carersweek.org

Men's Health Week – 9 – 15 June

www.menshealthforum.org.uk

Bike Week

[Healthy Tip: Bike Week - Heart Research UK](#)

World Blood Donor Day - 14 June

www.who.int/campaigns/world-blood-donor-day

Clean Air Day - 15 June

www.cleanairday.org.uk

MND Awareness Day - 21 June

www.mndassociation.org

July

Alcohol Awareness Week - 7 – 13 Jul

[Alcohol Awareness Week | Alcohol Change UK](#)

Highland Pride

www.highlandpride.org

World Hepatitis Day - 28 July

www.worldhepatitisday.org

August

Psoriasis Awareness Month

www.psoriasis.org

World Breast Feeding Week - 1 - 7 August

www.who.int/campaigns/world-breastfeeding-week

Cycle to Work Day – 7 August

www.heartresearch.org.uk/ht-cycle-to-work-day

International Overdose Awareness Day - 31 August

www.overdoseday.com

September

National Blood Cancer Awareness Month

www.bloodwise.org.uk

Urology Awareness Month

www.theurologyfoundation.org

Organ Donation Week – 18 – 24 September

www.organdonation.nhs.uk

International FASD Awareness Day - 9 September

www.fasday.com

Know Your Numbers Week – 8 - 14 September

www.bloodpressureuk.org/know-your-numbers

National Eye Health Awareness Week – 23 - 29 Sept

www.visionmatters.org.uk

Sexual Health Week – 8 - 14 September

www.brook.org.uk/shw

October

Breast Cancer Awareness Month

www.wearitpink.org

Challenge poverty week - TBC

www.povertyalliance.org

World Mental Health Day - 10 October

www.mentalhealth.org.uk/get-involved

Global Handwashing Day - 15 October

www.globalhandwashing.org/global-handwashing-day

World Osteoporosis Day - 20 October

www.worldosteoporosisday.org

International Brain Tumour Awareness Week - 25

October – 1 November

www.theibta.org/awareness-raising

November

Lung Cancer Awareness Month

www.roycastle.org

Mouth Cancer Action Month

www.mouthcancerfoundation.org/mouth-cancer-action-month

International Stress Awareness Week – 3 – 7 Nov

www.isma.org.uk/isma-international-stress-awareness-week

Autumn Step Count Challenge –

[Step Count Challenge | Paths for All](#)

World Diabetes Day - 14 November

www.worlddiabetesday.org

Anti-Bullying Week – 10 - 14 November

www.anti-bullyingalliance.org.uk/anti-bullying-week

16 Days of Action - 25 November - 10 December

www.who.int/campaigns/16-days-of-activism-against-gender-based-violence

December

Bowel Cancer Awareness Month

www.bowelcanceruk.org.uk

World Aids Day - 1 December

www.worldaidsday.org

International Day of People with Disabilities – 3 Dec

www.idpwd.org

Anger Awareness Week - 1 - 7 December

www.angermanage.co.uk/anger-awareness-week

Christmas Jumper Day – 12 December

www.savethechildren.org.uk/christmas-jumper-day

