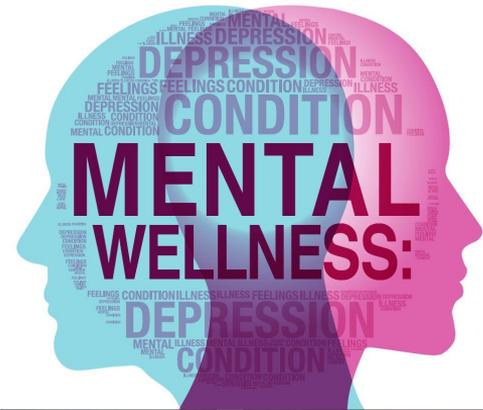




# MENTAL HEALTH CALENDAR 2022

MENTAL HEALTH MATTERS



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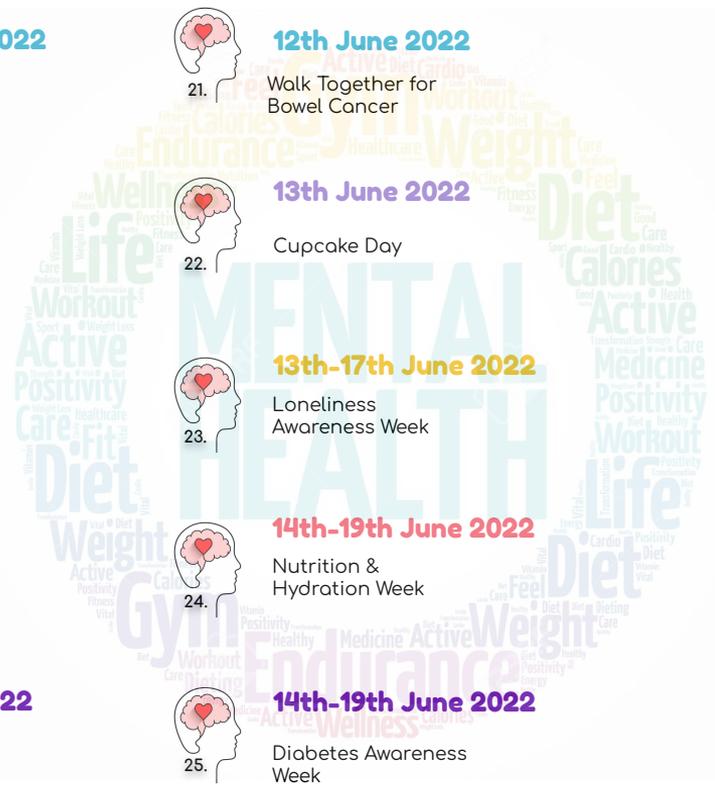
**15th June 2022**

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**Mental Health Awareness**  
**- 1 in 4 people suffer from**  
**a mental illness - Please**  
**check in on family and**  
**friends - You never know**  
**who may be suffering in**  
**silence.**





Time to Talk Day is run by Mind and Rethink Mental Illness in England, in partnership with Co-op. The campaign runs UK wide, with SAMH (Scottish Association for Mental Health) and See Me in Scotland, Inspire and Change Your Mind in Northern Ireland and Time to Change Wales.

The day is all about creating supportive communities by having conversations with family, friends, or colleagues about mental health.

Time to talk, aims to support communities up and down the country to have more mental health conversations than ever before.

Talking about Mental Health reduces stigma, helping to create supportive communities where people can talk openly about mental health and feel empowered to seek help when we need it.

<https://timetotalkday.co.uk>





From 7-13th of February 2022, schools, youth groups, organisations and individuals across the UK took part in Children's Mental Health Week.

Growing Together is about growing emotionally and finding ways to help each other grow. Challenges and setbacks can help us to grow and adapt and trying new things can help us to move beyond our comfort zone into a new realm of possibility and potential. However, emotional growth is often a gradual process that happens over time, and sometimes we might feel a bit 'stuck'.

1 in 6 children and young people have a diagnosable mental health problem, and many more struggle with challenges from bullying to bereavement.

- <https://www.childrensmentalhealthweek.org.uk>









Self-Injury Awareness Day is on the 1st of March every year, as it has been for for well over twenty years.

LifeSIGNS have supported Self-Injury Awareness Day since it launched in 2002, and are the number one resource for SIAD material.

Raising awareness about self-injury is incredibly important. Awareness leads to understanding and empathy, banishing judgment and fear, and reducing the number of people who feel alone and suffer in silence.

- <https://www.lifesigns.org.uk/siad>





In recent years the media discuss students in competing narratives, either as 'generation snowflake' or 'vulnerable young people in crisis', neither of which appreciates the complexity of the problem, nor helps students experiencing difficulties themselves. University Mental Health Day works to challenge the narrative around student mental health.

There are over 2.3 million students studying in UK universities, with many experiencing academic, social and financial pressures. Being at university can raise a number of unique challenges to mental health and wellbeing.

Many challenges faced by students have been exacerbated or shaped by the coronavirus pandemic, rather than going away. On top of that are the additional difficulties posed by current circumstances, such as a student's ability to socialise and make friends, financial instability, and disruption to mental health care. With an increasing number of students accessing support services, the severity of distress and mental illness in young people, students leaving university due to mental health difficulties and tragically the number of student deaths by suicide.

- <https://www.unimentalhealthday.co.uk>





The vision of World Bipolar Day (WBD) is to bring world awareness to bipolar disorders and to eliminate social stigma. Through international collaboration, the goal of World Bipolar Day is to bring the world population information about bipolar disorders that will educate and improve sensitivity towards the illness.

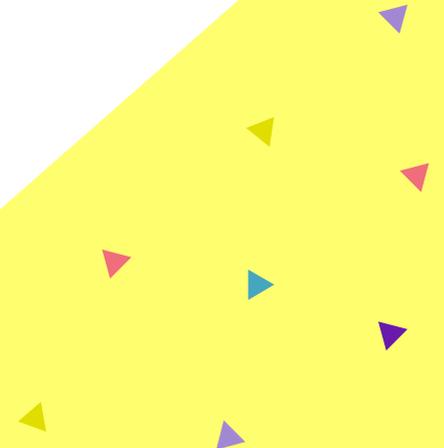
Bipolar disorder can be a lifelong mental health problem that affects mood and can have a significant impact on people's ability to live their day to day life.

[www.rethink.org/get-involved/awareness-days-and-events/world-bipolar-](http://www.rethink.org/get-involved/awareness-days-and-events/world-bipolar-)

[da/](http://www.rethink.org/get-involved/awareness-days-and-events/world-bipolar-)



MARCH 30





## Stress Awareness Month 2022



'Stress Awareness Month has been held every April since 1992 to raise awareness of the causes and cures for our modern stress epidemic. The last two years have been the most challenging we have faced and in 2020 our services were overwhelmed by people that are struggling and seeking support.

Social isolation is an important risk factor for both deteriorating mental health and suicide. As we emerge from the pandemic, it's vital that the community support experienced by many people during this challenging time continues. Although restrictions have mainly been lifted, people need support now more than ever as they adjust to a new way of living.'

[-https://www.stress.org.uk/national-stress-awareness-month](https://www.stress.org.uk/national-stress-awareness-month)

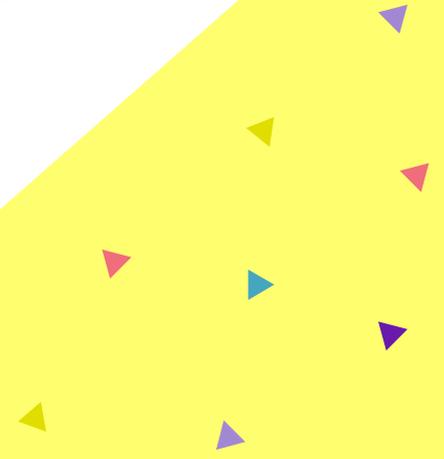


Time for a cuppa is the perfect occasion to get together with friends, family or colleagues over a cuppa and some cake, while raising vital funds to help families facing dementia.

Gather your friends and family and pop the kettle on for a cuppa, a slice of cake and a natter all for a good cause!

Time for a Cuppa week will be 1st-8th May 2022, but you can hold a tea party for Dementia UK on any day, or month, that suits you.

- <https://www.dementiuk.org>





Walking is a fantastic way to keep active and maintain a healthy heart as it is fun, flexible and free.

By taking part in Just Walk, you can help to support the 7 million people living with heart and circulatory disease in the UK. You can walk wherever and whenever suits you, and it's an easy way to fundraise for the BHF. Every pound raised will fund research that's needed to help beat heart disease.

[-https://wellbeinginfo.org/national-walking-month/](https://wellbeinginfo.org/national-walking-month/)





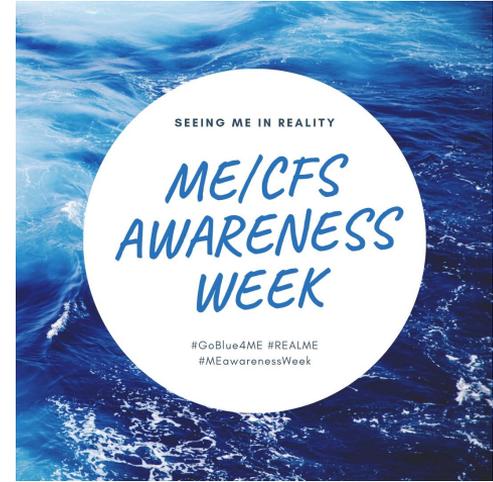
## ME Awareness Week Going BLUE for M.E!

This is the week that people put all of their valuable energy into telling the world that M.E. is a real and physical disease.

How you GO BLUE is entirely up to you Just do what you can, where you can, to help raise awareness and inform others of the issues faced by this neglected community.

Just do what you can, where you can, and have some fun at the same time!

[-https://meassociation.org.uk/get-involved/me-awareness-week/](https://meassociation.org.uk/get-involved/me-awareness-week/)





Whilst the majority of people have heard of Tourette Syndrome, many do not really understand what it entails, most thinking that shouting out obscenities is a criteria for diagnosis, when it is not. Tourettes is very often still used as the punchline in jokes and we are not really any further forward than we were 10 years ago.

During Tourettes Awareness Month, 15<sup>th</sup> May to 15<sup>th</sup> June, A campaign aims to destigmatize Tourettes with both educating and advertising. The campaign will show the general public what the reality of Tourettes looks like, dispelling some of the myths that surround it.

<https://www.tourettes-action.org.uk/151-tourettes-awareness-2022.html>





National Children's Day is all about the importance of children and how their special rights and freedoms will help them grow into happy, healthy adults.

Children's Day was established by the UN General Assembly in 1954 as a day of worldwide fraternity and understanding between children. The Assembly suggested to governments that the day be observed on a date and in whatever way each considered appropriate.

Many other countries celebrate the rights of children on 20th November - the United Nations nominated day.

- <https://www.nationalchildrensdayuk.com>

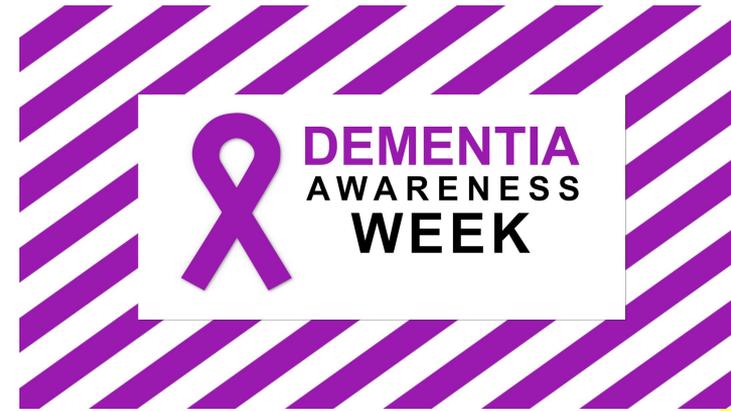




Dementia Awareness Week is supported by the Alzheimer's Society. The Alzheimer's Society is a UK charity which provides support and research for those affected by dementia.

In the UK, there are about 800,000 people with dementia; it is estimated that around 400,000 people have dementia but do not know it. By raising awareness about this condition, it is hoped that more people will be diagnosed earlier, giving more time for them to come to terms with future symptoms.

<https://www.alzheimers.org.uk/categories/campaigns/dementia-action-week>





The World Day for Cultural Diversity for Dialogue and Development celebrates not only the richness of the world's cultures, but also the essential role of intercultural dialogue for achieving peace and sustainable development.



The World Day for Cultural Diversity for Dialogue and Development is an occasion to promote culture and highlight the significance of its diversity as an agent of inclusion and positive change. It represents an opportunity to celebrate culture's manifold forms, from the tangible and intangible, to creative industries, to the diversity of cultural expressions, and to reflect on how these contribute to dialogue, mutual understanding, and the social, environmental and economic vectors of sustainable development.

<https://www.un.org/en/observances/cultural-diversity-day>







Supported by Epilepsy Action, The National Epilepsy Week aims to raise awareness about epilepsy and gather support for people with epilepsy.

Epilepsy is a condition in which a person experiences recurrent seizures. Also referred to as 'fits', seizures are caused by a sudden increase of excess electrical activity within the brain. An increase in electrical activity within the brain is known as 'epileptic activity'. Excess electrical activity interferes with the normal function of the brain causing a temporary interruption of messages which pass between brain cells.

As the brain controls all of the bodily functions, how epilepsy affects the body will depend on the electrical signals being disrupted. The area of the body affected by epilepsy and how widespread it is will vary from person to person; the way people experience epilepsy is unique. Epilepsy is diagnosed after a person has experienced at least two seizures.

Show your support by sharing your experiences, spreading information and showing support..

<https://www.whathealth.com/awareness/event/nationalepilepsyweek.html>





World Hunger Day, addresses the urgent need to raise awareness of the dramatic rise in hunger in recent years. Following almost a decade of positive progress, now the climate crisis, the impact of COVID-19 and conflicts around the world have driven hundreds of millions of people into food insecurity and poverty, leaving 1 in 3 people around the world without access to adequate food — that's nearly 2.4 billion of your neighbors.

Young people are particularly vulnerable in the hunger crisis. Malnourishment, stunting, starvation — these conditions create entire generations of individuals who are born into disadvantage and face a steeper climb to self-reliance than their parents.

Do what you can to support communities and individuals to cease world hunger.

[-http://www.worldhungerday.org](http://www.worldhungerday.org)





Every three seconds, the world loses enough forest to cover a football pitch. As much as 50 percent of the coral reefs have already been lost and up to 90 per cent of coral reefs could be lost by 2050, even if global warming is limited to an increase of 1.5°C.

#### Simple Things You Can Do to Help Protect the Earth

- Reduce, reuse, and recycle. Cut down on what you throw away. Follow the three "R's" to conserve natural resources and landfill space.
- Volunteer. Volunteer for cleanups in your community. You can get involved in protecting your watershed, too.
- Educate. When you further your own education, you can help others understand the importance and value of our natural resources.
- Conserve water. The less water you use, the less runoff and wastewater that eventually end up in the ocean.
- Shop wisely. Buy less plastic and bring a reusable shopping bag.
- Use long-lasting light bulbs. Energy efficient light bulbs reduce greenhouse gas emissions. Also flip the light switch off when you leave the room!
- Plant a tree. Trees provide food and oxygen. They help save energy, clean the air, and help combat climate change.
- Don't send chemicals into our waterways. Choose non-toxic chemicals in the home and office.
- Bike more. Drive less.

[-https://oceanservice.noaa.gov/ocean/earthday.html!](https://oceanservice.noaa.gov/ocean/earthday.html)

[-https://www.un.org/en/observances/environment-day](https://www.un.org/en/observances/environment-day)

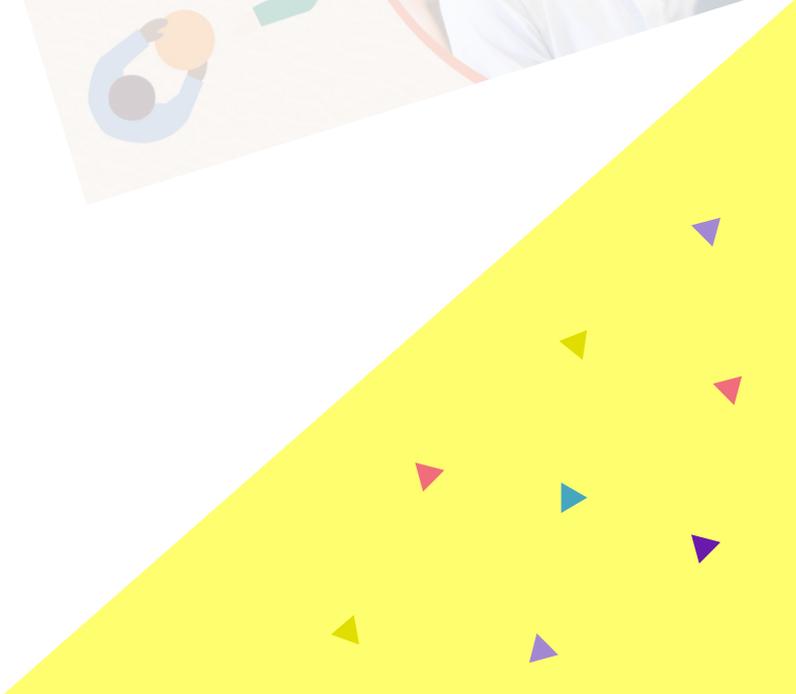




There are more than half a million hospital admissions every year in Britain which could lead to neuro-disability, and 12.5 million people in England living with a neurological condition.

National Neuro-Disability Awareness Day seeks to not only shine a light on the number of people affected and their under-representation in society, but the incredible scientific, medical and therapeutic advances we have seen over the years which help people live independent, positive lives after acquiring a brain injury or neurological condition.

It is also a day to celebrate the people who care for those who need it across the country, from family members to professional care providers.



# 20

# Carers Week

7th-12th June 2022



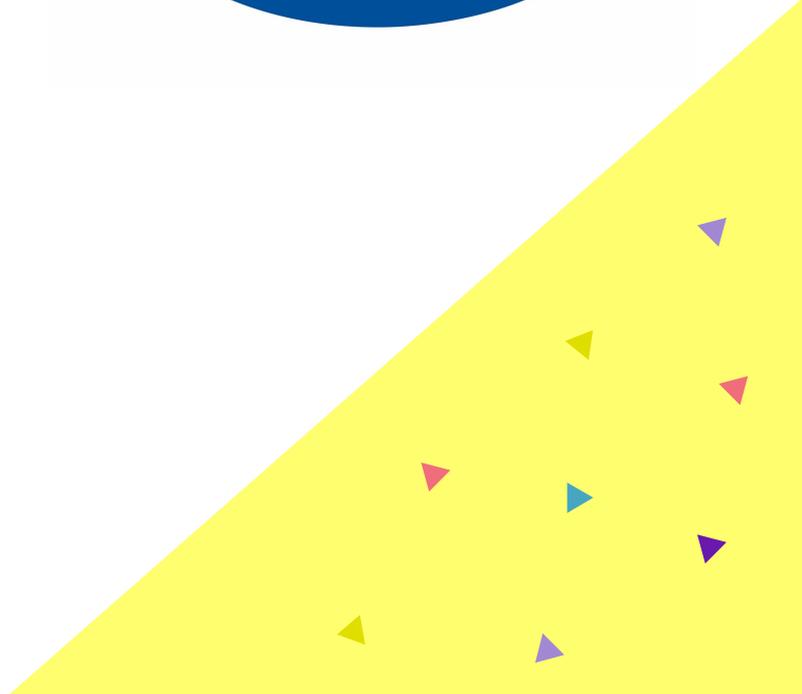
Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

Carers need to be recognised for the difficulties they are experiencing, respected for all they are doing, provided with information, and given the support they need to care safely. So during Carers Week, we are coming together to make caring Visible, Valued and Supported.

A carer is anyone who looks after a family member or friend who has a disability, mental or physical illness or who needs extra help as they grow older. Caring's impact on all aspects of life from relationships and health to finances and work can be significant. Whilst many feel that caring is one of the most important things they do, its challenges should not be underestimated.

Caring without the right information and support can be tough. It is vitally important that we recognise the contribution carers make to their families and local communities, workplaces and society, and that they get the support they need.

<https://www.carersweek.org>





Walk Together this June to help stop people  
dying from bowel cancer.

On Saturday 12 June people across the country walk five miles in their local area, with their household or in small socially distanced groups. By walking on this date we'll be united as one bowel cancer community, completing a five mile walk on the same day. However, if this date doesn't work for you, you can still walk anytime in June that suits you.

<https://www.justgiving.com/campaign/WalkTogether2021>





Back in the early days of cupcakedom, these delights were made in distinguished ceramic cups. In fact, a happy little remnant of this practice can be found in the modern 'mug cake', where a ceramic mug is filled with ingredients and placed in a microwave to create a quick and moist cake. Of course, things have advanced a bit since the days of cups of heavy pottery, and these days it is super easy to find cupcake "pans" made of everything from stainless steel to silicone rubber, each with their own advantages.

Why not try making your own cupcakes?! Follow the link down below to create a simple yet satisfying treat!

[-https://www.bbcgoodfood.com/recipes/cupcakes'](https://www.bbcgoodfood.com/recipes/cupcakes)

It's time to celebrate National Cupcake Day!

[-https://www.daysoftheyear.com/days/cupcake-day/](https://www.daysoftheyear.com/days/cupcake-day/)"



# 23

## Loneliness Awareness Week

13th-17th June 2022



Loneliness is a personal feeling, so everyone experiences it in a different way. Living or spending time alone doesn't mean someone is lonely. Many people experience loneliness despite having lots of friends or family around them. Loneliness is about what we get from our social interactions – whether we feel connected, rewarded and understood.

Feeling lonely from time to time is normal and isn't a mental health problem. But research shows loneliness is associated with poor physical and mental health.

This vicious cycle can be difficult to break without the right support but, as the report also explains, opening up about loneliness can be hard. The personal nature of loneliness and the stigma attached to it means people often suffer in silence and deny their experiences.

<https://commonslibrary.parliament.uk/mental-health-awareness-week-2022-loneliness/>

[k-2022-loneliness/](https://commonslibrary.parliament.uk/mental-health-awareness-week-2022-loneliness/)



# 24

## Nutrition & Hydration Week

14th-19th June 2022



The aim of the global Nutrition and Hydration Week is to reach out to health and social care professionals in clinical, nursing, catering and care situations utilising their expertise to bring you a great campaign you can get on board with in your organisation.

Preventing malnutrition and dehydration improves health and well-being and helps to reduce the burden on the health and social care services in treating and supporting those suffering from undernutrition and dehydration.

As the public health environment becomes more challenging with even tighter budget constraints coming into place Nutrition and Hydration Week is one of the most cost-effective health interventions possible.

<https://www.ageuk.org.uk/salford/about-us/improving-nutrition-and-hydration/nutrition-and-hydration-week-2022/>



# 25

## Diabetes Awareness Week

14th-19th June 2022



Diabetes is a lifelong condition that causes a person's blood sugar level to become too high.

There are 2 main types of diabetes:

- type 1 diabetes – where the body's immune system attacks and destroys the cells that produce insulin - People diagnosed with type 1 diabetes also require regular insulin injections for the rest of their life.
- type 2 diabetes – where the body does not produce enough insulin, or the body's cells do not react to insulin - As type 2 diabetes is a progressive condition, medicine may eventually be required, usually in the form of tablets.

If you're diagnosed with diabetes, you'll need to eat healthily, take regular exercise and carry out regular blood tests to ensure your blood glucose levels stay balanced. For more information go to:

<https://www.nhs.uk/conditions/diabetes/>

This is your

DIABETES

WEEK



So many people haven't heard about chromosome & gene disorders....yet! This week is about changing that. Lets #shinebrighttogether for all those living with and affected by rare chromosome and gene disorders.

[-https://rarechromo.org](https://rarechromo.org)





A learning disability affects the way a person learns new things throughout their life. A learning disability is different for everyone. No two people are the same.

A person with a learning disability might have some difficulty:

- Understanding complicated information
  - Learning some skills
- Looking after themselves or living alone

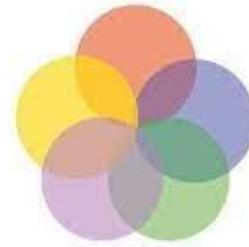
Lots of people who have a learning disability can work, have relationships, live alone and get qualifications.

Other people might need more support throughout their life. We do not always know why a person has a learning disability. Sometimes it is because a person's brain development is affected, either before they are born, during their birth or in early childhood.

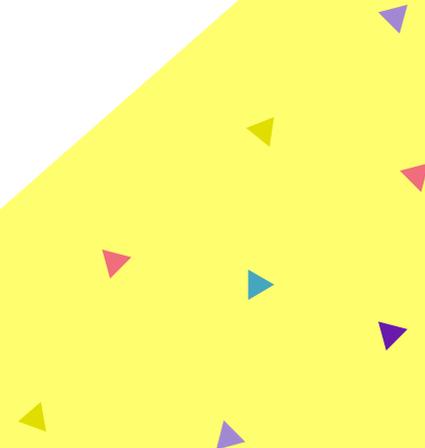
There are some health conditions where you may be more likely to have a learning disability. Everyone with Down's syndrome has some level of learning disability, and so do many people with cerebral palsy. Some people with epilepsy also have a learning disability and so do many autistic people.

A profound and multiple learning disability is when a person has a severe learning disability and other disabilities that significantly affect their ability to communicate and be independent. Someone with a profound and multiple learning disability might have difficulties seeing, hearing, speaking and moving. They may have complicated health and social care needs due to these or other conditions. People with a profound and multiple learning disability need support to help them with some areas of their life, such as eating, washing or personal care. Lots of people with a profound and multiple learning disability can still be involved in decisions about themselves, do things they enjoy and be independent.

<https://www.nhs.uk/conditions/learning-disabilities/>



# Learning Disability Week





As with many mental health statistics, it's hard to know if the figures really represent what is happening. This may be especially true when it comes to men's mental health.

There are other signs that might give us a better picture of the state of men's mental health:

- Three times as many men as women die by suicide.
- Men aged 40-49 have the highest suicide rates in the UK.
- Men report lower levels of life satisfaction than women according to the Government's national wellbeing survey.
- Men are less likely to access psychological therapies than women: only 36% of referrals to NHS talking therapies are for men.

[-https://www.mentalhealth.org.uk/a-to-z/m/men-and-mental-health'](https://www.mentalhealth.org.uk/a-to-z/m/men-and-mental-health)







# WORLD ELDER ABUSE AWARENESS DAY

Building Strong Support for Elders

Help spread the word for World Elder Abuse Awareness Day.

It can be hard to imagine that anyone would deliberately want to harm an elderly person, but unfortunately, elder abuse is a widespread issue affecting many.

Some instances of elder abuse are intended to exploit the person financially; you've probably heard of scams targeting seniors. In other cases, it's simple negligence: Caregivers don't provide the basic necessities, like nutritious food, appropriate medication, safety, or assistance with hygiene.

If you see something, say something. For more information go to:

[-https://nationaltoday.com/world-elder-abuse-awareness-day/](https://nationaltoday.com/world-elder-abuse-awareness-day/)



Prostate Cancer UK are calling on men – sons, fathers, brothers, uncles, grandfathers – as well as their loved ones, to come together to walk, jog or run either 1km, 5km or 10km to help raise important funds to support men across the country experiencing prostate cancer.

To get involved go to:

[-https://prostatecanceruk.org/get-involved/](https://prostatecanceruk.org/get-involved/)

[march-for-men/resources'](https://prostatecanceruk.org/march-for-men/resources/)





This year, Autistic Pride Day is on the 18th June. It has been an annual event since 2005. Every year it grows more popular with more people celebrating autistic identity, community, culture, and pride. Many people with autism often feel alienated socially and like they don't fit in. The 18th of June is a day people with autism can gather and celebrate their similarities, differences and what makes each one of them special. Autistic Pride Day aims to raise awareness by providing information on autism and support for charitable organisations.

Around the world, more than 25 million people are estimated to be affected by autism.

Since autism is a spectrum disorder, each person will have diverse strengths and challenges.

Being autistic does not mean you have an illness or disease. It means your brain works in a different way from other people. It's something you're born with or first appears when you're very young. Autism is not a medical condition with treatments or a "cure".

But some people need support to help them with certain things.

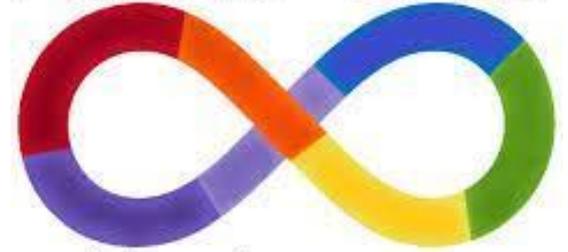
Being autistic does not have to stop you having a good life. Like everyone, autistic people have things they're good at as well as things they struggle with. Being autistic does not mean you can never make friends, have relationships or get a job. But you might need extra help with these things and this is where Autistic Pride Day helps it allows different kinds of people come together for the same reason.

There are other names for Autism used by some people, such as:

- Autism spectrum disorder (ASD)
- Autism spectrum condition (ASC)
- Asperger's (or Asperger syndrome)

<https://www.nhs.uk/conditions/autism/what-is-autism/>

# Autistic Pride



## #BeYou

# 32

## World Refugee Day

20th June 2022



World Refugee Day is an international day designated by the United Nations to honour refugees around the globe. It falls each year on June 20 and celebrates the strength and courage of people who have been forced to flee their home country to escape conflict or persecution. World Refugee Day is an occasion to build empathy and understanding for their plight and to recognize their resilience in rebuilding their lives.



Whoever - they are, people forced to flee should be treated with dignity. Anyone c seek protection, regardless of who they are or what they believe. It is non-negotia seeking safety is a human right.

Wherever - they come from, people forced to flee should be welcomed. Refugees come from all over the globe. To get out of harm's way, they might take a plane, a boat, or travel on foot. What remains universal is the right to seek safety.

Whenever - people are forced to flee, they have a right to be protected. Whatever the threat – war, violence, persecution – everyone deserves protection. Everyone has a right to be safe.

<https://www.unhcr.org/world-refugee-day.html>



Each year during Deafblind Awareness Week, There are events, activities and campaigns to raise awareness of dual sensory loss. Deafblindness is far more common than many people realise... around 400,000 people are affected by sight and hearing loss in the UK. That's enough to fill Wembley Stadium nearly five times!

It affects everyone differently, some might need to adjust the settings on their TV or turn up the volume on the phone, and others might need assistance dogs, canes and more formal care. But for anyone affected, everyday activities can be difficult and time consuming. Imagine trying to book a doctor's appointment, meet a friend for coffee, or even make dinner if you can't see or hear very well

For more information and to lend your support, please visit:

<https://deafblind.org.uk/get-involved/our-campaigns/deafblind-awareness-week/>





Every year in July, Samaritans branches in the UK and Republic of Ireland hold local events to raise awareness that Samaritans are here to listen to anyone who's struggling to cope, at any time of the day or night.

Whether it's a virtual chitchat, or a picnic in the park, Talk to Us is one of the ways we raise awareness that we're here – for anyone who needs someone to listen, 24/7, without judgement or pressure.

<https://www.samaritans.org/support-us/campaign/talk-us/>





Samaritans listen 24/7 for anyone that needs to talk. But samaritans also encourage people to become better listeners.

Becoming a better listener can help you support loved ones who may be struggling to cope. It can also help improve your relationships with family, friends, and colleagues. You could help your loved ones open up about how they're feeling by making some small changes to the way you listen.

#### Listen without being distracted

Try things like making eye contact, putting your phone away and focusing completely on the other person. If you're talking to someone on the phone, try doing it in a quiet place.

#### Listen without interrupting

Try and remember that pauses are fine, you don't need to jump in and fill a silence. Resist putting your own interpretation on what the other person is saying, and repeat back what they say so it shows you're listening.

#### Check in on loved ones

Why not try adding reminders to your calendar or phone, to check in with loved ones once or twice a week. Don't give up, sometimes it can take a few tries to get someone to open up about how they're feeling.

<https://www.samaritans.org/support-us/campaign/talk-us/>



# 36

# National Schizophrenia Awareness Day

25th July 2022



One in 100 people will experience schizophrenia; it's not as uncommon as you think. And while attitudes to mental health have changed, the stigma surrounding schizophrenia remains stubbornly high. In our recent survey about stigma and mental illness, three in four people felt that levels of stigma had not changed in the last decade.

### What is schizophrenia?

Schizophrenia is a very complex condition that can affect how a person thinks, feels, and experiences the world around them. While schizophrenia is an official diagnosis, people can often experience very different symptoms.

The most common symptoms can include:

- Audio hallucinations (hearing voices)
  - Delusions
  - Disorganised thinking
- Changes in body language or emotions

<https://www.rethink.org/get-involved/awareness-days-and-events/national-schizophrenia-awareness-day/>





Cancer Research UK challenges you to walk a marathon (26.2 miles) or a half marathon (13.1 miles) through the night.

Starting and finishing in the same place (venue to be confirmed), the route will take you past many of our capital's famous landmarks, including Westminster Abbey, Trafalgar Square, Buckingham Palace and many more!

To get involved visit:

<https://www.cancerresearchuk.org/get-involved/find-an-event/charity-walks/shine-night-walk>





World Alzheimer's Month is a global opportunity to raise awareness around, educate, encourage support of and demystify dementia.

Globally, dementia is one of the biggest challenges we face, with nearly 50 million people living with dementia worldwide.

To tackle this global dementia challenge we need to work together, and to collaborate and share best practice with one another.

[-https://www.alzheimers.org.uk/get-involved/world-alzheimers-month'](https://www.alzheimers.org.uk/get-involved/world-alzheimers-month)



# 39

## National Grief Awareness

5th-10th September 2022



National Grief Awareness Week aims to raise awareness of all aspects of grief and loss on a national scale.

The Good Grief Trust offers access to a choice of tailored bereavement support to all those grieving in the UK and to those working with the bereaved:

[-https://www.thegoodgrieftrust.org/ngaw/](https://www.thegoodgrieftrust.org/ngaw/)





Every year organisations and communities around the world come together to raise awareness of how we can create a world where fewer people die by suicide.

Each year has a different theme and focus, to bring to light a specific aspect of suicide prevention.

The latest suicides statistics showed that in 2018, in the UK and Republic of Ireland, more than 6,800 people died by suicide. Every life lost to suicide is a tragedy.

And we know that suicide is preventable, it's not inevitable.

But not being okay is still widely stigmatised. And governments can still make better, more ambitious plans to prevent suicide.

Suicide is the single biggest killer of men under the age of 45 in the country, but suicides among teenage girls and young women have almost doubled in recent years.

[-https://www.samaritans.org/support-us/campaign/world-suicide-prevention](https://www.samaritans.org/support-us/campaign/world-suicide-prevention)

[-day/](https://www.samaritans.org/support-us/campaign/world-suicide-prevention)



**World  
Suicide  
Prevention  
Day**

10th September

# 41

# Rheumatoid Arthritis Awareness

13th-18th September 2022



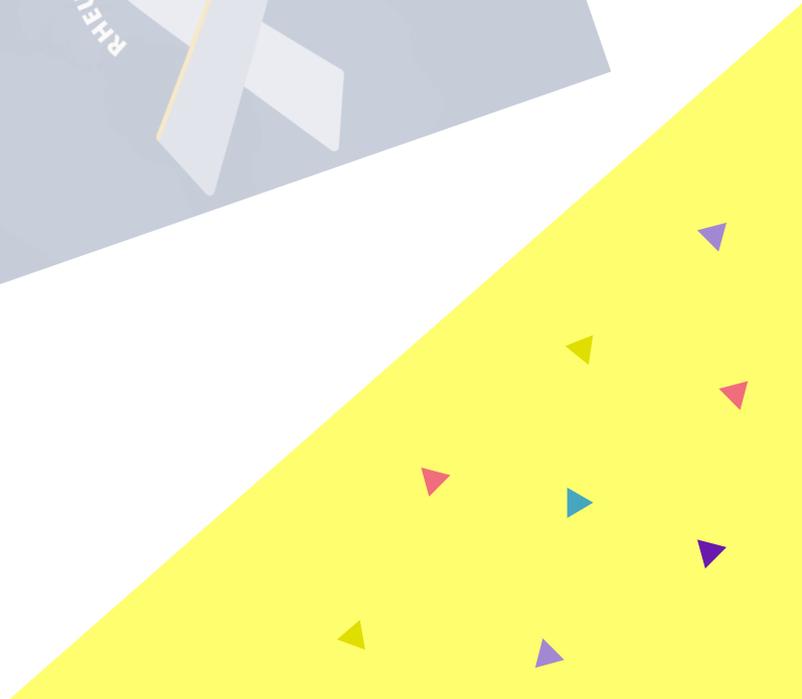
Rheumatoid arthritis is a long-term condition that causes pain, swelling and stiffness in the joints. The condition usually affects the hands, feet and wrists.

There may be periods where symptoms become worse, known as flare-ups or flares.

A flare can be difficult to predict, but with treatment it's possible to decrease the number of flares and minimise or prevent long-term damage to the joints.

Some people with rheumatoid arthritis also experience problems in other parts of the body, or more general symptoms such as tiredness and weight loss.

<https://www.nhs.uk/conditions/rheumatoid-arthritis/>









October is National Bullying Prevention Month, a time to focus and raise awareness on bullying. During this month, many groups across the country will release new resources, campaigns, and efforts aimed at bringing awareness to the issue of bullying.

Bullying is unwanted, aggressive behavior among school-aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time.

Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose. Bullying can also take place through technology, known as cyberbullying. Examples of cyberbullying include mean text messages or emails, rumors sent by email or posted on social networking sites, and embarrassing pictures, videos, websites, or fake profiles.

For more information and to get involved visit:

<https://youth.gov/feature-article/national-bullying-prevention-month>





The Dyspraxia Foundation event is to raise awareness to dyspraxia and educate children, parents, carers and teachers alike about this disorder, how to manage and treat it and how to tailor certain activities and teaching methods to help people with dyspraxia.

<https://dyspraxiafoundation.org.uk>









We all have mental health, just like we have physical health. Mental health is a person's condition with regard to their psychological, emotional and social wellbeing. This can affect how we think, feel and act. It's important to take care of our mental health: nurturing what's good for us and limiting things that have a negative impact on our mental health.

During World Mental Health Day, we can take the time to reflect on how we can best take care of ourselves.

Making sure you look after your mental health is just as important as looking after your physical health. Here are some suggestions that everyone can try, to help manage stress and look after your mind.

1. Spend time with or in nature. You may go to a local park, find a tree-lined street to travel down; visit a nature reserve or go to an allotment or garden. Spending time in natural surroundings or with animals is proven to reduce feelings of stress and anxiety and improve your mood.
2. Practise meditation or mindfulness to find calm and restore. There are lots of ways to include mindfulness in your day — you can take time to focus on your breathing or try out mindfulness colouring.
3. A few times a week, take time to move. Mind and body are one; so, whether it's going for a walk, climbing, swimming or attending a yoga class, movement is a great way to de-stress, increase feel-good hormones and improve your overall health.
4. Have a digital detox. Phones and social media can cause us to feel anxiety and pressure. Taking some time away from technology, whether it's short breaks away from your phone or a day when you limit all technology, can be really helpful for reducing stress and worry.
5. Talk it out. If you're ever worried about your mental health or start to feel like you're becoming stressed or anxious, talking to someone you trust, such as a friend or family member, is a great way to calm yourself down and look after yourself.



<https://www.mentalhealth.org.uk/campaigns/world-mental-health-day>



'While some attitudes towards mental health have improved, mental health stigma still exists, and in some cultures, disproportionately so.

Raising awareness around mental health won't resolve problems around access to treatment, but we have to continue talking about mental health problems including OCD to continue challenging the stigma.

Every time OCD is misused or used inappropriately it does more than trivialise and add to misconceptions, it also adds to the stigma faced by those suffering.'- Rethink 2022

<https://www.rethink.org/get-involved/awareness-days-and-events/ocd-awareness-week/>





National Coming Out Day is an annual LGBT awareness day observed on October 11, to support lesbian, gay, bisexual and transgender people (a.k.a. the LGBT community, sometimes also called the queer community) in "coming out of the closet"

First celebrated in the United States in 1988, the initial idea was grounded in the feminist and gay liberation spirit of the personal being political, and the emphasis on the most basic form of activism being coming out to family, friends and colleagues, and living life as an openly lesbian or gay person.

Over the last few decades since National Coming Out Day was first recognised, we've seen huge progress for the LGBTQ+ community, with legislation on same-sex marriage, discrimination laws, and educational reforms all helping to protect and support LGBTQ+ people but for so many in our communities, that day is still a long way off.

Coming out has always been an important part of LGBTQ+ history.



NATIONAL  
*Coming Out*  
DAY

[https://en.wikipedia.org/wiki/National\\_Coming\\_Out\\_Day](https://en.wikipedia.org/wiki/National_Coming_Out_Day)

# 49

# National Stress Awareness Day

2nd November 2022



'Millions around the UK experience stress and it is damaging to our health and wellbeing. For example, at some point in the last year, 74% of us have felt so stressed that we have felt unable to cope.

Stress is the feeling of being under too much mental or emotional pressure. When you are stressed, your body releases stress hormones such as adrenaline and cortisol.

Stress is your body's reaction to help you deal with pressure or threats. This is sometimes called a "fight or flight" response. Your stress hormone levels usually return to normal once the pressure or threat has passed.' Rethink 2022.

For more information visit:

<https://www.rethink.org/get-involved/awareness-days-and-events/stress-awareness-day/>

The logo for National Stress Awareness Day is centered on a tilted grey rectangular background. It features a white, jagged-edged circular shape with a thin white border. Inside this shape, the words "NATIONAL STRESS AWARENESS DAY" are written in a bold, sans-serif font. "NATIONAL" is at the top, "STRESS" is in the middle, "AWARENESS" is below it, and "DAY" is at the bottom in a larger font size.

NATIONAL  
**STRESS**  
AWARENESS  
**DAY**



Anti-Bullying Week is coordinated by the Anti-Bullying Alliance (ABA) in England and Wales and the Northern Ireland Anti-Bullying Forum (ABA's sister organisation) in Northern Ireland.

Anti-Bullying Week is an annual UK event, held in the third week in November which aims to raise awareness of bullying of children and young people, in schools and elsewhere, and to highlight ways of preventing and responding to it. It started in 2002 and has since grown to become a significant event in the calendars of children, families and schools with an estimated 80% of schools in the UK taking part reaching over 7.5 million children and young people.

<https://anti-bullyingalliance.org.uk/anti-bullying-week>





World Kindness Day is to highlight good deeds in the community focusing on the positive power and the common thread of kindness for good which binds us.

Kindness is a fundamental part of the human condition which bridges the divides of race, religion, politics, gender and location. Kindness Cards are also an ongoing activity which can either be passed on to recognize an act of kindness and or ask that an act of kindness be done.

<https://www.randomactsofkindness.org/world-kindness-day>





16 Days of Action Against Domestic Violence is aimed at businesses that lack an infrastructure to deal with the large-scale problem that is domestic violence.

As it stands, companies can do more to aid their employees who endure domestic violence, train those who witness it, and to protect staff as a whole, with the goal of securing safety and mitigating financial loss.

<https://16daysofaction.co.uk>



16 DAYS  
OF ACTION  
AGAINST  
DOMESTIC VIOLENCE



This year Carers Rights Day is on Thursday 25 November. Having the right information at the right time can make all the difference when you're looking after someone. Every day 6,000 people become carers but often it's not something we've planned for

Carers' Rights Day is organised by Carers UK.

It aims to help:

- ensure carers are aware of their rights
- let carers know where to get help and support
- raise awareness of the needs of carers.

<https://www.carersuk.org/news-and-campaigns/carers-rights-day>





White Ribbon Day is held on November 25th, also known as the International Day for the Eradication of Violence against Women , and is an annual day to raise awareness of family violence. The day is run by the White Ribbon Campaign.

According to the White Ribbon Day website, the campaign aims to “get the message out that men’s violence against women and girls must end” and that “all men can make a difference”.

The event calls upon people in the communities, organisations and workplace to take collective action and say ‘no’ to violence against women.

<https://www.mirror.co.uk/news/world-news/white-ribbon-day-2021-what-25546267>



# 55

# Migraine Awareness Week

1st-7th December 2022



While there is an increasing awareness of migraine and understanding of what it is, not many would disagree that there needs to be more awareness and understanding of how migraines seriously impacts lives, with too many people not fully realising what it is like to live with this condition.

Migraine awareness week is a moment in the year when everyone affected by migraines and everyone working to help those affected work together to raise the profile of migraine as a complex neurological condition and dispel any ideas that it is 'just a headache'.

[-https://www.optimahealth.co.uk/migraine-awareness-week/](https://www.optimahealth.co.uk/migraine-awareness-week/)

