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MENTAL
HEALTH

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.



01

Brew Monday

16th January 2023



History of Brew Monday

Depression and mental health struggles, particularly in the winter months, are not a new concept. For centuries people have known anecdotally about the winter blues that come in the dark months when it's cold and the world seems sad. In more recent years, Seasonal Affective Disorder (SAD) has become a diagnosable form of depression that continues to impact a myriad of people in various parts of the world.

'Talking is Important'

One of the simplest ways to celebrate, Brew Monday is a time to check in, have a conversation and listen to what they have to say. These types of efforts at building or reinforcing relationships are meant to be a path toward keeping people in the community connected to one another.

<https://www.daysoftheyear.com/days/brew-monday/>



02

Time to Talk Day

2nd February 2023



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://www.changeyourmindni.org/our-campaigns/time-to-talk-day>



Children's Mental Health Week

[illegible]

What is Children's Mental Health Week?

Children's Mental Health Week is an annual event dedicated to raising awareness about children and young people's mental health. This important event is a brilliant opportunity to open a discussion about mental health and wellbeing with children and young people.

The children's mental health charity, Place2Be, set up Children's Mental Health Week to highlight the importance of mental health for children and young people. We all have mental health, and the majority of people will experience some form of mental health issue throughout their lives. In fact, up to 1 in 4 of us will experience mental health problems at some point in our lifetime.

<https://www.twinkl.co.uk/event/childrens-mental-health-week-2023>



04

Eating Disorders Week

27th February – 5th March 2023



Anyone, regardless of age, gender, ethnicity or background, can develop an eating disorder during their lifetime.

People with eating disorders can use disordered eating behaviour as a way to cope with difficult situations or feelings.

This behaviour can include limiting the amount of food eaten eating very large quantities of food at once, getting rid of food eaten through unhealthy means (e.g. making themselves sick, misusing laxatives, fasting, or excessive exercise), or a combination of these behaviours.

There's no single cause and people might not have all symptoms for anyone eating disorder. Many people are diagnosed with "other specified feeding or eating disorder" (OSFED), which means that their symptoms don't exactly match what doctors check for to diagnose binge eating disorder, anorexia, or bulimia, but that doesn't mean that it's not still very serious.

<https://www.beateatingdisorders.org.uk>



05

Self-Injury Awareness Day

1st March 2023



What is self-harm?

Self-injury/self-harm can take many different forms and can include any behaviour that is not in our best interests, that we use to try and deal with an emotional pain. Someone who is self-injuring might do things like cutting and burning themselves, or they might also do a wide range of other things to help them deal with painful feelings.

We think it's important to talk about self-injury so we can understand what it is, why people might do it, how they can do it safely and how they can access support. If you are self-injuring, we want you to feel safe and comfortable opening up about your experiences and sharing your stories with others, so you know that you are not alone.

<https://www.themix.org.uk/self-harm-awareness-day>



06

International Day of Happiness

20th March 2023



International Day of Happiness aims to celebrate happiness all over the world, inspiring people to spread positivity, whether big or small, with others and encouraging each nation to prioritize the happiness of its citizens.

As one of, if not the key pursuit of human life, it's no surprise that there's been endless philosophizing and discussion on the subject of happiness for thousands of years.

Happiness on a personal level can make any day better and add great value to your life. But what if happiness was cherished on an international scale? How would that change the way the economy works or how societies function?

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<https://altruistuk.com>



INTERNATIONAL
HAPPINESS
DAY
— MARCH 20 —



07

University Mental Health Day

2nd March 2023



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.



World Bipolar Day

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 life-long mental health problem that mainly affects your mood. It affects how you feel and your mood can change massively. You can experience episodes of:

- mania, and
- depression.

You may feel well between these times. When your mood changes, you might see changes in your energy levels or how you act. Bipolar disorder used to be called manic depression. Symptoms of bipolar disorder can be severe. They can affect areas of your life, such as work, school and relationships.

What is Bi-Polar?

- Bipolar disorder, also known as bipolar affective disorder, is a mood disorder. It used to be called manic depression.
 - Bipolar disorder can cause your mood to swing from an extreme high to an extreme low.
 - Manic symptoms can include increased energy, excitement, impulsive behaviour, and agitation.
 - Depressive symptoms can include lack of energy, feeling worthless, low self-esteem and suicidal thoughts.
- You can also have psychotic symptoms. Psychotic symptoms can mean that you see and hear things that feel real, but they don't exist.
 - There are different types of bipolar disorder.
- We don't know what causes bipolar. But it is thought to be a combination of genetic and environmental causes.
 - Bipolar disorder is treated with medication or talking therapies.



30th March

WORLD BIPOLAR Day

Stress Awareness Month

[illegible]

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>

World Autism Awareness Month is observed every year in April to celebrate and raise awareness of autism. It is hoped that by sharing stories, understanding and acceptance of autism is improved, thus making the world friendlier for those affected by it. It stands alongside World Autism Awareness Day, April 2nd, as the flagship awareness event for autism worldwide.

What is Autism?

Autism is a lifelong developmental disability that affects how people communicate and interact with the world.

How is World Autism Awareness Month celebrated?

As well as the creation of different sponsored events across the globe to raise money for autism charities, widespread campaigns begin during World Autism Awareness Month to bring more prominence to creating a shared understanding. The UK's leading charity, the National Autistic Society ran a week of fundraising.

<https://www.stress.org.uk/national-stress-awareness-month>



11

World Health Day

7th April 2023



What is World Health Day?

World Health Day, held on the 7th April each year, is the term for an annual day dedicated to promoting the benefits of good health and wellbeing worldwide.

First started by the World Health Organisation in 1950, fundraising campaigns are created in the build-up to World Health Day across the globe in an attempt to help those in struggling areas gain better access to crucial health provisions.

Aims of World Health Day

As a worldwide event, World Health Day has many wide-reaching aims and priorities, they include:

- To improve understanding of universal health coverage and the importance of primary health care as its foundation.
- To spur action from individuals, policy-makers and health-care workers to make universal health care a reality for everyone.
- Everyone should have the information and services they need to take care of their own health and the health of their families.
- Skilled health workers providing quality, person-centred care and policy-makers committed to investing in primary health care.

<https://www.stress.org.uk/national-stress-awareness-month>



12

Time for A Cuppa

1st-8th May 2023



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

Make sure you save the date for Time for a Cuppa week next year which will take place 1st-8th May 2023.

Dementia is an umbrella term for a range of progressive conditions that affect the brain. Each type of dementia stops a person's brain cells (neurones) working properly in specific areas, affecting their ability to remember, think and speak.

Doctors typically use the word "dementia" to describe common symptoms - such as memory loss, confusion, and problems with speech and understanding - that get worse over time.

Dementia can affect a person at any age but it's more common in people over the age of 65.

There are over 200 subtypes of dementia. The most common are Alzheimer's disease, vascular dementia, Lewy body dementia, frontotemporal dementia and mixed dementia.

By 2025, it's estimated that over one million people in the UK will have a diagnosis of dementia - and almost all of us will know someone living with the condition. Our dementia specialist Admiral Nurses explain the facts you need to know.



<https://www.dementiauk.org/about-dementia/dementia-information/what-is-dementia/>

13

National Walking Month

1st-31st May 2023



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/>



ME Awareness Week is almost upon us and this year, from 9th to 15th May, we'll be asking you to make #JustOneWish.

It's the thirtieth anniversary of the event and - with Long Covid rampant round the world - the number of people being diagnosed with ME/CFS is growing exponentially day-by-day.

There are said to be 1.7 million people in the UK alone who, months after being infected, still have symptoms of Long Covid, which in so many respects looks just like ME/CFS.



[https://www.awarenessdays.com/awareness-days-calendar/me-awareness-week-](https://www.awarenessdays.com/awareness-days-calendar/me-awareness-week-2023)

[2023](https://www.awarenessdays.com/awareness-days-calendar/me-awareness-week-2023)

What is Mental Health Awareness Week?

Mental Health Awareness Week is the UK's national week to raise awareness of mental health and mental health problems. It seeks to inspire action to promote the message of good mental health for everyone. Mental Health Awareness Week will take place from 09–15 May 2023 and is an event hosted by the Mental Health Foundation. The Mental Health Foundation have organised and hosted Mental Health Awareness Week for the last twenty-one years. During this time, the event has grown to become one of the biggest awareness weeks across the UK and globally. It's an opportunity for people to talk about all aspects of mental health, with a focus on providing help and advice.

What is the Mental Health Awareness Week Colour?

The international Mental Health Awareness Week colour is
Green.

<https://www.twinkl.co.uk/event/mental-health-awareness-week-2023>



**Mental Health
Awareness Week**

9 – 15 May 2022

**Together we can
tackle loneliness**

16

Tourettes Awareness Month

15th May-15th June 2023



Tourette's Syndrome Awareness Month, from May 15 to June 15, is a period during which several activities are put together by health organizations for raising awareness about Tourette's syndrome. Tourette syndrome or Tourette's syndrome is a common neurodevelopmental disorder that is characterized by multiple movement (motor) tics and at least one vocal tic. These are typically preceded by an unwanted urge or sensation in the affected muscles known as a premonitory urge. Tics occur involuntarily, as in hiccups for example; though an individual might not want to hiccup, the body does it anyway. People can stop themselves from doing a certain tic for a while, but it is quite difficult, and cannot be sustained.

Tourette's is a heterogeneous condition accompanied by waxing and waning symptoms. High-profile media coverage focuses on treatments that do not have established safety or efficacy e.g., deep brain stimulation, and alternative therapies involving unstudied efficacy and side effects are pursued by many parents. Research since 1999 has advanced the genetics, neuroimaging, neurophysiology, and neuropathology aspects of the knowledge of Tourette's syndrome. However, there are still questions about the best classification for it as well as its close relationship with other movements or psychiatric disorders. There are currently efforts being made towards researching the genetic origin and possibly better management of Tourette's syndrome.

nationaltoday.com/Tourette's-syndrome-awareness-month/



17

National Children's Day

14th May 2023



The day is observed to stress the importance of having a healthy childhood and how we need to protect the freedoms and rights of children along with other young people. Not only is NCDUK a day of celebration, but it is also a wonderful opportunity for councils, local services, communities, hospitals, sports groups, schools, charities, families, and carers to raise awareness about projects they are working on or things they care about.

HISTORY OF NATIONAL CHILDREN'S DAY UK

The United National General Assembly established children's Day in 1954 as a day of worldwide fraternity and understanding between children. The Assembly recommended to different governments that the day be observed on a date and in whatever way each country considered appropriate. Many other nations celebrate the rights of children on November 20, which is the day nominated by the United Nations. However, the UK felt that it was really important that children in the region should be able to get outside into their neighbourhoods and nature on Children's Day. And so the organization chose to hold NCDUK at the beginning of the summer.

<https://nationaltoday.com/national-childrens-day-uk/>



Dementia Action/Awareness Week

[illegible]

This year, Dementia Awareness Week begins on May 15 to 21. It usually takes place on the third Monday of May and is organized by the Alzheimer's Society. Did you know that someone develops dementia every three minutes in the U.K.? It's true, and dementia not only affects old people (over the age of 65), but it can also affect people in their 30s, 40s, or 50s. Many people with dementia feel cut off from their community, lose friendships, and face the condition alone. Dementia Awareness Week is all about supporting people with dementia and making the U.K. a dementia-friendly place.



HOW TO OBSERVE DEMENTIA AWARENESS WEEK

Join the cause

You may want to join the campaign with the Alzheimer's Society because the more people who join, the more they can influence decision-makers across the U.K. to provide support and care for people with dementia.

Volunteer today

If you want to contribute to supporting people with dementia, be a volunteer with the Alzheimer's Society. They have volunteer opportunities, so check out their page for more information.

Join an event

The Alzheimer's Society holds various events, including running, trekking, cycling, and more. You may want to attend fundraising events to help fight dementia.

<https://www.alzheimers.org.uk/categories/campaigns/dem>

WORLD DAY FOR CULTURAL DIVERSITY

Every year on May 21st, the World Day for Cultural Diversity for Dialogue and Development urges everyone to do their part to bridge the gap between cultures. The day is often referred to as Diversity Day.

According to the UN, bridging this gap is essential for peace, development, and stability. When we deepen our understanding of the values of cultural diversity we can achieve these four goals:

- Support sustainable systems for the governance of culture.
- Achieve a balanced flow of cultural goods and services.
- Integrate culture into the frameworks of sustainable development.
- Promote human rights and fundamental freedoms.



<https://nationaldaycalendar.com/world-day-for-cultural-diversity-may-21/>

20

National Epilepsy Week

22nd-28th May 2023



National Epilepsy Week takes place in May, and the dates are decided a few weeks before the event. This year, it takes place from May 22 to 28. People take the week to raise awareness about the alignment by highlighting patients' struggles with epilepsy in their day-to-day lives.

There is no clear cause of epilepsy, but brain trauma, surgery, stroke, tumours, and even complications during birth can be catalysts for the development of the disorder. It's vital to clear the probability of the patient simply going through withdrawals or extreme fatigue to diagnose epilepsy. A doctor can diagnose it by doing an E.E.G. – an electroencephalogram – or performing blood tests.

Epilepsy is treated using a medication, and in 69% of cases, the seizures are monitored effectively. However, in some cases, patients require surgery to get better. Epilepsy is prevalent in the elderly. About 50 million people have had epilepsy but got treatment. In some places in the world, people with epilepsy are not legally allowed to drive.



21

World Hunger Day

28th May 2023



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>



22

International Men's Health Month

1st-30th June 2023



June is National Men's Health Month! This month is all about encouraging the men in your life. To take care of their bodies by eating right, exercising, and working to prevent disease. The official symbol for the month is a blue ribbon and the purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of diseases including cancer, heart disease, and depression.

HOW TO OBSERVE NATIONAL MEN'S HEALTH MONTH

Tweak your diet

Men's Health Month is a great opportunity to change the way you eat. Cut back on alcohol this month or up your intake of healthy fermented foods like sauerkraut and kefir. You can do anything for a month, and if you do it for a month, you can do it for life!

Set some goals

Use this month to take stock of your health now and think about where you want it to be. Do you want to lose weight? Gain muscle? Simply eat more vegetables? Set small and achievable goals and work with your doctor to make them a reality.

Get educated

Take this opportunity to read about the common health issues that are specific to men and how you can prevent yourself from getting hurt! Check out the CDC for information on health issues that men face.

<https://nationaltoday.com/national-mens-health-month>

23

Carers Week

5th-11th June 2023



What is Carers Week?

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.

The campaign is brought to life by thousands of individuals and organisations who come together to provide support for carers, run activities, highlight the vital role carers play in our communities and draw attention to just how important caring is.

<https://www.carersweek.org/>



24

Walk Together for Bowel Cancer

11th June 2023



Walk Together is back, and it's bigger and better than ever!

The annual sponsored five mile walks are a fantastic way to bring people together to show support for those undergoing treatment, remember loved ones and help stop people dying of bowel cancer.

It's for people of all ages and abilities and the fundraising team will be on hand to help you plan a great walk with tips and advice on route finding, providing downloadable fundraising packs and advice on how to keep safe during the pandemic.

Walk Together will take place on 11 June 2023, however, if you can't make this date then you can still walk anytime throughout June to suit you.

Our organised walks cost £10 per person, which helps us to cover costs including your t-shirt, medal and refreshments on the day. We encourage you to raise sponsorship or set a team target.



<https://www.awarenessdays.com/awareness-days-calendar/walk-together-for-bowel-cancer-2023/>

25

Loneliness Awareness Week

13th-17th June 2023



What is Loneliness Awareness Week?

Loneliness Awareness Week is an annual campaign which raises awareness of loneliness and gets people talking about it.

Marmalade Trust is the UK's leading loneliness charity for all ages and the only charity in the world specifically dedicated to raising awareness of loneliness. They launched Loneliness Awareness Week (LAW) in 2017, and each year, it grows in momentum. They want to encourage people to see loneliness as a blank canvas on which they can fill their lives with new friends and experiences - and The Marmalade Trust is here to help them do it.

The aim is simple: to reduce the stigma of loneliness and encourage people to talk more openly about it.

<https://www.awarenessdays.com/awareness-days-calendar/loneliness-awareness-week-2023/>



26

Diabetes Awareness Week

12th-18th June 2023



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

27

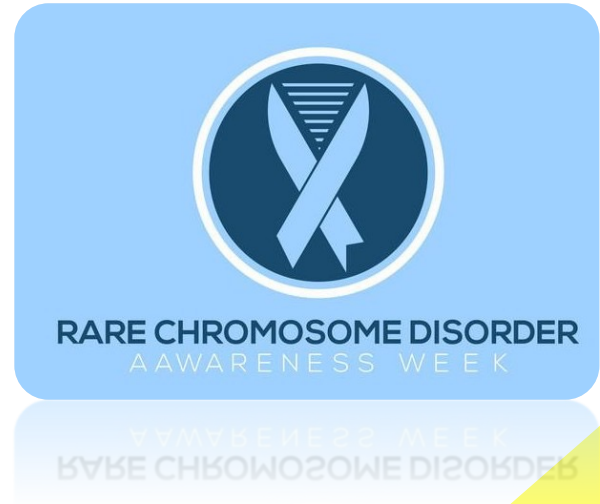
Rare Chromosome Disorder Awareness Week

16th-21st June 2023



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>



28

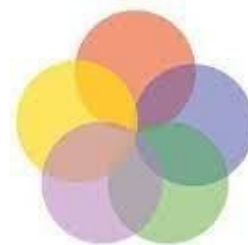
Learning Disabilities Week

19th-25th June 2023



What and When is Learning Disability Week?

In 2023, Learning Disability Week will take place from the 19th–26th June. The event is organised every year by the learning disability charity, Mencap. It aims to improve the quality of life for individuals with learning disabilities by raising awareness about important issues, fighting stigma and discrimination, and raising funds for outreach and support programs. As such, Learning Disability Week will be close to the hearts of many teachers, parents, and other educators.



Learning Disability Week

What is the theme of Learning Disability Week 2023?

The theme of this year's Learning Disability Week's theme is **LIVING LIFE WITH A LEARNING DISABILITY**.

Why is art and creativity important for people with learning difficulties?

I think it's fair to say that for most of us, art and other ways of being creative can be an important form of self-expression. This is often especially true for children who have learning disabilities. Art is subjective; there's no right or wrong way to be creative, just different ways. That means that arty activities and lessons give children with learning disabilities the opportunity to create without the pressure of having to do it in exactly the same way as everyone else. Being able to join in an activity in this way can really help boost their confidence and self-esteem.

Getting creative, whether it's through painting, music, dance, or any other art form, can be especially useful for children with disabilities such as dyslexia, ADHD, and sensory disorders. This is because art can offer a way for them to express themselves that comes a lot more naturally than conventional conversation.

<https://www.twinkl.co.uk/event/learning-disability-week-2023>

Men's Health Week

[illegible]

National Men's Health Week is June 12–20, the week leading up to Father's Day, because what better way to celebrate dad than to encourage him to take care of his health? The week is all about healthy bodies, hard exercise, good diet, and regular visits to the doctor. It's part of National Men's Health Month, a month-long recognition of men's health with activities and events to remind men to take care of their bodies. So whether you are a man or just love them, take some time this week to celebrate the male form and keeping it in tip-top shape!

NATIONAL MEN'S HEALTH WEEK ACTIVITIES

1. Make an appointment

2. One of the best ways to celebrate Men's Health Week is to make an appointment you've been putting off! Have a mole you need looked at, or an elbow injury that keeps flaring up? Feel like your digestion has been off or maybe it's just time for you schedule a test? Use Men's Health Week as an excuse to make a call and get that appointment on the calendar.

3. Head to the gym

4. Use Men's Health Week to get yourself moving! Go the gym, take a long walk, swim some laps, or take a bike ride. You're body with thank you, and just maybe it'll be the start of a weekly ritual.

5. Wear a blue ribbon

6. The blue ribbon is the symbol for Men's Health, and wearing one this week will show your commitment to the cause. It also does double duty as a conversation starter, helping you spread the good news about Men's Health Week to anyone curious enough to ask!



30

March for Men

11th-19th June 2023



Join us and thousands of others at a March for Men event in Birmingham, Glasgow, London or Leeds this June and help beat prostate cancer..

When and where are they happening?

Birmingham - Saturday 11 June, Cannon Hill Park

Glasgow - Sunday 12 June, Tollcross Park

London - Saturday 18 June, Queen Elizabeth Olympic Park

Leeds - Sunday 19 June, Roundhay Park

MARCH FOR MEN



The event village will be open from 10:00 with the walks starting at 11:00.

How long are the routes?

All locations will have a 2-2.5km route and a 10km route. The 2-2.5km routes will be fully accessible, and both routes will be well signposted. You can decide on the day which you'd like to do.

<https://www.awarenessdays.com/awareness-days-calendar/march-for-men-2023/>

Autistic Pride Day

[illegible]

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/>



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World Refugee Day

20th June 2023



What is World Refugee Day?

World Refugee Day is an international day of awareness, celebrated on 20th June 2023.

It's coordinated by the United Nations (UN) to show support for refugees forced from their homes by violence.



What is a refugee?

A refugee is someone who has had to leave their home and country, as they are unable to stay. It may be due to persecution, war, natural disasters and more.

Refugees are often unable to return to their home countries, as it would not be safe for them to do so.
Refugees could be individuals, families or even children

<https://www.twinkl.co.uk/event/refugee-week-2023>

Deafblind Awareness Week

[illegible]

This year Deafblind Awareness Week will be observed from June 25 to July 1. This week is marked annually during the last week of June in honour of leading humanitarian Helen Keller's birthday on June 27. Being deaf and blind herself, Keller's work made a big difference in the lives of deafblind people. The term deaf-blindness refers to a combination of visual and auditory impairments and is much more common than many people realize. Over 15 million people worldwide are estimated to be living with severe deaf blindness. So, besides commemorating Kellen's accomplishments, this week is a chance for us to raise awareness of the condition and make the world a more deafblind-friendly place.

HOW TO OBSERVE DEAFBLIND AWARENESS WEEK

1. Spread the word

It is estimated that many people in the world are living with severe deaf blindness. Help spread awareness of the condition and take measures to make the world more deafblind-friendly

2. Educate yourself

Learn how to interact with a deafblind person. For example, when you first meet a deafblind person, let them know about your presence by them tapping gently on their shoulder or arm

3. Read books by Helen Keller

Keller published 12 books and several articles. If you have never read one of her works, it's the best time to start reading "The Story of My Life." You'll surely get new insights.

<https://nationaltoday.com/deafblind-awareness-week/>



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.



National Schizophrenia Awareness Day on 25 July shines a light on the everyday challenges faced by hundreds of thousands of people living with a diagnosis of schizophrenia in the UK and millions more worldwide. It also looks at how we can tackle some of the stigma and discrimination surrounding this much-misunderstood illness.

What is schizophrenia?

Schizophrenia is a very complex condition that can affect how a person thinks, feels, and experiences the world around them.

Schizophrenia doesn't mean split personality – the term actually means schizo (to split) and phrene (the mind). 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
 - Audio hallucinations (hearing voices)
 - Delusions
 - Disorganised thinking
 - Changes in body language or emotions



It's always a good idea to be informed. That's why World Alzheimer's Month in September is such an important observance.

Alzheimer's disease is the most common form of dementia, affecting about 6 percent of people 65 and older. Although it may seem like just a typical disease for older people – it is, in fact, not a normal part of aging. Scientists don't know what causes Alzheimer's, but they suspect it's a combination of many factors. The disease affects parts of the brain that control memory, thought, and language. There is no cure, but experts think that lowering blood pressure, exercising, and not smoking may reduce the risk. Let's take a closer look at this event, and learn more about the disease.

HOW TO OBSERVE WORLD ALZHEIMER'S MONTH

1. Get involved

Many Alzheimer's organizations offer toolkits with which you can help spread the word. For example, you can print and distribute material.

2. Make a donation

There are several ways to contribute to Alzheimer's groups. You can donate monthly, or you can give a one-time gift in the name of someone you love with a so-called "tribute" donation.

3. Volunteer at an Alzheimer's event

Consider participating in an Alzheimer's "awareness walk." Perhaps you could volunteer to take part in a clinical trial. Find your local Alzheimer's chapter and see what you can do.

nationaltoday.com/world-Alzheimer's-month/



World Suicide Prevention Day

The theme for World Suicide Prevention Day 2021–2023 is "Creating Hope Through Action." On September 10, join together with thousands of other people from across the globe to raise awareness and prevent suicide.

In the UK, men are three times as likely to die by suicide than women. In the Republic of Ireland, the rate is four times higher among men than women. While there has been a reduction in the number of people completing suicide over the last ten years, the numbers are still worryingly high. World Suicide Prevention Day aims to start the conversation about suicide and to show that recovery is possible.

World Suicide Prevention Day is observed on September 10 each year to promote worldwide action to prevent suicides. Various events and activities are held during this occasion to raise awareness that suicide is a major preventable cause of premature death.

Many people struggle to cope at one point or another of their lives. Reaching out to someone could help them know that someone cares, that they are valued, and help them access the support they need.

Everyone copes and reacts in their own way, but below there are some signs to look out for, including:

- Feeling restless and agitated
- Feeling angry and aggressive
 - Feeling tearful
- Being tired or lacking in energy

Every life lost represents someone's partner, child, parent, friend or colleague. For each suicide approximately 135 people suffer intense grief or are otherwise affected. This amounts to 108 million people per year who are profoundly impacted by suicidal behaviour. Suicidal behaviour includes suicide, and also encompasses suicidal ideation and suicide attempts. For every suicide, 25 people make a suicide attempt and many more have serious thoughts of suicide.

On September 10th join with many others across the world who are playing their part in the prevention of suicide.

<https://www.spuk.org.uk/world-suicide-prevention-day-2022/>



**World
Suicide
Prevention
Day**

10th September

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Dyslexia Awareness Week

2nd-8th October 2023



What is Dyslexia Awareness Week?

Dyslexia Awareness Week is an annual event on which people will aim to spread awareness and help others to develop their understanding of dyslexia.

This week is the perfect time for teachers and carers to reflect on how best to support those with dyslexia, too.

Every year, there will be a different theme for Dyslexia Awareness Week. This year's theme is '*Breaking Through Barriers*' and people are encouraged to reflect on the barriers that people with dyslexia face. They can also celebrate how people have been overcoming said challenges.

Why do we observe Dyslexia Awareness Week?

Dyslexia can often be overlooked in children and adults, meaning they don't get the support they need. By spreading awareness, teachers, parents, and carers will have the knowledge available to spot it and help them to get a diagnosis.

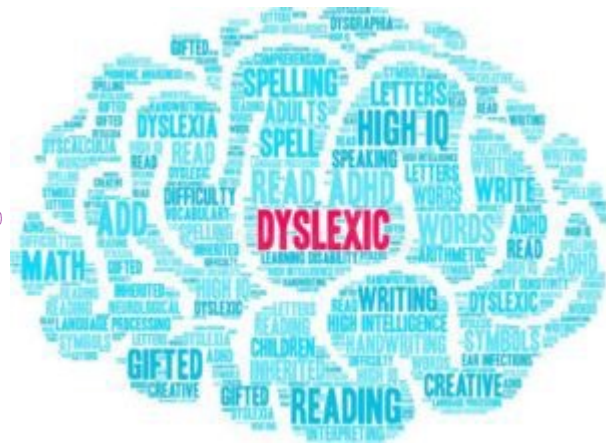
Children with dyslexia can also develop low self-esteem. Dyslexia Awareness Week is the perfect opportunity to uplift them and help them to boost their confidence.

How to support people with dyslexia:

As well as showing awareness and a thorough understanding of what dyslexia is, it's important to understand how to help those who might struggle with it. This is not only the case for Dyslexia Awareness Week, but the whole year round too!

One fun way that parents can help children with dyslexia is by reading books to them. This will help them enjoy books and stories without having to read themselves. As well as fostering an interest in telling stories, you'll also be familiarising them with imaginative vocabulary and helping them get a stronger, more confident grasp of spoken language. And, it's an opportunity to spend more quality time with your child!

<https://www.twinkl.co.uk/event/dyslexia-awareness-week-2023>



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World Mental Health Day

10th October 2023



World Mental Health Day is on October 10 and as our understanding of mental health grows, we grow along with it. Mental health has come a long way since the early nineties when the World Federation of Mental Health (WFMH) officially established the day. Our self-awareness and sensitivity towards it have changed things for the better. Our language surrounding mental health has improved as words like "crazy" and "lunatic" are used less flippantly and we come to better understand that they can be unintentionally hurtful and stigmatizing. While we've learned a lot, there's still so much more we can do to evolve as a society.

HOW TO OBSERVE WORLD MENTAL HEALTH DAY

1. Do group therapy in the workplace

Register for a group therapy workshop at your place of work. This can allow you and your co-workers to express themselves in a safe environment. We tend to hold onto the idea that pushing through and carrying on is the best way, but issues can arise unexpectedly if they aren't properly dealt with.

2. Practice self-care

There are many changes you can make to your life that can continue beyond World Mental Health Day. Developing a regular sleep routine, adjusting your diet to healthier options, taking lunch breaks, and going on long walks are just some of the options. The point of self-care is to understand your specific needs. Find time to ask yourself what you want and go for it.

3. Follow the theme

Each year, there's a new theme and even if it doesn't directly involve your struggles, you can still learn from it. Spend some time and research the subject. Awareness extends beyond yourself and it could provide you with the proper tools to better understand others.

<https://nationaltoday.com/world-mental-health-day/>



OCD Awareness Week

[illegible]

'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>



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National Coming Out Day

11th October 2023



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"

A horizontal rainbow brushstroke background with colors transitioning from red to orange, yellow, green, blue, and purple.

NATIONAL *Coming Out* DAY

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

https://en.wikipedia.org/wiki/National_Coming_Out_Day



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National Stress Awareness Day

1st November 2023



National Stress Awareness Day, on every first Wednesday in November – November 1 this year – is 24 hours of reinforcing the fact that you're not doing yourself a favour by stressing about situations you can't control. In fact, according to science, chronic stress leads to impaired cognitive and physiological functions. Would you want to age before your time? Absolutely not! On this day, let's learn together to hone our ability to choose one thought over another and let the stress ebb away.

HOW TO OBSERVE NATIONAL STRESS AWARENESS DAY

1. Do NOT worry!

Of course, that's the best way to celebrate this day. As the day approaches, gear up to spend 24-hours worry-free, care-free, and stress-free! Keep away from negative vibes and do things that you love – go for a walk, get a massage, take a long and hot bath, and hang out with friends. If you want, you can skip work on this day, too (but we won't recommend it).

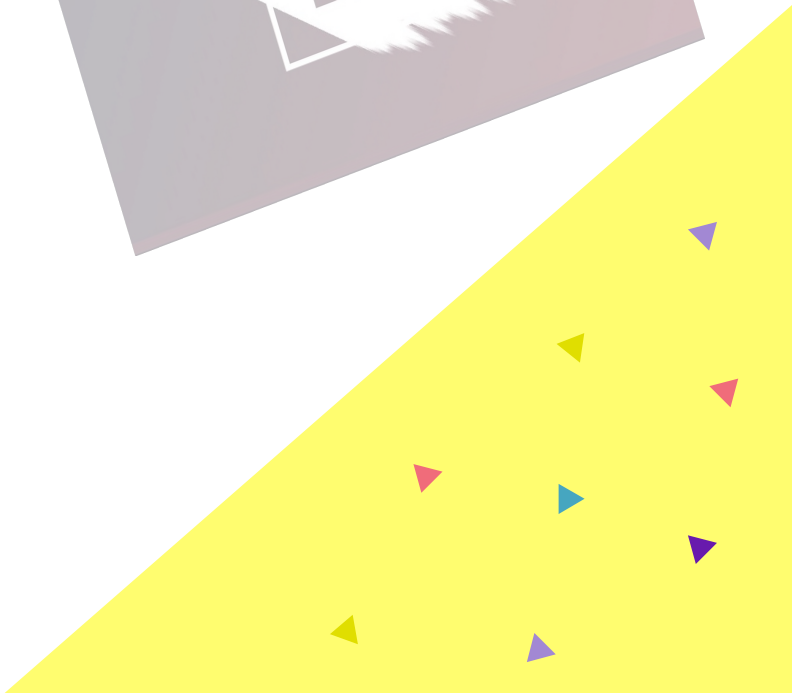
2. Contemplate your stress-points

It's not just about one day. Stress management and reduction should be a constant practice so you can completely remove stress from your life. While we don't really get enough time to think about it any other day, use this day to find out where and why you get most of your stress from. Is it from your workplace or family, or have you got a general habit to worry about little things? Find the stressful areas and plan a course of action to solve them.

3. Laugh – all day long!

That's the challenge. Prepare with your friends and family to do things that would make all of you laugh and have the best time possible. Plan a party with skits, a session to share the best jokes with the winner getting a prize, or simply watch the funniest movie/series (like "FRIENDS"?) throughout the day. Laugh away – it's the best medicine for stress.

<https://nationaltoday.com/national-stress-awareness-day/>



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Anti-Bullying Week

13th-17th November 2023



Anti-Bullying Week is observed every year in the third week of November. This year it is held from November 13 to 17. Recognizing that bullying has a long-term effect on the victim's mental health and quality of life, the holiday seeks to combat bullying by encouraging a zero-tolerance policy. Schools and communities can set up systems to eradicate bullying and build a safe community that welcomes everyone with open arms. Anti-Bullying Week takes place in the U.K. and involves thousands of schools, coordinating with hundreds of volunteers at the student and teaching levels.

HOW TO OBSERVE ANTI-BULLYING WEEK

1.Wear odd socks

Wearing odd socks symbolizes our differences. It's a subtle way to say that people should be themselves and that we should accept one another by celebrating our differences.

2.Pledge your support

Sign up to pledge your support on the anti-bullying U.K. website. You'll receive a certificate to display in your school, workplace, or organization.

3.Reach out on social media

Social media is a great platform to promote anti-bullying. You can also stand against cyberbullying by reporting malicious and offensive content.



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World Kindness Day

13th November 2023



World Kindness Day is an international holiday that was formed in 1998, to promote kindness throughout the world and is observed annually on November 13 as part of the World Kindness Movement. It is observed in many countries including the United States, Canada, Japan, Australia and the U.A.E. World Kindness Day presents us with the opportunity to reflect upon one of the most important and unifying human principles. On a day devoted to the positive potential of both large and small acts of kindness, try to promote and diffuse this crucial quality that brings people of every kind together.

WORLD KINDNESS DAY TRADITIONS

The objective of World Kindness Day is to spread kindness with small gestures. The main tradition of the day is to be kind and to try and encourage kindness to prevail over hatred. Whether it's helping out someone with chores, taking the time out to ask how someone is doing, or complimenting someone, the name of the game is kindness, and we all have it in us.

WORLD KINDNESS DAY ACTIVITIES

1. Perform at least three random acts of kindness today

Give compliments. Smile at strangers. Hold a door open. Give up your seat on a crowded train. Perform at least three random acts of kindness and see what magic follows!

2. Give extra (and extra-long) hugs today

Kindness and connection go hand-in-hand. Take a few extra minutes to hug your loved ones and friends today. They might wonder what got into you, but they'll appreciate it nonetheless!

3. Write a love poem to yourself and read it out loud

You should be kind to yourself, today, too. Write a short (or long) poem highlighting the things you appreciate about yourself and your life.

<https://nationaltoday.com/world-kindness-day/>



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16 Days of Action Against Domestic Violence

25th November – 10th December 2023



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>



Carers Rights Day

[illegible]

This year Carers Rights Day is on Thursday 25 November. Having the information at the right time can make all the difference when you're after someone. Every day 6,000 people become carers but often it's something we've planned.

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>

