

List of Annual National Campaigns and Awareness days 2017 (NHS Confederation)

NHS confederation have put together this selection of national campaigns and awareness days to help you plan your health and wellbeing strategy and activities for the year ahead. Scroll through our interactive calendar and please get in touch with them you know of an awareness event that isn't included, by emailing healthandwellbeing@nhsemployers.org.

This list will plan your engagement over the coming months to meet the HLP quality criteria

You can register, order and download campaign materials to support the campaigns from the following link

https://www.orderline.dh.gov.uk/ecom_dh/public/home.jsf

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| 1-31 January | Dry January | Dry January challenges you to go alcohol free for 31 days and aims to raise awareness of the effects of alcohol. |
| 9 - 15 January | National Obesity Awareness Week | Obesity Awareness Week promotes how as a country we can eat healthier, be more active and improve our overall health. Access all our resources that highlight the impact of obesity on the NHS. |
| 1-28 February | Raynaud's Awareness month | Raynaud's Phenomenon is a condition thought to affect up to ten million people in the UK and it can be incredibly painful. With Raynaud's, the small blood vessels in the extremities are over-sensitive to changes in temperature, which can cause a Raynaud's attack. February is Raynaud's Awareness Month in which they aim to highlight Raynaud's and the work of the RSA by asking you to "LOVEyourGLOVES!" February is statistically the coldest month of the year and it is vital to wrap up warm and protect your extremities. |

<http://nhsemployers.org/your-workforce/retain-and-improve/staff-experience/health-work-and-wellbeing/sustaining-the-momentum/calendar-of-national-campaigns-2016>

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| 4 February | World Cancer Day | Cancer affects so many people across the world and currently 8.2 million people die from cancer worldwide each year. World Cancer Day is the ideal opportunity to spread the word and raise awareness of cancer in people's minds and the world media. This global event takes place every year on 4 February and aims to save millions of preventable deaths each year by encouraging individuals to take action. |
| 5 February | Wear it. Beat it. | The British Heart Foundation's vision is a world in which people do not die prematurely or suffer from heart disease. Wear it. Beat it. Is to help the British Heart Foundation fight for every heartbeat and raise money for life saving research. Quite simply by wearing red this year and hosting a red event with your friends, family or colleagues. |
| 15 - 19 February | OCD week of action | Obsessive-compulsive disorder (OCD) is a clinically recognised disorder which affects around one-two per cent of the population. People with OCD experience intensely negative, repetitive and intrusive thoughts, combined with a chronic feeling of doubt or danger (obsessions). OCD Week of Action is a campaigning week run by OCD |

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| | | Action to encourage as many people as possible to take action and fight OCD. |
| 22 - 28 February | Eating Disorders awareness week | Eating Disorders Awareness week is an international awareness event, fighting the myths and misunderstandings that surround eating disorders. Awareness is raised to spotlight the impact eating disorders can have on an individual and highlight what individuals, colleagues and employers can do to support someone's recovery. |
| 28 February | Rare Disease Day | Rare Disease Day takes place on the last day of February each year and the main objective is to raise awareness among individuals about rare disease and their impact on patients' lives. Since the beginning of 2008, thousands of events have taken place throughout the world and has notably contributed to the advancement of national plans and policies for rare diseases. |
| 1-31 March | Ovarian Cancer Awareness Month | Ovarian cancer is a disease that can disrupt the normal function of the ovaries. If it's left unchecked, it can affect other parts of the body too. |
| 1-31 March | Prostate Cancer Awareness Month | In the UK, about one in eight men will get prostate cancer at some point in their lives. Prostate Cancer UK is the largest men's health charity and they aim to help more men survive prostate cancer and enjoy a better quality of life, so the aim in March is to raise awareness and invite the public to join the fight against prostate |

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| | | cancer by fundraising, campaigning and donating. |
| 8 March | No Smoking Day | Help encourage as many smokers as possible to quit on No Smoking Day by organising your own event. |
| 13-19 March | Nutrition and Hydration Week | This global movement aims to focus on nutrition and hydration as an important part of quality care, experience and safety improvement in health and social care settings. |
| 13-19 March | Brain Awareness Week | This awareness week unites organisations worldwide in a celebration of the brain for people of all ages. Events include open days at neuroscience labs, exhibitions, lectures on brain-related topics and displays. |
| 26 March | Epilepsy Awareness Purple Day | There are 50 million people that have been diagnosed with epilepsy worldwide and Purple Day is an international grassroots effort dedicated to increasing awareness about epilepsy worldwide. On March 26 annually people around the world are encouraged to wear purple and host events in support of epilepsy awareness. Purple Day is your chance to end stigma, improve healthcare and stand together! |

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| 1-30 April | Bowel Cancer Awareness Month | For 26 years, Bowel Cancer UK has aimed to save lives and improve the quality of life for all those affected by bowel cancer. |
| 7 April | World Health Day | World Health Day marks the anniversary of the founding of the World Health Organisation in 1948. Each year a theme is selected that highlights a priority area of public health concern in the world. |
| 10-16 April | Parkinson's Awareness Week | Parkinson's Awareness Week is the biggest opportunity of the year to reach more people affected by Parkinson's and change public attitude of the disease. Parkinson's UK Charity has free materials available to organise events and promote awareness week. |
| April - dates to be confirmed | Depression Awareness Week | Friends in Need need YOUR help to get rid of mental health stigma, get people talking about depression and raise vital funds to allow Friends in Need to keep growing and helping more people through their recovery. |
| 23-29 April | European Immunisation week | European Immunisation Week promotes the core message that immunisation of every child is vital to prevent diseases and protect life. The goal is to raise awareness and increase vaccination coverage by showcasing the importance of immunisation. |

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| 24 - 30 April | Allergy Awareness Week | This week raises awareness of all allergic conditions (including food, respiratory, skin and children's allergies), food intolerance and the plight of allergy sufferers. |
| 28 April | On your Feet Britain | Take part in our national day when workers across Britain unite together and participate in a variety of fun and simple activities to #SitLess and #MoveMore at work. The On Your Feet Britain Challenge dares you to convert 'sitting time' to 'standing time' by following some simple changes. |
| 1-31 May | National Walking Month | National Walking Month encourages people to walk more throughout May. Initiatives include, Walk to Work Week and Walk to School Week. |
| 1-31 May | Action on Stroke Month | Make May Purple is the Stroke Associations annual stroke awareness month, taking place every May. Individuals show their support for those who have been affected by stroke and help to raise awareness and essential funds for the Stroke Association. Join #MakeMayPurple on social media. |
| 8-14 May | Sun Awareness Week | Get involved in raising awareness across the UK by ordering free posters and leaflets from the Sun Awareness range. |
| 14-20 May | National Epilepsy Week | National Epilepsy Week is continuing Epilepsy Actions' work to empower people to seize control of their epilepsy, through |

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| | | <p>better care and access to treatment. Out of 600,000 people living with epilepsy in the UK, 288,000 are still experiencing seizures. So make a difference and get involved with #epilepsyweek events.</p> |
| 8-14 May | Mental Health Awareness Week | <p>Mental Health Awareness Week is a UK event supported by the Mental Health Foundation. The aim is to educate the public about mental health issues and to promote better mental health.</p> |
| May - dates to be confirmed | Put the Kettle on for Antenatal Results and Choices | <p>Antenatal Results and Choices supports women and couples through antenatal testing and its consequences, who are often referred to them by NHS employees. They also provide training to NHS staff in maternity wards. Their annual fundraising campaign is encouraging supporters to hold tea parties to raise funds to support those parents. Dates to be confirmed.</p> |
| 31 May 2017 | World No Tobacco Day | <p>World No Tobacco Day highlights the health risks associated with tobacco use and advocates for policies to reduce tobacco consumption.</p> |
| June date to be confirmed | Wear it, Beat it | <p>The British Heart Foundation's vision is a world in which people do not die prematurely or suffer from heart disease. "Wear it. Beat it" is to help the British Heart Foundation fight for every heartbeat and raise money for life saving research. Quite simply by wearing red this year and</p> |

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| | | hosting a red event with your friends, family or colleagues. |
| 12 - 18 June | Carers Week | Carers Week is an annual campaign to raise awareness of caring by highlighting the challenges that carers face and recognise the contribution they make to families and communities throughout the UK. The campaign encourages others to organise activities and events throughout the UK. You can get involved by pledging your support. Remember to get involved with @carersweek. |
| 11-17 June | Diabetes Week | Diabetes Week is an annual highlight in the Diabetes UK calendar, as it's a time when supporters are brought together to raise awareness of the condition and the vital funds required for future work. |
| 12-18 June | Men's Health Week | Led by the Men's Health Forum, the purpose of Men's Health Week is to raise awareness of preventable health issues and encourage men and boys to seek professional advice for health-related problems. |
| 14 June | World Blood Donor Day | World Blood Donor Day raises awareness of the need for safe blood and blood products and to thank voluntary unpaid blood donors for their life-saving gifts of blood. |

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| 3 - 9 July | Health Information Week | Health Information Week is a campaign to improve access to health information. Staff from local authorities, public libraries, NHS, voluntary sector, independent information and advice centres have all been working together to make their health resources more available to the public. |
| 1-30 September | Urology Awareness Month | With an ageing population and the effects of today's lifestyle, urology conditions, diseases and cancers are becoming more prevalent. The Urology Foundation is spreading knowledge of urology health, breaking down the stigma associated with many of its conditions and persuading people to talk about these issues. |
| 1-30 September | National Blood Cancer Awareness Month | Supported by some of the UK's biggest blood cancer charities, including Leukaemia & Lymphoma Research and Anthony Nolan, September is the month to raise awareness of how to improve treatments for blood cancer and increase the number of lives saved. There are many opportunities to fund raise or increase awareness using the #BloodCancerAwarenessMonth handle. |
| 10 September | World Suicide Prevention Day | World Suicide Prevention Day promotes worldwide commitment and action to prevent suicides. The sponsoring organisation, International Association for Suicide Prevention, the co-sponsor WHO and other partners, advocate for the prevention of suicidal behaviour, provision of adequate treatment and follow-up care for people who attempted suicide, as well as responsible reporting of suicides in the media. |

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| <p>18-24 September</p> | <p>Know Your Numbers! Week</p> | <p>Blood Pressure UK's flagship blood pressure testing and awareness campaign, encourages adults to know their blood pressure numbers and take the necessary action to reach and maintain a healthy blood pressure. This year around 250,000 free checks will be available across the UK.</p> |
| <p>18-24 September</p> | <p>National Eye Health Week</p> | <p>National Eye Health Week (NEHW) is about healthcare professionals joining forces to encourage more people to have regular sight tests and make lifestyle choices that benefit their vision and general wellbeing. NEHW raises awareness of how we can improve the UK's eye health, contribute towards a reduction in avoidable blindness and enhance people's everyday lives.;</p> |
| <p>22 September</p> | <p>Jeans for Genes Day</p> | <p>Genetic disorders are rare but together they affect one in 25 children born in the UK. Jeans for Gene's day raises awareness and funds for Genetic Disorders in the UK to support families affected by genetic disorders. Whatever you do on this Friday, do it in your jeans! Join the hype and get involved with the conversation using #JeansForGenesDay on social media.</p> |
| <p>2-6 October</p> | <p>Back Care Awareness Week</p> | <p>The aim of the week-long event, organised by BackCare, is to raise awareness of the problems back pain can cause, as well as prevention and treatments.</p> |

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| <p>2-8 October</p> | <p>Women's Sports Week</p> | <p>Two of the world's leading women sports brands, The Women's Sports Network & SofaDodger, are joining forces to support The Department of Culture Media & Sport in the UK with Women Sports Week. An opportunity for everybody involved with playing, delivering, leading or working in sport to celebrate, raise awareness and increase the profile of women's sport across the UK.</p> |
| <p>7 October 2017</p> | <p>National Personal Safety Day</p> | <p>National Personal Safety Day, which is organised by Suzy Lamplugh Trust, is an annual event aimed at highlighting some of the simple, practical solutions that everyone can use to help avoid violence and aggression in today's society. It's about helping people live safer, more confident lives.</p> |
| <p>9-16 October</p> | <p>OCD Awareness Week</p> | <p>OCD Awareness Week is a global effort to raise awareness and understanding about OCD, with the goal of educating people and working towards removing misunderstanding and stigma that can be caused by misrepresentation of OCD.</p> |
| <p>10 October 2017</p> | <p>World Mental Health Day</p> | <p>World Mental Health Day raises public awareness about mental health issues.</p> |
| <p>October - dates to be confirmed</p> | <p>National Arthritis Week</p> | <p>We understand that the pain caused by arthritis can be constant and make the little things in life difficult. So this National Arthritis Week Arthritis Research UK are inviting you to join them by sharing your story and helping to highlight what it's like</p> |

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| | | to live with the pain of arthritis as part of the Share your day, Shape our future campaign. |
| 13 October 2017 | World Thrombosis Day | Thrombosis refers to abnormal, life-threatening blood clots that form in the artery or vein. Worldwide, one in four people die from causes related to thrombosis. Without addressing this disease head on, we cannot meet the World Health Assembly's global target to reduce premature non-communicable mortality by 25 percent by 2025. World Thrombosis Day (WTD) focuses attention on the often overlooked and misunderstood condition of thrombosis so hundreds of educational events occur in countries around the world. |
| 23-29 April | National Infertility Awareness Week | Fertility issues are all too often misrepresented and misunderstood. During National Infertility Awareness Week the aim is to highlight the unseen, intimate and day-to-day reality of fertility issues, to overturn commonly-held misconceptions about fertility and to shine a spotlight on untold fertility stories. We hope people will join in, raise funds and help change perceptions about fertility issues. |
| 1-30 November | Movember Men's Health Awareness Month | Each year, Movember is responsible for thousands of moustaches on men's faces in the UK and around the world. The aim of Movember is to raise vital funds and awareness for men's health, specifically prostate cancer. |

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| 1-30 November | Lung Cancer Awareness Month | The aim of the campaign is to raise awareness to encourage people displaying the common symptoms of lung cancer, such as a persistent cough, breathlessness or unexplained weight-loss, to visit their GP. During the month, many people throughout the country and the world come together for the lung cancer community. |
| 1 November | National Stress Awareness Day (NSAD) | NSAD aims to develop greater understanding of stress and offer individuals and organisations access to proven coping strategies and sources of help. |
| 6-12 November | National Pathology Week | A celebration of pathology and the important contribution pathologists make to healthcare, through a programme of events aimed at people of all ages. The theme of the week is 'Pathology: prevention, diagnosis, treatment', which focuses on the important role of pathology in healthcare. |
| November - dates to be confirmed | Alcohol Awareness Week | It is estimated that the cost of alcohol on society is in excess of £21 billion. The aim of Alcohol Awareness Week is to get people to think about alcohol – how it affects us as individuals, families, communities and society as a whole. |
| November - dates to be confirmed | National HIV Testing Week | National HIV Testing Week is a targeted, high profile, national campaign that encourages England's key populations |

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| | | most affected by HIV to consider taking an HIV test. |
| 25 November - 10 December | 16 Days of Action Against Domestic Violence | 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. |
| 1 December 2017 | World Aids Day | World AIDS Day is an opportunity for people worldwide to unite in the fight against HIV, show their support for people living with HIV and to commemorate people who have died. |