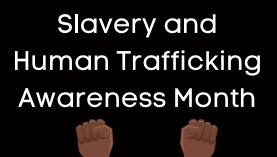


# CELEBRATION LIFE MONTH

A time to appreciate and prioritse our lives as we start the new year. It's an opportunity to reflect on the value of life and the importance of celebrating it.



#### January 2024



Celebration of Life Month

**4**-**\** 

Dry January Month





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	]	2	3	4	5	6
	New Year's day			World Braille Day		
7 Orthodox Christmas Day	8	9	10	11	12	13
Orthodox New Year's Day Lohri Maghi (Hindu festival)	15	Martin Luther King day	World Religion Day	18	19	20
National Hug Day	22	23	24	25	26	Holocaust memorial day
28	29	30	31			



# LGBTD+ // Sorry MONTH

Celebrates the contributions of LGBTQ+ individuals to the field of Medicine and Healthcare both historically and in contemporary times.

#### February 2024

















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	<b>80</b>		PS
		STOP	VIOLE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
			<ul><li>National Girls &amp;</li><li>World Hijab Day</li></ul>	Women in Sport Day		
4	5	International Day of	7	8	9	10
Time to Talk Day World Cancer Day	Sexual Abuse & Violence Week	Zero Tolerance to Female Genital Mutilation				Chinese New Year
11	12	13	14	15	16	17
International Day of Women & Girls in Science	Sexual and Reproductive Health Awareness Day					
18	19	20	21	22	23	24
International Asperger's Day		World Day of Social Justice	International Mother Language Day			
25	26 Eating Disorder Awareness Week	27	28	29		



### HISTORY MONTH

Women's History Month is an annual celebration that takes place in March, recognising the social, economic, cultural, and political achievements of women throughout history.



Neurodiversity Celebration Week







SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	Zero Discrimination 7 Day International Wheelchair Day	2
World Hearing Day	4 World Engineering Day for Sustainable Development	5 University Mental Health Day	6	7	International Women Day	9
Start of Ramadan	77	12	13	14	15	16
17	Neurodiversity Celebration Week	19	20	Single Parents Day 27 World Down Syndrome Day  International Day for the Elimination of Racial Discrimination	22	23
the International Day for the Right to the Truth Concerning Gross Human Rights Violations and for the Dignity of Victims	HOLI  International Day of Remembrance of the Victims of Slavery and the Transatlantic Slave Trade	26	27	28	29	30 World Bipolar Day
Trans Day of Visibility						

#### STRESS AWARENESS MONTH

Stress Awareness Month is an annual event to increase public awareness about the causes and cures of modern-day stress [1]. It aims to highlight the negative impact of stress on our lives and provide information on how to manage it effectively.









SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7	World Autism Day	3	4	5	6
International Day of Reflection on the 1994 Genocide against the Tutsi in Rwanda	8	Gudi Padwa (Hindi New Year) End of Ramadan	10	World Parkinson's Day	12	Vaisakhi (Punjabi New Year)
14 Bengali New Year  Puthandu (Tamil New Year)	15	16	77 World Hemophilia Day	18	19	20
21	Passover (Start)	23	24	25 World Malaria Day	26	27
28	29	30 Passover (End)				



#### Jourelle's AWARENESS MONTH

Tourette's Awareness Month is an annual observance that takes place in the month of June. It is dedicated to raising awareness about Tourette Syndrome and destigmatising it.







MONDAY		TUESDAY	WEDNESDAY  A May Day	THURSDAY 2	FRIDAY 3	SATURDAY 4
			(Pagan)  Deaf Awareness  Week			
5	6	7	National Day for Staff Networks	9	10	11
12	Learning at Work Week Black Inclusion Week	14	15		17 International Day Against Homophobia, Biphobia and Transphobia	Global Accessibility Awareness Day
19	20	World Day for Cultural Diversity for Dialogue and Development	22	23	Pansexual Visibility Day	25
26	27	28	Equal Pay Act (UK) Anniversary	30	31	

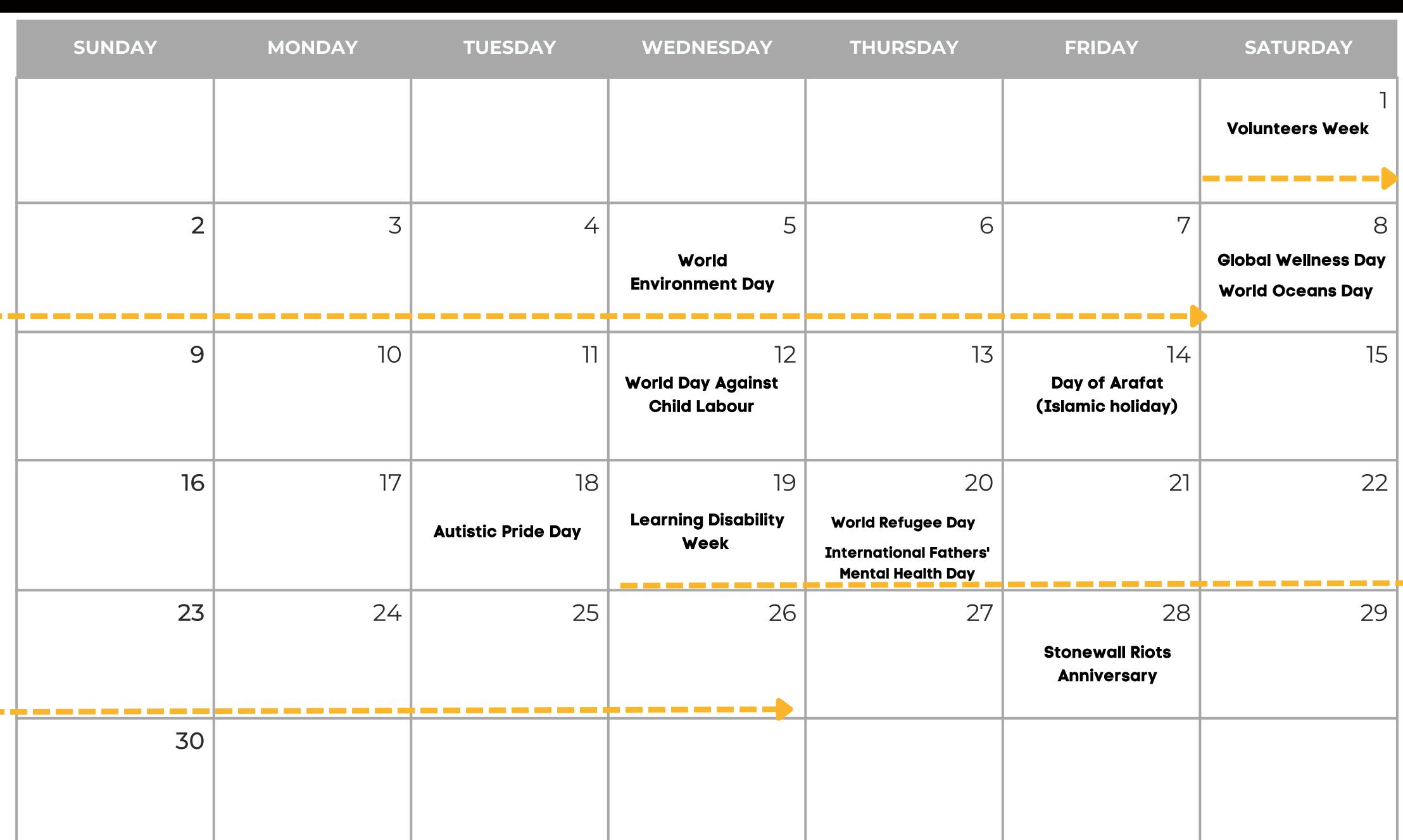
#### Oside MONTH

A vibrant and inclusive celebration that honors the LGBTQ+ community, their history, achievements, and contributions to society.







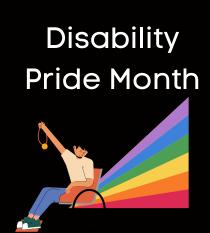




## DISABILITY SIGNE MONTH

Disability Pride Month is celebrated in July each year, and it is a month dedicated to promoting positive pride in disabled people for being themselves

#### July 2024









SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	Omnisexual Visibility Day
						Hijra - Islamic New Year
7	8	9	10	11	12	13
14 International Non-Binary Day	World Youth Skills Day	16	World Day for International Justice	78  Nelson Mandela  International Day	19	20
21	22	23	24 Samaritans Awareness Day	National Schizophrenia Awareness Day	26	27
28	29	30	31			



### SOUTH-ASIAN Heritage MONTH

This month-long celebration aims to honor, recognise, and appreciate the rich history and culture of South Asia. It also serves as an opportunity to foster unity and understanding between different South Asian communities and the broader UK population.

#### August 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				World Breastfeeding Week	2	3
4	5	6	7	8	International Day of the World's Indigenous Peoples	10
11	International Youth Day	13	14	15	16	17
18	World Humanitarian Day	20	International Day of Remembrance and Tribute to the Victims of Terrorism	22	International Day for the Remembrance of the Slave Trade and its Abolition	24
25	26	27	28	29	30	31



#### WORLD Sheimers WONTH

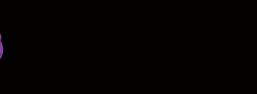
World Alzheimer's Month is observed every year with the aim of raising awareness and challenging the stigma surrounding Alzheimer's and dementia. This global campaign provides an opportunity to educate, encourage support, and demystify dementia.

#### September 2024









SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7	2	3	4	International Day of Charity	6	7
8	9	World Suicide Prevention Day	11	T2 End Digital Poverty Day	13	14
World Afro Day	16	17	International Equal Pay Day	19	20	21
22	Bi-Visability Day  International Week of Happiness at Work	24	25	26	27	28
29	30					

# HISTORY MONTH

A celebration highlights pioneering black women who have blazed a trail in various fields, emphasising their leadership, talent, and impact



#### October 2024



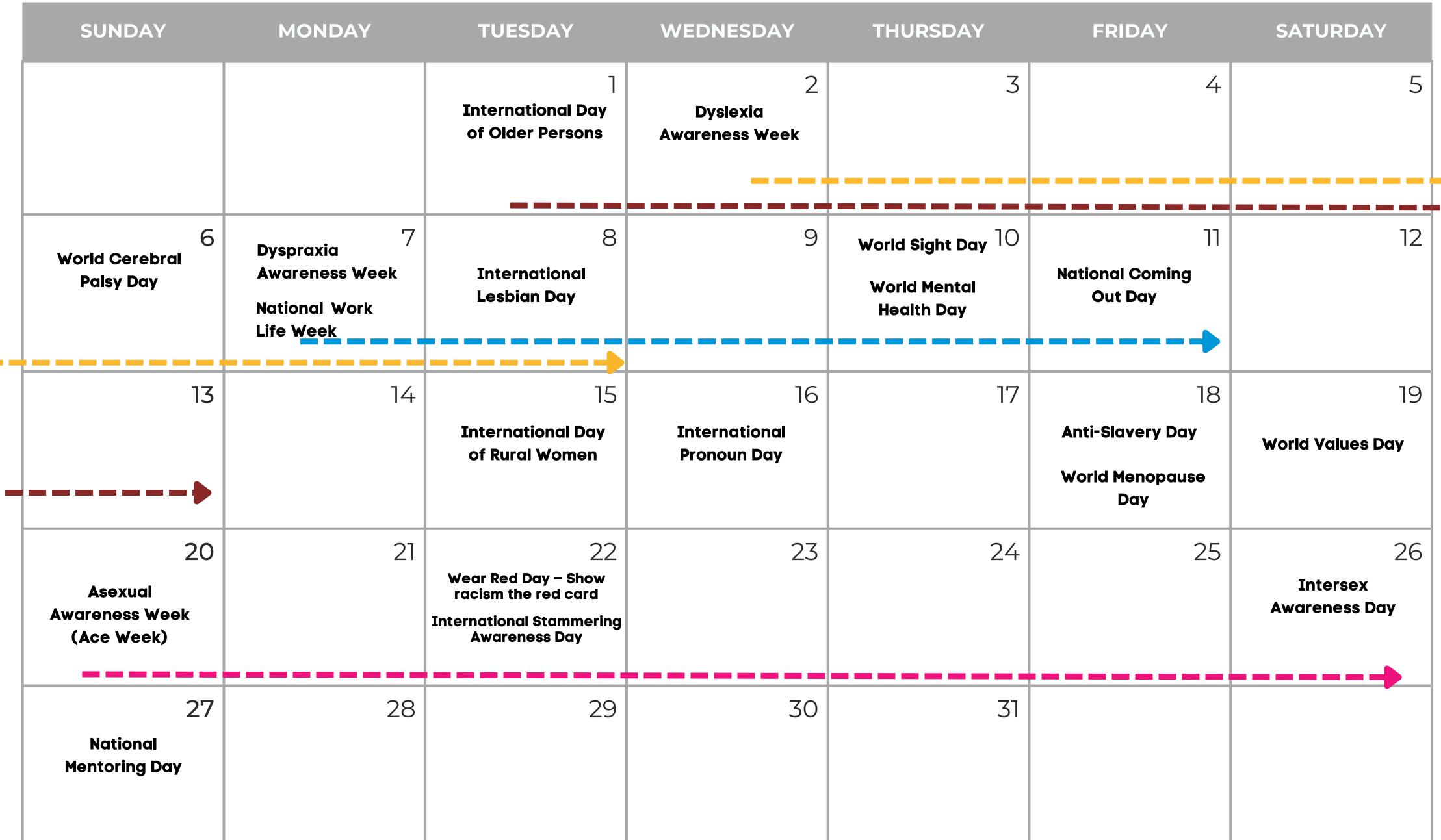




ADHD Awareness Month









Also known as Men's Health
Awareness Month. Movember's
goal is to raise awareness about
men's health issues and encourage
conversations around topics like
mental health, prostate cancer,
and testicular cancer. Participating
in Movember events not only
supports these causes but also
promotes a sense of community
and well-being.







SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Diwali (Hindu)	2
3	4	5	National Stress Awareness Day	Purple Tuesday	Intersex Day of Remembrance	9
10	Remembrance Day	12	Transgender Awareness Week	14	15	16
17	18	International Men's Day	20	21	22	23
24	White Ribbon Day	26	27	28	29	30

#### December 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
World AIDS Day	International Day for the Abolition of Slavery	International Day of Persons with Disabilities	4	5	6	7
Pansexual Pride Day	9	Human Rights Day	11	12	13	14
15	16	17	International Migrants Day	19	20 International Human Solidarity Day	21
22	23	24 Christmas C	elebrations  Hanukkah - Chanukah (start)	26	27	28
29	30	New Year's Eve				

# DISABILITY Sorry MONTH

UK Disability History Month
(UKDHM) focus on the history of
disabled people and their struggle
for equality and human rights.
This event aims to raise awareness
of the challenges faced by disabled
individuals and promote inclusivity
and understanding.



