

# AWARENESS DAYS 2021

Please note other than Community Care Live, Community Care does not organise or endorse any of the days below.  
All dates were correct at the time of publication but please check individual websites for details and changes to dates and arrangements.

DATES	TITLE	DESCRIPTION	LINK
<b>MARCH</b>			
1.3.21 – 7.3.21	<b>Eating Disorders Awareness Week</b>	From 1-7 March join our campaign to create a future where people experiencing binge eating disorder are met with understanding and compassion.  Binge eating disorder will affect one in 50 of us in our lifetime. It isn't about being greedy or lacking in willpower, but a serious mental illness which many suffer with alone, often with the fear of how others might react, which is the reason they don't reach out for help.	<a href="https://www.beateatingdisorders.org.uk/edaw">https://www.beateatingdisorders.org.uk/edaw</a>
8.3.21 – 12.3.21	<b>Social Work Week</b>	Social Work Week is a virtual programme of events bringing together thought-provoking speakers, artistic content, workshops, debate, discussions, and wellbeing drop-ins.	<a href="https://www.socialworkengland.org.uk/social-work-week/">https://www.socialworkengland.org.uk/social-work-week/</a>
8.3.21	<b>International Women's Day</b>	A challenged world is an alert world and from challenge comes change.  So let's all choose to challenge.  How will you help forge a gender equal world?  Celebrate women's achievement. Raise awareness against bias. Take action for equality.	<a href="https://www.internationalwomensday.com/#IWD2020#EachforEqual">https://www.internationalwomensday.com/#IWD2020#EachforEqual</a>
10.3.21	<b>No Smoking Day</b>	No Smoking Day is an annual health awareness day in the UK which is intended to help smokers who want to quit smoking.	<a href="https://www.bhf.org.uk/informationsupport/risk-factors/smoking">https://www.bhf.org.uk/informationsupport/risk-factors/smoking</a>
18.3.21	<b>The National Child Exploitation Awareness Day</b>	The National Child Exploitation Awareness Day aims to highlight the issues surrounding Child Exploitation; encouraging everyone to think, spot and speak out against abuse and adopt a zero tolerance to adults developing inappropriate relationships with children or children exploiting and abusing their peers.	<a href="https://www.stop-cse.org/national-child-exploitation-awareness-day/">https://www.stop-cse.org/national-child-exploitation-awareness-day/</a>
19.3.21	<b>World Sleep Day</b>	World Sleep Day is an annual event, intended to be a celebration of sleep and a call to action on important issues related to sleep, including medicine, education, social aspects and driving. It is organised by the World Sleep Day Committee of World Sleep Society and aims to lessen the burden of sleep problems on society through better prevention and management of sleep disorders.	<a href="https://worldsleepday.org/">https://worldsleepday.org/</a>
16.3.21	<b>World Social Work Day</b>	World Social Work Day is on the 16 March 2021. It is the key day in the year that social workers worldwide stand together to advance our common message globally. This year, the 2021 World Social Day highlights Ubuntu: I am Because We Are. This is the first theme of the 2020 to 2030 Global Agenda for Social Work and Social Development.  Ubuntu: I am Because We are – Strengthening Social Solidarity and Global Connectedness. Ubuntu: 'I am because we are' is a concept and philosophy that resonates with the social work perspective of the interconnectedness of all peoples and their environments. It speaks to the need for global solidarity and also highlights indigenous knowledge and wisdom. Silvana Martinez, IFSW President commented:	<a href="https://www.ifsw.org/social-work-action/world-social-work-day/world-social-work-day-2021/">https://www.ifsw.org/social-work-action/world-social-work-day/world-social-work-day-2021/</a>
16.3.21	<b>Young Carers Action Day</b>	Young Carers Action Day is an annual event, organised by Carers Trust.  It has taken place over the last six years to raise awareness of young carers and the incredible contribution they make to their families and local communities.	<a href="https://carers.org/young-carers-action-day-2021/young-carers-action-day-2021">https://carers.org/young-carers-action-day-2021/young-carers-action-day-2021</a>

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20.3.21	<b>International Day of Happiness</b>	<p>March 20 is the International Day of Happiness. As we face a global crisis together, let's find positive ways to look after ourselves and each other.</p> <p>Get involved by sharing the Coping Calendar and joining the 10 Days of Happiness coaching program.</p>	<a href="https://www.dayofhappiness.net/#new">https://www.dayofhappiness.net/#new</a>
29.3.21 – 4.4.21	<b>World Autism Awareness Week</b>	<p>World Autism Awareness Week is back from 29 March to 4 April 2021. Here you'll find everything you need to help raise awareness and funds with family and friends. All our ideas – from workouts to gameathons – are perfect for home-based fundraising. So join the fun and help create a society that works for autistic people.</p> <p>The coronavirus pandemic has been particularly tough for many autistic people and their families. Services have closed and many people have been left stranded. The ever-changing guidelines and restrictions can be confusing to understand and extremely difficult to implement for autistic people with high support needs.</p>	<a href="https://www.autism.org.uk/get-involved/raise-money/world-autism-awareness-week">https://www.autism.org.uk/get-involved/raise-money/world-autism-awareness-week</a>
<b>APRIL</b>			
1.4.21 – 30.4.21 Whole month	<b>Stress Awareness Month</b>	<p>Stress Awareness Month has been held every April since 1992 to increase public awareness about both the causes and cures for our modern stress epidemic. Despite this running for 28 years we have got a long way to go. According to the Mental Health Foundation 74% of UK adults have felt so stressed at some point over the last year they felt overwhelmed or unable to cope.</p> <p>Millions of us around the UK are experiencing high levels of stress and it is damaging our health. Stress is one of the great public health challenges of our time, but it still isn't being taken as seriously as physical health concerns. Stress is a significant factor in mental health problems including anxiety and depression. It is also linked to physical health problems like heart disease, problems with our immune system, insomnia and digestive problems. Individually we need to understand what is causing us personal stress and learn what steps we can take to reduce it for ourselves and those around us.</p>	<a href="https://www.awarenessdays.com/awareness-days-calendar/stress-awareness-month-2021/#:~:text=April%20%2D%20April%2030,for%20our%20modern%20stress%20epidemic">https://www.awarenessdays.com/awareness-days-calendar/stress-awareness-month-2021/#:~:text=April%20%2D%20April%2030,for%20our%20modern%20stress%20epidemic</a>
2.4.21	<b>World Autism Awareness Day</b>	<p>On World Autism Awareness Day, we recognise and celebrate the rights of people with autism. This year's observance takes place in the midst of a public health crisis unlike any other in our lifetimes – a crisis that places people with autism at disproportionate risk as a result of the coronavirus and its impact on society.</p>	<a href="https://www.un.org/en/observances/autism-day">https://www.un.org/en/observances/autism-day</a>
7.4.21	<b>World Health Day</b>	<p>April 7 of each year marks the celebration of World Health Day. From its inception at the First Health Assembly in 1948 and since taking effect in 1950, the celebration has aimed to create awareness of a specific health theme to highlight a priority area of concern for the World Health Organization.</p> <p>Over the past 50 years this has brought to light important health issues such as mental health, maternal and child care, and climate change. The celebration is marked by activities which extend beyond the day itself and serves as an opportunity to focus worldwide attention on these important aspects of global health.</p>	<a href="https://www.who.int/westernpacific/news/events/world-health-day">https://www.who.int/westernpacific/news/events/world-health-day</a>

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<b>MAY</b>			
1.5.21 – 31.5.21 Whole month	<b>National Stroke Awareness month/ Make May Purple</b>	<p>Make May Purple is our Stroke Association fundraising and awareness campaign that coincides with National Stroke Awareness month – May.</p> <p>The Coronavirus (COVID-19) crisis is a difficult and worrying time for everyone. It suddenly turned our lives upside down and has affected people emotionally. We know isolation can be especially difficult for stroke survivors and their families, so we want to help in a small way if we can.</p> <p>As you're aware, this is usually the time we ask everyone to Make May Purple for stroke and get together to host activities and show support for stroke survivors. Some of you might have had to cancel your Make May Purple activities, so we wanted to offer some ways of helping you connect with us and the wider stroke community during this unprecedented time.</p>	<a href="https://www.stroke.org.uk/fundraising/make-may-purple">https://www.stroke.org.uk/fundraising/make-may-purple</a>
4.5.21 – 10.5.21	<b>Deaf Awareness Week</b>	<p>Deaf Awareness Week aims to raise awareness and challenge perceptions of hearing loss and deafness across the UK.</p> <p>Deaf awareness week is all about promoting the positive aspects of living with deafness.</p> <p>This aims to raise awareness of the isolation that deaf people can sometimes experience, and promote the importance of social inclusion.</p>	<a href="https://www.deafcouncil.org.uk/deaf-awareness-week/">https://www.deafcouncil.org.uk/deaf-awareness-week/</a> #DAW2020
14.5.21 – 18.5.21	<b>BNF Healthy Eating Week</b>	BNF Healthy Eating Week is a dedicated week in the year to encourage organisations across the UK (including workplaces, universities, and schools) to focus on healthy eating and drinking, and physical activity, and celebrate healthy living.	<a href="https://www.nutrition.org.uk/healthyliving/hew.html">https://www.nutrition.org.uk/healthyliving/hew.html</a>
17.05.21 – 23.05.21	<b>Dementia Action Week</b>	Dementia Action Week is a national event that sees the UK public taking action to improve the lives of people affected by dementia.	<a href="https://www.alzheimers.org.uk/get-involved/dementia-action-week">https://www.alzheimers.org.uk/get-involved/dementia-action-week</a>
10.5.21 – 23.5.21	<b>Foster Care Fortnight</b>	<p>Foster Care Fortnight™ is the UK's biggest foster care awareness raising campaign, delivered by leading fostering charity, The Fostering Network. Established in 1997, the campaign showcases the commitment, passion and dedication of foster carers. It also supports fostering services to highlight fostering in their local area and the fantastically positive impact fostering is making to the lives of children and young people, including sibling groups, those with disabilities and unaccompanied asylum-seeking children.</p> <p>Foster Care Fortnight receives hundreds of pieces of media coverage each year, and The Fostering Network is delighted to receive the backing of celebrities and politicians from across the UK who lend their support to our campaign.</p>	<a href="https://www.thefosteringnetwork.org.uk/get-involved/foster-care-fortnight">https://www.thefosteringnetwork.org.uk/get-involved/foster-care-fortnight</a>

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<b>MAY</b>			
15.5.21	<b>International Day of Families</b>	<p>This year's 25th anniversary of Copenhagen Declaration and Beijing Platform for Action comes at a time of one of the most challenging global health and social crises. The 2020 Covid-19 pandemic brings into sharp focus the importance of investing in social policies protecting the most vulnerable individuals and families. It is the families who bear the brunt of the crisis, sheltering their members from harm, caring for out-of-school children and, at the same time, continuing their work responsibilities.</p> <p>Families have become the hub of intergenerational interactions that support us in this crisis. Under economic duress poverty deepens. In times of uncertainty stress increases – often resulting in growing violence against women and children. That is why the support for vulnerable families – those who have lost their income, those in inadequate housing, those with young children, older people and people with disabilities – is imperative now more than ever.</p> <p>The International Day of Families is observed on the 15th May every year. Activities include workshops and conferences, radio and television programmes, newspaper articles and cultural programmes highlighting relevant themes.</p>	<a href="https://www.un.org/en/observances/international-day-of-families">https://www.un.org/en/observances/international-day-of-families</a>
10.5.21 – 16.5.21	<b>Mental Health Awareness Week</b>	<p>We have chosen 'Nature and the environment' as the theme for Mental Health Awareness Week 10-16 May 2021!</p> <p>The evidence is clear that access to nature is crucial for our mental health and millions of people re-discovered that during lockdowns this year. However, this was not the same for all of us. We want to explore what the barriers are and ensure everyone is able to share in the natural world and experience the mental health benefits.</p> <p>The week will be an opportunity to open our eyes to the power of nature.</p>	<a href="https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week">https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week</a>
17.5.21 – 23.5.21	<b>Learning at Work Week</b>	<p>Learning at Work Week's theme for 2021 is Made for Learning. Join us to celebrate lifelong learning at work and build learning cultures everywhere!</p>	<a href="https://www.campaign-for-learning.org.uk/pages/news/category/learning-at-work-week">https://www.campaign-for-learning.org.uk/pages/news/category/learning-at-work-week</a>
<b>JUNE</b>			
1.6.21 – 6.6.21	<b>Child Safety Week</b>	<p>In response to Covid-19, we're changing what we do this year, to meet the changing needs of families and the frontline staff who support them:</p> <p>We've adapted the Child Safety Week Parents' Pack, so it helps parents take on child safety and win, even when they're feeling under pressure.</p> <p>We've created new content that practitioners can use right now in their digital communications, however they're reaching out to families. This includes our top tips for child safety during lockdown and beyond, plus advice on preventing burns and poisoning.</p> <p>We're reworking the Child Safety Week Action Pack as a year-round resource, so practitioners can use it in face-to-face work with families as lockdown eases.</p> <p>During Child Safety Week itself, our emphasis will be on social media, to reach as many families as possible.</p>	<a href="https://www.capt.org.uk/Pages/Category/child-safety-week">https://www.capt.org.uk/Pages/Category/child-safety-week</a>

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<b>JUNE</b>			
1.6.21 – 7.6.21	<b>Volunteers Week</b>	Volunteers Week is a week in which the UK celebrates volunteers and says thank you to them for the contribution that they make. The week also raises awareness about the benefits of becoming a volunteer and the diverse volunteering roles that are available.	<a href="https://volunteersweek.org/">https://volunteersweek.org/</a>
8.6.21 – 14.6.21	<b>Carers Week</b>	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 and highlight the vital role carers play in our communities, drawing attention to just how important caring is.	<a href="https://www.carersweek.org/">https://www.carersweek.org/</a>
14.6.21	<b>World Blood Donor Day</b>	Every year, on 14 June, countries around the world celebrate World Blood Donor Day (WBDD). The event serves to raise awareness of the need for safe blood and blood products and to thank blood donors for their life-saving gifts of blood.	<a href="https://www.who.int/news-room/campaigns/world-blood-donor-day">https://www.who.int/news-room/campaigns/world-blood-donor-day</a>
14.6.21 – 20.6.21	<b>Nutrition and Hydration Week</b>	Nutrition and Hydration Week is an annual event with a shared objective to highlight, promote, and celebrate improvements in the provision of nutrition and hydration locally, nationally, and globally.	<a href="https://nutritionandhydrationweek.co.uk/">https://nutritionandhydrationweek.co.uk/</a>
14.6.21 – 20.6.21	<b>Men's Health Week</b>	You'll have surely guessed the theme for Men's Health Week 2020. It was 'Take Action on Covid-19'. This year, we'll be looking at what we can all do to prevent the virus doing more damage.	<a href="https://www.menshealthforum.org.uk/mhw#menshealthweek">https://www.menshealthforum.org.uk/mhw#menshealthweek</a>
15.6.21 – 20.6.21	<b>Learning Disability Week</b>	Due to the coronavirus pandemic, we have all been living in lockdown. This means that many people with a learning disability are feeling isolated, as they have been unable to see their friends and families. We know that people with a learning disability already experience high levels of loneliness and social isolation and that this will only have been made worse by the lockdown.  We want to show the importance of friendships to help with tackling isolation, as well as exploring the different ways of maintaining friendships during this unusual time.	<a href="https://www.mencap.org.uk/get-involved/learning-disability-week-2020">https://www.mencap.org.uk/get-involved/learning-disability-week-2020</a>
15.6.21	<b>World Elder Abuse Awareness Day</b>	The World Elder Abuse Awareness Day (WEAAD) happens each year on June 15. It was officially recognised by the United Nations General Assembly in its resolution 66/127, December 2011, following a request by the International Network for the Prevention of Elder Abuse (INPEA), which first established the commemoration in June 2006. It represents the one day in the year when the whole world voices its opposition to the abuse and suffering inflicted to some of our older generations.	<a href="https://www.un.org/development/desa/ageing/world-elder-abuse-awareness-day.html">https://www.un.org/development/desa/ageing/world-elder-abuse-awareness-day.html</a>
24.7.21	<b>24/7 Samaritans – The Big Listen</b>	24 July is 24/7 Samaritans Awareness Day, so get involved in the worthwhile cause of raising awareness for the important work that The Samaritans carry out. If you're a company that would like to get involved in the work of The Samaritans you can visit our website to get more.	<a href="https://www.samaritans.org/support-us/campaign/talk-us/?gclid=Cj0KCQiAkKnyBRDwARIsALtXe7gYesXXQb5RuYriYl0nYYaMudsXCZQZ-akaaE-LH_e0o354-CAnHj8aAowDEALw_wcB">https://www.samaritans.org/support-us/campaign/talk-us/?gclid=Cj0KCQiAkKnyBRDwARIsALtXe7gYesXXQb5RuYriYl0nYYaMudsXCZQZ-akaaE-LH_e0o354-CAnHj8aAowDEALw_wcB</a>
30.7.21	<b>World Day Against Trafficking in Persons</b>	On the day, both the international community and civil society have the opportunity to reflect on what each of us can do to decrease vulnerabilities to trafficking, or the risks that follow from such vulnerabilities.	<a href="https://www.unodc.org/endht/">https://www.unodc.org/endht/</a>

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<b>SEPTEMBER</b>			
5.9.21	<b>International Day of Charity</b>	International Day of Charity serves to enhance and increase social responsibility amongst us all, solidarity and to increase the public's support for charitable causes. This day is a great opportunity to raise awareness and provide a platform for charity events to take place on a global scale.	<a href="https://www.un.org/en/events/charityday/">https://www.un.org/en/events/charityday/</a>
10.9.21	<b>World Suicide Prevention Day</b>	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.	<a href="https://www.samaritans.org/support-us/campaign/world-suicide-prevention-day/">https://www.samaritans.org/support-us/campaign/world-suicide-prevention-day/</a>
25.9.21	<b>World's Biggest Coffee Morning by Macmillan</b>	The World's Biggest Coffee Morning on Friday 25 September is Macmillan's biggest fundraising event for people facing cancer. We ask people all over the UK to host their own Coffee Mornings and donations on the day are made to Macmillan.	<a href="https://coffee.macmillan.org.uk/">https://coffee.macmillan.org.uk/</a>
23.9.21	<b>National Fitness Day</b>	National Fitness Day is a chance to highlight the role physical activity plays across the UK, helping us raise awareness of its importance in helping us lead healthier and active lifestyles. National Fitness Day sees a huge range of activity options enjoyed by participants of all ages, such as 'plank offs', yoga and pilates classes, treadmill challenges, high-street HIIT classes, dance-offs, mass walks and many more.	<a href="https://www.nationalfitnessday.com/#fitnessday">https://www.nationalfitnessday.com/#fitnessday</a>
<b>OCTOBER</b>			
1.10.21	<b>International Day of Older Persons</b>	The International Day of Older Persons is an opportunity to highlight the important contributions that older people make to society and raise awareness of the opportunities and challenges of ageing in today's world.	<a href="https://www.un.org/en/observances/older-persons-day">https://www.un.org/en/observances/older-persons-day</a>
1.10.21 – 31.10.21 Whole month	<b>Black History Month UK</b>	Black History Month, also known as African-American History Month in America, is an annual observance in the United States, Canada, and the UK to remember important people and events in the history of the African diaspora.	<a href="https://www.blackhistorymonth.org.uk/">https://www.blackhistorymonth.org.uk/</a>
1.10.20 – 31.10.20 Whole month	<b>Menopause Awareness Month (UK)</b>	It's a normal, natural part of the aging process, yet many women are still worried about going through menopause. So during World Menopause Month, let's talk about it openly. Sure, there are some less desirable symptoms that accompany changing hormones — like hot flashes — but there are also things to celebrate, such as no more periods, PMS, or worrying about unwanted pregnancies. Add to that the increased self-confidence, self-awareness, and greater freedom that menopause often brings, and October can become a time of amazing personal growth and excitement. Embrace it, don't try to erase it!	<a href="https://nationaltoday.com/world-menopause-month/">https://nationaltoday.com/world-menopause-month/</a>
4.10.21 – 8.10.21	<b>Back Care Awareness Week</b>	BackCare will provide information, latest updates, design new booklets and posters and produce a special edition of our magazine TalkBack, to highlight the subject of back pain during our annual BackCare Awareness Week in October 2021.	<a href="https://backcare.org.uk/event/2021-back-care-awareness-week/">https://backcare.org.uk/event/2021-back-care-awareness-week/</a>
9.10.21 – 15.10.21	<b>Baby Loss Awareness Week</b>	Taking place 9-15 October every year, Baby Loss Awareness Week aims to raise awareness about pregnancy and baby death in the UK. Throughout the week bereaved parents, their families and friends, unite with each other and others across the world to commemorate the lives of babies who died during pregnancy, at or soon after birth and in infancy. Baby Loss Awareness Week is also a collaboration between charities and organisations working together for change and tangible improvements in policy, research, bereavement care and support available for anyone affected by the death of a baby at any stage.	<a href="https://babyloss-awareness.org/">https://babyloss-awareness.org/</a>

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<b>OCTOBER</b>			
10.10.21	<b>World Mental Health Day</b>	The World Health Organization recognises World Mental Health Day on 10 October every year. This year's theme set by the World Federation for Mental Health is 'mental health for all'.	<a href="https://www.mentalhealth.org.uk/campaigns/world-mental-health-day">https://www.mentalhealth.org.uk/campaigns/world-mental-health-day</a>
10.10.21	<b>Green Ribbon Campaign</b>	We're encouraging employees to wear their green ribbons for World Mental Health Day so that collaboratively we can create a sea of green! There is no time like the present so put in your order in now to guarantee your involvement in this nationwide initiative.	<a href="https://www.thelordmayorsappeal.org/a-healthy-city/the-green-ribbon/#endthestigma">https://www.thelordmayorsappeal.org/a-healthy-city/the-green-ribbon/#endthestigma</a>
11.10.21 – 15.10.21	<b>National Work Life Week</b>	National Work Life Week is an opportunity for both employers and employees to focus on wellbeing at work and work life balance. Employers can use the week to provide activities for staff, and to showcase their flexible working policies and practices.	<a href="https://workingfamilies.org.uk/campaigns/national-work-life-week/#WorkLifeWeek">https://workingfamilies.org.uk/campaigns/national-work-life-week/#WorkLifeWeek</a>
12.10.21 – 18.20.21	<b>National Adoption Week</b>	There are nearly 3,000 children waiting to be adopted in England. Adoption could transform their lives and give them the safe and loving homes they need. Anyone interested in becoming an adoptive parent is being urged to find out more via national campaign #YouCanAdopt which aims to bust myths around who is eligible to adopt and explore what the adoption process involves.	<a href="https://www.adoptionuk.org/pages/category/you-can-adopt">https://www.adoptionuk.org/pages/category/you-can-adopt</a>
12.10.21 – 13.10.21	<b>Community Care Live</b>	Community Care Live is Community Care's annual flagship event, and is the UK's largest free to attend social work event. It offers a free expert seminar programme providing essential learning and training for social work professionals, supported by an exhibition where visitors, exhibitors and speakers can meet, network and share learning with other organisations within the sector. This year we will be bringing the event back in person, at the Business Design Centre, London.	<a href="https://www.communitycarelive.co.uk/">https://www.communitycarelive.co.uk/</a>
18.10.21	<b>Anti-Slavery Day</b>	Anti-Slavery Day provides an opportunity to raise awareness of human trafficking and modern slavery, and encourage government, local authorities, companies, charities and individuals to do what they can to address the problem. It was created by the Anti-Slavery Day Act, a Private Members' Bill introduced Anthony Steen CBE, now chair of the Human Trafficking Foundation.	<a href="https://www.antislaveryday.com/">https://www.antislaveryday.com/</a>
18.10.21	<b>World Menopause Day</b>	World Menopause Day is a worldwide awareness call for women who face health issues when approaching, during and beyond the menopause.	<a href="https://menomartia.com/health-topic/world-menopause-day-2021/">https://menomartia.com/health-topic/world-menopause-day-2021/</a>
23.10.21	<b>Make a Difference Day</b>	National Make A Difference Day brings community service to a whole new level each year. Organizations join forces on the fourth Saturday in October to make a difference, big or small. Millions of people have united in the common mission to improve the lives of others.	<a href="https://www.makeadifferenceday.com/">https://www.makeadifferenceday.com/</a>
27.10.21	<b>National Mentoring Day</b>	National Mentoring Day was launched to recognise and celebrate the benefits of mentoring and takes place on October 27 each year. The day was founded by Chelsey Baker, an award-winning business mentor to help recognise and celebrate mentoring in all its forms. The key message is to raise awareness of the invaluable and rewarding contribution that mentoring makes which has a huge impact on not only our economy but also our society.  Our aim is to encourage interactive discussions, events, social media activities and facilitate shared vision and synergies for everyone involved in the industry and to showcase the benefits of being a mentor and being mentored.	<a href="https://nationalmentoringday.org/">https://nationalmentoringday.org/</a>

# AWARENESS DAYS 2021

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DATES	TITLE	DESCRIPTION	LINK
<b>NOVEMBER</b>			
1.11.21 – 30.11.21 Whole month	<b>Movember Men's Health Awareness Month</b>	Your Mo can inspire donations, conversations and real change. The men's health crisis calls for big minds, and big solutions. But there's a smaller, hairier solution to the men's health crisis. A solution you can grow yourself. It's sitting under your nose. Grow a Mo this Movember, and you can stop men dying too young.	<a href="https://uk.movember.com/">https://uk.movember.com/</a>
1.11.21 – 5.11.21	<b>Stress Awareness Week</b>	International Stress Awareness Week was created in 2018 to raise awareness about stress prevention, following the establishment of Stress Awareness Day in 1998. International Stress Awareness Week has developed as a major annual event focusing on stress management.	<a href="https://isma.org.uk/isma-international-stress-awareness-week">https://isma.org.uk/isma-international-stress-awareness-week</a>
4.11.20	<b>National Stress Awareness Day</b>	TBC	<a href="https://isma.org.uk/isma-international-stress-awareness-week">https://isma.org.uk/isma-international-stress-awareness-week</a>
20.11.21	<b>World Children's Day</b>	World Children's Day was first established in 1954 as Universal Children's Day and is celebrated on 20 November each year to promote international togetherness, awareness among children worldwide, and improving children's welfare. November 20th is an important date as it is the date in 1959 when the UN General Assembly adopted the Declaration of the Rights of the Child. It is also the date in 1989 when the UN General Assembly adopted the Convention on the Rights of the Child. Since 1990, World Children's Day also marks the anniversary of the date that the UN General Assembly adopted both the Declaration and the Convention on children's rights. Mothers and fathers, teachers, nurses and doctors, government leaders and civil society activists, religious and community elders, corporate moguls and media professionals, as well as young people and children themselves, can play an important part in making World Children's Day relevant for their societies, communities and nations. World Children's Day offers each of us an inspirational entry-point to advocate, promote and celebrate children's rights, translating into dialogues and actions that will build a better world for children. This year is extra special, marking the 30th anniversary of the Convention on the Rights of the Child. A time to celebrate and a time to demand action for child rights. What will you do?	<a href="https://www.un.org/en/observances/world-childrens-day">https://www.un.org/en/observances/world-childrens-day</a>
25.11.21	<b>International Day for the Elimination of Violence Against Women</b>	<ul style="list-style-type: none"> <li>• Since the outbreak of Covid-19, emerging data and reports from those on the frontlines, have shown that all types of violence against women and girls, particularly domestic violence, has intensified.</li> <li>• This is the shadow pandemic growing amidst the Covid-19 crisis and we need a global collective effort to stop it. As Covid-19 cases continue to strain health services, essential services, such as domestic violence shelters and helplines, have reached capacity. More needs to be done to prioritise addressing violence against women in Covid-19 response and recovery efforts.</li> <li>• UN Women provides up-to-date information and support to vital programmes to fight the shadow pandemic of violence against women during Covid-19.</li> </ul>	<a href="https://www.un.org/en/observances/ending-violence-against-women-day">https://www.un.org/en/observances/ending-violence-against-women-day</a>



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<b>NOVEMBER</b>			
26.11.21	<b>Carers Rights Day</b>	<p>Whether you are a new carer or have been caring for someone for a while, we believe that it's important that you understand your rights and are able to access the support that is available to you as soon as you need it. Each year, Carers Rights Day helps us:</p> <ul style="list-style-type: none"><li>• Ensure carers are aware of their rights</li><li>• Let carers know where to get help and support</li><li>• Raise awareness of the needs of carers</li></ul>	<a href="https://www.carersuk.org/news-and-campaigns/carers-rights-day">https://www.carersuk.org/news-and-campaigns/carers-rights-day</a>
<b>DECEMBER</b>			
1.12.21	<b>World AIDS Day</b>	<p>Founded in 1988, World AIDS Day takes place on 1 December each year. It's an opportunity for people worldwide to unite in the fight against HIV, to show support for people living with HIV, and to commemorate those who have died from an AIDS-related illness.</p>	<a href="https://www.worldaidsday.org/">https://www.worldaidsday.org/</a>
3.12.21	<b>International Day of Persons with Disability</b>	<p>IDPWD exists to make sure that environmental and social barriers are identified, and to help everyone to work together to overcome them. We will never eradicate health impairments...but by overcoming barriers, then we eradicate disablement.</p>	<a href="https://idpwd.org/">https://idpwd.org/</a>
5.12.21	<b>International Volunteer Day</b>	<p>International Volunteer Day (IVD) mandated by the UN General Assembly, is held each year on 5 December. It is viewed as a unique chance for volunteers and organisations to celebrate their efforts, to share their values, and to promote their work among their communities, non-governmental organisations (NGOs), United Nations agencies, government authorities and the private sector.</p>	<a href="https://www.un.org/en/observances/volunteer-day">https://www.un.org/en/observances/volunteer-day</a>