

# AWARENESS DAYS 2022

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>			
28.02.22-06.03.22	<b>Eating Disorders Awareness Week</b>	Around 1.25 million people in the UK suffer from these illnesses, many in secret. They are of all ages, genders and backgrounds – eating disorders do not discriminate. Eating disorders include bulimia, binge eating disorder, avoidant/restrictive food intake disorder (ARFID), other specified feeding or eating disorder (OSFED), and anorexia, which tragically has the highest mortality rate of any mental illness, though all eating disorders can be deadly. While this is the worst-case scenario, there are many ways in which eating disorders severely affect the quality of life of both those suffering and those who care about them. They steal childhoods, devastate relationships and pull families apart. But, with the right treatment and support, recovery is possible.	<a href="https://www.beateatingdisorders.org.uk/">https://www.beateatingdisorders.org.uk/</a>
01.03.22	<b>Zero Discrimination Day</b>	Zero Discrimination Day highlights how people can become informed about and promote inclusion, compassion, peace and, above all, a movement for change. Zero Discrimination Day is helping to create a global movement of solidarity to end all forms of discrimination.  On Zero Discrimination Day this year, UNAIDS is highlighting the urgent need to take action to end the inequalities surrounding income, sex, age, health status, occupation, disability, sexual orientation, drug use, gender identity, race, class, ethnicity and religion that continue to persist around the world.	<a href="https://www.unaids.org/en/resources/documents/2021/2021-zero-discrimination-day-end-inequalities">https://www.unaids.org/en/resources/documents/2021/2021-zero-discrimination-day-end-inequalities</a>
08.03.22	<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="http://internationalwomensday.com">International Women's Day 2021 (internationalwomensday.com)</a>
10.03.22	<b>Non-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="#">Information for those affected by heart and circulatory diseases   BHF</a>
10.03.22	<b>World Kidney Day</b>	World Kidney Day is a global campaign aimed at raising awareness of the importance of our kidneys. World Kidney Day comes back every year. All across the globe many hundred events take place from public screenings in Argentina to Zumba marathons in Malaysia. We do it all to create awareness.  Awareness about preventive behaviors, awareness about risk factors, and awareness about how to live with a kidney disease. We do this because we want kidney health for all.	<a href="https://www.worldkidneyday.org/">https://www.worldkidneyday.org/</a>
15.03.22	<b>World Social Work Day</b>	The next World Social Work Day takes place on the 15th March 2022. The theme: 'Co-building a New Eco-Social World: Leaving No One Behind' coincides with the theme of the people's summit that will take place on the 29th June to the 2nd July.  The theme presents a vision and action plan to create new global values, policies and practices that develop trust, security and confidence for all people and the sustainability of the planet. World Social Work Day 2022 will be a highlight opportunity for the social work profession to engage all social work networks and the community they work within to make contributions to the values and principles which enable all people to have their dignity respected through shared futures	<a href="https://worldsleepday.org/">https://worldsleepday.org/</a>

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<b>MARCH</b>			
16.03.22	<b>Young Carers 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.	Young Carers Action Day 2021 - Carers Trust
18.03.22	<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>
20.03.22	<b>World Oral Health Day</b>	Oral diseases are a major health concern for many countries and negatively impact people throughout their lives. Oral diseases lead to pain and discomfort, social isolation and loss of self-confidence, and they are often linked to other serious health issues. And yet, there is no reason to suffer: most oral health conditions are largely preventable and can be treated in their early stages.	World Oral Health Day
20.03.22	<b>World Happiness Day</b>	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.	International Day of Happiness - 20 March
21.03.22	<b>International Day for the Elimination of Racial Discrimination</b>	COVID-19 has heavily impacted young people, including those from minority backgrounds. Many are now grappling with an increase in racial discrimination, in addition to severe disruptions to their education; diminished employment prospects; and limited ability to participate in public life, which stymies their individual and social empowerment.	International Day for the Elimination of Racial Discrimination   United Nations
28.03.22-03.04.22	<b>World Autism Awareness Week</b>	World Autism Acceptance week in 2022 is celebrating a shift in focus, from raising awareness, to increasing acceptance and understanding of autism. So much progress has been made but there is still so much more work to be done to create a society that works for autistic people.	<a href="https://www.autism.org.uk/get-involved/raise-money/world-autism-acceptance-week-2022">https://www.autism.org.uk/get-involved/raise-money/world-autism-acceptance-week-2022</a>
31.03.22	<b>International Trans Day of Visibility</b>	Trans Day of Visibility is a day to celebrate all Transgender and Gender Non-Conforming people around the world. On this day we bring awareness and celebration to the trans community while also recognizing the work ahead to accomplish trans justice.	<a href="https://grpride.org/event/international-transgender-day-of-visibility/2022-03-31/">https://grpride.org/event/international-transgender-day-of-visibility/2022-03-31/</a>
<b>APRIL</b>			
28.03.22-03.04.22	<b>World Autism Awareness Week</b>	World Autism Acceptance week in 2022 is celebrating a shift in focus, from raising awareness, to increasing acceptance and understanding of autism. So much progress has been made but there is still so much more work to be done to create a society that works for autistic people.	<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>
07.04.22	<b>World Health Day</b>	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.  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	World Health Day (who.int)

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<b>APRIL</b>			
26.04.22	<b>Lesbian Visibility Day</b>	Lesbian Visibility Day started in 2008 and aims to show our solidarity with every woman within the LGBTQ+ community, as well as celebrate lesbians. It is essential that Lesbian Visibility Day is a voice for unity and lifts up ALL women, especially those who come from marginalized communities.	<a href="https://grpride.org/event/lesbian-visibility-day/2022-04-26/">https://grpride.org/event/lesbian-visibility-day/2022-04-26/</a>
<b>MAY</b>			
02.05.22-08.05.22	<b>Deaf Awareness Week</b>	Deaf Awareness Week aims to raise awareness and challenge perceptions of hearing loss and deafness across the UK. Deaf awareness week is all about promoting the positive aspects of living with deafness. This aims to raise awareness of the isolation that deaf people can sometimes experience, and promote the importance of social inclusion.	Deaf Awareness Week - 2022   NICS Well
09.05.22-22.05.22	<b>Foster Care Fortnight</b>	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. 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	The Fostering Network is the UK's leading fostering charity   The Fostering Network
09.05.22-15.05.22	<b>Mental Health Awareness Week</b>	Mental Health Awareness Week is an annual event when there is an opportunity for the whole of the UK to focus on achieving good mental health. The Mental Health Foundation started the event 21 years ago. Each year the Foundation continues to set the theme, organise and host the week. The event has grown to become one of the biggest awareness weeks across the UK and globally.	Campaigns   Mental Health Foundation
15.05.21	<b>International Day of Families</b>	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	<a href="https://www.un.org/en/observances/international-day-of-families">https://www.un.org/en/observances/international-day-of-families</a>
16.05.22-22.05.22	<b>Dementia Action Week</b>	Led by Alzheimer's Society, Dementia Action Week is a national event that sees the public coming together every May to take action to improve the lives of people affected by dementia. In 2022, Dementia Action Week will take place between 16 - 22 May.	Get involved   Alzheimer's Society ( <a href="http://alzheimers.org.uk">alzheimers.org.uk</a> )
16.05.22-22.05.22	<b>Learning at Work Week</b>	Learning at Work Week 2022 - takes place from 16 - 22nd May on the theme Learning Uncovered! Explore learning and build learning cultures everywhere! Learning at Work Week is coordinated by the Campaign for Learning and supported by national activity partners.	<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>
17.05.22	<b>International Day against Homophobia, Transphobia &amp; Biphobia</b>	The International Day Against Homophobia, Transphobia and Biphobia was created in 2004 to draw the attention to the violence and discrimination experienced by lesbian, gay, bisexual, transgender, intersex people and all other people with diverse sexual orientations, gender identities or expressions, and sex characteristics.	<a href="https://may17.org/">https://may17.org/</a>

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<b>JUNE</b>			
01.06.21-07.06.22	<b>Volunteers Week</b>	Volunteers Week takes place 1-7 June every year. It's a chance to recognise the fantastic contribution volunteers make to our communities and say thank you.  Volunteers' Week is supported and celebrated by small grassroots organisations as well as larger, household-name charities, who together run hundreds of activities across the UK. These activities showcase and celebrate volunteers and the contribution volunteering makes in our communities.	<a href="https://volunteersweek.org/">https://volunteersweek.org/</a>
12.06.22-19.06.22	<b>Men's Health Week</b>	All men and boys - particularly those in the most disadvantaged areas and communities - will have the information, services and treatments they need to live healthier, longer and more fulfilling lives.	<a href="https://www.menshealthforum.org.uk/mhw">https://www.menshealthforum.org.uk/mhw</a>
14.06.22	<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/">https://www.who.int/news-room/campaigns/</a>
15.06.22	<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/en/observances/elder-abuse-awareness-day">https://www.un.org/en/observances/elder-abuse-awareness-day</a>
20.06.22-26.06.22	<b>Learning Disability Week</b>	Learning disability week 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.	<a href="https://www.mencap.org.uk/get-involved/learning-disability-week-2021">https://www.mencap.org.uk/get-involved/learning-disability-week-2021</a>
<b>JULY</b>			
30.07.22	<b>World Day Against Trafficking in Persons</b>	This year's theme puts victims of human trafficking at the centre of the campaign and will highlight the importance of listening to and learning from survivors of human trafficking. The campaign portrays survivors as key actors in the fight against human trafficking and focusses on the crucial role they play in establishing effective measures to prevent this crime, identify and rescue victims and support them on their road to rehabilitation.  Many victims of human trafficking have experienced ignorance or misunderstanding in their attempts to get help. They have had traumatic post-rescue experiences during identification interviews and legal proceedings. Some have faced revictimization and punishment for crimes they were forced to commit by their traffickers. Others have been subjected to stigmatization or received inadequate support.	<a href="https://www.un.org/en/observances/end-human-trafficking-day">https://www.un.org/en/observances/end-human-trafficking-day</a>
<b>SEPTEMBER</b>			
05.09.22	<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/observances/charity-day">https://www.un.org/en/observances/charity-day</a>
10.09.22	<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/">https://www.samaritans.org/support-us/campaign/</a>

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<b>SEPTEMBER</b>			
26.09.22-02.10.22	<b>UK National Inclusion Week</b>	Inclusion Week 2022 will take place from 26 September – 2 October. Inclusion Week is designed to celebrate everyday inclusion in all its forms. This will be the 10th year Inclusive Employers has brought organisations together from across the globe to celebrate, share and inspire inclusion practices.	<a href="https://www.inclusiveemployers.co.uk/national-inclusion-week/">https://www.inclusiveemployers.co.uk/national-inclusion-week/</a>
30.09.22	<b>World's Biggest Coffee Morning by Macmillan</b>	People all over the UK host their own Coffee Morning and donations raised on the day are made to Macmillan. The official date is Friday 30 September but it can be held at any time. From a group in the garden, sharing a coffee over a screen or a takeaway cake and cuppa.	<a href="https://coffee.macmillan.org.uk/">https://coffee.macmillan.org.uk/</a>
<b>OCTOBER</b>			
Oct-22	<b>Black History Month</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>
09.10.22-15.10.22	<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.	Baby Loss Awareness Week – Let's break the silence around baby loss ( <a href="http://babyloss-awareness.org">babyloss-awareness.org</a> )
10.10.22-14.10.22	<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/">https://workingfamilies.org.uk/campaigns/national-work-life-week/</a>
10.10.22	<b>World Mental Health Day</b>	World Mental Health Day is also a chance to talk about mental health in general, how we need to look after it, and how important it is to talk about things and get help if you are struggling.	<a href="https://www.mentalhealth.org.uk/campaigns/world-mental-health-day">https://www.mentalhealth.org.uk/campaigns/world-mental-health-day</a>
Oct-22	<b>Breast Cancer Awareness Month</b>	Every October, people all over the world show their support for everyone affected by breast cancer.	<a href="https://breastcancernow.org/get-involved/breast-cancer-awareness-month">https://breastcancernow.org/get-involved/breast-cancer-awareness-month</a>
14.10.22-19.10.22	<b>National Adoption Week</b>	Adoption UK is the leading charity providing support, community and advocacy for all those whose lives involve adoption, including those parenting children who cannot live with their birth families, and adopted people. Connecting people, providing support and training and campaign for improvements to adoption policy and practice.	<a href="https://www.first4adoption.org.uk/nationaladoption-week/">https://www.first4adoption.org.uk/nationaladoption-week/</a>
18.10.22	<b>Anti-Slavery Day</b>	Anti-Slavery Day, 18th October, 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>
22.10.22	<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>

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<b>OCTOBER</b>			
27.10.22	<b>National Mentoring Day</b>	<p>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.</p> <p>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.</p>	<a href="https://nationalmentoringday.org/">https://nationalmentoringday.org/</a>
<b>NOVEMBER</b>			
Nov-22	<b>Movember</b>	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.	<a href="https://uk.movember.com/">https://uk.movember.com/</a>
07.11.22-11.11.21	<b>International Stress Awareness Week</b>	<p>International Stress Awareness Week was created in 2018 to raise awareness about stress prevention, following the establishment of Stress Awareness Day in 1998.</p> <p>International Stress Awareness Week has developed as a major annual event focusing on stress management.</p>	Mental health awareness days - Mental Health UK ( <a href="http://mentalhealth-uk.org">mentalhealth-uk.org</a> )
19.11.22	<b>International Men's Day</b>	On November 19 International Men's Day celebrates worldwide the positive value men bring to the world, their families and communities. Highlighting positive role models and raise awareness of men's well-being. One of the six pillars of International Men's Day is to improve gender relations and promote gender equality not only for men but for women too.	<a href="https://internationalmensday.com/">https://internationalmensday.com/</a>
25.11.22	<b>"International Day for the Elimination of Violence Against Women"</b>	While pervasive, gender-based violence is not inevitable. It can and must be prevented. Stopping this violence starts with believing survivors, adopting comprehensive and inclusive approaches that tackle the root causes, transform harmful social norms, and empower women and girls. With survivor-centred essential services across policing, justice, health, and social sectors, and sufficient financing for the women's rights agenda, we can end gender-based violence.	<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>
25.11.22	<b>Carers Rights Day</b>	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. Many people are taking on more caring responsibilities for their relatives and friends who are disabled, ill or older and who need support. Each year, Carers Rights Day helps us: ensure carers are aware of their rights, let carers know where to get help and support, raise awareness of the needs of carers.	<a href="https://www.carersuk.org/news-and-campaigns/carers-rights-day">https://www.carersuk.org/news-and-campaigns/carers-rights-day</a>

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<b>DECEMBER</b>			
01.12.22	<b>World Aids Day</b>	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.	<a href="https://www.worldaidsday.org/">https://www.worldaidsday.org/</a>
03.12.22	<b>International Day of Persons with Disability</b>	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.	<a href="https://idpwd.org/">https://idpwd.org/</a>