

AWARENESS DAYS 2025

Please note other than Community Care Live and The Festival of Learning Community Care, 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
JANUARY			
01.01.25-31.01.25	Dry January	The UK's one-month booze-free challenge that helps millions reset their relationship with alcohol every year	https://alcoholchange.org.uk/help-and-support/get-help-now
04.01.25	World Braille Day	World Braille Day is an international day of awareness to highlight the importance of Braille as a means of communication for blind and visually impaired people. The date, the 4th of January is significant as it also marks Louis Braille's birthday in 1809. Louis Braille first presented his tactile system of reading and writing in 1824 when he was 15 years old before going on to spend the rest of his life perfecting it.	https://www.nc.ac.uk/event-item.aspx?id=57
11.01.25	National Human Trafficking Awareness Day	National Human Trafficking Awareness Day on January 11 raises awareness of the persistent issue of human trafficking. Though the entire month of January has already been recognized as National Slavery and Human Trafficking Prevention Month, this day is specifically dedicated to awareness and prevention of the illegal practice.	https://hopeforjustice.org/national-slavery-and-human-trafficking-prevention-month/
21.01.25-28.01.25	Cervical Cancer Prevention Week	Cervical Cancer Prevention Week is an opportunity to raise awareness on the risks of cervical cancer, and help women and people with cervixes learn about how to reduce these risks and prevent the illness	https://www.healthassured.org/blog/cervical-cancer-prevention-week-2025/
FEBRUARY			
01.02.25-28.02.25	LGBT+ History Month	A month-long celebration and reflection on the history of LGBT+ rights and related civil rights movements. 2025 marks the 20th year of UK LGBT+ History month and the chosen theme this year is Activism and Social Change.	https://lgbtplushistorymonth.co.uk/lgbt-history-month-2025/
03.02.25-09.02.25	Sexual Abuse and Sexual Violence Awareness Week	This week provides an opportunity for organisations, communities, and individuals to come together to challenge the stigma surrounding issues of sexual abuse and violence. This week aims to open up conversations, educate the public, and support survivors of sexual abuse and sexual violence. Engaging in this week means taking a stand against sexual violence and fostering a safer, more supportive environment for everyone.	https://awareness-days.co.uk/awareness-day/sexual-abuse-and-sexual-violence-awareness-week/2025-02-03/
03.02.25-09.02.25	Children's Mental Health Week	"This week was launched by Place2Be to empower, equip and give a voice to all children and young people in the UK. 75% of mental illnesses start before a person's 18th birthday. With most long-term mental health problems beginning in adolescence, there's a growing need to support young people. Since 2019, the Bloom programme has developed young people's resilience through life's unexpected turns and transitions. "	https://www.childrensmentalhealthweek.org.uk
04.02.25	World Cancer day	Aims to place people at the centre of care and explore new ways of helping to save millions of lives from preventable deaths. This important day acts as a powerful call to action and reminds us that we all have a role to play in reducing the global impact of cancer.	https://www.worldcancerday.org

AWARENESS DAYS 2025

Please note other than Community Care Live and The Festival of Learning Community Care, 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.

05.02.2025-11.02.25	Race Equality Week	A UK wide event which unites thousands of organisations and individuals dedicated to addressing the barriers to race equality in the workplace.	https://www.raceequalitymatters.com/race-equality-week/
06.02.25	Time to Talk Day	Time to Talk Day is the nations biggest mental health conversation and marks a day for friends, families, communities, and workplaces to come together to talk, listen and change lives. It is run by the Mind and Rethink Mental Illness and promotes the fact that the more conversations we have the better life is for everyone.	https://timetotalkday.co.uk
24.02.25-02.03.25	Eating Disorder Awareness Week	An international awareness week, fighting the myths and misunderstandings that surround eating disorders	https://edaw.beateatingdisorders.org.uk
MARCH			
01.03.25	Zero Discrimination Day	Celebrated by the United Nations (UN) and other international organisations. Celebrates the right of everyone to live a full and productive life - and live it with dignity. Zero discrimination day highlights how people can become informed about and promote inclusion, compassion, peace and, above all, a movement for change.	https://www.unaids.org/en/zero-discrimination-day
08.03.25	International women's day	A global holiday celebrated annually to commemorate the cultural, political, and socioeconomic achievements of women.	https://www.internationalwomensday.com
13.03.25	Young Carers Action Day	Young Carers Action Day is an annual nationwide event organised by the Carers Trust and network partners. It aims to raise awareness of the importance of young carers across the country as well as providing an opportunity to call for better support for young carers.	https://www.carersfirst.org.uk/youngcarersactionday/
14.03.25	World Sleep Day	A celebration of sleep and a call to action on important issues related to sleep, including medicine, education, social aspects and driving.	https://worldsleepsociety.org/world-sleep-day/
17.03.25-23.03.25	Neurodiversity Celebration Week	A worldwide initiative that challenges stereotypes and misconceptions about neurological differences. It aims to transform how neurodivergent individuals are perceived and supported by providing schools, universities, organisations, and others around the world with the opportunity to recognise the many skills and talents of neurodivergent individuals. This week ultimately intends to create a more inclusive and equitable culture that celebrates differences and empowers every individual.	https://www.neurodiversityweek.com
17.03.25-23.03.25	Nutrition and Hydration Week	A shared objective to highlight, promote and celebrate improvements in the provision of nutrition and hydration locally, nationally and globally.	https://nutritionandhydrationweek.co.uk
21.03.25	International Day for the Elimination of Racial Discrimination	The International Day for the Elimination of Racial Discrimination is observed annually on the day the police in Sharpeville, South Africa, opened fire and killed 69 people at a peaceful demonstration against apartheid "pass laws" in 1960.	https://www.un.org/en/observances/end-racism-day

AWARENESS DAYS 2025

Please note other than Community Care Live and The Festival of Learning Community Care, 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.

17.03.25-21.04.25	Social work week/World Social work day	Social Work Week 2025 will bring people together to learn, connect, and influence change. Now in its fifth year, this will build on the previous discussions in past years. This includes recognising World Social Work Day on Tuesday 18 March.	https://www.socialworkengland.org.uk/social-work-week/about-social-work-week/#:~:text=Social%20Work%20Week%202024%20will,Day%20on%20Tuesday%2019%20March.
21.03.25	World Down Syndrome Day	World Down Syndrome Day is a global awareness day which has been officially observed by the United Nations since 2012. It aims to help people understand and provide greater support to those with downs syndrome. The theme for 2025 is the message they are asking supporters to share: A call on governments to improve out support systems.	https://www.worlddownsyndromeday.org
31.03.25	International Transgender Day of Visibility	Celebrating trans and non-binary people and aiming to raise awareness of discrimination faced by the community worldwide.	https://www.stonewall.org.uk/news/trans-day-visibility-global-perspective
APRIL			
01.04.25-30.04.25	Stress Awareness month	"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. Dr. Orman has invited leading health care organisations across the country to develop and disseminate helpful educational materials and other information about stress during the month of April."	https://www.stress.org.uk
01.04.2025-30.04.25	National Autism Acceptance Month	This month is dedicated to celebrating autism awareness and acceptance. The aim is to improve acceptance for autistic people whilst also fundraising and highlighting the vital work Autism Together are doing. During the month the 2nd of April 2025 is World Autism Awareness Day.	https://www.autism.org.uk
07.04.25	World Health Day	This 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.	https://www.who.int/campaigns/world-health-day
MAY			
05.05.25-11.05.25	Deaf Awareness Week	This week is annually dedicated to raising awareness about the Deaf community, their language, culture, and history.	https://www.ndcs.org.uk/get-involved/become-more-deaf-aware/deaf-awareness-week
12.05.25-18.04.25	Mental Health Awareness Week	Since 2001, the Mental Health Foundation has been leading Mental Health Awareness Week to bring together the UK to focus on improving mental health. It aims to increase public understanding of mental health and inform people how mental health problems can be prevented. A theme for 2025 will be announced closer to the week.	https://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week

AWARENESS DAYS 2025

Please note other than Community Care Live and The Festival of Learning Community Care, 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.

12.05.25-18.04.25	Learning Week at work	Learning at Work Week (LAW Week) is a unique annual event to build learning cultures at work. It aims to put a spotlight on the importance and benefits of continual learning and development.	https://www.learningatworkweek.com
12.05.25-25.05.25	Foster Care Fortnight	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 high 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	https://www.thefosteringnetwork.org.uk/get-involved/foster-care-fortnight
15.05.24	International day of families	The International Day of Families is observed on 15 May every year. Activities include workshops and conferences, radio and television programmes, newspaper articles and cultural programmes highlighting relevant themes.	https://www.un.org/en/observances/international-day-of-families
17.05.25	International Day Against Homophobia, Transphobia and Biphobia	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.	https://human-rights-channel.coe.int
JUNE			
09.06.25-15.06.25	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.	https://www.carersweek.org
15.06.25	World Elder abuse awareness day	"World Elder Abuse Awareness Day is held on June 15th and is an annual international UN observance day on the same date each year. The day came about as a result of UN resolution 66/127. With a growing global population of elderly people, and as longevity increases, abuse of the elderly is an increasing and serious problem that affects health and human rights and can cause death, so it is vital to raise awareness of it and thus prevent it whenever and wherever possible. Elder abuse is global and comes in many forms including physical, emotional, sexual and financial abuse and also neglect. Elderly people are human and deserve the same dignity and respect as people of all other age groups.	https://peam.ca/5/world-elder-abuse-awareness-day#:~:text=World%20Elder%20Abuse%20Awareness%20Day%20-%20June%2015%2C%202025&text=It%20is%20intended%20to%20give,and%20for%20years%20to%20come.
16.06.25-22.04.25	Learning Disability Week	Every year, during the third week of June, its is Learning Disability Week. It is all about making sure the world hears what life is like if you have a learning disability	https://www.mencap.org.uk/learningdisabilityweek
20.06.25	World Refugee Day	Every year, on the 20th of June, the world celebrates World Refugee Day which is an international day to honour people who have been forced to flee. This day intends to champion their right to seek safety, build support for their economic and social inclusion, and advocate for solutions to their plight.	https://www.unhcr.org/uk/get-involved/take-action/world-refugee-day

AWARENESS DAYS 2025

Please note other than Community Care Live and The Festival of Learning Community Care, 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.

JULY			
01.07.25-07.07.25	Alcohol Awareness Week	Alcohol Awareness Week is managed and hosted by Alcohol Change UK. It is an opportunity for charities and local authorities, GP surgeries, and businesses to think and talk about alcohol harm within their communities. Every year, over 5000 healthcare and community groups sign up to take part.	https://alcoholchange.org.uk/get-involved/campaigns/alcohol-awareness-week-1/about-alcohol-awareness-week
03.07.25	National Bereaved Parents Day	National Bereaved Parents Day was initially set up in 2020 with the intention of bringing together everyone affected by the loss of a child to show them that they are not alone. It raises awareness for all parents who have lost a baby or child of any age and from any circumstance. 2025 theme to be announced closer to the date.	https://achildofmine.org.uk/national-bereaved-parents-awareness-day/
24.07.25	Samartians Awareness Day - 24/7	24th July is 24/7 Samaritans Awareness Day. Every year Samaritans branches across the UK and Ireland hold local events to raise awareness that Samaritans are here to listen to anyone who is struggling to cope at any time of the night. So please do get involved in the worthwhile cause of raising awareness for the important work that The Samaritans carry out.	https://www.samaritans.org/support-us/campaign/samaritans-awareness-day/
25.07.25	National Schizophrenia Awareness Day	Every year the 25th of July the charity Rethink Mental Illness marks National Schizophrenia day. This day is dedicated to exploring what it means to live with a condition that is often incredibly misunderstood and stigmatised. In England, approximately one adult in every 100 will live with a diagnosis of Schizophrenia and so it is really important to take this opportunity to debunk the myths of Schizophrenia and understand the reality of the condition.	https://www.rethink.org/campaigns-and-policy/awareness-days-and-events/national-schizophrenia-awareness-day/
30.07.25	World Day Against Trafficking in Persons	Globally, one in three victims of human trafficking is a child, and the majority of these trafficked children are girls. Children are subjected to various forms of trafficking including forced labour, crime, begging, illegal adoption, sexual abuse and the online dissemination of abusive images, and some are also recruited into armed groups. This day is dedicated to raising awareness and seeking solutions to combat the harrowing reality of child trafficking. Their slogan: Leave No Child Behind in the Fight Against Human Trafficking.	https://www.un.org/en/observances/end-human-trafficking-day
AUGUST			
01.08.25	World Breastfeeding Week	World Breastfeeding Week is held in the first week of August every year and is supported by WHO, UNICEF and many Ministries of Health and civil society partners. The campaign celebrates breastfeeding mums in all their diversity, throughout their breastfeeding journeys, while showcasing the ways families, societies, communities and health workers can have the back of every breastfeeding mum.	https://www.who.int/campaigns/world-breastfeeding-week/2024

AWARENESS DAYS 2025

Please note other than Community Care Live and The Festival of Learning Community Care, 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.

SEPTEMBER			
04.09.25	World Sexual Health Day	On the 4th of September 2010, the World Association for Sexual Health called all their organisations to celebrate the World Sexual Health Day in an effort to promote a greater social awareness on sexual health across the globe. World Sexual Health Day has been celebrated in 60 countries across the globe with a wide range of activities from round tables of discussion to conferences and art exhibitions.	https://worldsexualhealthday.org
05.09.25	National Food Bank Day	Every year the first Friday in September is marked as National Food Bank Day. This day encourages people to commit to contributing to the cause that believes no one should go to bed hungry. Foodbanks across the country help some of the 42 millions men, women, and children who struggle with putting food on the table and so is a great cause to get involved with.	https://www.weareinclusability.co.uk/event/national-food-bank-day#Main
10.09.25	World Suicide Prevention Day	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.	https://www.samaritans.org/support-us/campaign/world-suicide-prevention-day/
26.09.25	We are Macmillan Cancer Support - Worlds Biggest Coffee Morning	The official Macmillan Coffee Morning is being hosted on the 26th of September 2025, but you can host your own coffee morning whenever you like. Whether you go for tea and cake or something else, your support helps those living with cancer.	https://nationaltoday.com/worlds-biggest-coffee-morning/
29.09.25-05.10.25	National Inclusion Week	Founded by Inclusive Employers, National Inclusion Week (NIW) is a week dedicated to celebrating inclusion and taking action to create inclusive workplaces.	https://www.inclusiveemployers.co.uk/national-inclusion-week/
OCTOBER			
01.10.25-31.10.24	Black History Month	Black History Month was created to provide focused learning time on the contributions Black, African, and Caribbean people have made so we can better appreciate and understand each other.	https://www.thereisadayforthat.com/holidays/united-kingdom/black-history-month-gb
01.10.25-31.10.24	Stoptober	Stoptober is the Department of Health and Social Care's annual stop smoking campaign, based on evidence that if a smoker makes it to 28 days smoke-free, they are five times more likely to quit for good. Since it was first launched in 2012, Stoptober has helped over 2.5 million people make a quit smoking attempt.	https://www.gov.uk/government/news/stoptober-launches-to-give-smokers-the-confidence-to-quit
01.10.25-31.10.24	Breast Cancer Awareness Month	Sadly we all know someone that has been touched by breast cancer and so October is an important month to use all of the resources provided by Macmillan to find out more as well as doing what you can to raise money for breast cancer prevention.	https://www.macmillan.org.uk/cancer-awareness/breast-cancer-awareness-month
09.10.25	World Sight Day	World sight day is on the second Thursday of October every year. In 2024, it highlighted the critical importance of prioritising child eye health, and giving children everywhere the opportunity to love their eyes.	https://www.ehsaastrust.org/world-sight-day-10th-october/
10.10.25	World Mental Health Day	The objective of World Mental Health Day is to raise awareness of mental health issues around the world and to mobilise efforts in support of mental health. This day provides opportunities for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide.	https://www.who.int/campaigns/world-mental-health-day

AWARENESS DAYS 2025

Please note other than Community Care Live and The Festival of Learning Community Care, 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.

10.10.25	World Homeless Day	World Homeless Day is observed Internationally on the 10th of October every year. This day serves as a platform to celebrate good works, benchmark progress, advocate for improved policies and funding that can help to prevent and end homelessness. It also aims to raise awareness about the needs of people who currently experience homelessness and promote work in local communities to alleviate suffering and prevent death.	https://www.worldhomelessday.org
11.10.25	World Hospice and Palliative Care Day	World Hospice and Palliative Care Day takes place on the 11th of October with the goal of improving the quality of life for people affected by serious health problems. Those that have life-limiting illnesses have the right to be cared for in the way that best suits their needs and this awareness day emphasises that. It was originally created in 1989 by Shelia Hurton in order to raise funds and public awareness of the Princess Alice Hospice in Esher and has now grown to a worldwide event.	https://nationaltoday.com/world-hospice-and-palliative-care-day/
17.10.25	International Day for the Eradication of Poverty	The observation of the International Day for the Eradication of Poverty began on the 17th of October in 1987. On that day, over a hundred thousand people gathered at the Trocadéro in Paris, where the Universal Declaration of Human Rights was signed in 1948, to honour the victims of extreme poverty, violence and hunger.	https://social.desa.un.org/issues/poverty-eradication/international-day-for-the-eradication-of-poverty-homepage
18.10.25	Anti-Slavery day	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 by Anthony Steen CBE, now Chair of the Human Trafficking Foundation.	https://www.antislaveryday.com
18.10.25	World Menopause Day	World Menopause Day aims to raise awareness of the menopause and the support options available for improving health and wellbeing.	https://nationaltoday.com/world-menopause-day/
20.10.25-26.10.25	National Adoption Week	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.	https://nationaltoday.com/national-adoption-week/
29.10.25	World Stroke Day	We work to improve public awareness and understanding of strokes with a focus on stroke prevention, symptom awareness and the needs of stroke survivors. This day provides an annual focal point for stroke awareness and methods of prevention	https://www.world-stroke.org/world-stroke-day-campaign
NOVEMBER			
01.11.25-31.11.25	November	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	https://uk.movember.com
09.11.25	World Adoption Day	World Adoption Day intends to lift up all voices in the adoption community, encouraging people to share their story, reflect on their adoption journey and connect with others touched by adoption. Ambassadors from all over the world are organising events and parties, bringing together people from all walks of life to celebrate this day. Celebrations of this day can be as simple as showing your support by drawing a smiley face on your hand.	https://www.worldadoptionday.org

AWARENESS DAYS 2025

Please note other than Community Care Live and The Festival of Learning Community Care, 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.

13.11.25	World Kindness Day	World Kindness Day is observed annually on the 13th of November and is a global celebration dedicated to promoting kindness and compassion across communities. The day encourages individuals to perform acts of kindness, big or small, to make the world a better place. From helping a stranger to supporting a friend in need, kindness can take many forms, and this day highlights the power of kind actions in creating positive change. This day serves as a reminder that kindness is a universal language that transcends barriers and brings people together.	https://www.randomactsofkindness.org/world-kindness-day
20.11.25	Transgender Day of Remembrance	Transgender day of remembrance is an annual observation that honours the memory of transgender people whose lives were lost in acts of anti-transgender violence. It began in 1999 by the transgender advocate Gwendolyn Ann Smith as a vigil to honour the memory of Rita Hester, a transgender woman who was killed in 1998. This began an important tradition that has become the annual Transgender Day of Remembrance.	https://glaad.org/tdor/
25.11.25	International Day for the Elimination of Violence Against Women	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 survivorcentred essential services across policing, justice, health, and social sectors, and sufficient financing for the women's rights agenda, we can end gender-based violence.	https://www.un.org/en/observances/ending-violence-against-women-day
DECEMBER			
01.12.25	World AIDS Day	World AIDS Day, observed annually on 1st December, is an opportunity for people around the globe to unite in the fight against HIV/AIDS, support those affected, and remember those who have lost their lives to the disease.	https://worldaidsday.org
03.12.25	International Day for Disabilities	This is a UN day which is celebrated every year on the 3rd of December. The day focuses on promoting the rights and well-being of persons with disabilities at every level of society and development as well as raising awareness of the situation of persons with disabilities in all aspects of political, social, economic, and cultural life. WHO joins the UN in observing this day each year.	https://www.who.int/campaigns/international-day-of-persons-with-disabilities
10.12.25	Human Rights Day	Human Rights Day is observed annually around the world on the 10th of December and it commemorates the anniversary of one of the world's most groundbreaking global pledges: the Universal Declaration of Human Rights. This landmark document enshrines the inalienable rights that everyone is entitled to as a human being. Human Rights can empower individuals and communities to forge a better tomorrow and so this is a really important day to commemorate.	https://www.un.org/en/observances/human-rights-day