

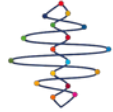
JANUARY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 New Years Day 	2	3
4	5 Twelfth Night 	6 Epiphany/Guru Gobind Singh Birthday 	7	8	9	10
11	12	13	14  STIQ Day (Sexually Transmitted Infection Question Day)	15	16	17
18 World Religion Day 	19	20	21	22	23	24 International Day of Education 
25	26	27 Holocaust Memorial Day 	28	29	30	31



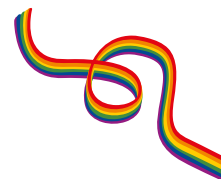
**Cervical Cancer Awareness
Month**

FEBRUARY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Tu BiShvat 	2 #ITSNOTOK ■ Start of Sexual Abuse and Sexual Violence Awareness Week	3	4 World Cancer Day 	5	6 International Day of Zero Tolerance for Female Genital Mutilation 	7
8	9 ■ Start of National Apprenticeship Week ■ Start of Children's Mental Health Week 	10  Safer Internet Day	11  International Day of Women and Girls in Science	12	13	14 Valentine's Day 
15  Maha Shivaratri (Hindu)	16	17 Chinese New Year  Pancake Day/ Shrove Tuesday	18 Ash Wednesday 	19	20	21
22	23	24	25	26	27	28



Heart Health Month



LGBT+ History Month (UK)

MARCH 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 ■ National Careers Week	3	4  Holi Mohalla + Holi	5  World Book Day	6	7
8 International Women's Day 	9	10  My Whole Self	11 No Smoking Day Young Carers Action Day	12	13	14
15 Mother's day 	16 Neurodiversity Celebration Week  Disabled Access Day	17	18  AWARENESS DAY 18TH MARCH Child Exploitation Awareness Day	19	20  Comic Relief / Red Nose day Eid al-Fitr 🍷🍷🍷🍷 International Day of Happiness Spring Begins 	21 Nowruz  International Day for the Elimination of Racial Discrimination 
22	23	24	25	26	27	28
29	30	31  Transgender Day of Visibility				



Women's History Month



Ramadan

APRIL 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Increases to the National Minimum Wage, including the National Living Wage 	2  World Autism Awareness Day	3  Good Friday	4
5 Easter Sunday 	6  Easter Monday	7 World Health Day 	8	9	10	11 World Parkinson's Day 
12	13	14	15	16	17	18
19	20	21	22  Stephen Lawrence Day	23  St George's Day	24	25
26	27	28	29	30		



**Bowel Cancer
Awareness Month**



**Stress Awareness
Month (UK)**

MAY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3  International Family Equality Day	4  Early May Bank Holiday	5  African World Heritage Day	6	7	8	9 Fair Trade Day 
10  National Children's Day	11 ■ Start of Mental Health Awareness Week ■ Start of Foster Care Fortnight 	12	13	14	15	16
17	18	19	20 NO Pens Day	21	22 Manchester Arena Attack Anniversary 	23
24 World Schizophrenia Day 	25 International Missing Children's Day Spring Bank Holiday  	26	27 Eid Ul-Adha 	28  World Blood Cancer Day	29	30
31	 Mental Health Awareness Month					

JUNE 2026

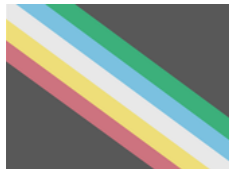
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5 World Environment Day 	6
7 National Cancer Survivor's Day 	8 ■ Start of Carers Week 	9	10	11	12	13
14  World Blood Donor Day	15 ■ Start of Learning Disability Awareness Week ■ Start of Refugee Week  	16	17	18  Anniversary of Finsbury Park Attack	19  Anniversary of Finsbury Park Attack #LONDON UNITED	20  World Refugee Day
21 Father's Day 	22  Windrush Day	23	24	25	26 International Day Against Drug Abuse and Illicit Trafficking	27  National PTSD Awareness Day
28	29	30				



Pride Month

JULY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6 ■ Start of Alcohol Awareness Week 	7 7/7 London Attack Anniversary 	8	9	10	11 Srebrenica Memorial Day 
12 Malala Day 	13	14 Day of Memory for Victims of Honour-based Abuse International Non-Binary People's Day 	15	16	17	18
19	20	21	22	23	24  Samaritans' Awareness Day	25
26	27	28	29	30  World Day Against Trafficking in Persons International Friendship Day 	31	



Disability Pride Month



Plastic Free July

AUGUST 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 World Lung Cancer Day 
2	3	4	5	6 Hiroshima Day  EAL Vocational Celebration Day	7	8
9	10	11	12	13	14	15
16	17	18	19 World Humanitarian Day 	20	21 International Tribute Day for Terrorism Victims 	22
23 International Day for the Remembrance of the Slave Trade and its Abolition 	24	25	26	27	28	29
30	31 Summer Bank Holiday   International Overdose Awareness	 National Road Victim Month				

SEPTEMBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9 Emergency Services Day 	10 World Suicide Prevention Day	11  Anniversary of 9/11	12
13	14 Start of Sexual Health Week 	15 International Day of Democracy  World Lymphoma Awareness Day 	16	17	18	19  Youth Mental Health Day
20	21 International Day of Peace 	22	23	24	25	26
27	28	29 World Heart Day 	30 National Nonspeaking/Nonverbal Awareness Day 			



Suicide Prevention Month



**East and South East Asian
(ESEA) Heritage Month**

OCTOBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 ■ Anaphylaxis Awareness Week	2	3
4	5 World Teachers' Day 	6	7	8 Diwali 	9	10 World Mental Health Day 
11 ■ National Hate Crime Awareness Week 	12	13	14	15	16 World Food Day 	17 International Day for the Eradication of Poverty
18 Anti-slavery Day	19	20	21	22	23 Wear it Pink (Cancer Research) 	24
25 International Dwarfism Awareness Day 	26	27	28	29	30	31 Halloween 



Black History Month

NOVEMBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 All Saints Day 	2	3	4	5 Guy Fawkes Day 	6	7
8	9 ■ Start of Anti Bullying Week 	10 Odd Socks Day	11 ■ Anti-Bullying Week Remembrance Day 	12	13 ■ Inter Faith Week 	14
15	16	17	18	19 International Men's Day 	20 Children In Need 	21
22	23	24	25 International Day for the Elimination of Violence Against Women  16 Days of Activism against Gender-Based Violence	26	27	28
29	30					



Men's Health Awareness Month

DECEMBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 International Day for the Abolition of Slavery 	3	4	5
6	7 ■ National Grief Awareness Week 	8	9	10 Human Rights Day 	11 Christmas Jumper Day 	12
13	14	15	16	17	18	19
20	21	22	23	24 Christmas Eve 	25 Christmas Day 	26 Boxing Day 
27	28	29	30	31 New Year's Eve 		



AIDS Awareness Month