



2025

Equality, Diversity and Inclusion Calendar

Celebrating the diverse communities and cultures that make up our workforce and resident populations

Introduction

This inclusion calendar has been produced by Lancashire and South Cumbria ICB's Culture and Inclusion team to provide a selection of key dates and awareness campaigns, reflecting the diversity of our workforce and local resident populations.

The Culture and Inclusion team are incredibly proud to have worked in collaboration with the ICB's staff networks to produce this resource. As we progress through the year, we will be working closely with them to promote and celebrate key events relating to specific protected characteristic and inclusion health groups.

For any EDI-related enquiries, please contact:
inclusion.team@nhs.net



Use this calendar to:

- Promote equality and diversity to foster an inclusive environment where everyone feels like they belong.
- Demonstrate a commitment to respecting and celebrating diverse communities, cultures and faiths.
- Ensure key events do not clash with major festivals and awareness campaigns.
- Support you in organising inclusion campaigns, events and activities locally.
- Encourage wellbeing, both inside and outside of the workplace.

January 2025

Notes and Reminders



- 01 Solemnity of Mary, Mother of God - *Catholic Christian*
- 01 Gantan-sai (New Year) - *Shinto*
- 01 Global Family Day
- 04 World Braille Day**
- 05 Twelfth Night - *Christian*
- 06 Feast of the Theophany - *Orthodox Christian*
- 06 Epiphany - *Christian*
- 06 Birthday of Guru Gobind Singh - *Sikh*
- 07 Feast of the Nativity - *Orthodox Christian*
- 07 Baptism of the Lord Jesus - *Christian*
- 07 Feast of the Nativity - *Orthodox Christian*
- 08 Ethnicity Pay Gap Day**
- 11 Human Trafficking Awareness Day**
- 13 Seijin no hi (Coming of Age Day) - *Shinto*
- 13 Saint Hilary's Day - *Christian*
- 13 Lohri Maghi - *Sikh and Hindu*
- 14 Mahayana New Year - *Buddhist*
- 14 Orthodox New Year - *Orthodox Christian*
- 14 Makar Sankranti - *Hindu*

- 14-17 Pongal - *Hindu*
- 18-25 Week of Prayer for Christian Unity - *Christian*
- 19 World Religion Day**
- 20 Blue Monday (Mental Health Awareness)**
- 21 Saint Agnes' Day - *Christian*
- 26-27 Lailat al-Miraj - *Islamic*
- 27 Holocaust Memorial Day**
- 29 Chinese New Year**

January is:

Cervical Cancer Awareness Month,

Celebration of Life Month,

Dry January - Alcohol Concern Month,

and Thyroid Awareness Month



*Holy days usually begin at sundown on the first day. Local or regional variations may apply.

Focus for January...



Cervical Cancer Awareness Month

Each year, more than 3,200 women are diagnosed with cervical cancer in the UK. This vital campaign aims to raise awareness of the risks of cervical cancer, and to help women and people with cervixes learn about how to reduce those risks and prevent the illness.

[Click here for more information](#)

World Braille Day – 04 January

An international day of awareness to highlight the importance of Braille as a means of communication for blind and visually impaired people, and to highlight its role in ensuring the human rights of those who are blind or visually impaired by facilitating freedom of expression and social inclusion.

[Click here for more information](#)

Ethnicity Pay Gap Day – 08 January

This day was launched in 2018 with the aim of raising awareness of the issues relating to the ethnicity pay gap and to encourage the government to make ethnicity pay gap reporting mandatory. It encourages organisations to have open discussions about the issue to suggest ways of influencing the conversation.

[Click here for more information](#)

Chinese New Year – 29 January

This celebrates the beginning of a new year on the traditional lunisolar Chinese calendar and is one of the most important holidays in Chinese culture. 2025 will be the year of the snake, which symbolizes wisdom, elegance, and transformation, whilst encouraging personal and professional growth, creativity, and intuition.

[Click here for more information](#)



February 2025

- 01 World Hijab Day**
- 01-07 World Interfaith Harmony Week**
- 02 Zaccheus Sunday - *Orthodox Christian*
- 02 Candlemas - *Christian*
- 02 Vasany Panchami - *Hindu*
- 03 Setsubun-sai - *Shinto*
- 03-09 Children's Mental Health Week
- 03-09 UK Race Equality Week**
- 03-09 Sexual Abuse & Sexual Violence Week**
- 04 World Cancer Day
- 05 National Girls and Women in Sport Day
- 05-11 National HIV Testing Week
- 06 Time to Talk Day (Mental Health Awareness)**
- 06 International Day of Zero Tolerance to Female Genital Mutilation
- 09 Autism Sunday
- 09 Triodion begins - *Orthodox Christian*
- 10 Birthday of Guru Har Rai - *Sikh*
- 10-16 National Apprenticeship Week
- 11 International Day of Women and Girls in Science**
- 11 Thaipusam - *Hindu*
- 12 Magha Puja (Sangha Day) - *Buddhist*
- 12-13 Tu B'Shevat - *Jewish*

- 13-14 Lailat al Bara'ah - *Islamic*
- 15 International Childhood Cancer Day
- 15 Nirvana Day - *Buddhist*
- 16 Sunday of the Prodigal Son - *Orthodox Christian*
- 17 World Human Spirit Day
- 20 World Day of Social Justice
- 23 Meatfare Sunday - *Orthodox Christian*
- 24-02 Mar Eating Disorder Awareness Week**
- 25 Nineteen Day Fast begins - *Baha'I*
- 25-28 Ayyam-i-Ha - *Baha'I*
- 26-27 Maha Shivaratri - *Hindu*
- 28 Feb-30 Mar Ramadan - *Islamic***

Notes and Reminders



February is:

LGBT+ History Month,

UK National Heart Month, and

Raynaud's and Scleroderma

Awareness Month

*Holy days usually begin at sundown on the first day. Local or regional variations may apply.

Focus for February...



LGBT+ History Month

This is celebrated every February to increase the visibility of lesbian, gay, bisexual and transgender people, their history, lives and experiences in the curriculum and culture of educational and other institutions, and in the wider community. The theme for the 2025 campaign is: Activism and Social Change.

[Click here for more information](#)

Race Equality Week 03–09 February

An annual UK-wide movement which aims to address the barriers to race equality in the workplace. The theme for 2025's campaign is #EveryActionCounts and urges people to get involved by taking part in a 5-Day Challenge which consists of 5-minute activities for colleagues to engage with each day.

[Click here for more information](#)

Time to Talk Day – 06 February

This is the nation's biggest mental health conversation and a day when friends, families, colleagues, and communities can come together to talk, listen, and change lives. Talking about mental health reduces stigma and helps to create supportive spaces where people can feel empowered to seek help when they need it.

[Click here for more information](#)

Ramadan – 28 February–30 March

During the holy month of Ramadan, millions of Muslims around the world observe periods of prayer, self-reflection and fasting (between sunrise and sunset). Throughout the holy month of Ramadan, Muslims are also encouraged to read the Quran, as well as donating to, and participating in, charitable events.

[Click here for more information](#)



March 2025

Notes and Reminders

01 Zero Discrimination Day

01 St. David's Day - *Christian*

01 International Wheelchair Day

01 Self Injury Awareness Day

01 Overseas NHS Workers Day

03 Great Lent begins (Clean Monday) - *Orthodox Christian*

03 World Hearing Day

04 Shrove Tuesday - *Christian*

05 Mar-17 Apr Lent - *Christian*

08 International Women's Day

09 Sunday of Orthodoxy - *Orthodox Christian*

14 Nanakshahi (New Year) - *Sikh*

13 Young Carers Action Day

13 Holika Dahan - *Hindu*

13 Ta'anit Esther (Fast of Esther) - *Jewish*

13-14 Purim - *Jewish*

14 Holi - *Hindu*

14-16 Hola Mohalla - *Sikh*

15 International Day to Combat Islamophobia

15 Ramakrishna Jayanti - *Hindu*

17 St. Patrick's Day – *Christian*

17-23 Neurodiversity Celebration Week

18-24 British Sign Language Week

19 St. Joseph's Day - *Christian*

20 Naw-Rúz (New Year) - *Baha'i*

21 World Down Syndrome Day

21 Int. Day for the Elimination of Racial Discrimination

25 Int. Day of Remembrance of the Victims of Slavery

25 Annunciation of the Virgin Mary - *Christian*

25 Annunciation to the Theotokos - *Orthodox Christian*

26 World Purple Day (Epilepsy Day)

27 Laylat al Qadr - *Islamic*

30 World Bipolar Day

30 Ugadi New Year - *Hindu*

30-31 Eid al Fitr - *Islamic*

31 International Trans Day of Visibility



March is:

Women's History Month,

Endometriosis Action Month, **Prostate**

and Ovarian Cancer Awareness Month, and

UK Marie Curie Cancer Care Great

Daffodil Appeal Month



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Focus for March...

International Women's Day

08 March

International Women's Day is a global day of celebration, providing recognition of the social, economic, cultural and political achievements of women. The day also gives focus to issues such as gender equality, reproductive rights, and violence and abuse against women.

[Click here for more information](#)



Neurodiversity Celebration Week

17-23 March

Neurodiversity Celebration Week is a worldwide initiative that challenges stereotypes and misconceptions about neurological differences. It aims to bring about worldwide neurodiversity acceptance, equality and inclusion in schools and workplaces.

[Click here for more information](#)



Eid al-Fitr - 30-31 March

Eid al-Fitr marks the end of Ramadan and is celebrated during the first three days of the tenth month of the Islamic calendar. It is a time of official receptions and private visits, when friends greet one another, presents are given, new clothes are worn, and the graves of relatives are visited.

[Click here for more information](#)

International Trans Day of Visibility

31 March

This is an annual day of recognition that is dedicated to celebrating transgender and nonbinary people and raising awareness of the work that is still needed to combat discrimination and violence towards transgender individuals and groups around the world.

[Click here for more information](#)



Notes and Reminders

April 2025

02 World Autism Awareness Day

02-08 World Autism Acceptance Week

06 Rama Navami - *Hindu*

06 International Asexuality Day

07 World Health Day

08 International Romani Day

10 Mahavir Jayanti - *Jain*

11-13 Hanuman Jayanti - *Hindu*

12 Lazarus Saturday - *Orthodox Christian*

12-20 Passover - *Jewish*

13 Palm Sunday – *Christian and Orthodox Christian*

13 Theravada New Year – *Buddhist*

13-15 Songkran (Thai New Year) - *Buddhist*

14 Puthandu (Tamil New Year)

14 Vaisakhi (Birth of the Khalsa) - *Hindu and Sikh*

17 Maundy Thursday - *Christian*

18 Birthday of Guru Angad Dev - *Sikh*

18 Good Friday - *Christian*

18 Holy Friday - *Orthodox Christian*

20 Easter Sunday - *Christian*

20 Pascha (Orthodox Easter) - *Orthodox Christian*

20 First Day of Ridvan - *Baha'i*

21 Easter Monday - *Christian*

22 Stephen Lawrence Day

22 Earth Day

23 St. George's Day - *Christian*

23 Holocaust and Heroism Remembrance Day

24-30 Global Intergenerational Week

25 Feast of St. Mark the Evangelist - *Christian*

26 Lesbian Visibility Day

28 Ninth Day of Ridvan - *Baha'i*

29-30 Yom HaZikaron and Yom Ha-Atzmaut - *Jewish*

30 Akshaya Tritiya – *Hindu and Jain*

30 Twelfth Day of Ridvan - *Baha'i*

April is:

Autism Awareness Month, Stress

Awareness Month, Alcohol

Awareness Month, Bowel and

Testicular Cancer Awareness Month,

and Parkinson's Awareness Month



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Focus for April...

Bowel Cancer Awareness Month

Bowel cancer is the fourth most common cancer in the UK, and affects people of all ages, genders, ethnicities, and demographics. Bowel Cancer Awareness Month is held every April to raise awareness of the disease and its symptoms, and to support those affected by it.

[Click here for more information](#)

Testicular Cancer Awareness Month

Testicular cancer is the most common type of cancer in men ages 15–35, but it can affect anyone, including transgender women and people assigned male at birth. Testicular Cancer Awareness Month takes place every April to raise awareness and educate young men about the importance of early detection.

[Click here for more information](#)

Stephen Lawrence Day – 22 April

The Stephen Lawrence Day Foundation aims to inspire a more equal, inclusive society and to foster opportunities for marginalised people in the UK. It is an opportunity to celebrate Stephen's life, to educate young people about the significance of his legacy, and highlight the ongoing work of the Foundation.

[Click here for more information](#)

Lesbian Visibility Day – 26 April

Lesbian Visibility Day is an annual awareness event dedicated to recognizing, celebrating and supporting lesbian women, and all LGBTQ+ women and non-binary people across the UK and beyond, to be their true selves. The day is a voice for unity, lifting up all women, especially those from marginalized communities.

[Click here for more information](#)

Notes and Reminders

May 2025

- 01 Beltane - May Day - *Pagan*
- 01 International Workers Day
- 04 International Family Equality Day
- 05-11 Deaf Awareness Week**
- 08 World Red Cross and Red Crescent Day
- 12 International Nurses Day
- 12 Vesak/Birthday of Gautama Buddha (Buddha Day) - *Buddhist*
- 12-18 Black Inclusion Week**
- 12-18 Mental Health Awareness Week**
- 12-18 Learning at Work Week
- 12-25 Foster Care Fortnight
- 14 National Day for Staff Networks**
- 15 International Day of Families
- 15 Global Accessibility Awareness Day**
- 15-16 Lag B'Omer - *Jewish*
- 17 International Day Against Homophobia, Biphobia & Transphobia (IDAHOBIT)**
- 18 National Children's Day
- 21 World Day for Cultural Diversity for Dialogue and Development
- 22 Declaration of the Báb - *Baha'i*
- 23 Birthday of Guru Amar Das - *Sikh*

- 24 Pansexual Visibility Day
- 24 Furness Pride (LGBTQ+)
- 25 George Floyd's Anniversary (Black Lives Matter)**
- 27 Ascension of Baha'u'llah - *Baha'i*
- 29 International Day of United Nations Peacekeepers
- 29 Ascension Day - *Christian*
- 29 Orthodox Ascension Day - *Orthodox Christian*
- 31 World No Tobacco Day**
- 31 The Visitation of Mary to Elizabeth - *Christian*



May is:

Stroke Awareness Month, Hepatitis Awareness Month, **Lupus Awareness Month**, UK National Walking Month, Skin Cancer Awareness Month, and Coeliac Awareness Month

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Focus for May...

Deaf Awareness Week – 05–11 May

This takes place annually in the month of May, to raise awareness and challenge perceptions of hearing loss and deafness across the UK. The week provides an opportunity to promote social inclusion and to highlight the range of local organisations that support deaf people and their family and friends.

[Click here for more information](#)

Mental Health Awareness Week 12–18 May

Mental Health Awareness Week is the biggest opportunity for the whole of the UK to come together to focus on getting good mental health. The week aims to tackle stigma and help people understand and prioritise their and other people's mental health needs.

[Click here for more information](#)

National Day for Staff Networks 14 May

A day dedicated to recognising staff networks and the incredible value they add to the workplace, shining a light on the importance of such groups, and recognising the multiple benefits that staff networks offer to both employees and organisations.

[Click here for more information](#)

International Day Against Homophobia, Biphobia & Transphobia (IDAHOBIT) 17 May

IDAHOBIT aims to raise awareness about LGBT+ rights and inspire everyone to take action to support the rights of people with different sexual orientations and gender identities who make up the LGBT+ community.

[Click here for more information](#)

Notes and Reminders

June 2025

01 Global Day of Parents

01-03 Shavuot - *Jewish*

01-07 Volunteers' Week

04 International Day of Innocent Children, Victims of Aggression

04-09 Hajj - Islamic

05-06 Waqf al Arafa - *Islamic*

06-08 Blackpool Wyre and Fylde Pride Festival (LGBTQ+)

06-10 Eid ul-Adha - Islamic

08 Pentecost - *Christian*

08 Race Unity Day - *Baha'i*

08 Pentecost - *Orthodox Christian*

09-15 Carers Week

09-15 Men's Health Week

12 World Day Against Child Labour

14 Global Wellness Day

15 World Elder Abuse Awareness Day

15 Trinity Sunday - *Christian*

16 Martyrdom of Guru Arjan Dev - *Sikh*

16-22 Learning Disabilities Week

16-22 Refugee Week

16 Jun-11 Jul Fast of the Apostles - *Orthodox Christian*

18 Autistic Pride Day

19 Corpus Christi - *Christian*

20 World Refugee Day

21 Midsummer (Summer Solstice) - *Pagan*

21 Blackburn Pride (LGBTQ+)

22 UK Windrush Day

22-28 Deafblind Awareness Week

23 International Women in Engineering Day

24 Nativity of St. John the Baptist - *Christian*

24-30 World Wellbeing Week

25-26 Yom Yerushalayim - *Jewish*

25-26 Al-Hijra (Islamic New Year) - *Islamic*

27 Sacred Heart of Jesus - *Christian*

28 Lancaster Pride (LGBTQ+)

29 Feast of St. Peter and St. Paul - *Christian*



June is:

LGBTQ+ Pride Month, Gypsy, Roma and Traveller Month, Motor Neurone Disease Awareness Month, and **Stillbirth & Neonatal Death Awareness Month**

Focus for June...



Carers Week – 09–15 June

This highlights the vital role that carers play in our communities, drawing attention to how important caring is, and supporting individuals who don't think of themselves as having caring responsibilities by providing them with the information and knowledge to allow them to access support and resources.

[Click here for more information](#)

Men's Health Week – 09–15 June

A campaign aiming to raise awareness of health issues that disproportionately affect men, by making both men and boys more aware of any health problems they may have or could develop in the future so that they can gain the courage to do something about it.

[Click here for more information](#)



Learning Disabilities Week 16–22 June

Learning Disabilities Week takes place annually in June to educate and raise awareness about learning disabilities and the issues that are important to both people with learning disabilities, and to their families and carers.

[Click here for more information](#)

Refugee Week – 16–22 June

The world's largest arts & culture festival celebrating the contributions, creativity and resilience of refugees and people seeking sanctuary. Refugee Week aims to connect people beyond labels, as well as encouraging understanding of why people are displaced, and the challenges they face when seeking safety.

[Click here for more information](#)



Notes and Reminders

July 2025

- 05 Birthday of Guru Hargobind - *Sikh*
- 05-06 Day of Ashura (Tenth day of Muharram) - *Islamic*
- 07-13 Alcohol Awareness Week**
- 08-09 Martyrdom of the Báb - *Baha'i*
- 10 Asalha Puja (Dharma Day) - *Buddhist*
- 11 World Population Day
- 11 Feast of St. Benedict - *Christian*
- 13 Fast of the 17th of Tammuz - *Jewish*
- 14 International Non-Binary Persons Day**
- 15 World Youth Skills Day
- 15 St. Vladimir the Great Day - *Orthodox Christian*
- 17 World Day for International Justice
- 18 Nelson Mandela International Day
- 18 Jul-17 Aug South Asian Heritage Month**
- 19 Rossendale Pride (LGBTQ+)
- 22 Feast of St. Mary Magdalene - *Christian*
- 23 Birthday of Emperor Haile Selassie - *Rastafarian*
- 23 Birthday of Guru Har Krishan - *Sikh*
- 24 Samaritans Awareness Day
- 25 St. James the Great Day - *Christian*

- 28 World Hepatitis Day
- 30 International Day of Friendship
- 30 World Day Against Trafficking Persons**

July is:

Disability Pride Month, Make a Difference to Children Month, **Ethnic Minorities Cancer Awareness Month**, Sarcoma Awareness Month, and **International Women with Alopecia Month**



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Focus for July...

Ethnic Minorities Cancer Awareness Month

A vital campaign to promote cancer awareness amongst ethnic minority communities, and to raise awareness of the cancer-related health inequalities faced by Black, Asian and other minority ethnic communities.

[Click here for more information](#)

Alcohol Awareness Week – 07–13 July

Alcohol Awareness Week is coordinated by Alcohol Change UK and is a chance for the UK to get thinking about drinking. It's a week of awareness-raising, campaigning for change, and more. It's easy to take part and anyone can get involved in the week, either as an individual, a group, or an organisation.

[Click here for more information](#)

International Non-Binary Persons Day – 14 July

A campaign which celebrates people around the world who do not identify within the traditional gender binary. Non-binary identities are varied and can include people who identify with some aspects of binary identities, while others reject them entirely.

[Click here for more information](#)

South Asian Heritage Month 18 Jul–17 Aug

SAHM is a campaign dedicated to marking, commemorating, and celebrating South Asian cultures, histories, and communities. It seeks to understand this diverse heritage as fully as possible along with the cultures that continue to link the UK with South Asia.

[Click here for more information](#)

Notes and Reminders

August 2025

01 Lammas - *Christian*

01 Lughnasadh (Beginning of Harvest) - *Pagan*

01-07 World Breastfeeding Week

01-14 Fast in honour of Holy Mother of Lord Jesus -
Orthodox Christian

02-03 Fast of Tisha B'Av - *Jewish*

04 Single Working Women's Day

06 Feast of Transfiguration of Our Lord - *Christian*

09 International Day of the World's Indigenous Peoples

09 Raksha Bandhan - *Hindu*

10 Feast of St. Lawrence - *Christian*

12 International Youth Day

15 Assumption of Blessed Virgin Mary - *Christian*

15 Dormition of the Theotokos - *Orthodox Christian*

15 Krishna Janmashtami (Birthday of Lord Krishna) - *Hindu*

19 World Humanitarian Day

20-27 Paryushana Parvarambha - *Jain*

22 Queenship of Mary - *Catholic Christian*

**22 International Day Commemorating the Victims of
Acts of Violence based on Religion or Belief**

22-25 Manchester Pride Weekend (LGBTQ+)

**23 International Day for the Remembrance of the
Slave Trade and its Abolition**

24 Feast of St. Bartholomew the Apostle - *Christian*

26-27 Ganesh Chaturthi - *Hindu*

28 Samvatsari - *Jain*

29 Beheading of St. John the Baptist - *Christian*

30 Grief Awareness Day

31 International Overdose Awareness Day

August is:

Hair Loss Awareness Month,
Health and Safety Month,
Psoriasis Awareness Month,
and **Spinal Muscular Atrophy
(SMA) Awareness Month**



Focus for August...

World Breastfeeding Week 01-07 August

World Breastfeeding Week (WBW) is a global campaign to raise awareness and galvanise action on themes related to breastfeeding, including healthcare systems, women and work, reducing health inequalities, and protecting the rights of mothers and babies.

[Click here for more information](#)

World Humanitarian Day 19th August

The United Nations General Assembly designated the 19th of August as World Humanitarian Day in 2008 to pay tribute to aid workers who dedicate their lives to humanitarian service and commemorate those who have lost their lives in the cause of duty.

[Click here for more information](#)

Manchester Pride - 22-25 August

Manchester Pride is part of a global movement that takes place to celebrate LGBTQ+ people whilst also challenging discrimination and hate crime. The festival is open to all and includes a parade, family-orientated and youth events, and a candlelight vigil to remember those lost to HIV and AIDS

[Click here for more information](#)

International Day for the Remembrance of the Slave Trade and its Abolition 23 August

The International Day for the Remembrance of The Slave Trade and its Abolition is an annual campaign intended to inscribe the tragedy of the transatlantic slave trade in the memory of people across the world

[Click here for more information](#)

Notes and Reminders

September 2025

- 01 Birth of the Guru Granth – *Sikh*
- 01-07 Migraine Awareness Week
- 04-05 Mawlid un Nabi - *Islamic*
- 05 International Day of Charity
- 06 Anant Chaturdashi - *Hindu*
- 06 Colour Blind Awareness Day
- 08 Nativity of Virgin Mary - *Christian*
- 08 International Literacy Day
- 10 World Suicide Prevention Day**
- 13 World Sepsis Day
- 14 Holy Cross Day - *Christian*
- 15 International Day of Democracy
- 15 World Afro Day**
- 15-21 National Inclusion Week (Inclusive Employers)**
- 18 International Equal Pay Day**
- 21 Nativity of the Theotokos - *Orthodox Christian*
- 21 International Day of Peace
- 21 Feast of St. Matthew - *Christian*
- 21 World Alzheimer’s Day**
- 22 Mabon - Autumn Equinox - *Pagan*
- 22-24 Rosh Hashanah - *Jewish*
- 22 Sep-01-Oct Navratri - *Hindu*
- 23 Bi-Visibility Day**
- 23 International Day of Sign Languages**
- 25 Fast of Gedaliah - *Jewish*
- 26 European Day of Languages
- 26 Macmillan World’s Biggest Coffee Morning
- 27 Preston Pride (LGBTQ+)**
- 27 Meskel - *Ethiopian Orthodox Christian*
- 28 International Right to Know Day
- 28 World Deaf Day**
- 29 Michaelmas (St. Michael & All Angels) - *Christian*
- 29 World Heart Day



September is:

World Alzheimer’s Month,
International Blood Cancer Awareness
Month, **East and South East Asian**
Heritage Month, and Childhood
Cancer Awareness Month.



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Focus for September...



World Alzheimer's Month

This takes place each year to raise awareness and challenge stigma surrounding Alzheimer's and dementia. One million people in the UK live with the disease, and as that figure is set to triple by 2050, it is vital to re-frame attitudes associated with dementia, as many still believe that it is a part of normal ageing.

[Click here for more information](#)

World Suicide Prevention Day 10th September

This day was established as an opportunity for organisations and communities to come together to create a world where fewer people die by suicide. The theme for 2024-2026 is "Changing the narrative on Suicide" with the call to action "Start the Conversation".

[Click here for more information](#)

World Afro Day - 15 September

A global day of celebration and liberation for Afro hair and identity, this campaign aims to raise awareness of hair discrimination by encouraging organisations and individuals from all backgrounds to come together to learn about Afro hair and its history, and to equip local and national communities for change.

[Click here for more information](#)

National Inclusion Week 15-21 September

This is a campaign dedicated to celebrating inclusion and taking action to create inclusive workplaces. Inclusive Employers offer a free programme of webinars throughout the week, to showcase why National Inclusion Week should be a key milestone in the EDI calendar.

[Click here for more information](#)



Notes and Reminders

October 2025

01 International Day of Older Persons

01-02 Yom Kippur - Jewish

02 Feast of the Guardian Angels - *Christian*

02 International Day of Non-Violence

02 Dussehra (Dasara) - *Hindu*

04 Feast of St. Francis of Assisi - *Christian*

06-13 Dyslexia Awareness Week

06-13 Sukkot - *Jewish*

09 World Sight Day

09-15 Baby Loss Awareness Week

10 World Homeless Day

10 World Mental Health Day

11 International Day of the Girl Child

11 National Coming Out Day

11-18 Hate Crime Awareness Week

13-15 Shemini Atzeret - *Jewish*

14-15 Simchat Torah - *Jewish*

15 International Day of Rural Women

15 International Pronouns Day

16 Spirit Day (LGBTQ+)

17 International Day for the Eradication of Poverty

18 Anti-Slavery Day

18 World Menopause Day

18 Feast of St. Luke - *Christian*

20 Diwali - Hindu

21 Bandi Chhor Divas - Sikh

22 International Stammering Awareness Day

22 Birth of the Báb - Baha'i

23 Birth of Baha'u'llah - Baha'i

24 Wear Red Day - Show Racism the Red Card

26 Intersex Awareness Day

27 National Mentoring Day

28 Feasts of St. Simon and St. Jude -

29 World Stroke Day

31 Samhain (Beginning of Winter) - Pagan

31 All Hallows' Eve - Christian

31 Reformation Day - Protestant Christian



October is:

Breast Cancer Awareness Month, ADHD Awareness Month, **Black History Month (UK)**, Stoptober/Go Sober for October, **World Menopause Month**, Down Syndrome Awareness Month, & Lupus Awareness Month

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Focus for October...



Black History Month (UK)

Black History Month (UK) aims to celebrate and recognise the invaluable contributions of Black people to British society and provides an opportunity for people to collectively promote Black history and culture through a lens of rich and diverse lived experience.

[Click here for more information](#)

Breast Cancer Awareness Month

Breast Cancer Awareness Month takes place every October to raise awareness of breast cancer symptoms, risk factors, and to encourage early detection and treatment, along with promotion of support available to people living with breast cancer and their families.

[Click here for more information](#)

World Homeless Day – 10 October

Established to raise awareness of the needs of people experiencing homelessness, and of the challenges that they can face in society. The campaign also encourages communities to get involved in responding to homelessness, both locally and on an international level.

[Click here for more information](#)

World Menopause Day 18 October

World Menopause Month aims to break taboo and improve women's health and wellbeing by raising awareness about the symptoms of perimenopause and menopause, and the support and treatment options available.

[Click here for more information](#)



Notes and Reminders

November 2025

- 01 All Saints Day - *Christian*
- 02 All Souls' Day – *Christian*
- 05 National Stress Awareness Day
- 05 Birthday of Guru Nanak Dev - *Sikh*
- 08 Intersex Day of Solidarity/Remembrance**
- 09 Dedication of the Lateran Basilica - *Catholic Christian*
- 09 Remembrance Sunday**
- 09-16 UK Inter Faith Week**
- 10-16 Self Care Week
- 11 Armistice Day
- 13 World Kindness Day
- 13-17 Anti-Bullying Week
- 13-19 Transgender Awareness Week**
- 13 Nov-18 Dec UK Disability History Month**
- 14 World Diabetes Day**
- 15 Nativity Fast begins - *Orthodox Christian*
- 16 International Day for Tolerance
- 19 International Men's Day**
- 20 Universal Children's Day
- 20 Transgender Day of Remembrance**
- 21 Presentation of the Theotokos - *Orthodox Christian*

- 23 Feast of Christ the King - *Christian*
- 24 Martyrdom of Guru Tegh Bahadur - *Sikh*
- 24-25 Day of the Covenant - *Baha'i*
- 25 International Day for the Elimination of Violence Against Women**
- 27-28 Ascension of Abdu'l-Bahá - *Baha'i*
- 30 First Sunday of Advent - *Christian*
- 30 St. Andrew's Day - *Christian*



November is:

Islamophobia Awareness Month,
Lung Cancer Awareness Month,
Movember, Pancreatic Cancer
Awareness Month, **COPD Awareness**
Month, and Mouth Cancer Action Month



*Holy days usually begin at sundown on the first day. Local or regional variations may apply.

Focus for November...



Islamophobia Awareness Month

This campaign aims to showcase the positive contribution of Muslims in the UK, and to spread the vision of a society free from Islamophobia in all its forms - whether they be visible, such as verbal and physical attacks, or less visible, such as stereotypes, exclusion, and marginalisation.

[Click here for more information](#)

Transgender Awareness Week 13-19 November

Each year on Transgender Awareness Week, people and organisations around the world participate in events to help raise the visibility of transgender people and address the issues members of the community face.

[Click here for more information](#)

UK Disability History Month 15 Nov-18 Dec

The UK DHM campaign aims to celebrate the experiences and achievements of disabled people, create greater understanding of the barriers in society that disabled people face, and to look at the history of how such barriers are fuelled by negative attitudes and customs.

[Click here for more information](#)

International Men's Day 19 November

This day invites people to come together to support men and boys in all their diversity to raise awareness of issues faced by men including men's mental health and suicide, male cancers, and challenges faced by the most marginalised men and boys in society.

[Click here for more information](#)



Notes and Reminders

December 2025

- 01 World AIDS Day**
- 02 International Day for the Abolition of Slavery**
- 02-08 National Grief Awareness Week
- 03 International Day of People with Disabilities**
- 05 International Volunteer Day
- 06 St. Nicholas' Day - *Christian*
- 08 Bodhi Day (Rohatsu) - *Buddhist*
- 08 Feast of the Immaculate Conception - *Christian*
- 10 International Human Rights Day**
- 12 International Universal Health Coverage Day
- 14-22 Hanukah - Jewish**
- 18 International Migrants Day**
- 20 International Human Solidarity Day
- 21 Yule - Winter solstice - *Pagan*
- 25 Christmas Day - Christian**
- 26 Boxing Day - *Christian*
- 26 St. Stephen's Day - *Christian*
- 28 Holy Innocents - *Christian*
- 28 Feast of the Holy Family - *Catholic Christian*
- 31 Watch Night - *Christian*



December is:

AIDS Awareness Month,
Universal Month for Human
Rights, Spiritual Literacy Month
and **Decembeard**



*Holy days usually begin at sundown on the first day. Local or regional variations may apply.

Focus for December...



World AIDS Day – 01 December

World AIDS Day is an opportunity to reflect on the progress made to date in the fight against HIV, to raise awareness of the challenges that remain to achieve the goal of ending AIDS by 2030, and to commemorate those who have died from an AIDS-related illness.

[Click here for more information](#)

International Day of People with Disabilities – 03 December

This is a day to promote the rights and well-being of people with disabilities worldwide. The day also provides a reminder of the importance of removing barriers for all people living with disabilities, both visible and invisible.

[Click here for more information](#)

International Migrants Day 18 December

This day aims to raise awareness of the positive contributions made by migrants, together with the challenges they face in achieving their full potential. It is also a reminder that human rights are not 'earned' but an entitlement of everyone, regardless of origin, age, gender and status.

[Click here for more information](#)

Christmas Day – 25 December

Christmas is an annual festival observed by billions of people across the world. It is celebrated religiously by Christians to commemorate the birth of Jesus Christ, as well as culturally by many non-Christians and forms an integral part of the holiday season organised around it.

[Click here for more information](#)

