



NO PR - NO COMMENT

Awareness days you should know about in 2024.

Below, we have detailed a Table of Contents that allows you to easily navigate to the relevant awareness days.

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January 2024

January
Whole Month – Walk Your Dog Month

01 To 31 January
Dry January
#Dryjanuary

01 To 31 January
Veganuary
#Veganuary

01 January
International Self Care Day

02 January
World Introvert Day

04 January
World Braille Day
#Worldbrailleday

04 January
World Hypnotism Day

11 January
Human Trafficking Awareness Day
#Humantraffickingawarenessday

11 January
National Milk Day

12 January
National Pharmacist Day

12 January
Kiss A Ginger Day

14 January
World Logic Day



NO PR - NO COMMENT

15 January
Brey Monday

15 January
Blue Monday

18 January
Winnie The Pooh Day

21 January
World Religion Day
#Worldreligionday

21 January
National Hug Day

22-29 January
Cervical Cancer Prevention Week.
#Cervicalcancerprevent

24 January
International Day Of Education
#Internationaldayofeducation

25 January
Burns Night

26 January
National Fun At Work Day

27 January
Holocaust Memorial Day
Holocaustmemorialday And #Lightthedarkness

27 January
World Religion Day

27 January
Parent Mental Health Day

28 January
National Lego Day



NO PR - NO COMMENT

29 January
National Puzzle Day

30 January
World Leprosy Day
#Worldleprosyday



February 2024

01 To 29 February
Black History Month (U.S.)

1 February
Time To Talk Day

01 To 29 February
L.B.G.T.+ History Month
#Lgbtplushm

01 February
Chinese New Year

02 February
Time To Talk Day
#Timetotalk

04 February
World Cancer Day
#Worldcancerday

04 February
International Day Of Human Fraternity

04 February
British Yorkshire Pudding Day

05 February
Race Equality Week

05 February
National Apprenticeship Week
#NAW2024

5-11 February
Children's Mental Health Week

06 February
Reclaim Social Day
#Reclaimsocial



NO PR - NO COMMENT

06 February
Safer Internet Day
#Saferinternetday And #SID2024

06 February
International Day Of Zero Tolerance For F.G.M.

6-12 February
Tinnitus Awareness Week

6-12 February
National HIV Testing Week

07 February
Safer Internet Day

07 February
Send A Card To A Friend Day

09 February
National Toothache Day

09 February
National Pizza Day

10 February
Lunar New Year Or Chinese New Year

11 February
International Day Of Women And Girls In Science

12 - 18 February
Student Volunteering Week

13 February
Shrove Tuesday (Pancake Day)
#Pancakeday

13 February
Galentine's Day

14 February
Valentine's Day



NO PR - NO COMMENT

14 February
Ash Wednesday

14 February
International Book Giving Day

15 February
International Childhood Cancer Day

15 February
Single Awareness Day

17 February
Random Acts Of Kindness Day

17 February
Real Bread Week

19 February
Cancer Prevention Day

20 February
National Love Your Pet Day
#Loveyourpetday

20 February
World Day Of Social Justice
#Worldsocialjusticeday

22 February
National Walking The Dog Day

22 February
National Chili Day

WC 28 February
Eating Disorders Awareness Week

29 February
Rare Disease Day

March 2024

01 To 31 March
Women's History Month
#Womenshistorymonth

01 To 31 March
Ovarian Cancer Awareness Month

01 To 31 March
Developmental Disabilities Month

01 March
St. David's Day

01 March
Overseas NHS Workers Day

01 March
International Wheelchair Day

01 March
Employee Appreciation Day

01 March
Zero Discrimination Day

01 March
Self-Injury Awareness Day

02 March
World Teen Mental Wellness Day

03 March
World Hearing Day
#Worldhearingday

03 March
World Wildlife Day
#Worldwildlifeday



NO PR - NO COMMENT

04 March
World Obesity Day

04 March
British Pie Week

04 - 09 March
National Careers Week

06 March
National Dentists Day

07 March
World Plant Power Day

07 March
World Book Day

08 March
International Women's Day
#IWD23

10 March
Mother's Day (U.K.)
#Mothersday

10 March
Start Of Ramadan

13 March
National No Smoking Day

15 March
World Sleep Day

11-17 March
Nutrition And Hydration Week

16 March
Disabled Access Day

17 March
Saint Patrick's Day



NO PR - NO COMMENT

17 March
Comic Relief

18 March
Global Recycling Day

20 March
Spring Equinox

20 March
International Day Of Happiness
#Internationaldayofhappiness

20 March
World Oral Health Day

21 March
World Down Syndrome Day

21 March
International Day Of Forests

22 March
World Water Day
#Worldwaterday

23 March
Earth Hour Day
#Earthhour

24 March
World Meteorological Day

24 March
World Tuberculosis Day

25 March
Holi

27 March To 2 April
World Autism Acceptance Week

28 March
Wear A Hat Day



NO PR - NO COMMENT

29 March
Good Friday

31 March
International Trans Visibility Day
#Transdayofvisibility

31 March
Easter Sunday

April 2024

April
IBS Awareness Month
Bowel Cancer Awareness Month
Stress Awareness Month
Parkinson's Awareness Month
Step Up For 30 For Bowel Cancer UK
International Caesarean Awareness Month
National Pet Month

01 April
April Fools Day
#Aprilfools

01 April
Easter Monday

02 April
World Autism Awareness Day
#WAAD Or #Worldautismday

02 April
International Children's Book Day

02 April
World Autism Awareness Day

03 April
National Walking Day

04 April
International Carrot Day

04 April
Star Wars Day

05 April
Walk To Work Day

06 April
International Pillow Fighting Day



NO PR - NO COMMENT

07 April
World Health Day
#Worldhealthday

07 April
World Book Day
#Bookday #Worldbookday

08 April
Ramadan Ends

09 April
World Post Day

10 April
Siblings Day
#Siblingsday

10 – 16 April
World Homeopath Awareness Week

10 April
Eid Al-Fitr

11 April
National Pet Day

11 April
World Parkinson's Day
#Worldparkinsonsday

13 April
MS Awareness Week

13 April
International Plant Appreciation Day

14 April
International Moment Of Laughter Day

14 April
National Gardening Day

15 April
World Art Day

20 April
National Stop Snoring Week

21 April
International Creativity And Innovation Day

21 April
National Tea Day

21 April
London Marathon

22 April
Earth Day
#Earthday

22 April
International Mother Earth Day

22 April
Passover Begins

22 April
Lesbian Visibility Week
#LVW23, #Lesbianvisibilityweek, #Lwiththet

23 April
St. George's Day

24 April
World Immunization Week

24 – 28 April
Allergies Awareness Week

25 April
World Malaria Day
#Endmalariaforgood

25 April
National DNA Day



NO PR - NO COMMENT

25 April
M.S. Awareness Week

27 April
International Sculpture Day

28 April
World Day for Safety and Health at Work

May 2024

01 May to 31 May
National walking Month

01 May to 31 May
Celiac Awareness Month

01 May
May Day

02 May
World Password Day

03 May
World Press Freedom Day
#Wpfd2024

04 May
Star Wars Day
#Starwarsday

05 May
International Family Equality Day

05 May
World Hand Hygiene Day

05 May
International Day Of The Midwife

05 May
African World Heritage Day

06 – 12 May
Dying Matters Week

06 – 12 May
Sun Awareness Week

06 – 12 May
Deaf Awareness Week

06 – 12 May
Viral Meningitis Awareness Week

07 May
World Asthma Day

10 May
World Lupus Day
#Worldlupusday

11 May
Fair Trade Day
#Fairtradeday

12 May
International Nurses Day
#Internationalnursesday

13 May
World Cocktail Day

13 - 19 May
Learning At Work Week

13 May To 13 June
National Smile Month

13 May
Mental Health Awareness Week
#Mentalhealthawarenessweek

15 May
International Day Of Families

15 – 21 May
Maternal Mental Health Awareness Week

16 May
International Day Of Light

16 May
Global Accessibility Awareness Day
#Gaad

17 May
Day Against Homophobia And Transphobia
#Idahot2022

17 May
Endangered Species Day

18 May
International Museum Day
#Internationalmuseumday

19 May
Endangered Species Day
#Endangeredspeciesday

19 May
World Baking Day

20 May
National Rescue Dog Day
#Nationalrescuedogday

20 – 26 May
Type 2 Diabetes Prevention Week

24 May
World Schizophrenia Day
#Worldschizophreniaday

27 May
Spring Bank Holiday

27 May – 2 June
National Bbq Week

28 May
World Blood Cancer Day
#Wbcd2024

29 May
National Biscuit Day



NO PR - NO COMMENT

30 May
World Ms Day
#Msconnections

30 May
National Creativity Day

31 May
World No Tobacco Day

June 2024

01 to 30 June
Pride Month
#Pride

01 June
World Reef Awareness Day

01 June
Volunteers' Week
#Volunteers Week

02 – 06 June
National Gardening Week

02 June
National Cancer Survivor's Day

02 June
Leave The Office Early Day

03 June
World Bicycle Day

04 June
National Cheese Day

05 June
World Environment Day
#Worldenvironmentday

05 – 11 June
Bike Week

05 – 11 June
National Carers Week

06 June
D-Day

07 June
National Fish & Chip Day



NO PR - NO COMMENT

08 June
World Oceans Day
#Worldoceansday

08 June
Parents' Day

08 June
Global Wellness Day

10 – 14 June
Bnf Healthy Eating Week

12 – 18 June
Men's Health Week

14 June
World Blood Donor Day

15 June
National Clean Air Day

15 June
Beer Day Britain

16 June
Eid Al-Adha

16 June
Fathers' Day

16 June
National Fudge Day

17 June
Learning Disability Week
#Ldaw23 And #Ldweek22

18 June
Autistic Pride Day
#Autisticprideday

20 June
International Surfing Day

20 June
World Refugee Day
#Withrefugees

21 June
Summer Solstice

21 June
International Yoga Day

22 June
World Rainforest Day
#Worldrainforestday

23 June
International Women In Engineering Day

24 June
Armed Forces Day

27 June
National Bingo Day

27 June
Micro-, Small And Medium-Sized Enterprises Day

27 June
National P.T.S.D. Awareness Day

29 June
National Camera Day

July 2024

July

Group B Strep Support (GBSS) Awareness Month

Sarcoma Awareness Month

Global Enterprise Agility Month

Talk To Us (Samaritans)

Plastic Free July

Good Care Month

Independent Retailer Month

National Fishing Month

01 July

International Joke Day

02 July

UFO Day

03 July

International Plastic Bag Free Day

03 – 09 July

Alcohol Awareness Week

06 July

International Day Of Cooperatives

06 July

International Kissing Day

07 July

World Chocolate Day

11 July

World Population Day

14 July

International Non-Binary Day

15 July

National Give Something Away Day



NO PR - NO COMMENT

17 July
World Emoji Day
#Worldemojiday

18 July
Black Leaders Awareness Day

20 July
International Chess Day

24 July
24/7 Samaritans Awareness Day/ The Big Listen

24 July
National Tequila Day

28 July
National Parents Day

28 July
World Hepatitis Day
#Hepatitisday

29 July
International Tiger Day

30 July
International Friendship Day
#Dayoffriendship

August 2024

August

National Fishing Month

National Road Victim Month

01 – 07 August

World Breastfeeding Awareness Week

02 August

International Beer Day

03 August

National Watermelon Day

06 August

Cycle To Workday

08 August

International Cat Day

#Internationalcatday

08 August

National CBD Day

09 August

International Coworking Day

09 August

Book Lovers Day

09 August

International Day Of The World's Indigenous Peoples

10 August

Lazy Saturday

11 August

National Son And Daughter Day

12 August

Middle Child Day



NO PR - NO COMMENT

12 August

International Youth Day

#Internationalyouthday

12 -18 August

National Allotments Week

13 August

National Prosecco Day

13 August

International Left Handers Awareness Day

14 August

National Financial Awareness Day

15 August

National Relaxation Day

16 August

Tell A Joke Day

19 August

World Humanitarian Day

#Worldhumanitarianday

19 August

World Photo Day

20 August

National Radio Day

22 August

International Day Commemorating The Victims Of Acts Of Violence Based On Religion Or Belief.

23 August

International Day For The Remembrance Of The Slave Trade And Its Abolition

26 August

Late Summer Bank Holiday



NO PR - NO COMMENT

26 August

International Dog Day

#Internationaldogday

31 August

International Overdose Awareness Day

#Overdoseaware Or #Endoverdose

September 2024

September

Urology Awareness Month

Childhood Cancer Awareness Month

Oddfellows Friendship Month

Sourdough September

Vascular Disease Awareness Month

Festival Of Learning Have A Go Month

Second-Hand September

Gynaecological Cancer Awareness Month

Organic September

World Alzheimer's Month

World Fun Fair Month

Blood Cancer Awareness Month

Pension Awareness

01 September

World Letter Writing Day

03 September

International Bacon Day

04 September

World Sexual Health Day

#Worldsexualhealthday

05 September

International Day Of Charity

#Charityday

06 September

National Food Bank Day

#Nationalfoodbankday

06 September

National Read A Book Day

07 September

World Beard Day

07 September



Ganesh Chaturthi

08 September
International Literacy Day
#Literacyday

09-15 September
Sexual Health Week

10 September
World Suicide Prevention Day
#Worldsuicidepreventionday, #WSPD, #WSPD2024

11 September
National Hot Cross Buns Day

11 September
Yom Kippur

13 September
Stand Up To Cancer Day
#Standuptocancer

13 September
Roald Dahl Day

14 – 20 September
National Coding Week

15 September
Wife Appreciation Day

15 September
International Week Of The Deaf

16 September
International Day For The Preservation Of The Ozone Layer

16 September
Jeans For Genes Day

17 September
World Patient Safety Week



NO PR - NO COMMENT

18 September
International Equal Pay Day

19 September
International Equal Pay Day

19 September
Talk Like A Pirate Day

19 September
Youth Mental Health Day

20 September
National Fitness Day

21 September
World Clean Up Day

21 September
World Alzheimer's Day
#Worldalzheimersday

21 September
International Peace Day

22 September
World Car Free Day

23 – 29 September
National Eye Health Week

23 – 29 September
World Reflexology Week

23 – 29 September
Organ Donation Week

23 September
Bisexual Visibility Day

23 September
International Day Of Sign Languages



NO PR - NO COMMENT

24 – 30 September
Migraine Awareness Week

25 - 29 September
ICON Week (A Week Supporting Parents To Comfort And Cope With The Stresses Of Crying Babies)

26 September
World Contraception Day

26 September
Mesothelioma Awareness Day

26 September
European Day Of Languages

27 September
World Tourism Day

27 September
World's Biggest Coffee Morning
#Macmillan coffeemorning

28 September
World School Milk Day

28 September
World Rabies Day

29 September
World Heart Day
#Worldheartday

29 September
International Day Of Awareness Of Food Loss And Waste

30 September
World Maritime Day

October 2024

October

CMT Awareness Month (Charcot-Marie-Tooth)

Pituitary Awareness Month

The Big Draw

Breast Cancer Awareness Month

Lupus Awareness Month

National Cholesterol Month

National Bullying Prevention Month

International School Library Month

01 October

Black History Month (U.K.)

#Blackhistorymonth

01 October

Stoptober

#Stoptober

01 – 06 October

Anaphylaxis Awareness Week

01 October

Breast Cancer Awareness Month

#Breastcancerawarenessmonth

01 October

International Coffee Day

01 October

World Vegetarian Day

02 October

International Day Of Non-Violence

#Internationaldayofnonviolence

02 October

World Financial Planning Day

02 – 08 October

Dyslexia Awareness Week

02 – 08 October
National Hygiene Week

02 – 06 October
National Work Life Week

04 October
World Animal Day
#Worldanimalday

04 October
World Smile Day

04 October
Wakey Wakey Hospice Day

05 October
World Teachers Day
#Worldteachersday

06 October
National Poetry Day

09 October
World Post Day

10 October
World Mental Health Day
#Worldmentalheathday

10 October
World Homeless Day
#Worldhomelesday

10 October
World Sight Day

11 October
International Day Of The Girl
#Dayofthegirl

12 October
World Hospice And Palliative Care Day



NO PR - NO COMMENT

11-20 October
Bone And Joint Week

13 October
International Day For Disaster Risk Reduction

15 – 21 October
Infection Prevention Week

15 October
Global Handwashing Day

16 October
World Food Day
#Foodday

17 October
International Day For The Eradication Of Poverty
#Endpoverty

17 October
National Pasta Day

18 October
World Menopause Day

20 October
International Chefs Day

21 October
Apple Day

21 October
Reptile Awareness Day

22 October
Post Polio Syndrome Day

22 October
International Stammering/Stuttering Awareness Day

24 October
United Nations Day



NO PR - NO COMMENT

27 October
National Mentoring Day

27 October
National Black Cat Day

27 October
National Cheese Toastie Day

29 October
World Online Networking Day

29 October
National Cat Day

29 October
World Stroke Day
#Worldstrokeday

30 October
Mischief Night

31 October
Halloween
#Halloween

31 October
Start Of Diwali

November 2024

November
National Scholarship Month
Lung Cancer Awareness Month
National Novel Writing Month (Nanowrimo)
Movemeber - #Movember
Mouth Cancer Action Month
Pancreatic Cancer Awareness Month
Veg Pledge
National Military Family Month

TBC November
COP 29 (UN Climate Change Conference)
#COP29

01 November
World Vegan Day
#Worldveganday

01 – 07 November
International Stress Awareness Weel

02 November
Day Of The Bread

03 November
Organ Donation Week

03 November
National Sandwich Day

05 November
Bonfire Night – Guy Fawkes

05 November
World Tsunami Awareness Day 2024

07 November
Trustees Week
#Trusteesweek

08 November



NO PR - NO COMMENT

International Day Of Radiology

08 November

World Radiography Day

08 November

National Cappuccino Day

09 November

Social Media Kindness Day

09 November

British Pudding Day

09 November

World Adoption Day

11 November

Armistice Day

12 November

Remembrance Sunday

#Remembrancesunday

13 November

World Kindness Day

#Worldkindnessday

14 November

World Diabetes Day

#WDD

15 November

National Philanthropy Day

16 November

International Day For Tolerance

#Internationaldayfortolerance

19 November

International Men's Day

19 November

World Toilet Day



NO PR - NO COMMENT

20 November
World Children's Day
#Unchildrensday

20 November
Transgender Day Of Remembrance

23 November
National Espresso Day

25 November
International Day For The Elimination Of Violence Against Women

29 November
Black Friday

29 November
Buy Nothing Day

30 November
St Andrew's Day

December 2024

01 December
World Aids Day
#Wad2024

02 December
International Day For The Abolition Of Slavery

02 December
Cyber Monday
#Cybermonday

03 December
International Day For Disabilities
#Idpwd

03 December
Giving Tuesday
#Givingtuesday

04 December
Wildlife Conservation Day

05 December
International Volunteer Day

05 December
World Soil Day

08 December
National Brownie Day

08 December
Christmas Jumper Day

09 December
Green Monday



NO PR - NO COMMENT

09 December
International Day Of Commemoration And Dignity Of The Victims Of The
Crime Of Genocide

10 December
Human Rights Day
#Humanrightsdays

10 December
Nobel Prize Day

10 December
International Animal Rights Day

13 December
Christmas Jumper Day
#Christmasjumperday

18 December
Arabic Language Day

20 December
International Human Solidarity Day

21 December
Winter Solstice

25 December
Christmas

25 December
First Day Of Hannukah

26 December
Boxing Day

31 December
New Year's Eve