

# AWARENESS DAYS CALENDAR

## JANUARY

- 🌱 **1st-2nd** Big Schools' Birdwatch
- 🌱 **1st- 31st** Veganuary #veganuary
- 🌱 **4th** World Braille Day  
#WorldBrailleDay
- 🌱 **21st** National Hug Day  
#NationalHugDay
- 🌱 **26th** Big Garden Bird Watch  
#BigGardenBirdWatch

## FEBRUARY

- 🌱 **1st** Wear Red Day #WRD2019
- 🌱 **2nd** World Wetlands Day  
#KeepWetlands
- 🌱 **4th** National Sickie Day  
#NationalSickieDay
- 🌱 **14th** Valentine's Day
- 🌱 **17th** Random Acts of Kindness Day  
#MakeKindnessTheNorm

## MARCH

- 🌱 **1st** St David's Day
- 🌱 **1st-31st** Dechox (British Heart Foundation)
- 🌱 **5th** Shrove Tuesday
- 🌱 **8th** International Women's Day  
#BalanceForBetter #IWD2019
- 🌱 **10th-16th** World Glaucoma Week
- 🌱 **17th** St. Patrick's Day
- 🌱 **21st** International Day of Forests

## APRIL

- 🌱 **5th** Walk to Work Day  
#WalktoWorkDay
- 🌱 **7th** World Health Day
- 🌱 **19th** Good Friday
- 🌱 **20th-27th** National Dark Sky Week
- 🌱 **21st** Easter Sunday
- 🌱 **22nd** International Mother Earth Day
- 🌱 **29th** National Gardening Week

## MAY

- 🌱 **1st-31st** National Walking Month
- 🌱 **11th** National Astronomy Day
- 🌱 **12th** National Limerick Day
- 🌱 **13th-19th** Mental Health Awareness Week
- 🌱 **29th** World Digestive Health Day
- 🌱 **29th** National Biscuit Day

## JUNE

- 🌱 **3rd-9th** National Glaucoma Awareness Week
- 🌱 **8th** World Ocean's Day  
#WorldOceansDay
- 🌱 **18th** Sustainable Gastronomy Day
- 🌱 **21st** Bring your Dog to Work Day  
#BringYourDogtoWorkDay
- 🌱 **27th** International Sunglasses Day  
#ShadesForSight

## JULY

- 🌱 National Picnic Month
- 🌱 **3rd** International Plastic Bag Free Day #BreakFreeFromPlastic
- 🌱 **7th** World Chocolate Day
- 🌱 **7th-14th** National Transplant Week
- 🌱 **10th** Don't Step on a Bee Day
- 🌱 **21st-27th** National Parks Week  
#NationalParkWeek

## AUGUST

- 🌱 **8th** International Cat Day
- 🌱 **12th** International Youth Day
- 🌱 **13th** National Prosecco Day
- 🌱 **13th** International Left Handers Awareness Day
- 🌱 **15th** Cycle to Work Day
- 🌱 **19th** World Humanitarian Day
- 🌱 **21st-27th** World Water Week

## SEPTEMBER

- 🌱 Organic September
- 🌱 **8th** International Literacy Day
- 🌱 **13th** Great British Beach Clean 2019
- 🌱 **15th** International Day of Democracy
- 🌱 **22nd** World Car Free Day
- 🌱 **23rd-29th** National Eye Health Week
- 🌱 **23rd-29th** International Week of Happiness

## OCTOBER

- 🌱 Breast Cancer Awareness Month
- 🌱 **4th** World Smile Day
- 🌱 **7th** World Habitat Day
- 🌱 **10th** World Sight Day
- 🌱 **21st-27th** International Brain Tumour Awareness Week
- 🌱 **31st** Halloween

## NOVEMBER

- 🌱 **1st -30th** Veg Pledge
- 🌱 **6th** National Stress Awareness Day
- 🌱 **13th** World Kindness Day
- 🌱 **19th** International Men's Day
- 🌱 **27th** Black Friday
- 🌱 **30th** St. Andrew's Day

## DECEMBER

- 🌱 **5th** International Volunteers Day
- 🌱 **10th** International Animal Rights Day
- 🌱 **14th** Christmas Jumper Day  
#ChristmasJumperDay
- 🌱 **23rd** Festival of Winter Walks
- 🌱 **25th** Christmas
- 🌱 **31st** New Years' Eve