

Wellbeing

Awareness days



JANUARY

Brew Monday
Chinese New Year 22nd

FEBRUARY

Shrove Tuesday 21st

MARCH

Social Justice Day 10th
Int. Women's Day 8th
Ramadan 23rd-April 20th

APRIL

World Health Day
* VISTA eye screening 19th
* Nutrition Info sessions
Stress Awareness Month
MS Awareness Month
Autism Awareness Month
Vaisakhi (Sikh) 14th

MAY

Mental Health Awareness
15th-19th

JUNE

Pride Month
Wellbeing Week 26th-30th
MND Awareness Month

JULY

The Big Listen 24th
- Samaritans
South Asian
Heritage Month

AUGUST

Afternoon Tea Week
7th-13th

SEPTEMBER

International Week of
Happiness 18th-24th
Leicester Pride 2nd

OCTOBER

Black History Month
Hospice Care Week
World Mental Health Day
10th
Wear it Pink Day 21st

NOVEMBER

Career
Development Month
Men's Health Month-
Movember

DECEMBER

Crohns and colitis week
1st-7th
Grief Awareness Week 8th
Hanukkah 7th-15th
Christmas 25th