

Month	Date	Topic	Website
01 (January)	18	World Religion Day	<a href="http://www.worldreligionday.org/">http://www.worldreligionday.org/</a>
01 (January)	27	Holocaust Memorial Day	<a href="http://www.hmd.org.uk/about/">http://www.hmd.org.uk/about/</a>
02 (February)	21	International Mother Language Day	<a href="http://portal.unesco.org/education/en/ev.php-URL_ID=19644&amp;URL_DO=DO_TOPIC&amp;URL_SECTION=201.html">http://portal.unesco.org/education/en/ev.php-URL_ID=19644&amp;URL_DO=DO_TOPIC&amp;URL_SECTION=201.html</a>
02 (February)	23 – 28	Eating Disorders Awareness Week	<a href="http://www.b-eat.co.uk/Events/EatingDisordersAwarenessWeek">http://www.b-eat.co.uk/Events/EatingDisordersAwarenessWeek</a>
03 (March)	8	International Women’s Day	<a href="http://www.internationalwomensday.com/">http://www.internationalwomensday.com/</a>
04 (April)	7	World Health Day	<a href="http://www.un.org/Depts/dhl/health/">http://www.un.org/Depts/dhl/health/</a>
04 (April)	23	Take our Daughters and Sons to Work Day	<a href="http://www.daughtersandsonstowork.org/wmspage.cfm?parm1=485">http://www.daughtersandsonstowork.org/wmspage.cfm?parm1=485</a>
04 (April)	2	Autism Awareness Day	<a href="http://www.disabilities-trust.org.uk/content.asp?page_id=422">http://www.disabilities-trust.org.uk/content.asp?page_id=422</a> <a href="http://www.autism-awareness.org.uk/index.asp">http://www.autism-awareness.org.uk/index.asp</a>
05 (May)	5	World Asthma Day	<a href="http://www.ginasthma.com/WADIndex.asp">http://www.ginasthma.com/WADIndex.asp</a>
05 (May)	4 – 10	Deaf Awareness Week	<a href="http://www.deafcouncil.org.uk/daw/">http://www.deafcouncil.org.uk/daw/</a>
05 (May)	9 – 15	National Breastfeeding Awareness Week	<a href="http://www.breastfeeding.nhs.uk/en/fe/page.asp?n1=5&amp;n2=13">http://www.breastfeeding.nhs.uk/en/fe/page.asp?n1=5&amp;n2=13</a>
05 (May)	13 – 19	Epilepsy Week	<a href="http://www.epilepsy.org.uk/campaigns/nationalepilepsyweek/2010">http://www.epilepsy.org.uk/campaigns/nationalepilepsyweek/2010</a>
05 (May)	19 – 23	Xtraordinary Week – Dyslexia	<a href="http://www.xtraordinarypeople.com/">http://www.xtraordinarypeople.com/</a>

		Awareness	
05 (May)	11 – 15	National Allergy Week	<a href="http://www.allergyuk.org/press_allergyweek2009.aspx">http://www.allergyuk.org/press_allergyweek2009.aspx</a>
05 May	31 – 6 June	National Family week	<a href="http://www.nationalfamilyweek.co.uk">www.nationalfamilyweek.co.uk</a>
05 May	12	M.E. Awareness day	<a href="http://www.mefreeforall.org/AWARENESS-WEEKS.555.0.html">http://www.mefreeforall.org/AWARENESS-WEEKS.555.0.html</a>
06 (June)	8 – 14	Down’s Syndrome Awareness Week	<a href="http://www.downs-syndrome.org.uk/">http://www.downs-syndrome.org.uk/</a> <a href="http://www.downs-syndrome.org.uk/images/stories/DSA-documents/news/awareness_week_2009.pdf">http://www.downs-syndrome.org.uk/images/stories/DSA-documents/news/awareness_week_2009.pdf</a>
06 (June)	1 – 30	Gypsy Roma Traveller Month	<a href="http://www.grthm.co.uk/">http://www.grthm.co.uk/</a>
06 (June)	8 – 14	Carers Week	<a href="http://www.carersweek.org/">http://www.carersweek.org/</a>
06 (June)	22 - 28	Learning Disability Week	<a href="http://www.iwanttowork.org/">http://www.iwanttowork.org/</a> <a href="http://www.mencap.org.uk/page.asp?id=9879">http://www.mencap.org.uk/page.asp?id=9879</a>
06 (June)	14 - 20	Refugee Week	<a href="http://www.refugeeweek.org.uk/">http://www.refugeeweek.org.uk/</a>
06 (June)	21 – 27	Deafblind Awareness week	<a href="http://www.deafblindawareness.org/.uk">http://www.deafblindawareness.org/.uk</a>
08 (August)	12	International Youth Day	<a href="http://www.un.org/esa/socdev/unyin/iyouthday.htm">http://www.un.org/esa/socdev/unyin/iyouthday.htm</a>
08 (August)	13	International Left Handers’ Day	<a href="http://www.lefthandersday.com/">http://www.lefthandersday.com/</a>
09 (Sept)	27	Heart day	<a href="http://www.bhf.org.uk/">http://www.bhf.org.uk/</a> <a href="http://www.bhf.org.uk/news-and-campaigning/our-campaigns/world-heart-day-2009.aspx?utm_source=Front%2BPage&amp;utm_medium=Promo%2BBox%202&amp;utm_campaign=WorldHeartDay180909">http://www.bhf.org.uk/news-and-campaigning/our-campaigns/world-heart-day-2009.aspx?utm_source=Front%2BPage&amp;utm_medium=Promo%2BBox%202&amp;utm_campaign=WorldHeartDay180909</a>

09 ( <b>September</b> )	8	International Literacy Day	<a href="http://www.reading.org/association/meetings/literacy_day.html">http://www.reading.org/association/meetings/literacy_day.html</a>
09 (September)	26	European Day of Languages	<a href="http://www.cilt.org.uk/edl/">http://www.cilt.org.uk/edl/</a>
10 ( <b>October</b> )	5 -11	Guide Dog/ Sighted Guiding Week	<a href="http://www.guidedogs.org.uk/news/national-events/guide-dog-week-2009/">http://www.guidedogs.org.uk/news/national-events/guide-dog-week-2009/</a>
10 (October)	1	International Day of Older Persons	<a href="http://www.who.int/ageing/events/idop_rationale/en/index.html">http://www.who.int/ageing/events/idop_rationale/en/index.html</a>
10 (October)	1	UK Older people's Day	<a href="http://campaigns.direct.gov.uk/fulloflife/older-peoples-day.html">http://campaigns.direct.gov.uk/fulloflife/older-peoples-day.html</a>
10 (October)	2	Byte Night – Rough Sleeper Awareness and fundraising night	<a href="http://www.bytenite.org.uk/">http://www.bytenite.org.uk/</a>
10 (October)	1 – 7	Learn to Sign Week	<a href="http://bda.org.uk/Learn_to_Sign-i-19.html">http://bda.org.uk/Learn_to_Sign-i-19.html</a>
10 (October)	9	World Sight Day	<a href="http://www.v2020.org/">http://www.v2020.org/</a>
10 (October)	12	World Arthritis Day	<a href="http://www.rheumatoid.org.uk/article.php?article_id=695">http://www.rheumatoid.org.uk/article.php?article_id=695</a> <a href="http://www.arthritiscare.org.uk/Campaigns/Currentcampaigns/WorldArthritisDayUKaction">http://www.arthritiscare.org.uk/Campaigns/Currentcampaigns/WorldArthritisDayUKaction</a>
10 (October)	17	Child Poverty Day	<a href="http://www.actionaid.org.uk/childpovertyday/">http://www.actionaid.org.uk/childpovertyday/</a>
10 (October)	22	International Stammering Awareness Day	<a href="http://www.stammering.org/">http://www.stammering.org/</a>
10 (October)	30	Women's No Pay Day	<a href="http://www.fawcettsociety.org.uk/index.asp?PageID=754">http://www.fawcettsociety.org.uk/index.asp?PageID=754</a>
10 (October)	1 – 30	Black History Month	<a href="http://www.blackhistorymonthuk.co.uk/index.html">http://www.blackhistorymonthuk.co.uk/index.html</a> <a href="http://www.black-history-month.co.uk/">http://www.black-history-month.co.uk/</a>
11 ( <b>November</b> )	1 - 7	Dyslexia Awareness Week	<a href="http://www.bdadyslexia.org.uk/get-involved-and-">http://www.bdadyslexia.org.uk/get-involved-and-</a>

			<a href="http://fundraising/dyslexia-awareness-week.html">fundraising/dyslexia-awareness-week.html</a>
11 (November)	14	World Diabetes Day	<a href="http://www.worlddiabetesday.org/#t4">http://www.worlddiabetesday.org/#t4</a>
11 (November)	16 – 20	Anti Bullying week	<a href="http://www.antibullyingweek.co.uk/">http://www.antibullyingweek.co.uk/</a> <a href="http://www.anti-bullyingalliance.org.uk/Page.asp?originx_5240ck_84140993665_645e88j_20071121142y">http://www.anti-bullyingalliance.org.uk/Page.asp?originx_5240ck_84140993665_645e88j_20071121142y</a> <a href="http://www.bullyonline.org/">http://www.bullyonline.org/</a>
11 (November)	20	Universal Children’s Day	<a href="http://www.teachernet.gov.uk/teachingandlearning/assemblies/index.cfm?mode=searchdisplay&amp;id=31&amp;history=keyword">http://www.teachernet.gov.uk/teachingandlearning/assemblies/index.cfm?mode=searchdisplay&amp;id=31&amp;history=keyword</a>
11 (November)	25	White Ribbon Day (Domestic Violence)	<a href="http://www.whiteribboncampaign.co.uk">www.whiteribboncampaign.co.uk</a>
11 (November)	25	United Nations International Day for the Elimination for Violence against Women	<a href="http://www.ituc-csi.org/spip.php?article2495&amp;lang=en">http://www.ituc-csi.org/spip.php?article2495&amp;lang=en</a> <a href="http://www.unifem.org/campaigns/vaw/issue.php">http://www.unifem.org/campaigns/vaw/issue.php</a>
11 (November)	9 - 15	National Adoption week	<a href="http://www.nationaladoptionweek.org.uk/">http://www.nationaladoptionweek.org.uk/</a>
12 (December)	3	International Day of Persons with Disabilities	<a href="http://www.un.org/disabilities/default.asp?navid=9&amp;pid=1484">http://www.un.org/disabilities/default.asp?navid=9&amp;pid=1484</a>
12 (December)	4	World AIDS day	<a href="http://www.worldaidsday.org/">http://www.worldaidsday.org/</a>
12 (December)	4	Carers’ Rights Day	<a href="http://www.carersuk.org/Newsandcampaigns/CarersRightsDay">http://www.carersuk.org/Newsandcampaigns/CarersRightsDay</a>
12 (December)	10	Human Rights Day	<a href="http://www.un.org/events/humanrights/2007/">http://www.un.org/events/humanrights/2007/</a>
12 (December)	18	International Migrants day	<a href="http://www.un.org/depts/dhl/events/migrants/index.html">http://www.un.org/depts/dhl/events/migrants/index.html</a>

Sources include:

<http://www.connexions-salford.com/freetime/national-awareness-weeks-and-days.cfm>

<http://www.woodlands-junior.kent.sch.uk/customs/questions/specialdays.htm>

If you are aware of additional national dates for raising awareness about

- Inequality
- Disadvantage
- Discrimination
- Deprivation
- Exclusion

Please let us know at [info@openheartsopenminds.org.uk](mailto:info@openheartsopenminds.org.uk) - and we'll update the list!