



Wellbeing and Equality, Diversity and Inclusion Events Calendar 2024



Introduction

This calendar provides a selection of key dates, awareness raising days and some events which reflect the diverse population of our colleagues.

This calendar has been created to:

- Promote wellbeing and equality, diversity and inclusion
- Ensure key events do not clash with major festivals
- To support you in organising wellbeing, diversity and inclusion campaigns, events and activities locally.

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Dry January

Date: All Month

Reasons to try dry

New year, new you - do Dry January and feel healthier and happier as:

- You sleep better
- Your skin improves
- Get healthier
- Amazing sense of achievement!

Did you know?

- Alcohol is a causal factor in more than 60 medical conditions, including: mouth, throat, stomach, liver and breast cancers and depression.
- Alcohol is the biggest risk factor for all early deaths among 15-49 year olds.

To find out more [click here](#).

Cervical Cancer Prevention Week

Date: 22nd January

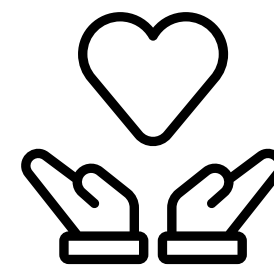
Cervical Cancer Prevention Week is an opportunity to raise awareness on the risks of cervical cancer and help women and people with cervixes learn about how to reduce these risks and prevent the illness.

To find out more [click here](#).

World Religion Day

Date: 21st January

Marked on the third Sunday in January, World Religion Day aims to promote understanding and peace between all religions as well as mutual understanding and tolerance between peoples from different backgrounds.



World Braille Day

Date: 4th January

World Braille Day is a reminder of the importance of accessibility and independence for those who are blind or visually-impaired. Braille is a tactile reading and writing system used by blind and visually impaired people who can not access print materials. It uses raised dots to represent letters of the print alphabet.

January

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Dry January	2	3	4 World Braille Day	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21 World Religion Day	22 Cervical Cancer Prevention Week	23	24	25	26	27
28	29	30	31			

MONTHLY EVENTS:

Dry January

Quote of the Month

“Adopting the right attitude can convert a negative stress to a positive one” - Hans Selye

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LGBT+ History Month

Date: All Month

The aim of LGBT+ History Month is to promote equality and diversity by:

- Increasing the visibility of LGBT+ people, their history, lives and their experiences.
- Raising awareness and advancing education on matters affecting the LGBT+ community.
- Work to make organisations and workplaces a safer space for the LGBT+ community.

For more information [click here](#).



Chinese New Year

Date: 10th February



Chinese New Year is the festival that celebrates the beginning of a new year on the traditional lunisolar Chinese calendar.. The festival is commonly referred to as the Spring Festival. Families gather spending the evening eating festive meals, giving money to children in red envelopes and visiting the temple.

Gong Xi, pronounced 'gong zee' means congratulations!

Time to Talk Day

Date: 2nd February

Time to talk day, is a space and time to talk about mental health openly. Mental health problems affect one in four of us, yet too many people are made to feel isolated, ashamed and worthless because of this. Time to Talk Day encourages everyone to be more open about mental health - to talk, listen and to change lives.

For more information [click here](#).

February

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 LGBT+ History Month	2 Time to Talk Day	3
4	5 National Apprentice Week	6	7	8	9	10 Chinese New Year
11	12	13	14	15	16	17 Random Acts Of Kindness Day
18	19	20	21	22	23	24
25	26	27	28	29		

MONTHLY EVENTS:

LGBT+ History Month

Quote of the Month

"The worst form of inequality is to try to make unequal things equal" - Aristotle

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Ramadan

Date: 10th March

During the month of Ramadan, Muslims won't eat or drink during the hours of daylight. This is called fasting, During Ramadan, it is common to have one meal (known as the suhoor), just before dawn and another (known as the iftar), directly after sunset. Ramadan remembers the month the Qur'an (the Muslim holy book) was first revealed to the Prophet Muhammad.

International Women's Day

Date: 8th March

The day celebrates the social, economic, cultural and political achievements of women and put the spotlight on the global action needed to accelerate gender parity.

For more information, [click here](#).

International Transgender Day of Visibility

Date: 31st March

Celebrated annually on the 31st March and is traditionally a time to celebrate transgender people around the world and the courage it takes to live openly and authentically, while also raising awareness about the discrimination trans people continue to face today.

No Smoking Day

Date: 13th March

No smoking day falls on the second Wednesday of March every year. Smokers and supporters alike will unite in their mission to promote healthier, smoke-free lives on March 13th.



March

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Zero Discrimination Day	2
3	4	5	6	7	8 International Womens Day	9
10 Ramadan	11	12	13 No Smoking Day	14	15 World Sleep Day	16 Disabled Access Day
17	18 Neurodiversity Celebration Week	19	20 International Day Of Happiness	21	22	23
24	25	26	27	28	29	30
31 Transgender Day of Visibility						

MONTHLY EVENTS:

Ovarian Cancer Awareness Month

OTHER IMPORTANT DATES:

1st - Employee Appreciation Day

1st - Overseas NHS Workers Day

1st - Employee Appreciation Day

14th - 20th Healthcare Science Week

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Stress Awareness

Date: All Month

During stress awareness month, its time to take the time to focus on your own mental health and to empower you to have conversations about stress and wellbeing with your friends, family, and in particular, within your workplace.

World Health Day

Date: 7th April

.World Health Day is an annual event celebrated on the 7th of April, aimed at raising awareness about the importance of global health and drawing attention to key health challenges. Organised by the World Health Organisation (WHO).

To find out more, click [here](#).

Easter Sunday

Date: 4th April

The resurrection of Jesus Christ - his return from death after the crucifixion is celebrated on this day. Includes vigils, readings, re-enactments and eating special foods.

Eid-ul-Fitr

Date: 10th April

The word "Eid" means feast or festival. Every year Muslims celebrate both Eid al-Fitr and Eid al-Adha. Eid al-Fitr takes place at the end of Ramadan, and translates as "the festival of the breaking of the fast".



April

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Stress Awareness Month	2	3	4 Easter Sunday	5	6
7 World Health Day	8	9	10 Eid-ul-Fitr	11	12	13
14	15	16	17	18 Administrative Professional Day	19	20
21	22 Earth Day	23	24	25	26	27
28 World Health & Safety Day At Work	29	30				

MONTHLY EVENTS:

Stress Awareness Month

Quote of the Month

"The future belongs to those who believe in the beauty of their dreams." - Eleanor Roosevelt

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Mental Health Awareness Week

Date: 13th May

Mental Health Awareness Week is about starting conversations about mental health and the things in our daily lives that can affect it.

For more information, [click here](#).

Skin Cancer Awareness Month

Date: Month

May is Skin Cancer Awareness Month. Whether you are directly affected by skin cancer, or you just want to find out more, there is information that can help. Please click [here](#) for more resources.

National Walking Month

Date: Month

National Walking Month is a great way to leave your car at home, get outside and get fit by walking to and from work. If work is too far, try walking part of the way instead!



National Day for Staff Networks

Date: 8th May

Recognising the added value of staff network groups. The day aims to raise awareness of the support and influence staff networks provide to employees.

May

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 National Walking Month	2	3	4
5	6	7	8 National Staff Networks Day	9	10	11
12 International Nurses Day	13 Mental Health Awareness Week	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

MONTHLY EVENTS:

National Walking Month

Skin Cancer Awareness Month

OTHER IMPORTANT

DATES:

8th -13th EDI Human Rights Week

Quote of the Month

"Your time is limited, so don't waste it living someone else's life." - Steve Jobs

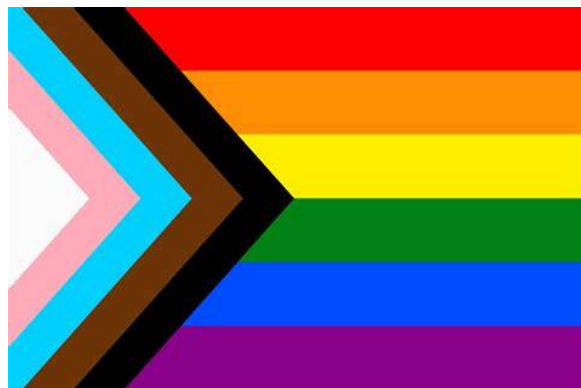
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Pride

Date: Month

June is Pride month - a month dedicated to celebrating LGBTQ+ communities all around the world. Pride is a celebration of people coming together in love and friendship, to show how far LGBTQ+ rights have come, and how in some places there's still work to be done.



Carers Week

Date: 10th June

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

For more information, [click here](#).

Africa Oyé

Location: Sefton Park

Africa Oyé is the UK's largest free celebration event of African music and culture. With too many negative representations of Africa entrenched in images of war, disease, poverty Africa Oyé seeks to redress the balance and highlight the fantastic range of cultures, foods, music and artists that make this great continent one of the most vibrant and inspiring in the world.

To find out more about when this years event will take place, [click here](#).

Armed Forces Day

Date: 29th June

Armed Forces Day is a chance to show your support for the men and women who make up the Armed Forces community: from currently serving troops to Service families, veterans and cadets.

For more information, [click here](#).

June

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Pride Month
2	3	4	5 Bike Week World Environment Day	6	7	8
9 Diabetes Week	10 National Carers Week	11	12 Men's Health Week	13	14	15
16	17 Learning Disability Week	18	19 Estates & Facilities Day	20	21	22
23	24	25	26 World Wellbeing Week	27	28	29 Armed Forces Day
30						

MONTHLY EVENTS:

Pride

Employee Wellbeing Month

OTHER IMPORTANT

DATES:

Africa Oye - Sefton Park

1-7th Volunteers Week

Quote of the Month

"Spread love everywhere you go. Let no one ever come to you without leaving happier" - Mother Teresa

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South Asian Heritage Month

Date: 18th July



South Asian Heritage Month runs from 18 July to 17 August and seeks to commemorate, mark and celebrate South Asian cultures, histories, particularly the intertwined histories of the UK and South Asian communities and how South Asian cultures are present throughout the UK.

Liverpool Pride

Pride in Liverpool (formerly Liverpool Pride), is an annual festival of LGBTQ+ culture which takes place across various locations in Liverpool City Centre.

For more information, [click here](#).



Liverpool Arab Arts Festival

Liverpool Arab Arts Festival is an annual Arab arts and culture festival, platforming the best UK and international Arab artists. The festival creates a dynamic between traditional and contemporary Arab art forms, encouraging informed debate that explores, and increases, appreciation of Arab people and their rich cultures.

For more information visit about this years event, [click here](#).

Alcohol Awareness Week

Date: 3rd July

The aim of Alcohol Awareness Week is to ensure people across the country have a better knowledge around alcohol, can make more informed choices about their drinking, feel able to seek support if they need it (for their own or someone else's drinking) and are better able to support those who may be struggling.

For more information, [click here](#).

July

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Plastic Free July	2	3 Alcohol Awareness Week	4	5 NHS Big Tea	6
7 Thank You Day	8 Join A Sustainability Challenge	9	10	11	12	13
14	15	16	17	18 South Asian Heritage Month	19	20
21	22	23	24	25	26	27
28	29	30 World Friendship Day	31			

OTHER IMPORTANT

DATES:

Liverpool Pride

Liverpool Arab Arts Festival

Quote of the Month

“Be yourself; everyone else is already taken”. - Oscar Wilde

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World Breastfeeding Awareness Week

Date: 1st August

With a different theme each year, it aims to promote the enabling environments that help women to breastfeed – including support in the community and the workplace, with adequate protections in government policies and laws - as well as sharing information on breastfeeding benefits and strategies.



For more information, [click here](#).

Krishna Janmashtami (Birthday Lord Krishna)

Date: 18th August



A time of celebration with fasting, singing, praying together, preparing and sharing special food all for the love of Lord Krishna.

Cycle to Work Day

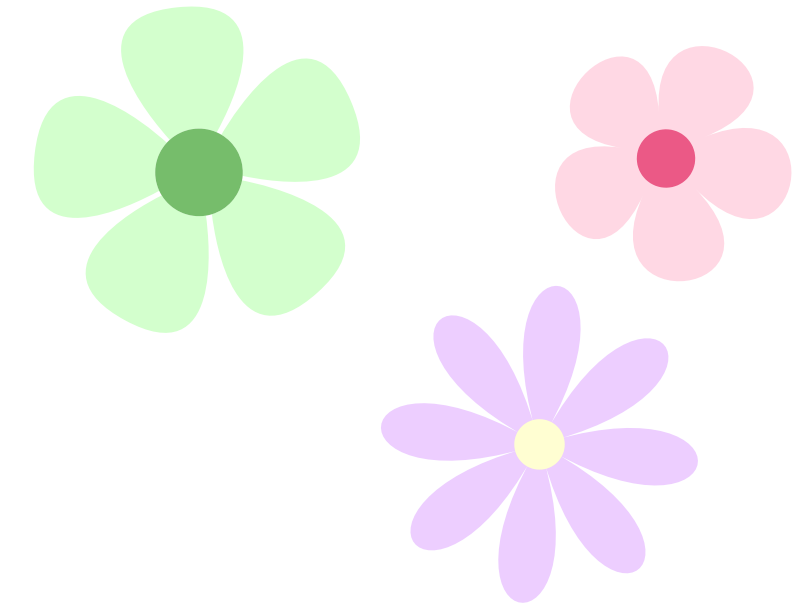
Date: 4th August

Cycle to Work Day sees millions take to the saddle each year. All joining forces to celebrate this undervalued form of commute. The day encourages commuters across the country to reap the benefits of cycling into the workplace and beyond. Cycling to work contributes to a greener planet, saves you money spent on petrol or train tickets and helps you get fit in the process!

August

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 World Breastfeeding Awareness Week	2	3
4 Cycle to Work Day	5	6	7	8	9	10
11	12	13	14	15	16	17
18 Krishna Janmashtami	19	20	21	22	23	24
25	26	27	28	29	30	31



Quote of the Month

"The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart" - Helen Keller

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Sleeptember

Date: Month

Sleeptember aims to look at how to get a good night's sleep and why it's beneficial.

Sleep is critical to health and wellbeing and as a nation we really aren't getting enough. It is a basic and fundamental human requirement and is vitally important for good physical, mental and emotional health as well as crucial for memory, learning and growth.

National Inclusion Week

Date: 23rd September

National Inclusion Week is the annual celebration of togetherness, recognising inclusion in all of its forms. It highlights the importance of inclusive practices, especially within the workplace, to educate everyone to ensure that their organisation is inclusive for all.

Know your Numbers

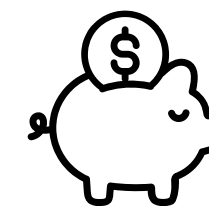
Date: 8th September



Know Your Numbers Week is an annual campaign held every September dedicated to raising awareness about the significance of understanding and monitoring vital health numbers.

National Pensions Awareness Week

Our aim is to get members talking about pensions and making plans for their retirement, even if that is many years ahead.



For more information, click [here](#).

September

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Sleeptember World Alzheimers Month	2	3	4	5 International Day of Charity	6	7
8 Know Your Numbers Week	9	10	11 National Pension Awareness Week	12	13	14
15	16 Recycle Week	17 World Patient Safety Day	18	19	20 National Fitness Day	21
22 Car Free Day	23 National Inclusion Week	24	25	26 HR Professional Day	27	28
29 Macmillan Cancer Morning	30					

OTHER IMPORTANT

DATES:

National Pensions Awareness
Week

International Happiness at
Work Week

Quote of the Month

*"You have a brain in your head.
You have feet in your shoes.
You can steer yourself any
direction you choose". -Dr. Seuss*

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World Menopause Day

Date: 18th October

World Menopause Day is held every year on the 18th of October. The purpose of the day is to raise awareness of the menopause and the support options available for improving health and wellbeing.

Black History Month

Date: Month

Is a month set aside to learn, honour and celebrate the achievements of Black individuals throughout history, it has been marked in the UK for more than 30 years. It is held to highlight and celebrate the achievements and contributions of the Black Community in the UK.

For more information, [click here](#).



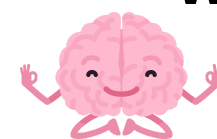
Rosh Hashana (Jewish New Year)

Date: 2nd- 4th October

Rosh Hashanah is the Jewish New Year festival and commemorates the creation of the world. It lasts 2 days. The traditional greeting between Jews is "L'shanah tovah" which means "for a good New Year".

World Mental Health Day

Date: 10th October



World Mental Health Day aims to encourage governments around the world to do more to support mental health and wellbeing, and empower people to help make a lasting change.

For more information, [click here](#).

Speak up Month

Date: Month

Speak Up Month is an opportunity to raise awareness and the difference which Freedom to Speak Up is making.

October

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Black History Month	2 Rosh Hashanah (Jewish New Year)	3	4	5
6	7 National Work Life Week Dyslexia Awareness Week	8	9	10 World Mental Health Day	11	12 Yom Kippur
13	14 Back Care Awareness Week	15	16	17	18 World Menopause Day	19
20 World Osteoporosis Day	21	22	23	24	25	26
27	28	29	30	31		

MONTHLY EVENTS:

Stoptober

Breast Cancer Awareness Month

Sober October

Speak Up Month

Black History Month

OTHER IMPORTANT

DATES:

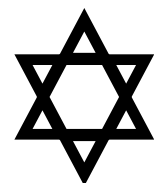
Recognising Allied Health Professions

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Diwali (Hindu)

Date: 1 November



The word Diwali means 'rows of lighted lamps'. Diwali is known as the 'festival of lights' because houses, shops and public places are decorated with small oil lamps called 'diyas'.

Disability History Month

Date: Month

UK Disability History Month is an annual event to raise awareness about disabled people's fight for equality and human rights. It is an opportunity to reflect on the progress made for disability rights and to act on what we can do to support disability equality in the present.

For more information, [click here](#).

Movember

Date: Month

Movember is an annual event involving the growing of moustaches during the month of November to raise awareness of men's health issues, such as prostate cancer, testicular cancer and men's suicide.

For more information, [click here](#).



Carers Rights Day

Date: 23rd November

Carers Rights Day empowers carers with information and support. It helps them to feel confident asking for what they need and challenge things when their rights are not being met, whether that be that in the workplace or education, in accessing health or social care.

Self Care Week

Self Care Week provides an excellent opportunity to inform, educate and remind people about the many benefits of self-care to short and long-term health, giving them confidence and understanding to look after their physical health and mental wellbeing.

For more information, [click here](#).

November

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Diwali World Vegan Day	2
3	4	5	6 International Stress Awareness Day	7	8	9
10	11 Remembrance Day	12	13 Anti-Bullying Week	14	15	16 Disability History Month
17 World Prematurity Day	18	19 International Mens Week	20	21	22	23 Carers Rights Day
24	25 Elimination of Violence Against Women	26	27	28	29	30 Small Business Saturday

MONTHLY EVENTS:

November

OTHER IMPORTANT

DATES:

1-7th Interfaith Week

13th - 19th Self Care Week

13th - 19th Transgender
Awareness Week

11th - 17th Talk Money Week

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Hanukka (Chanukah)

Date: 25th December

Hanukka, the festival of lights, involves the lighting of a nine candle candelabra over eight nights. Symbolic foods such as doughnuts are eaten cooked in oil to commemorate the miracle of the oil.



Christmas Day

Date: 25th December

The day when western Christians celebrate the birth of Jesus Christ. Often celebrated in prayer and song at church services and gifts are often given to represent the gifts Jesus received from the three kings.

International Day of People with Disabilities

Date: 3rd December

Promotes an understanding of people with disabilities and encourages support for their dignity, rights and wellbeing.

For more information, [click here](#).



Decembeard Bowel Cancer Month

Date: Month

Decembeard is a month long event to draw attention to the importance of bowel cancer awareness and early detection. It encourages people of all genders to grow beards, no matter how big or small, and use their facial hair as a conversation starter to educate others about bowel cancer.

For more information, [click here](#).

December

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Decembeard Bowel Cancer Month	2	3 International Day of People with Disabilities	4	5	6	7
8	9	10 World Human Rights Day	11	12	13	14
15	16	17	18	19	20	21
22	23	24 Christmas Eve	25 Christmas Day Hanukkah	26 Boxing Day	27	28
29	30	31				

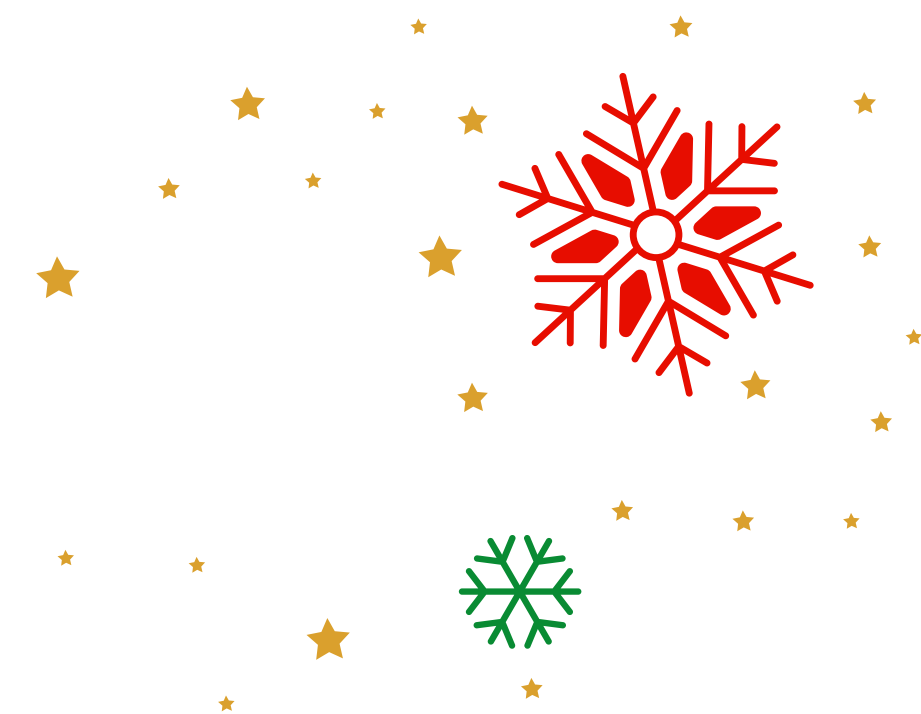
OTHER IMPORTANT

DATES:

3rd - Giving Tuesday

National Grief Awareness
Week

Christmas Jumper Day



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