





Health Awareness Calendar

Event/activity	Details
JANUARY	
Big Red BBQ	https://kidney.org.au/get-involved/find-an-event/fundraising-and-events/big-red-bbq
FEBRUARY	
Ovarian Cancer Awareness Month	Ovarian cancer – national. https://ovariancancer.net.au/
FebFast	Alcohol – national. http://febfast.org.au/
REDFEB	Heart disease – national. http://www.heartresearch.com.au/wrd/
World Cancer Day	Cancer – international. http://www.worldcancerday.org/
Smart Eating Week	Nutrition – national. https://daa.asn.au/
Apology Anniversary	Aboriginal health post. http://healingfoundation.org.au/
International Childhood Cancer Day	Cancer – international. https://internationalchildhoodcancerday.org/
International Asperger's Day	Asperger's Syndrome – international. http://www.asperger.asn.au/
World Day of Social Justice	Social justice – international. https://www.un.org/en/observances/social-justice-day
Teal Ribbon Day	Ovarian cancer – national. http://www.ovariancancer.net.au/
MARCH	
Melanoma March	Melanoma – national. http://www.melanoma.org.au/get-involved/melanoma-march/
National Epilepsy Awareness Month	Epilepsy – national. http://www.epilepsyaustralia.net/
Endometriosis Awareness Month	Endometriosis – national. https://www.marchintoyellow.org.au/
The March Charge – Cancer Council	Cancer – national. https://www.themarchcharge.com.au/
World Compliment Day	Mental health – international. http://www.worldcomplimentday.info/
Hearing Awareness Week	Hearing – national. http://www.hearingawarenessweek.org.au/
World Hearing Day	Hearing – international. http://www.hearingawarenessweek.org.au/

Clean Up Australia Day	Environment – national. http://www.cleanupaustraliaday.org.au/
World Glaucoma Week	Glaucoma – international. https://www.worldglaucomaweek.org/
Kidney Health Week	Kidney health – national. https://kidney.org.au/
International Women's Day	Women – international. https://www.internationalwomensday.com/
World Salt Awareness Week	Nutrition – international. http://www.worldactiononsalt.com/awarenessweek/
World's Greatest Shave	Leukaemia – national. https://worldsgreatestshave.com/
World Kidney Day	Kidney health – international. http://www.worldkidneyday.org/
World Sleep Day	Sleep – international. http://worldsleepday.org/
Coeliac Awareness Week	Coeliac disease – national. http://www.coeliac.org.au/CAW/
Harmony Week	Cultural diversity – national. http://www.harmony.gov.au/
Brain Awareness Week	Brain health – national. http://brainfoundation.org.au/
Swallowing Awareness Day	Speech pathology – national. http://www.speechpathologyaustralia.org.au/
Close the Gap Day	Indigenous health – national. https://www.antar.org.au/campaigns/national-close-gap-day
National Day of Action Against Bullying and Violence	Bullying – national. https://bullyingnoway.gov.au/nationalday
International Day of Happiness	Mental health – international. http://dayofhappiness.net/
World Oral Health Day	Oral health – international. https://www.adansw.com.au/
World Down Syndrome Day	Down Syndrome – international. https://worlddownsyndromeday2.org/
Advance Care Planning Week	Palliative care – national. https://www.advancecareplanning.org.au/acpweek
World Tuberculosis Day	Tuberculosis – international. https://www.who.int/campaigns/world-tb-day/2020
Purple Day	Epilepsy – national. http://purpleday.com.au/
Neighbour Day	Community – national. http://www.neighbourday.org/
APRIL	
MPHN Winter Strategy commences	Influenza – local.
Go Blue for Autism	Autism – national. https://www.goblueforautism.com.au/
Sexual Assault Awareness Month	Sexual violence – international. http://www.nsvrc.org/saam/sexual-assault-awareness-month-home

April Falls Day Morld Autism Awareness A	Aged care – national. https://www.nslhd.health.nsw.gov.au/HealthInformation/HealthPromotion/Pages/Proj ects/Falls Prevention/AprilFalls/AprilFalls.aspx Autism – international. https://www.autismspeaks.org/what-autism/world-autism-
World Autism Awareness A	
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	awareness-day
World Health Day	Health – international. https://www.who.int/campaigns/world-health-day
World Parkinson's Day	Parkinson's – international. https://www.parkinsons.org.au/
World Hapmonhilia Day	Haemophilia – international. https://www.haemophilia.org.au/get-involved/events/world-haemophilia-day-1
NSW Youth Week	Youth – local. https://www.youthweek.nsw.gov.au/
World i fillially	Immunodeficiency – international. https://primaryimmune.org/world-pi-week-april-22-29
world immunisation week	Vaccination – international. https://www.who.int/campaigns/world-immunization-week/2021
World Malaria Day	Malaria – international. https://www.who.int/campaigns/world-malaria-day/wo
	Safety – international. http://www.safeworkaustralia.gov.au/sites/swa/media-events/world-safety-day/pages/world-safety-day
MAY	
Lung Health Awareness Month	Lung health – national. https://lungfoundation.com.au/
Huntington's Disease Awareness Month	https://www.facebook.com/HDAwareness/
Domestic and Family Violence Prevention Month	Domestic violence – national.
Crohns and Colitis Awareness Month	Crohns and Colitis – national. https://www.crohnsandcolitis.com.au/
65 Roses for Cystic Fibrosis C	Cystic Fibrosis – national. http://www.65roses.org.au/
Macula Month E	Eye health – national. https://www.mdfoundation.com.au/may-is-macula-month-2019
Thyroid Awareness Month T	Thyroid health – national. https://www.thyroidfoundation.org.au/
Eczema Awareness Month	Eczema – international. https://www.adna.org.au/news-item/4631/its-eczema-awareness-month-this-may-2020
National Heart Week	Heart health – national. https://www.heartfoundation.org.au/
World Asthma Day	Asthma – international. http://ginasthma.org/wad/
world Hand Hygiene Day	Hygiene – international. http://www.who.int/mediacentre/events/meetings/2011/clean_hands_campaign/en/
	Nutrition – international. https://cfih.com.au/international-no-diet-day/
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World Red Cross Day	Red Cross – international. https://www.redcross.org.au/news-and-media/news/smile-its-world-red-cross-day
National Amyloidosis Day	Amyloidosis – national. http://amyloidosis.net.au/national-amyloidosis-day-and-the-amyloidosis-day-ribbon/
World Lupus Day	Lupus – international. http://www.worldlupusday.org/
Pneumonia Awareness Week	Pneumonia – national. https://lungfoundation.com.au/
International Nurses Day	Nurses – international. https://www.icn.ch/what-we-do/campaigns/international-nurses-day
International Awareness Day Chronic Immunological and Neurological Diseases	Immunological and Neurological diseases – international. http://www.may12th.org/
National Prevention of Prescription Medication Dependence Week	Health consumers – national. http://www.scriptwise.org.au
International Day of Families	Families – international. http://www.un.org/en/events/familyday/
World Hypertension Day	Hypertension – international. http://ish-world.com/public/world-hypertension-day.htm
International Day Against Homophobia, Biphobia, Interphobia and Transphobia	https://www.idahobit.org.au/
National Volunteer Week	Volunteers – national. https://www.volunteeringaustralia.org/get-involved/nvw/
Go Blue Huntingtons	
Schizophrenia Awareness Week	Schizophrenia – national. https://www.minetworks.org.au/schizophrenia-awareness#:~:text=Schizophrenia%20Awareness%20Week%3A%2023%20to,%22Discover%20Better%20Mental%20Health%22
World Family Doctor Day	Doctors – international. https://www.globalfamilydoctor.com/member/ForMemberOrganizations/WorldFamilyDoctorDay
World IBD Day (Chrohns & Colitis)	Chrohns and Colitis – international. https://www.crohnsandcolitis.com.au/world-ibd-day/
Exercise Right Week	Fitness – national. https://exerciseright.com.au/exercise-right-week-campaign/
World Schizophrenia Awareness Day	Schizophrenia – international. https://www.minetworks.org.au/schizophrenia-awareness
National Palliative Care Week	Palliative care – national. https://palliativecare.org.au/national-palliative-care-week-2021
Food Allergy Awareness Week	Nutrition – national. https://allergyfacts.org.au/faw/
World Thyroid Day	Thyroid health – national. http://www.thyroidfoundation.org.au/

Indigenous health – national. https://www.reconciliation.org.au/national-sorry-day-2020/
Indigenous health – national. https://www.reconciliation.org.au/national-reconciliation-week/
Community – national. https://www.biggestmorningtea.com.au/
Mental health – national. http://www.whitewreath.org.au/coming-events/
Multiple sclerosis – national. https://www.msaustralia.org.au/
Lung health – international. http://www.who.int/tobacco/wntd/en/
Bowel cancer – national. http://www.bowelcancerawarenessmonth.org/ https://www.bowelcanceraustralia.org/
Lipoedema – national. https://www.lipoedemaaustralia.com.au/
Child safety – national. https://kidsafe.com.au/national-burns-awareness-month/
Haemochromatosis – international. https://haemochromatosis.org.au/whw/
https://www.crazysocks4docs.com.au/crazysocks4docs-day/crazysocks4docs-day-2021/
Child health – international. https://www.aaimhi.org/
Blood donation – international. https://www.who.int/campaigns/world-blood-donor-day
Blood donation – national. http://www.donateblood.com.au/
Men's health – national. http://www.menshealthweek.org.au/
Continence – international. https://www.continence.org.au/
Bowel cancer – national. https://www.bowelcanceraustralia.org/red-apple-day
Allergies – international. https://www.allergy.org.au/about-ascia/world-allergy-week
https://www.naidoc.org.au/
https://www.welcomehere.org.au/diversitydays
https://www.dryjuly.com/

National Farm Safety Week	https://www.farmsafe.org.au/national-farm-safety-week
National Pain Week	https://www.nationalpainweek.org.au/
Crazy Hair Day	https://www.crazyhair.com.au/
World Hepatitis Day	https://www.ntahc.org.au/world-hepatitis-day
Stress down day	https://www.lifeline.org.au/get-involved/campaigns-events/
Donate Life Week	https://donatelife.gov.au/resources/donatelife-week
AUGUST	
World Breastfeeding Week	https://worldbreastfeedingweek.org/
MS Readathon	https://www.msreadathon.org.au/
Jeans for Genes Day	https://www.cmrijeansforgenes.org.au/get-involved/jeans-for-genes
National Stroke Week	https://strokefoundation.org.au/What-we-do/Prevention-programs/National-stroke-week
OCD and Anxiety Disorders Week	http://understandinganxiety.wayahead.org.au/ocdanxietyawarenessweek/
National Recognition Day for Aboriginal and Torres Strait Islander Health Workers and Practitioners	https://www.naatsihwp.org.au/
Dying to Know Day	https://www.thegroundswellproject.com/dying-to-know-day
Red Nose Day	https://rednose.org.au/section/red-nose-day#:~:text=Red%20Nose%20Day%20will%20be,gets%20the%20support%20they%20need.
National Wound Awareness Week	http://www.woundaware.com.au/
Healthy Bones Action Week	https://www.dairy.com.au/our-programs/healthy-bones-action-week
Daffodil Day	https://www.daffodilday.com.au/
Overdose Awareness Day	https://www.overdoseday.com/
SEPTEMBER	
Footy Colours Day	https://www.fightcancer.org.au/footy-colours-day
Gold Bow Day	https://thyroidfoundation.org.au/Australian-Thyroid-Foundation-Awareness-Events
Childhood Cancer Awareness Month	https://www.thekidscancerproject.org.au/fundraising-events/childhood-cancer-awareness-month
Big Heart Appeal	https://www.heartfoundation.org.nz/get-involved/big-heart-appeal
Prostate Cancer Awareness Month	https://www.prostate.org.au/

Blue September	https://www.acrf.com.au/news/latest-news/blue-september/
Liptember	https://www.liptember.com.au/
National Asthma Week	https://asthma.org.au/get-involved/what-is-on/asthma-week/
Spina Bifida Awareness Week	https://www.spinabifidaassociation.org/awareness-month/media-toolkit/
National Health and Physical Education Day	https://hpeday.com.au/
Women's Health Week	https://www.womenshealthweek.com.au/get-involved
Spinal Injury Week	https://www.spinal.com.au/awarenessweek/
International Fetal Alcohol Spectrum Disorder Awareness Day	https://www.nofasd.org.au/community/international-fasd-awareness-day/
RUOK Day	https://www.ruok.org.au/
Unity Walk and Run	https://www.parkinsonsnsw.org.au/events/unity-walk-in-the-park/
Lyme Gladiolus Day	https://karlmcmanus.org.au/
Dementia Action Week	https://www.dementia.org.au/dementia-action-week
Nursing in the Community Week	
World Alzheimers Day	https://www.dementia.org.au/media-releases/2018/world-alzheimer%E2%80%99s-day-puts-the-focus-on-the-growing-number-of-people-developing-dementia
Mesothelioma Awareness Day	
World Heart Day	https://www.world-heart-federation.org/world-heart-day/
OCTOBER	
Breast Cancer Awareness	https://www.canceraustralia.gov.au/about-us/campaigns-events/breast-cancer-
Month	<u>awareness-month</u>
Lupus Awareness Month	https://lupusnsw.org.au/
Ocsober	https://www.lifeeducation.org.au/ocsober
Dyslexia Awareness Month	https://www.deardyslexic.com/national-dyslexia-awareness-month-2020
National Amputee Awareness Week	https://www.limbs4life.org.au/news-events
World Mental Health Day	https://lookafteryourmentalhealthaustralia.org.au/
Bleeding Disorders Awareness Week	https://www.haemophilia.org.au/get-involved/events/bleeding-disorders-awareness-week
National Carers Week	https://carersweek.com.au/
National Nutrition Week	https://nutritionaustralia.org/uncategorized/national-nutrition-week-tryfor5/

World Arthritis Day	https://www.eular.org/world_arthritis_day.cfm
World Sight Day	https://www.vision2020australia.org.au/our-work/worldsightday/
Pregnancy & Infant Loss Remembrance Day	https://www.sands.org.au/october-15th
Developmental Language Disorder Awareness	www.dldproject.com
National Week of Deaf People	https://deafaustralia.org.au/information/calendar/
World Osteoporosis Day	http://www.worldosteoporosisday.org/
Headspace Day	https://headspace.org.au/headspace-centres/esperance/today-is-national-headspace-day/
NOVEMBER	
Movember	www.movember.com
Lung Cancer Awareness Month	https://lungfoundation.com.au/events/lung-cancer-awareness-month-2/
Pancreatic Cancer Month	https://www.canceraustralia.gov.au/about-us/news/spotlight-pancreatic-cancer-gives-hope-people-diagnosed-and-their-families
World Radiography Day	https://www.sor.org/about/about-radiography/world-radiography-day
World Pneumonia Day	https://stoppneumonia.org/event/world-pneumonia-day-2-2021-11-12/
World Kindness Day	https://inspirekindness.com/world-kindness-day
World Diabetes Day	https://www.diabetesaustralia.com.au/news-resources/current-campaigns/world-diabetes-day/
Alopecia Awareness Week	https://aaaf.org.au/alopecia-awareness-week/
Cervical Cancer Awareness Week	https://accf.org.au/about-us/campaigns/cervical-cancer-awareness-week-2021/
World Prematurity Day	
World Chronic Obstructive Pulmonary Disease Day	https://goldcopd.org/world-copd-day/
White Ribbon Day	https://events.whiteribbon.org.au/get-involved/join-an-existing-event/whiteribbonday
Skin Cancer Action Week	https://www.cancer.org.au/cancer-information/causes-and-prevention/sunsafety/campaigns-and-events/national-skin-cancer-action-week
Psychology Week	https://psychology.org.au/for-the-public/psychology-week
DECEMBER	
World Aids Day	http://www.worldaidsday.org.au/internet/wad/Publishing.nsf/content/home
Decembeard/hair	https://www.bowelcanceraustralia.org/decembhair
International Day of People with Disability	https://www.idpwd.com.au/

International Volunteer Day	https://www.volunteeringaustralia.org/get-involved/events/international-volunteer-day/
Human Rights Day	https://humanrights.gov.au/our-work/education/publications/commemorate-human-rights-day-rightsed