



Awareness Calendar 2026

Compassionate Employers

A workplace wellbeing programme that helps organisations to support their employees through caring responsibilities, end of life and grief.

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January
20-25: Cervical Cancer Prevention Week.

February
5: Time to Talk Day.
4: World Cancer Day.
20: Care Day.

March
1-31: Brain Tumour Awareness Month.
11: Young Carers Action Day.

April
1-30: Bowel Cancer Awareness Month.
7: World Health Day.
20-26: Multiple Sclerosis Awareness Week.

May
5-11: Deaf Awareness Week.
4-10: Dying Matters Week.
11-17: Mental Health Awareness Week.

June
1-30: SANDS Awareness Month.
1-7: Volunteers Week.
9-15: Carers Week.
23: International Widows Day.

July
3: National Bereaved Parents Day.

August
31: International Overdose Awareness Day.

September
1-30: Self Care September.
10: World Suicide Prevention Day.
15-21: Male Cancer Awareness Week
1-31: Walk All Over Cancer.

October
1-31: Breast Cancer Awareness Month.
9 – 15: Baby Loss Awareness Week.
6-12: Hospice Care Week.
10: World Mental Health Day.
10: World Hospice & Palliative Care Day.

November
19: Children’s Grief Awareness Day.
21: Carers Rights Day.

December
1-7: National Grief Awareness Week.
3: International Day of Persons with Disabilities.

Tip for the holidays: Some holidays may be upsetting for those bereaved. Reach out if further support is needed.