

## Health & Wellbeing Awareness Days – October 2021

TOPIC	DATE(S)	RESOURCES
<b>Bike to School Week</b>	27 <sup>th</sup> September – 1 <sup>st</sup> October	<a href="https://bikeability.org.uk/bikeability-club/bike-to-school-week/">https://bikeability.org.uk/bikeability-club/bike-to-school-week/</a>
<b>International Walk to School Month</b>	1 <sup>st</sup> – 31 <sup>st</sup> October	<a href="https://www.livingstreets.org.uk/get-involved/campaign-with-us/international-walk-to-school-month">https://www.livingstreets.org.uk/get-involved/campaign-with-us/international-walk-to-school-month</a>
<b>Black History Month</b>	1 <sup>st</sup> – 31 <sup>st</sup> October	<a href="https://www.blackhistorymonth.org.uk/">https://www.blackhistorymonth.org.uk/</a>
<b>Breast Cancer Awareness Month</b>	1 <sup>st</sup> – 31 <sup>st</sup> October	<a href="https://breastcancer.org/get-involved/breast-cancer-awareness-month">https://breastcancer.org/get-involved/breast-cancer-awareness-month</a>
<b>World Teacher Day</b>	5 <sup>th</sup> October	<a href="https://www.twinkl.co.uk/event/world-teachers-day-2021">https://www.twinkl.co.uk/event/world-teachers-day-2021</a> <a href="https://en.unesco.org/commemorations/worldteachersday">https://en.unesco.org/commemorations/worldteachersday</a>
<b>World Mental Health Day</b>	10 <sup>th</sup> October	<a href="https://www.twinkl.co.uk/event/world-mental-health-day-2021">https://www.twinkl.co.uk/event/world-mental-health-day-2021</a> <a href="https://youngminds.org.uk/contact-us/sign-up-for-helloyellow/">https://youngminds.org.uk/contact-us/sign-up-for-helloyellow/</a>
<b>International Day of the Girl</b>	11 <sup>th</sup> October	<a href="https://www.actionaid.org.uk/get-involved/days-we-celebrate/international-day-of-the-girl">https://www.actionaid.org.uk/get-involved/days-we-celebrate/international-day-of-the-girl</a>
<b>National Work-Life Week</b>	11 <sup>th</sup> – 15 <sup>th</sup> October	<a href="https://workingfamilies.org.uk/nationalworklifeweek/">https://workingfamilies.org.uk/nationalworklifeweek/</a>
<b>Global Handwashing Day</b>	15 <sup>th</sup> October	<a href="https://globalhandwashing.org/global-handwashing-day/">https://globalhandwashing.org/global-handwashing-day/</a>

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<b>Anti-Slavery Day</b>	18 <sup>th</sup> October	<a href="https://globaldimension.org.uk/events/anti-slavery-day/2021-10-18/">https://globaldimension.org.uk/events/anti-slavery-day/2021-10-18/</a>
<b>Wear It Pink Day</b>	23 <sup>rd</sup> October	<a href="https://www.wearitpink.org/">https://www.wearitpink.org/</a>
<b>National Bug-Busting Day</b>	31 <sup>st</sup> October	<a href="https://www.nhs.uk/conditions/head-lice-and-nits/">https://www.nhs.uk/conditions/head-lice-and-nits/</a>