

Health & Wellbeing Awareness Days – September 2021

TOPIC	DATE(S)	RESOURCES
Youth Mental Health Day	7 th September	2021 Theme: #StrideForward https://stem4.org.uk/youthmentalhealthday/
World Suicide Prevention Day	10 th September	https://www.samaritans.org/support-us/campaign/world-suicide-prevention-day/
Male Cancer Awareness Week	13 th – 19 th September	https://orchid-cancer.org.uk/awareness-education/male-cancer-awareness-week/
Sexual Health Week	13 th – 19 th September	https://www.brook.org.uk/shw/
Organ Donation Week	20 th – 26 th September	https://www.organdonation.nhs.uk/get-involved/news/organ-donation-week-2021-dates-announced/
International Week of Happiness at Work	20 th - 26 th September	https://internationalweekofhappinessatwork.com/
International Day of Peace	21 st September	https://internationaldayofpeace.org/
National Fitness Day	22 nd September	https://www.nationalfitnessday.com/
Bike to School Week	27 th Sept – 1 st Oct	https://bikeability.org.uk/bikeability-club/bike-to-school-week/