

# **Diversity, Inclusion and Wellbeing Calendar 2020**











Baby steps are still  
steps in the right direction



# January

Dry January

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<b>1</b> New Year's Day / Hogmanay	 <b>2</b> Birthday of Guru Gobind Singh <i>Sikh</i>	<b>3</b>	<b>4</b> World Braille Day	<b>5</b> Twelfth Night <i>Christian</i>
<b>6</b> Epiphany <i>Christian</i>	<b>7</b>	<b>8</b>	 <b>9</b>	<b>10</b> Mahayana New Year <i>Buddhist</i>	<b>11</b> Mahayana New Year <i>Buddhist</i>	<b>12</b> Mahayana New Year <i>Buddhist</i>
<b>13</b> Seijin no hi (Coming of Age Day) <i>Shinto</i>	<b>14</b> Maghi <i>Sikh</i>	<b>15</b> Makar Sankranti <i>Hindu</i>	 <b>16</b>	<b>17</b>	<b>18</b>	<b>19</b> World Religion Day
<b>20</b> Sugar Awareness Week / Blue Monday / Martin Luther King Jnr. Day	<b>21</b>	<b>22</b>	 <b>23</b>	<b>24</b>	<b>25</b> Robert Burns Night / Chinese New Year <i>Rat</i>	<b>26</b>
<b>27</b> Holocaust Memorial Day	<b>28</b> Data Privacy Day	<b>29</b> Vasant Panchami <i>Hindu</i>	<b>30</b>	<b>31</b> Birthday of Guru Har Singh <i>Sikh</i>		

Start the New Year positively and think about a new activity or routine to improve your health and wellbeing this year. You may want to learn a new skill or kick a “bad” habit.

**Wellbeing** is the feeling of being comfortable, happy and healthy, having a sense or meaning or purpose, good mental health and generally just feeling well.

**Equality** – the state of being equal is foundational in a democratic society. The fight for equality is the fight to attain different kinds of equality, like racial, gender, or the equality of opportunity between rich and poor.









Keep your heart healthy by  
doing an exercise that you enjoy and  
swapping an unhealthy snack for a healthy one



# February

UK National Heart Month / Lesbian Gay Bisexual Trans History Month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					 <b>1</b> World Hijab Day	<b>2</b>
<b>3</b> National Apprenticeship Week	<b>4</b> World Cancer day	<b>5</b>	<b>6</b>	<b>7</b>	 <b>8</b>	<b>9</b> Autism Sunday
<b>10</b> Tu BiShvat Jewish Student Volunteering Week	<b>11</b> International Day of Women and Girls in Science / Safer Internet Day	<b>12</b>	<b>13</b>	 <b>14</b> Saint Valentine's Day	<b>15</b> Nirvana Day Buddhist	<b>16</b>
<b>17</b> World Human Spirit Day	<b>18</b>	<b>19</b>	<b>20</b> World Day of Social Justice	<b>21</b> Maha Shivaratri Hindu	 <b>22</b>	<b>23</b>
<b>24</b>	<b>25</b> Shrove Tuesday Christian	<b>26</b> Intercalary Days begins Baha'i / Ash Wednesday Christian	<b>27</b>	<b>28</b> International STAND UP to Bullying Day	<b>29</b> Intercalary Days end Baha'i	

 Last Quarter  New Moon  First Quarter  Full Moon

We know how to look after our love in the form of romantic gestures, but do we know how to look after our heart?

This month is LGBTQ+ History Month, an annual celebration of the Lesbian, Gay, Bisexual and Trans community, its history, culture and struggle for equality. **LGBTQ+** is an acronym for lesbian, gay, bisexual and transgender people. The Q denotes queer and also questioning and the + denotes everything on the gender and sexuality spectrum.








Let's all be  
#EachforEqual



# March

March is Women's History Month / Prostate Cancer Awareness Month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						<b>1</b> St. David's Day
 <b>2</b> Eating Disorders Week / National Careers Week	<b>3</b> World Hearing Day	<b>4</b>	<b>5</b> World Book Day	<b>6</b> International Women's Day #Each for Equal	<b>7</b>	<b>8</b>
 <b>9</b> Holi Hindu / Magha Puja (Sangha Day) Buddhist	<b>10</b> Purim – Jewish Holi / Mohalla Sikh	<b>11</b> No Smoking Day	<b>12</b>	<b>13</b>	<b>14</b> Nanakshahi (New Year) Sikh	<b>15</b>
 <b>16</b>	<b>17</b> Saint Patrick's Day - Christian	<b>18</b>	<b>19</b>	<b>20</b> International Day of Happiness / Naw-Ruz (New Year) Baha'i	<b>21</b> Intl. Day for the Elimination of Racial Discrimination / World Down Syndrome Day	<b>22</b> World Water Day / Lailat al Miraj Islam
<b>23</b>	 <b>24</b>	<b>25</b> Ramayana begins Hindu	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>30</b> World Bipolar Day	<b>31</b>					

 Last Quarter  New Moon  First Quarter  Full Moon

Women's history month celebrates the contributions made by women to events in history and contemporary society. The theme for this year's International Women's Day on the 8th is #Each for Equal; an equal world is an enabled world. Individually, we're all responsible for our own thoughts and actions - all day, every day. We can actively choose to challenge stereotypes, fight bias, broaden perceptions, improve situations and celebrate women's achievements.

**Gender identity** is an individual's sense of self as male, female, a blend or both or neither – how individuals perceive themselves and what they call themselves. Gender identity can be the same or different from an individuals' sex assigned at birth.







Get moving and do  
something physically active and fun,  
it's even better if it is outdoors



# April

Autism Awareness Month / Stress Awareness Month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		○ 1 April Fool's Day	2 Rama Navami Hindu	3 National Walk to Work Day	4	5 Palm Sunday Christian
6 Mahavir Jayanti Jain	7 World Health Day	○ 8 Hanuman Jayanti Hindu / Lailat al Bara'ah Islam	9 Maundy Thursday Christian	10 Good Friday -Christian	11	12 Easter Sunday Christian
13 Easter Monday Christian / Birth of the Khalsa (Vaisakhi) Sikh	○ 14	15	16	17	18 Birthday of Guru Tegh Bahadur Sikh / Birthday of Guru Angad Dev Sikh	19
20 First Day of Ridvan Baha'i	21 Yom HaShoah (Holocaust Remembrance Day) Jewish	22 Earth Day	● 23 Saint George's Day Christian	24 Ramadan begins Islam	25	26 Akshaya Tritiya Hindu, Jain
27	28 World Day for Health and Safety at Work / Ninth Day of Ridvan Baha'i	29	○ 30			

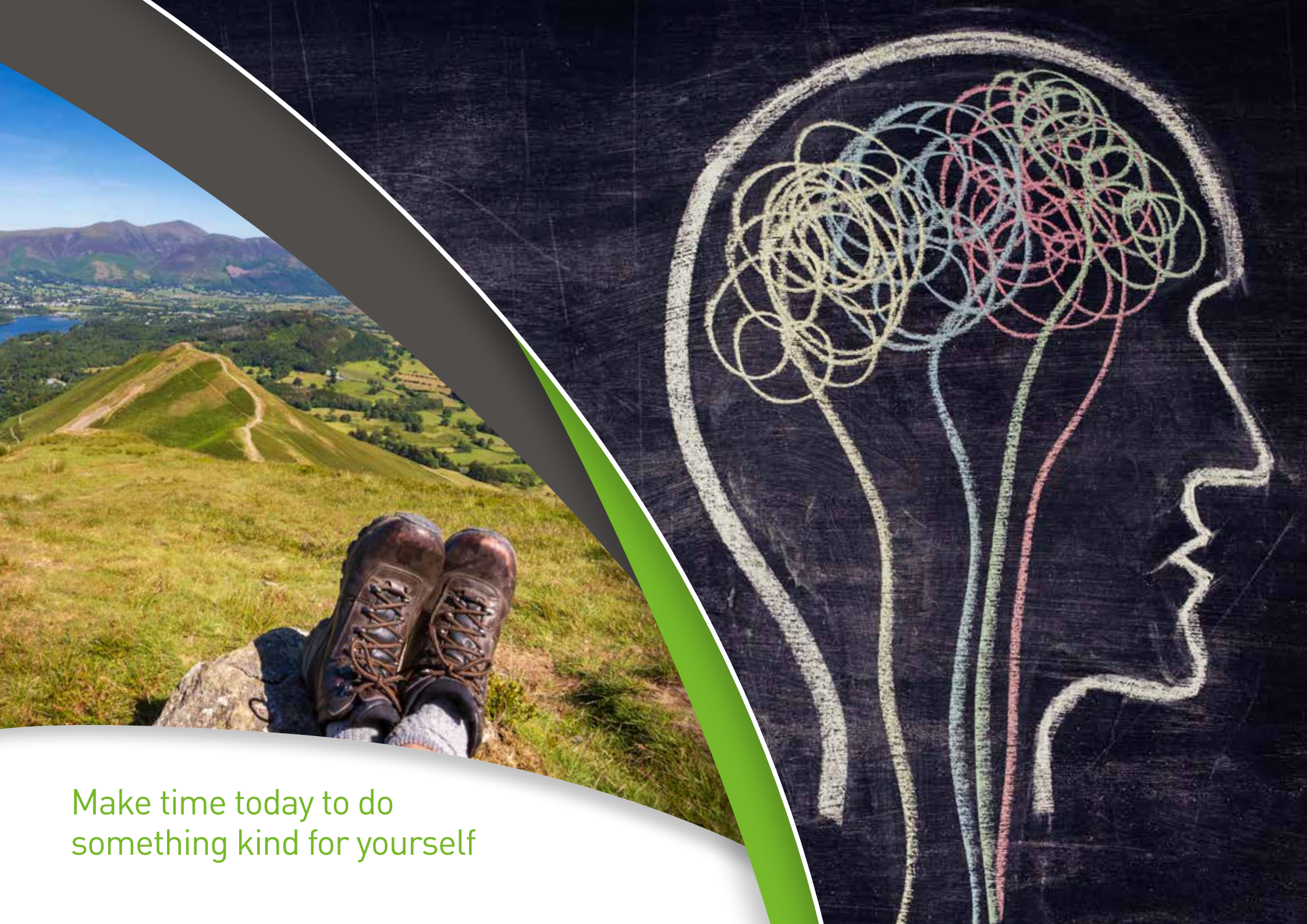
○ Last Quarter ● New Moon ○ First Quarter ○ Full Moon

World Autism Awareness Month is a time to raise awareness, increase acceptance and celebrate our neurodiversity.

**Autism** is a lifelong, developmental disability that affects how a person communicates with and relates to other people, and how they experience the world around them. It is a hidden disability which means you can't always tell if someone has autism. There are around 700,000 people in the UK with Autism, which is more than 1 in 100 people.







Make time today to do  
something kind for yourself



# May

Mental Health Awareness Month / UK National Walking Month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				<b>1</b> Twelfth Day of Ridvan Baha'i	<b>2</b> Birthday of Guru Arjan Dev Sikh	<b>3</b>
<b>4</b>	<b>5</b>	○ <b>6</b>	<b>7</b> Vesak (Buddha Day) Buddhist	<b>8</b> World Red Cross and Red Crescent Day	<b>9</b>	<b>10</b>
<b>11</b> National Vegetarian Week	<b>12</b> Lag B'Omer Jewish	○ <b>13</b>	<b>14</b>	<b>15</b> International Day of Families	<b>16</b>	<b>17</b> International Day Against Homophobia, Transphobia and Biphobia
<b>18</b>	<b>19</b> Lailat al- Qadr Islam	<b>20</b>	● <b>21</b>	<b>22</b> Yom Yerushalayim (Jerusalem Day) Jewish	<b>23</b> Birthday of Guru Amar Das Sikh / Declaration of the Bab Baha'i	<b>24</b> Eid al Fitr Islam
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	○ <b>29</b> Shavuot Jewish	<b>30</b>	<b>31</b> Pentecost Christian

○ Last Quarter ● New Moon ○ First Quarter ○ Full Moon

It is mental health awareness week in May and it's time to focus on your mental health by learning about what you can do to help yourself and others.

Talking about **mental health** encourages those with experience of a mental health problem to share how they are feeling. This is often the first step to feeling better and a reminder that people are not alone. #this is me #end the stigma

Yoga, meditation, mindfulness and lifestyle changes will help bridge the connection for the mind, body and soul. A healthy mind leads to a healthy body and results in a healthy spirit.







The best thing you'll  
ever do is believe in yourself



# June

LGBT Pride Month / Men's Health Awareness Month / Gypsy, Roma and Traveller Month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>1</u>	<u>2</u>	<u>3</u>	○ <u>4</u>	<u>5</u> World Environment Day	<u>6</u> Bike week	<u>7</u> Trinity Sunday
<u>8</u>	<u>9</u>	<u>10</u>	<u>11</u>	○ <u>12</u>	<u>13</u>	<u>14</u> World Blood Donor Day
<u>15</u>	<u>16</u> Martydom of Guru Arjan Dev Sikh	<u>17</u>	<u>18</u>	<u>19</u>	● <u>20</u> World Refugee Day	<u>21</u> International Day of Yoga / World Humanist Day
<u>22</u>	<u>23</u>	<u>24</u>	<u>25</u>	<u>26</u>	○ <u>27</u>	<u>28</u>
<u>29</u>	<u>30</u>					

International Day Against Drug Abuse and Illicit Trafficking

The month celebrates the diverse ways in which the Gypsy, Roma and Traveller communities add to the vibrancy of life in the UK and recognises the varied contributions that these communities have made to British society historically and today. They are protected in the Equality Act 2010 but continue to face discrimination in society face continuing discrimination.

**Ethnic** – people grouped according to a common racial, national, tribal, religious, linguistic or cultural origin.

○ Last Quarter ● New Moon ○ First Quarter ○ Full Moon







Be kind to the planet, eat less  
meat and use less plastic and energy



# July

Plastic Free Month / UV Safety Month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1	2	3 International Plastic Free Day	4	5 ○ Birthday of Guru Hargobind Sikh / Asalha Puja Buddhist
6	7 World Chocolate Day	8	9 Martydom of the Bab – Baha'i	10	11 World Population Day	12
○ 13	14	15 World Youth Skills Day	16	17	18 Nelson Mandela Intl. Day	19
● 20	21	22	23 Birthday of Guru Har Krishan Sikh / Birthday of Emperor Haile Selassie Rastafari	24	25	26
○ 27	28	29	30 World Friendship Day / Tish'a B'av Jewish / Waqf al Arafa Islam	31 Eid al Adha Islam		

○ Last Quarter ● New Moon ○ First Quarter ○ Full Moon

The Earth's global temperature is warming, meaning that weather patterns and ecosystems are changing more quickly than animal species and human communities can adapt. We all have the power to play a part and champion change through the food we eat, the clothes we wear, how we travel, and the energy and materials we use and recycle.

**Inclusion** is about providing equal opportunity to everyone to create a culture and environment where everyone and every group feels welcome, accepted and valued for who they are.







Listen whole heartily  
to others without judging them



# August

Health and Safety Month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	2
○ 3	4	5	6	7	8	9 International Day of the World's Indigenous Peoples
10	○ 11 Krishna Janmashtami Hindu	12 International Youth Day	13 A Level Results Day	14	15	16 Paryushana Parvarambha begins Jain
17	18	● 19 World Humanitarian Day	20 Al – Hijra/ Muharram – New Year Islam / GCSE results Day	21	22 Ganesh Chaturthi Hindu	23 Samvatsari Jain
24	○ 25	26	27	28	29 Ashura Islam	30
31						

○ Last Quarter ● New Moon ○ First Quarter ○ Full Moon

The United Nations' International Youth Day is celebrated on August 12th each year to recognise efforts of the world's young people in enhancing global society. It also aims to promote ways to engage them in becoming more actively involved in making positive contributions to their communities. Did you know that Birmingham is the youngest major city in Europe, with under 25s accounting for nearly 40% of its population.

**Micro-behaviours** are tiny, often unconscious gestures, facial expressions, postures, words and tone of voice which can influence how included (or not included) the people around us feel.







Learn something new  
and share it with others



# September

World Alzheimer's Month / World Dementia Awareness Month / Organic September

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	○ 1 Anant Chaturdashi Jain	2	3	4	5 International Day of Charity	6 Read a Book Day
7	8 International Literacy Day	○ 9	10 World Suicide Prevention Day	11	12	13
14	15 International Day of Democracy	● 16	17	18	19 Rosh Hashanah Jewish	20
21 International Happiness at Work Week / International Day of Peace / World Alzheimer's Day	22 World Car Fee Day	○ 23	24	25 World's Biggest Coffee Morning	26	27 World Deaf Day
28 Yom Kippur Jewish	29 World Heart Day	30				

○ Last Quarter ● New Moon ○ First Quarter ○ Full Moon

The United Nations International Day of Peace is an event that is observed each year by nations all across the world on 21st of September. Play your part in building a culture of peace, respecting the differences we have, learning about others and celebrating our diverse society .

**Diversity** is about our differences in background, experiences and perspectives, interests, ethnicity, gender, sexual orientation, religion, belief, age and ability. Recognising, accepting, respecting and celebrating all the differences that make us unique will strengthen our relationships with each other and lead to a cohesive and peaceful community.





**Olive Morris**

A prominent civil rights activist, spearheading antiracist activism in South London and Manchester

**Stuart Hall**  
one of Britain's leading intellectuals and political campaigners

**Sheku Kanneh-Mason**  
A British cellist who won the 2016 BBC Young Musician of the Year award. The first black musician to win the award since its launch 38 years earlier.

**Richard Wayne Cooke Jr. MBE**  
London-born rapper  
A British MC, rapper and record producer

**Fanny Eaton**  
A model and muse who featured in the work of Pre-Raphaelite artists  
Rossetti praised Eaton's beauty in a time when narrow beauty standards and racial prejudice ensured black women rarely had a prominent place in Western art

**Sislin Fay Allen. The first black woman officer**

An inspiration for many when she became the Metropolitan Police's first black female police officer, based at Chiswell in the late 1960s.

**Zadie Smith**  
One of the leading literary voices of her generation

JUNE 2019

JUNE 2019

JUNE 2019

JUNE 2019

JUNE 2019

**Neil Kenlock**  
At the forefront of documenting the black experience in the UK

dependent  
and the  
British voter

**Mary Seacole**  
A pioneering nurse and heroine of the Crimean War, who as a woman of mixed race overcame a double prejudice

Take 10 minutes to  
sit still and just breath



# October

Breast Cancer Awareness Month / Black History Month / Stoptober

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			○ 1 International Day of Older Persons	2 World Smile Day	3 Sukkot Jewish	4
5	6	7	8 Ada Lovelace Day / World Sight Day	9 Birthday of Guru Ram Das Sikh	○ 10 World Mental Health Day / Shemini Atzeret Jewish	11 Simchat Torah Jewish
12	13	14	15 Global Hand Washing Day	● 16 World Food Day	17 Navaratri begins Hindu	18 Birth of the Bab Baha'i
19	20	21	22	○ 23	24	25 Dussehra – Dasara Hindu
26	27 National Mentoring Day	28	29 World Stroke Day / Mawlid al-Nabi Islam	30	○ 31 All Hallows' Eve Christian	

○ Last Quarter ● New Moon ○ First Quarter ○ Full Moon

October is Black History Month in the UK and it has been celebrated nationwide every year since the 1980s. This month was originally founded to recognise the contributions that people of African and Caribbean backgrounds have made to this country over many generations, to educate about the British history not acknowledged, or represented and to challenge racism still evident in society.

Now, Black History Month has expanded to include the history of not just African-Caribbean black people but all black people in general.

**Unconscious Bias** – we know what prejudice and hatred of people or a particular group can look like but we are less used to thinking about the more subtle processes which can disadvantage people. We may not always be aware of our own biases. They can affect the way we behave and the decisions we make.











It's ok to feel your feelings



# November

Lung Cancer Awareness Month / Movember Men's Health Awareness Month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						<b>1</b> World Vegan Day / All Saints' Day <b>Christian</b>
<b>2</b> All Souls' day <b>Christian</b> / Selassie Rastafari	<b>3</b>	<b>4</b>	<b>5</b> Guy Fawkes Night	<b>6</b>	<b>7</b>	 <b>8</b> Remembrance Sunday
<b>9</b>	<b>10</b>	<b>11</b> Armistice Day	<b>12</b>	<b>13</b> World Kindness Day	<b>14</b> World Diabetes Day / Bandi Chhor Divas <b>Sikh</b> / Diwali – Deepavali <b>Hindu</b> , <b>Sikh</b> , <b>Jain</b>	 <b>15</b>
<b>16</b>	<b>17</b> International Students' Day	<b>18</b>	<b>19</b> International Men's Day	<b>20</b>	<b>21</b>	 <b>22</b>
<b>23</b>	<b>24</b> Martyrdom of Guru Tegh Bahadur – <b>Sikh</b>	<b>25</b> White Ribbon Day / Day of the Covenant – Baha'i	<b>26</b>	<b>27</b> Ascension of Abdu'l – Baha – Baha'i	<b>28</b>	<b>29</b> Advent Sunday – <b>Christian</b>
 <b>30</b> Saint Andrew's Day <b>Christian</b> / Birthday of Guru Nanak Dev <b>Sikh</b>						

 Last Quarter  New Moon  First Quarter  Full Moon

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.

Suicide is the single biggest killer of men under 45 in the UK with 84 men taking their own lives every week. Men are three times as likely to die by suicide than women. It is believed that hundreds of male suicides could be prevented if men felt able to ask for help when they desperately need it.

**Self Esteem** is how a person thinks about themselves is linked to family traditions, language, social customs, economic background and other aspects of a person's social and cultural environment.







Stop and take a deep breath,  
you're doing great



# December

Universal Month for Human Rights / AIDS Awareness Month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 World Aids Day	2 International Day for the Abolition of Slavery	3 International Day of Persons with Disabilities	4	5	6
7	8 Rohatsu (Bodhi Day) Buddhist	9	10 Human Rights Day	11 Chanukah Jewish / Christmas Jumper Day	12	13
14	15	16	17	18 International Migrants Day	19	20
21	22	23	24 Christmas Eve Christian	25 Christmas Day Christian	26 Boxing Day Christian	27
28	29	30	31 New Year's Eve / Hogmanay			

○ Last Quarter ● New Moon ○ First Quarter ○ Full Moon

Human rights belong to every human being regardless of sex, race, nationality, socio-economic group, political opinion, sexual orientation or any other status. They are the basic rights and freedoms all people should be guaranteed. They are universal, apply equally to everyone and are founded on the principle of dignity for every human being.

**Human rights** ensure that people can live freely, that they are able to flourish, reach their potential and participate in society. Human rights ensure that everyone is treated fairly and with dignity and respect.



# The year at a glance

January	
1	New Year's Day / Hogmanay
2	Birthday of Guru Gobind Singh <small>Sikh</small>
3	
4	World Braille Day
5	Twelfth Night <small>Christian</small>
6	Epiphany <small>Christian</small>
7	
8	
9	
10	Mahayana New Year <small>Buddhist</small>
11	Mahayana New Year <small>Buddhist</small>
12	Mahayana New Year <small>Buddhist</small>
13	Seijin no hi (Coming of Age Day) <small>Shinto</small>
14	Maghi <small>Sikh</small>
15	Makar Sankranti <small>Hindu</small>
16	
17	
18	
19	World Religion Day
20	Sugar Awareness Week / Blue Monday / Martin Luther King Jnr. Day
21	
22	
23	
24	
25	Robert Burns Night / Chinese New Year – Year of the rat
26	
27	Holocaust Memorial Day
28	Data Privacy Day
29	Vasant Panchami <small>Hindu</small>
30	
31	Birthday of Guru Har Singh <small>Sikh</small>

February	
1	World Hijab Day
2	
3	National Apprenticeship Week
4	World Cancer day
5	
6	
7	
8	
9	Autism Sunday
10	Tu B'Shvat <small>Jewish</small>
11	International Day of Women and Girls in Science / Safer Internet Day
12	
13	
14	Saint Valentine's Day
15	Nirvana Day <small>Buddhist</small>
16	
17	World Human Spirit Day
18	
19	
20	World Day of Social Justice
21	Maha Shivaratri <small>Hindu</small>
22	
23	
24	
25	Shrove Tuesday – Christian
26	Intercalary Days begins <small>Baha'i</small> Ash Wednesday <small>Christian</small>
27	
28	International STAND UP to Bullying Day
29	Intercalary Days end <small>Baha'i</small>

March	
1	St. David's Day
2	Eating Disorders Week / National Careers Week
3	World Hearing Day
4	
5	World Book Day
6	
7	
8	International Women's Day #Each for Equal
9	Holi <small>Hindu</small> Magha Puja (Sangha Day) <small>Buddhist</small>
10	Purim <small>Jewish</small> Hola Mohalla <small>Sikh</small>
11	No Smoking Day
12	
13	
14	Nanakshahi (New Year) <small>Sikh</small>
15	
16	
17	Saint Patrick's Day <small>Christian</small>
18	
19	
20	International Day of Happiness / Naw-Ruz (New Year) <small>Baha'i</small>
21	International Day for the Elimination of Racial Discrimination / World Down Syndrome Day
22	World Water Day Lailat al Miraj <small>Islam</small>
23	
24	
25	Ramayana begins <small>Hindu</small>
26	
27	
28	
29	
30	World Bipolar Day
31	

April	
1	April Fool's Day
2	Rama Navami <small>Hindu</small>
3	National Walk to Work Day
4	
5	Palm Sunday <small>Christian</small>
6	Mahavir Jayanti <small>Jain</small>
7	World Health Day
8	Hanuman Jayanti <small>Hindu</small> Lailat al Bara'ah <small>Islam</small>
9	Maundy Thursday <small>Christian</small> Passover <small>Jewish</small>
10	Good Friday <small>Christian</small>
11	
12	Easter Sunday <small>Christian</small>
13	Easter Monday <small>Christian</small> Birth of the Khalsa (Vaisakhi) <small>Sikh</small>
14	
15	
16	
17	
18	Birthday of Guru Tegh Bahadur <small>Sikh</small> Birthday of Guru Angad Dev <small>Sikh</small>
19	
20	First Day of Ridvan <small>Baha'i</small>
21	Yom HaShoah (Holocaust Remembrance Day) <small>Jewish</small>
22	Earth Day
23	Saint George's Day <small>Christian</small>
24	Ramadan begins <small>Islam</small>
25	
26	Akshaya Tritiya <small>Hindu, Jain</small>
27	
28	World Day for Health and Safety at Work / Ninth Day of Ridvan <small>Baha'i</small>
29	
30	

May	
1	Twelfth Day of Ridvan <small>Baha'i</small>
2	Birthday of Guru Arjan Dev <small>Sikh</small>
3	
4	
5	
6	
7	Vesak – Buddha Day <small>Buddhist</small>
8	World Red Cross and Red Crescent Day
9	
10	
11	May National Vegetarian Week
12	Lag B'Omer <small>Jewish</small>
13	
14	
15	International Day of Families
16	
17	International Day Against Homophobia, Transphobia and Biphobia
18	
19	Lailat al- Qadr <small>Islam</small>
20	
21	
22	Yom Yerushalayim (Jerusalem Day) <small>Jewish</small>
23	Birthday of Guru Amar Das <small>Sikh</small> Declaration of the Bab <small>Baha'i</small>
24	Eid al Fitr <small>Islam</small>
25	
26	
27	
28	
29	Shavuot <small>Jewish</small>
30	
31	Pentecost <small>Christian</small>

June	
1	
2	
3	
4	
5	World Environment Day
6	Bike week
7	Trinity Sunday
8	
9	
10	
11	
12	
13	
14	World Blood Donor Day
15	
16	Martydom of Guru Arjan Dev <small>Sikh</small>
17	
18	
19	
20	World Refugee Day
21	International Day of Yoga World Humanist Day
22	
23	
24	
25	
26	International Day Against Drug Abuse and Illicit Trafficking
27	
28	
29	
30	



July	
1	
2	
3	International Plastic Free Day
4	
5	Birthday of Guru Hargobind Sikh Asalha Puja (Dharma Day) Buddhist
6	
7	World Chocolate Day
8	
9	Martyrdom of the Bab Baha'i
10	
11	World Population Day
12	
13	
14	
15	World Youth Skills Day
16	
17	
18	Nelson Mandela International Day
19	
20	
21	
22	
23	Birthday of Guru Har Krishan Sikh Birthday of Emperor Haile Selassie Rastafari
24	
25	
26	
27	
28	
29	
30	World Friendship Day / Tish'a B'av Jewish Waqf al Arafah Islam
31	

August	
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8	
9	International Day of the World's Indigenous Peoples
10	
11	Krishna Janmashtami Hindu
12	International Youth Day
13	A Level Results Day
14	
15	
16	Paryushana Parvarambha begins Jain
17	
18	
19	World Humanitarian Day
20	Al – Hijra/Muharram – New Year Islam GCSE results Day
21	
22	Ganesh Chaturthi Hindu
23	Samvatsari Jain
24	
25	
26	
27	
28	
29	Ashura Islam

September	
1	Anant Chaturdashi Jain
2	
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4	
5	International Day of Charity
6	Read a Book Day
7	
8	International Literacy Day
9	
10	World Suicide Prevention Day
11	
12	
13	
14	
15	International Day of Democracy
16	
17	
18	
19	Rosh Hashanah Jewish
20	
21	International Happiness at Work Week International Day of Peace World Alzheimer's Day
22	World Car Fee Day
23	
24	
25	World's Biggest Coffee Morning
26	
27	World Deaf Day
28	Yom Kippur Jewish
29	World Heart Day
30	

October	
1	International Day of Older Persons
2	World Smile Day
3	Sukkot Jewish
4	
5	
6	
7	
8	Ada Lovelace Day
9	Birthday of Guru Ram Das Sikh
10	World Mental Health Day Shemini Atzeret Jewish
11	Simchat Torah Jewish
12	
13	
14	
15	Global Hand Washing Day
16	World Food Day
17	Navaratri begins Hindu
18	Birth of the Bab Baha'i
19	
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25	Dussehra – Dasara Hindu
26	
27	National Mentoring Day
28	
29	World Stroke Day / Mawlid al-Nabi Islam
30	
31	All Hallows' Eve Christian

November	
1	Nov World Vegan Day All Saints' Day Christian
2	All Souls' day Christian Selassie Rastafari
3	
4	
5	Guy Fawkes Night
6	
7	
8	Remembrance Sunday
9	
10	
11	Armistice Day
12	
13	World Kindness Day
14	World Diabetes Day / Bandi Chhor Divas Sikh Diwali – Deepavali Hindu, Sikh, Jain
15	
16	
17	International Students' Day
18	
19	International Men's Day
20	
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23	
24	Martyrdom of Guru Tegh Bahadur Sikh
25	White Ribbon Day Day of the Covenant Baha'i
26	
27	Ascension of Abdu'l – Baha Baha'i
28	
29	Advent Sunday Christian
30	Saint Andrew's Day – Christian Birthday of Guru Nanak Dev Sikh

December	
1	World Aids Day
2	International Day for the Abolition of Slavery
3	International Day of Persons with Disabilities
4	
5	
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8	Rohatsu (Bodhi Day) Buddhist
9	
10	Human Rights Day
11	Chanukah Jewish Christmas Jumper Day
12	
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18	International Migrants Day
19	
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21	
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24	Christmas Eve Christian
25	Christmas Day Christian
26	Boxing Day Christian
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28	
29	
30	
31	New Year's Eve / Hogmanay



