

*Up your engagement on
social media with*

Awareness Days

throughout

2023



KJP Creative

JANUARY

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1st January: New Years Day
1st January: Global Family Day
2nd January: National Introvert Day
3rd January: International Mind-Body Wellness Day
3rd January: Festival Of Sleep Day
4th January: Trivia Day
4th January: National Screenwriters Day
6th January: National Cuddle Up Day
8th January: World Typing Day
9th January: Clean Off Your Desk Day
11th January: International Party at Work Day
12th January: National Youth Day
13th January: Make Your Dream Come True Day
14th January: World Logic Day
15th January: World Religion Day
16th January: Blue Monday
18th January: Winnie The Pooh Day
19th January: National Popcorn Day
20th January: Cheese Lovers Day
21st January: National Hugging Day
22nd January: Celebration of Life Day
22nd January: Chinese New Year
23rd January: National Pie Day
23rd January: Handwriting Day
24th January: Global Belly Laugh Day
25th January: Burns Night
26th January: Australia Day
27th January: Chocolate Cake Day
28th January: International Lego Day
29th January: National Puzzle Day
30th January: National Croissant Day
31st January: National Backwards Day

*All dates are subject to change

FEBRUARY



- 1st February: World Read Aloud Day
- 2nd February: World Wetlands Day
- 2nd February: Crêpe Day
- 3rd February: Wear Red Day
- 4th February: World Cancer Day
- 5th February: World Nutella Day
- 6th February: National Sickie Day
- 6th February: Ice Cream for Breakfast Day
- 7th February: Rose Day
- 8th February: World Opera Day
- 9th February: National Pizza Day
- 11th February: National Make A Friend Day
- 11th February: Inventors Day
- 12th February: Red Hand Day
- 13th February: International Epilepsy Day
- 14th February: Valentines Day
- 14th February: Safer Internet Day
- 15th February: International Childhood Cancer Day
- 17th February: Random Acts Of Kindness Day
- 18th February: Drink Wine Day
- 19th February: World Whale Day
- 20th February: Love Your Pet Day
- 21st February: Shrove Tuesday
- 22nd February: World Thinking Day
- 22nd February: Ash Wednesday
- 22nd February: Founders Day
- 22nd February: Margarita Day
- 23rd February: Digital Learning Day
- 24th February: Quiet Day
- 28th February: Rare Disease Day

*All dates are subject to change

MARCH



- 1st March: St David's Day
- 1st March: Self Injury Harm Awareness Day (SIAD)
- 1st March: World Compliment Day
- 2nd March: National Old Stuff Day
- 2nd March: World Book Day
- 3rd March: World Hearing Day
- 3rd March: World Wildlife Day
- 4th March: Grammar Day
- 4th March: HPV Awareness Day (IHAD)
- 5th March: St Piran's Day
- 8th March: International Women's Day
- 8th March: No Smoking Day
- 9th March: Organise Your Home Office Day
- 9th March: World Kidney Day
- 10th March: No Smoking Day
- 11th March: World Kidney Day
- 14th March: Commonwealth Day
- 16th March: Young Carers Awareness Day
- 17th March: St Patrick's Day
- 17th March: Comic Relief - Red Nose Day
- 17th March: World Sleep Day
- 19th March: Mothering Sunday
- 19th March: Client's Day
- 20th March: International Day Of Happiness
- 21st March: First Day Of Spring (Spring Equinox)
- 21st March: World Storytelling Day
- 21st March: World Poetry Day
- 21st March: World Down Syndrome Day (WDSD)
- 21st March: International Day of Forests
- 22nd March: World Water Day
- 23rd March: National Puppy Day
- 24th March: World TB Day
- 25th March: National Cerebral Palsy Awareness Day
- 26th March: Purple Day
- 26th March: Clocks go forward at 1am (UK)
- 27th March: World Theatre Day

*All dates are subject to change

APRIL



- 1st April: April Fools Day
- 2nd April: World Autism Awareness Day (WAAD)
- 2nd April: International Children's Book Day
- 2nd April: Palm Sunday
- 3rd April: National Find a Rainbow
- 4th April: International Carrot Day
- 5th April: International Day of Conscience
- 6th April: Good Friday
- 7th April: World Health Day
- 9th April: Easter Sunday
- 9th April: National Gin & Tonic Day
- 10th April: National Siblings Day
- 11th April: World Parkinson's Day
- 15th April: World Art Day
- 16th April: WVD (World Voice Day)
- 17th April: International World Haemophilia Day
- 18th April: International Jugglers Day
- 18th April: World Heritage Day
- 19th April: Banana Day
- 21st April: World Creativity And Innovation Day
- 21st April: National Tea Day
- 22nd April: Earth Day
- 23rd April: English Language Day
- 23rd April: St George's Day
- 24th April: Scream Day
- 25th April: National Skipping Day
- 25th April: World Malaria Day
- 25th April: World Penguin Day
- 26th April: International Guide Dog Day
- 26th April: Denim Day
- 26th April: World Stationery Day
- 27th April: Stop Food Waste Day
- 28th April: Superhero Day
- 29th April: International Dance Day
- 29th April: World Veterinary Day
- 30th April: International Jazz Day

MAY



- 1st May: Loyalty Day
- 1st May: Global Love Day
- 2nd May: World Asthma Day
- 3rd May: International Leopard Day
- 4th May: World Password Day
- 4th May: Star Wars Day
- 5th May: International Day of the Midwife
- 6th May: World Naked Gardening Day
- 6th May: No Diet Day
- 6th May: Sauvignon Blanc Day
- 7th May: World Laughter Day
- 8th May: World Ovarian Cancer Day
- 8th May: World Red Cross Day
- 8th May: VE Day
- 11th May: Eat What You Want Day
- 11th May: World Ego Awareness Day
- 12th May: ME Awareness Day
- 12th May: International Nurses Day
- 12th May: Limerick Day
- 12th May: World Fibromyalgia Awareness Day
- 13th May: World Fair Trade Day
- 13th May: World Cocktail Day
- 14th May: Spinal Cord Injury Awareness Day
- 15th May: International Day of Families
- 17th May: World Baking Day
- 18th May: Ascension Day
- 19th May: Bike To Work Day
- 20th May: World Bee Day
- 21st May: International Tea Day
- 21st May: National Memo Day
- 22nd May: World Goth Day
- 23rd May: World Turtle Day
- 25th May: International Missing Children's Day
- 25th May: National Wine Day
- 28th May: World Hunger Day
- 29th May: International Day of United Nations Peacekeepers
- 29th May: National Biscuit Day
- 29th May: Paperclip Day
- 30th May: World MS Day

JUNE



- 1st June: International Children's Day
- 1st June: Global Day of Parents
- 2nd June: Fish & Chip Day
- 3rd June: World Cider Day
- 4th June: Hug Your Cat Day
- 5th June: World Environment Day
- 6th June: D-Day
- 7th June: Global Running Day
- 8th June: World Oceans Day
- 8th June: National Best Friends Day
- 10th June: Global Wellness Day
- 10th June: World Gin Day
- 12th June: Superman Day
- 13th June: Sewing Machine Day
- 14th June: World Blood Donor Day
- 15th June: National Beer Day
- 15th June: National Bug Busting Days
- 18th June: Father's Day
- 18th June: International Picnic Day
- 20th June: International Surfing Day
- 21st June: Summer Solstice
- 21st June: Global MND Awareness Day
- 21st June: World Music Day
- 21st June: Bring Your Dog To Work Day
- 22nd June: Windrush Day
- 23rd June: International Widows Day
- 23rd June: International Women in Engineering Day
- 23rd June: Public Service Day
- 24th June: National Writing Day
- 24th June: Armed Forces Day
- 25th June: Day of the Seafarer
- 25th June: National Cream Tea Day
- 27th June: International Sunglasses Day
- 27th June: National PTSD Awareness Day
- 30th June: Social Media Day

JULY



1st July: Canada Day
1st July: International Joke Day
1st July: International Chicken Wing Day
2nd July: World UFO Day
3rd July: International Plastic Bag Free Day
4th July: Independence Day
5th July: National Workaholics Day
6th July: International Kissing Day
7th July: World Chocolate Day
7th July: Global Forgiveness Day
8th July: SCUD Day
10th July: Don't Step On A Bee Day
11th July: World Population Day
12th July: National Simplicity Day
15th July: World Youth Skills Day
16th July: National Ice Cream Day
16th July: World Snake Day
17th July: World Day for International Justice
17th July: World Emoji Day
24th July: National Tequila Day
24th July: 24/7 Samaritans The Big Listen
24th July: International Self Care Day
25th July: National Cheese and Wine Day
29th July: International Tiger Day
30th July: International Day Of Friendship
30th July: National Cheesecake Day

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AUGUST



- 1st August: Yorkshire Day
- 2nd August: Play Day
- 3rd August: International IPA Day
- 3rd August: Cycle To Work Day
- 4th August: International Beer Day
- 4th August: National White Wine Day
- 6th August: International Traffic Light Day
- 8th August: International Cat Day
- 10th August: National Lazy Day
- 10th August: International Vlogging Day
- 12th August: International Youth Day
- 13th August: International Left Handers Awareness Day
- 13th August: National Prosecco Day
- 15th August: National Relaxation Day
- 16th August: Tell A Joke Day
- 16th August: National Rum Day
- 17th August: National Cupcake Day
- 18th August: Never Give Up Day
- 19th August: World Humanitarian Day
- 19th August: National Potato Day
- 19th August: World Photography Day
- 20th August: National Bacon Lovers Day
- 24th August: National Burger Day
- 27th August: National Just Because Day
- 30th August: National Grief Awareness Day
- 30th August: International Day Of The Disappeared
- 31st August: International Overdose Awareness Day

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SEPTEMBER



- 1st September: Ginger Cat Appreciation Day
- 2nd September: World Beard Day
- 2nd September: Toothache Day
- 4th September: Eat An Extra Dessert Day
- 5th September: International Bacon Day
- 5th September: International Day Of Charity
- 6th September: National Fight Procrastination Day
- 8th September: International Literacy Day
- 9th September: Emergency Services Day
- 10th September: World Suicide Prevention Day
- 12th September: National Day of Encouragement
- 13th September: Roald Dahl Day
- 13th September: Positive Thinking Day
- 13th September: World Sepsis Day
- 15th September: International Dot Day
- 15th September: World Lymphoma Awareness Day
- 15th September: International Day of Democracy
- 16th September: International Cleanup Day
- 16th September: National Teaching Assistants' Day
- 19th September: International Talk like a Pirate Day
- 21st September: World Alzheimer's Day
- 21st September: International Day of Peace
- 22nd September: World Car Free Day
- 23rd September: Autumn Equinox
- 24th September: National Brave Day
- 25th September: International Ataxia Awareness Day (IAAD)
- 25th September: National Doodle Day
- 26th September: World Contraception Day
- 26th September: European Day Of Languages
- 27th September: World Tourism Day
- 28th September: National Fitness Day
- 29th September: World Heart Day
- 29th September: World's Biggest Coffee Morning (Macmillan)
- 30th September: World School Milk Day
- 30th September: World Maritime Day
- 30th September: Ask A Stupid Question Day

OCTOBER



- 1st October: International Coffee Day
- 1st October: World Vegetarian Day
- 1st October: Grandparent's Day
- 2nd October: World Habitat Day
- 3rd October: Buy British Day
- 4th October: World Dyslexia Awareness Day
- 4th October: World Animal Day
- 5th October: World Teachers Day
- 6th October: World Smile Day
- 10th October: World Homeless Day
- 10th October: World Mental Health Day
- 11th October: The International Day of the Girl Child
- 12th October: World Sight Day
- 12th October: International Animal Rights Day (IARD)
- 13th October: World Egg Day
- 13th October: International Skeptics Day
- 13th October: National No Bra Day
- 15th October: Global Wave Of Light
- 16th October: World Food Day
- 16th October: Restart a Heart Day
- 16th October: Boss's Day
- 17th October: International Day for the Eradication of Poverty
- 18th October: World Menopause Day
- 19th October: National New Friends Day
- 19th October: Wear It Pink
- 20th October: World Osteoporosis Day (WOD)
- 20th October: Global Champagne Day
- 21st October: Apple Day
- 21st October: National Reptile Day
- 22nd October: International Stuttering Awareness Day (ISAD)
- 24th October: United Nations Day
- 25th October: World Pasta Day
- 27th October: American Beer Day
- 29th October: RSPB Feed the Birds Day
- 31st October: Halloween
- 31st October: National Bug Busting Day

NOVEMBER



- 1st November: All Saints Day
- 1st November: National Authors Day
- 1st November: World Vegan Day
- 1st November: Movember
- 1st November: Stress Awareness Day
- 2nd November: International Stout Day
- 3rd November: National Sandwich Day
- 4th November: Roast Dinner Day
- 5th November: Guy Fawkes Night
- 8th November: World Radiography Day
- 9th November: World Freedom Day
- 11st November: Armistice Day
- 12th November: Remembrance Sunday
- 13th November: World Kindness Day
- 14th November: World Diabetes Day
- 15th November: World COPD Day
- 16th November: World Philosophy Day
- 17th November: Homemade Bread Day
- 18th November: Mickey Mouse's Birthday
- 19th November: World Toilet Day
- 19th November: International Men's Day
- 19th November: World Pancreatic Cancer Day
- 20th November: Universal Children's Day
- 21st November: World Television Day 2021
- 21st November: National Gingerbread Day
- 23rd November: Thanksgiving
- 24th November: Black Friday
- 25th November: International Day for the Elimination of Violence against Women
- 27th November: Cyber Monday
- 28th November: National Day of Giving
- 30th November: St Andrews Day

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DECEMBER



- 1st December: Tree Dressing Day
- 1st December: World AIDS Day
- 2nd December: International Day For The Abolition Of Slavery
- 3rd December: Make A Gift Day
- 3rd December: International Day of Persons with Disabilities
- 4th December: National Cookie Day
- 5th December: World Soil Day
- 5th December: International Volunteer Day (IVD)
- 7th December: International Civil Aviation Day
- 8th December: Hanukkah
- 8th December: Christmas Jumper Day
- 10th December: International Animal Rights Day (IARD)
- 10th December: Human Rights Day
- 13th December: National Hot Chocolate Day
- 18th December: International Migrants Day
- 19th December: National Emo Day
- 20th December: International Human Solidarity Day
- 21st December: Winter Solstice
- 21st December: National Robin Day
- 24th December: Christmas Eve
- 25th December: Christmas Day
- 26th December: Boxing Day
- 29th December: No Interruptions Day
- 31st December: New Years Eve

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Looking for help with your
social media marketing or strategy planning?

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*Creativity is inventing, experimenting, growing,
taking risks, breaking rules, making mistakes
and having fun.*

Mary Lou Cook

