












JAN 01

| | |
|-------------------------------------------|-------------|
| Veganuary | Whole month |
| Dry January | Whole month |
| New Year's Day | 1st |
| Golden Globe Awards | 5th |
| National Obesity Awareness Week | 10th – 16th |
| Australian Open begins | 12th |
| Blue Monday | 20th |
| Cervical Cancer Awareness Week | 21st – 28th |
| Lunar New Year (Year of the Snake) | 29th |
| Six Nations begins | 31st |

| S | M | T | W | T | F | S |
|--------------------------------------------|----|-------------------------------------------|-----------------------------------------------|-------------------------------|--------------------------------------------|----|
| 29 | 30 | 31 | 1 | 2 | 3 | 4 |
| | | | <div>New Year's Day</div> | | | |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| <div>Golden Globe Awards</div> | | | | | <div>National Obesity Awareness Week</div> | |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| <div>National Obesity Awareness Week</div> | | | | | | |
| <div>Australian Open begins</div> | | | | | | |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| <div>Blue Monday</div> | | <div>Cervical Cancer Awareness Week</div> | | | | |
| 26 | 27 | 28 | 29 | 30 | 31 | 1 |
| <div>Cervical Cancer Awareness Week</div> | | | <div>Lunar New Year (Year of the Snake)</div> | <div>Six Nations begins</div> | | |


















FEB 02

| | |
|------------------------------------------------------------------|-------------|
| LGBT History Month | Whole month |
| Grammy Awards | 2nd |
| Children's Mental Health Week | 3rd - 9th |
| National Apprenticeship Week | 3rd - 9th |
| World Cancer Day | 4th |
| Time to Talk Day | 6th |
| Super Bowl LIX | 9th |
| Safer Internet Day | 11th |
| Valentine's Day | 14th |
| Captain America: Brave New World & Paddington in Peru in cinemas | 14th |
| BAFTAs | 16th |
| National Love Your Pet Day | 20th |

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| S | M | T | W | T | F | S |
| 26 | 27 | 28 | 29 | 30 | 31 | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|  Grammy Awards |  Children's Mental Health Week & National Apprenticeship Week | | | | | |
| | |  World Cancer Day | |  Time to Talk Day | | |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
|  Children's Mental Health Week & National Apprenticeship Week | |  Safer Internet Day | | |  Valentine's Day | |
|  Super Bowl LIX | | | | |  Captain America: Brave New World & Paddington in Peru in cinemas | |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
|  BAFTAs | | | |  National Love Your Pet Day | | |
| 23 | 24 | 25 | 26 | 27 | 28 | 1 |









MAR 03

| | |
|--------------------------------------|-------------|
| Brit Awards | 1st |
| Pancake Day | 4th |
| World Book Day | 6th |
| Crufts | 6th |
| National Day of Unplugging | 7th |
| International Women's Day | 8th |
| The Oscars | 10th |
| Cheltenham Festival | 11th |
| Red Nose Day (Comic Relief) | 15th |
| Disabled Access Day | 16th |
| St. Patrick's Day | 17th |
| Spring Equinox (First Day of Spring) | 20th |
| Disney's Snow White in cinemas | 21st |
| Tick Bite Prevention Week | 25th – 31st |
| Eid celebrations | 25th |
| Mothering Day | 30th |

| S | M | T | W | T | F | S |
|----------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|----|-----------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|
| 23 | 24 | 25 | 26 | 27 | 28 | 1 |
| | | | | | |  Brit Awards |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | |  Pancake Day | |  World Book Day |  National Day of Unplugging |  International Women's Day |
| | | | |  Crufts | | |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| |  The Oscars |  Cheltenham Festival | | | |  Red Nose Day (Comic Relief) |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
|  Disabled Access Day |  St. Patrick's Day | | |  Spring Equinox (First Day of Spring) |  Disney's Snow White in cinemas | |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| | |  Tick Bite Prevention Week | | | | |
| | |  Eid celebrations | | | | |
| 30 | 31 | 1 | 2 | 3 | 4 | 5 |
| | |  Tick Bite Prevention Week | | | | |
| |  Mothering Day | | | | | |

APR 04

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|-------------------------------------|-------------|
| April Fool's Day | 1st |
| World Autism Awareness Day | 2nd |
| A Minecraft Movie in cinemas | 4th |
| World Health Day | 8th |
| National Siblings Day | 10th |
| Coachella Festival Weekend 1 begins | 11th |
| Good Friday | 18th |
| Easter Sunday | 20th |
| National Tea Day | 21st |
| International Earth Day | 22nd |
| World Immunisation Week | 24th - 30th |
| London Marathon | 27th |
| International Guide Dog Day | 30th |

| S | M | T | W | T | F | S |
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| 30 | 31 | 1  April Fool's Day | 2  World Autism Awareness Day | 3 | 4  A Minecraft Movie in cinemas | 5 |
| 6 | 7 | 8  World Health Day | 9 | 10  National Siblings Day | 11  Coachella Festival Weekend 1 begins | 12 |
| 13 | 14 | 15 | 16 | 17 | 18  Good Friday | 19 |
| 20  Easter Sunday | 21  National Tea Day | 22  International Earth Day | 23 | 24 | 25  World Immunisation Week | 26 |
| 27  World Immunisation Week | 28 | 29 | 30  London Marathon | 1  International Guide Dog Day | 2 | 3 |

MAY 05

| | |
|----------------------------------------------------------------------|-------------|
| Thunderbolts* in cinemas | 2nd |
| Star Wars Day | 4th |
| Met Gala | 6th |
| National Children's Day | 11th |
| Dementia Action / Awareness Week | 13th - 19th |
| Mental Health Awareness Week | 13th - 19th |
| International Day of Families | 15th |
| FA Cup Final | 17th |
| Eurovision Final | 17th |
| French Open begins | 19th |
| Lilo & Stitch & Mission: Impossible – The Final Reckoning in cinemas | 23rd |
| Champions League Final | 31st |

| S | M | T | W | T | F | S |
|-----------------------------------------------------------------------|-----------------------|-----------------------------------------------------------------|----|-------------------------------------|-------------------------------------------------------------------------------------|---------------------------|
| 27 | 28 | 29 | 30 | 1 | 2 | 3 |
| | | | | | Thunderbolts* in cinemas | |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Star Wars Day | | Met Gala | | | | |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| National Children's Day | | Dementia Action / Awareness Week & Mental Health Awareness Week | | | | |
| | | | | International Day of Families | | FA Cup Final |
| | | | | | | Eurovision Final |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| Dementia Action / Awareness Week & Mental Health Awareness Week | | | | | Lilo & Stitch & Mission: Impossible – The Final Reckoning in cinemas | |
| | French Open begins | | | | | |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| | | | | | | Champions League Final |

JUN 06

Pride Month














Whole month

| | |
|---------------------------------------------------|-------------|
| Global Day of Parents | 1st |
| Volunteers Week | 1st-7th |
| March for Men | 2nd |
| National Fish & Chip Day | 6th |
| National Best Friends Day | 8th |
| How to Train Your Dragon (Live-Action) in cinemas | 13th |
| Father's Day | 15th |
| 28 Years Later in cinemas | 20th |
| Summer Solstice | 21st |
| International Women in Engineering Day | 23rd |
| Armed Forces Day | 24th |
| Deafblind Awareness Week | 24th – 30th |
| Glastonbury Festival begins | 25th |
| F1 Movie in cinemas | 27th |
| Wimbledon begins | 30th |

| S | M | T | W | T | F | S |
|---------------------------|----------------------------------------|--------------------------|-----------------------------|----|---------------------------------------------------|-----------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Volunteers Week | | | | | | |
| Global Day of Parents | March for Men | | | | National Fish & Chip Day | |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| National Best Friends Day | | | | | How to Train Your Dragon (Live-Action) in cinemas | |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| Father's Day | | | | | 28 Years Later in cinemas | Summer Solstice |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| | International Women in Engineering Day | Deafblind Awareness Week | | | | |
| | | Armed Forces Day | Glastonbury Festival begins | | F1 Movie in cinemas | |
| 29 | 30 | 1 | 2 | 3 | 4 | 5 |
| | Wimbledon begins | | | | | |

JUL 07

| | |
|--------------------------------------------|------|
| London Pride | 1st |
| UEFA Women's Euros begins | 2nd |
| Jurassic World Rebirth in cinemas | 2nd |
| US Independence Day | 4th |
| Tour de France begins | 5th |
| British F1 Grand Prix | 8th |
| Superman in cinemas | 11th |
| World Emoji Day | 17th |
| International Self Care Day | 24th |
| The Fantastic Four: First Steps in cinemas | 25th |
| UEFA Women's Euros Final | 27th |
| World Hepatitis Day | 28th |
| World Day Against Trafficking in Persons | 30th |

| S | M | T | W | T | F | S |
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| 29 | 30 | 1  London Pride | 2  UEFA Women's Euros begins | 3 | 4  US Independence Day | 5  Tour de France |
| | | | 3  Jurassic World Rebirth in cinemas | | | |
| 6 | 7 | 8  British F1 Grand Prix | 9 | 10 | 11  Superman in cinemas | 12 |
| 13 | 14 | 15 | 16 | 17  World Emoji Day | 18 | 19 |
| 20 | 21 | 22 | 23 | 24  International Self Care Day | 25  The Fantastic Four: First Steps in cinemas | 26 |
| 27  UEFA Women's Euros Final | 28  World Hepatitis Day | 29 | 30  World Day Against Trafficking in Persons | 31 | 1 | 2 |

AUG 08

| | |
|---------------------------------|-------------|
| World Breastfeeding Week | 1st - 7th |
| Cycle to Work Day | 5th |
| International Cat Day | 8th |
| International Youth Day | 12th |
| Afternoon Tea Week | 12th - 18th |
| Left-handers Day | 13th |
| A-Level Results Day | 14th |
| World Humanitarian Day | 19th |
| GCSE Results Day | 20th |
| Reading & Leeds Festival begins | 21st |
| Notting Hill Carnival | 24th |
| US Open begins | 25th |
| International Dog Day | 26th |
| National Burger Day | 29th |

| S | M | T | W | T | F | S |
|--------------------------|----------------|-------------------------|------------------|---------------------------------|-----------------------|----|
| 27 | 28 | 29 | 30 | 31 | 1 | 2 |
| World Breastfeeding Week | | | | | | |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| World Breastfeeding Week | | | | | International Cat Day | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Afternoon Tea Week | | | | | | |
| | | International Youth Day | Left-handers Day | A-Level Results Day | | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| Afternoon Tea Week | | World Humanitarian Day | GCSE Results Day | Reading & Leeds Festival begins | | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| Notting Hill Carnival | US Open begins | International Dog Day | | | National Burger Day | |
| 31 | 1 | 2 | 3 | 4 | 5 | 6 |















SEP 09

| | |
|------------------------------|-------------|
| World Alzheimer’s Month | Whole month |
| World Sexual Health Day | 4th |
| International Day of Charity | 5th |
| National Food Bank Day | 5th |
| Great North Run | 7th |
| World Suicide Prevention Day | 10th |
| Stand Up To Cancer Day | 12th |
| International Equal Pay Day | 18th |
| National Fitness Day | 23rd |
| Bisexual Visibility Day | 23rd |
| World Heart Day | 29th |

| S | M | T | W | T | F | S |
|----------------------|-----------------------|------------------------------------------------------|------------------------------------|-----------------------------------|------------------------------------------------------------|----|
| 31 | 1 | 2 | 3 | 4 World Sexual Health Day | 5 International Day of Charity & National Food Bank Day | 6 |
| 7 Great North Run | 8 | 9 | 10 World Suicide Prevention Day | 11 | 12 Stand Up To Cancer Day | 13 |
| 14 | 15 | 16 | 17 | 18 International Equal Pay Day | 19 | 20 |
| 21 | 22 | 23 National Fitness Day & Bisexual Visibility Day | 24 | 25 | 26 | 27 |
| 28 | 29 World Heart Day | 30 | 1 | 2 | 3 | 4 |

OCT 10

| | |
|--------------------------------------------------|-------------|
| Black History Month | Whole month |
| Stoptober | Whole month |
| Breast Cancer Awareness Month | Whole month |
| World Vegetarian Day | 1st |
| World Smile Day | 4th |
| National Arthritis Week | 7th - 13th |
| National Teachers Day | 5th |
| World Mental Health Day | 10th |
| Tron: Ares in cinemas | 10th |
| National Coming Out Day | 11th |
| International Day for the Eradication of Poverty | 17th |
| World Menopause Day | 18th |
| Diwali celebrations | 20th |
| MCM Comic Con London | 24th |
| National Black Cat Day | 27th |
| Halloween | 31st |

| S | M | T | W | T | F | S |
|-----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|----|--------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
| 30 | 29 | 30 | 1 | 2 | 3 | 4 |
| | | |  World Vegetarian Day | | |  World Smile Day |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
|  National Teachers Day | |  National Arthritis Week | | | | |
| | | | | |  World Mental Health Day |  National Coming Out Day |
| | | | | |  Tron: Ares in cinemas | |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
|  National Arthritis Week | | | | |  International Day for the Eradication of Poverty |  World Menopause Day |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| |  Diwali celebrations | | | |  MCM Comic Con London | |
| 26 | 27 | 28 | 29 | 30 | 31 | 1 |
| |  National Black Cat Day | | | |  Halloween | |

NOV 11

November

Whole month

| | |
|-------------------------------|-------------|
| Bonfire Night | 5th |
| National Stress Awareness Day | 6th |
| Remembrance Sunday | 10th |
| Armistice Day | 11th |
| World Kindness Day | 13th |
| World Diabetes Day | 14th |
| Alcohol Awareness Week | 15th – 21st |
| Anti Bullying Week | 17th – 21st |
| Wicked: For Good in cinemas | 21st |
| Zootopia 2 in cinemas | 26th |
| US Thanksgiving | 27th |
| Black Friday | 28th |

| S | M | T | W | T | F | S |
|------------------------|--------------------|---------------|-----------------------|-------------------------------|-----------------------------|------------------------|
| 26 | 27 | 28 | 29 | 30 | 31 | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | | | Bonfire Night | National Stress Awareness Day | | |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| | Remembrance Sunday | Armistice Day | | World Kindness Day | | Alcohol Awareness Week |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| Alcohol Awareness Week | | | | | | |
| | Anti Bullying Week | | | | | |
| | | | | | Wicked: For Good in cinemas | |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| | | | Zootopia 2 in cinemas | US Thanksgiving | Black Friday | |
| 30 | 1 | 2 | 3 | 4 | 5 | 6 |

DEC 12

| | |
|-------------------------------------------------|-------------|
| World AIDS Day | 1st |
| Cyber Monday | 1st |
| International Day of Persons with Disability | 3rd |
| Human Rights Day | 10th |
| Hanukkah | 14th – 22nd |
| Super Saturday (Last Saturday before Christmas) | 20th |
| Winter Solstice | 21st |
| African Cup of Nations begins | 21st |
| Christmas Eve | 24th |
| Christmas Day | 25th |
| Boxing Day | 26th |
| New Year's Eve | 31st |

| S | M | T | W | T | F | S |
|----------------|--------------------------------------------------------|----|---------------------------------------------------|---------------------|------------------|----|
| 31 | 1 World AIDS Day Cyber Monday | 2 | 3 International Day of Persons with Disability | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 Human Rights Day | 11 | 12 | 13 |
| 14 Hanukkah | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 Hanukkah | 22 | 23 | 24 Christmas Eve | 25 Christmas Day | 26 Boxing Day | 27 |
| 28 | 29 Winter Solstice African Cup of Nations begins | 30 | 31 New Year's Eve | 1 | 2 | 3 |