

2021 Tasmanian Health & Wellbeing Calendar

UN International Year of Fruits and Vegetables

UN International Year of Peace and Trust

WHO International year of Health and Care Workers

January			May		
1-Jan	Quit Smoking New Year's Resolution	www.quittas.org.au/	May	65 Roses Month (Cystic fibrosis)	www.cysticfibrosis.org.au/
4-Jan	World Braille Day	www.visionaustralia.org/	3-9 May	Tourette Syndrome Awareness Week	www.tourette.org.au/
12-Jan	International Youth Day	www.unyouth.org.au/	4-May	World Asthma Day	www.asthma.org.au/
1-Jan	Quit Smoking New Year's Resolution	www.quittas.org.au/	4-10 May	Yellow Ribbon National Road Safety Week	www.roadsafetyweek.com.au/
February			5-May	World Hand Hygiene Day	www.hha.org.au/
Feb	Red Feb (Heart Research)	www.heartresearch.com.au/heart-hub/	10-May	World Lupus Day	www.lupustasmania.org.au/
Feb	Ovarian Cancer Awareness (8 Feb Day)	www.ovariancancer.net.au/page/83/raise-awareness	12-May	International Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS) Awareness Day	www.emerge.org.au/
4-Feb	World Cancer Day	www.worldcancerday.org/about-us	15-21 May	National Families Week	www.nfw.org.au/
14-Feb	National Condom Day	www.fpt.asn.au/	15-May	National Walk Safely to School Day	www.walk.com.au/WSTSD/
18-Feb	International Asperger's Day	www.autismtas.org.au/	17 - 23 May	National Volunteers Week	www.volunteeringaustralia.org/get-involved/nvw/
Feb	Red Feb (Heart Research)	www.heartresearch.com.au/heart-hub/	17-May	Int Day Against Homophobia, Trans & Biphobia	www.idahobit.org.au/
March			19-May	World IBD Day	www.crohnsandcolitis.com.au/world-ibd-day/
1-7 Mar	Hearing Awareness Week (3 Mar)	www.hearingawarenessweek.org.au/	23 - 28 May	National Palliative Care Week	www.pallicaretas.org.au/
6-13 Mar	Bike Week Tasmania	www.tasbicyclecouncil.org.au/bike-week/	25-May	World Thyroid Day	www.thyroidfoundation.org.au
7-13 Mar	World Glaucoma Week	www.glaucoma.org.au/	26-May	National Sorry Day	www.reconciliation.org.au/
7-Mar	Clean Up Australia Day	www.cleanupaustraliaday.org.au/	27 May - 3 Jun	National Reconciliation Week	www.reconciliation.org.au/
8-Mar	International Women's Day	www.internationalwomensday.com/	29-May	White Wreath Day (Suicide/Mental illness)	www.whitewreath.org.au/
11-Mar	World Kidney Day	www.worldkidneyday.org/2021-campaign/2021-wkd-theme/	30-May	World MS Day	www.worldmsday.org/
13-20 Mar	Coeliac Awareness Week	www.coeliac.org.au/	31-May	World No Tobacco Day	www.quittas.org.au/
13-20 Mar	Coeliac Awareness Week	www.coeliac.org.au/caw/	June		
14-Mar	Pirate Day (Kids Cancer)	www.canteen.org.au/home/how-we-help/	Jun	Bowel Cancer Awareness Month (17 Jun)	www.bowelcanceraustralia.org/
19-Mar	World Sleep day	www.worldsleepday.org/	5-Jun	World Environment Day (UN)	www.worldenvironmentday.global/
19-Mar	Ride to School Day	www.bicyclenetwork.com.au/ride-s-and-events/ride2school/ride2school-day/	9-Jun	What matters to you day	www.whatmatterstoyou.scot/
21-Mar	World Down Syndrome Day	www.worlddownsyndromeday2.org/about-wdsd	14-Jun	World Blood Donor Day	www.donateblood.com.au/
21-Mar	Harmony Day	www.harmony.gov.au/	17-Jun	Red Apple Day (Bowel Cancer)	www.bowelcanceraustralia.org/red-apple-day
22-Mar	World Day for Water	www.worldwaterday.org/	20-26 Jun	Refugee Week	www.refugeeweek.org.au/
26-Mar	Purple Day (Epilepsy)	www.epilepsytasmania.org.au/	21-27 Jun	World Continence Awareness Week	www.continence.org.au/
27-Mar	Earth Hour	www.earthhour.org.au/	21-Jun	Motor Neuron Disease Global Day	www.mndatas.asn.au/
29-Mar	Neighbour Day	www.neighbourday.org/	July		
April			Jul	Dry July	www.dryjuly.com/
1-8 April	Youth Week Tasmania	www.ynot.org.au/young-people/youth-week-tasmania	Jul	JulEYE Awareness Month	www.vision2020australia.org.au/
2-Apr	World Autism Awareness Day	www.autismawareness.com.au/	4-11 Jul	NAIDOC Week	www.naidoc.org.au/
6-Apr	World Physical Activity Day	www.hpeday.com.au/about/	23-Jul	International #Hellomynameis day	www.health.tas.gov.au/publichealth/health_literacy/hello_my_name_is
7-Apr	World Health Day	www.who.int/westernpacific/news/events/world-health-day	24-Jul	Stress Down Day	www.lifeline.org.au/
11-Apr	World Parkinson's Day	www.parkinsons.org.au/	28-Jul	World Hepatitis Day	www.hepatitisaustralia.com/
16-Apr	World Voice Day	www.worldvoicedayaustralia.com/			
17-Apr	World Haemophilia Day	www.haemophilia.org.au/			
22-Apr	Earth Day	www.earthday.org/			
24-30 Apr	World Immunisation Week	www.dhhs.tas.gov.au/publichealth/communicable_diseases_prevention_unit/immunisation			

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August			October		
Aug	Tradies National Health Month	www.australian.physio/campaigns/tradies-national-health-month	Oct	Shoctor Defibrillator Month	www.ambulance.tas.gov.au/community_information/eadp
1-7 Aug	World Breastfeeding Week	www.breastfeeding.asn.au/	Oct	Work Safe Tasmania Month	www.worksafe.tas.gov.au/home
TBC	Be Medicinewise Week	www.nps.org.au/bemedicinewise	Oct	Breast Cancer Awareness Month	www.health.tas.gov.au/cancerscreening/population_screening_and_cancer_prevention/breast_screening
2-8 Aug	Homeless Week	www.shelertas.org.au/	Oct	Health Literacy Month	www.health.tas.gov.au/publichealth/health_literacy
2-8 Aug	Dental Health Week	www.dhhs.tas.gov.au/oralhealth	Oct	Foot Health Week	www.podiatry.org.au/foot-health-resources
2-9 Aug	National Healthy Bones Week	www.dairy.com.au/health/healthy-bones	1-Oct	International Day of Older Persons	www.cotatas.org.au/
3-9 Aug	Sleep Awareness Week	www.sleephealthfoundation.org.au/	1-7 Oct	Borderline Personality Disorder (BPD) Awareness Week	www.bpdawareness.com.au/
8-Aug	Dying to Know Day	www.thegroundswellproject.com/dying-to-know-day	6-Oct	World Cerebral Palsy Day	www.worldcpday.org/
31 Aug-7 Sep	National Stroke Week	www.strokefoundation.org.au/	10-Oct	World Mental Health Day	www.lookafteryourmentalhealthaustralia.org.au/
September			12-Oct	World Arthritis Day	www.arthritistas.org.au/
Sep	Prostate Cancer Awareness Month	www.prostate.org.au/	17-23 Oct	Anti-Poverty Week	www.antipovertyweek.org.au/
1-7 Sep	National Asthma Week	www.asthma.org.au/	14-Oct	World Sight day	www.vision2020australia.org.au/our-work/worldsightday/
1-Sep	International Overdose Awareness Day	www.overdoseday.com/	15-Oct	Pregnancy and Infant Loss Remembrance	http://www.sands.org.au
1-8 Sep	Adult Learners Week	www.adultlearnersweek.org/	16-Oct	World Food Day	www.fao.org/world-food-day/home/en/
6-10 Sep	Women's Health Week	www.jeanhailes.org.au/	17-23 Oct	Limb Difference Awareness Week	www.aussiehands.org/limb-difference-awareness-week/
6-12 Sep	National Child Protection Week	www.napcan.org.au/	10-16 Oct	National Carers Week	www.carersweek.com.au/
8-Sep	International Literacy Day	www.26ten.tas.gov.au/Pages/default.aspx	18-24 Oct	International Infection Prevention Week	www.infectionprevention.com.au/
9-Sep	Foetal Alcohol Spectrum Disorder (FASD) Awareness day	www.nofasd.org.au/	20-Oct	World Osteoporosis Day	www.worldosteoporosisday.org/
10-Sep	International Gynaecological Awareness Day	www.gain.org.au/	20-Oct	World Evidence-Based Healthcare Day	www.nwmpfn.org.au/news/world-evidence-based-healthcare-day-20-Oct-2020/
10-Sep	World Suicide Prevention Day	www.suicidepreventionaust.org/	25- 31 Oct	Children's Week	www.childrensweek.org.au/
15-Sep	Worldwide Lymphoma Day	www.lymphoma.org.au/	26-Oct	Blue Knot Day (Trauma Awareness)	www.blueknot.org.au/
20-24 Sep	Headache Awareness Week	www.headacheaustralia.org.au	TBA	Drop the Jargon Day	www.dropthejargon.org.au/
21-Sep	World Alzheimer's Day	www.dementia.org.au/	November		
23-Sep	International Day of Sign Languages	www.deafaustralia.org.au/	Nov	Lung Cancer Awareness Month	www.lungfoundation.com.au/
29-Sep	World Heart Day	www.heartfoundation.org.au/	12-Nov	World Pneumonia Day	www.stoppneumonia.org/latest/world-pneumonia-day/
			14-Nov	World Diabetes Day	www.diabetestas.org.au/
			14-21 November	Australian Food Safety Week	www.foodsafety.asn.au/
			16-Nov	International Day for Tolerance	www.un.org/en/observances/tolerance-day
			19-Nov	International Men's Day	www.internationalmensday.info/
			December		
			1-Dec	World AIDS Day	www.worldaidsday.org.au/
			3-Dec	International Day of People with Disability	www.idpwd.com.au/
			5-Dec	International Volunteers Day	www.volunteeringaustralia.org/#/
			10-Dec	Human Rights Day	www.humanrights.gov.au/
			18-Dec	International Migrants Day (UN)	www.mcot.org.au/