

## April's Key Health & Wellbeing Days

*also includes NHS Calendar of National Campaigns*

1-30 April 2018	Bowel Cancer & IBS Awareness Month	For 26 years, Bowel Cancer UK has aimed to save lives and improve the quality of life for all those affected by bowel cancer.
1 – 30 April 2018	Stress Awareness Month	Stress Awareness Month takes place every April and has since it first launched in 1992. Throughout this period of time, teams of experts aim to increase public awareness about stress. This includes highlighting the causes of stress, the negative effects stress can have on the mind and body, and how to relieve stress.
1 – 30 April 2018	National Pet Month	Now in its 27th year it promotes responsible pet ownership; Make people aware of the mutual benefits of living with pets; Increase public awareness of the role of pet care specialists; Raise awareness of the value of working and assistance companion animals.
7 April 2018	World Health Day	World Health Day marks the anniversary of the founding of the World Health Organisation in 1948. Each year a theme is selected that highlights a priority area of public health concern in the world.
10-16 April 2018	Parkinson's Awareness Week	Parkinson's Awareness Week is the biggest opportunity of the year to reach more people affected by Parkinson's and change public attitude of the disease. Parkinson's UK Charity has free materials available to organise events and promote awareness week.
23-29 April 2018	European Immunisation week	European Immunisation Week promotes the core message that immunisation of every child is vital to prevent diseases and protect life. The goal is to raise awareness and increase vaccination coverage by showcasing the importance of immunisation.
14 April	FND Awareness Day	Functional Neurological Disorder (FND) is a condition in which patients experience neurological symptoms such as weakness, movement disorders, sensory symptoms and blackouts. The brain of a patient with functional neurological symptom disorder is structurally normal, but functions incorrectly. 1/3 of all neurological outpatient attendees are diagnosed with FND and it is the second most common neurological reason for outpatient appointments after headaches/migraines. FND can cause impairment in quality of life that is similar to other neurological conditions such as Parkinson's disease or Epilepsy.
20 April 2018	National Wear a Flower Day	In a world full of worry and woe, here is a chance to spread a little floral cheer! Introduced by the North of England Horticultural Society (NEHS) to coincide with the launch of its new Harrogate Flower Show spring exhibition HortCouture, National Wear A Flower Day is an opportunity to choose a favourite flower and wear it for the day in celebration, in commemoration or simply to make you smile.
21 April 2018	National Tea Day	There are a huge variety of ways to get involved and share your love of tea with the nation. If you want to wish your friends and colleagues a Happy National Tea day use the #NationalTeaDay on social media.

	International Astronomy Day	Astronomy Day is an annual event intended to provide a means of interaction between the general public and various astronomy enthusiasts, groups and professionals. Maybe it's a time to look to the skies and visit Jodrell Bank Discovery Centre.
25 April - 1 May 2018	Allergy Awareness Week	This week raises awareness of all allergic conditions (including food, respiratory, skin and children's allergies), food intolerance and the plight of allergy sufferers.
24-30 April 2018	MS Awareness Week	MS Awareness Week. Be Bold in Blue to raise funds and awareness during MS Awareness Week. Dress blue, hold a cake sale, paint your nails... however you want to Be Bold in Blue, we'll support you all the way.
27 April 2018	On your Feet Britain	Take part in our national day when workers across Britain unite together and participate in a variety of fun and simple activities to #SitLess and #MoveMore at work. The On Your Feet Britain Challenge dares you to convert 'sitting time' to 'standing time' by following some simple changes.
30 April 2018	National Gardening Week	National Gardening Week 2018 is held between April 30th and May 6th. And is run by the Royal Horticultural Society (RHS) to raise awareness of gardening and horticulture, and to encourage more people to take part in the healthy and productive outdoor activity of gardening.