

## PLYMOUTH 2022: NATIONAL & LOCAL CAMPAIGNS & EVENTS

### JANUARY

#### GOOD FOOD SUNDAY 2022 - LOCAL

When: 3rd Sunday of every month

More info: [www.visitplymouth.co.uk/whats-on/plymouth-good-food-sunday-p3001253](http://www.visitplymouth.co.uk/whats-on/plymouth-good-food-sunday-p3001253)

#### DRY JANUARY - NATIONAL

When: January

More info: [alcoholchange.org.uk](http://alcoholchange.org.uk)

#### VEGANUARY - NATIONAL

When: January

More info: [uk.veganuary.com](http://uk.veganuary.com)

#### CERVICAL CANCER PREVENTION WEEK - NATIONAL

When: 20 - 27 January

More info: [eveappeal.org.uk/news-awareness](http://eveappeal.org.uk/news-awareness)

### FEBRUARY

#### LGBT+ HISTORY MONTH - NATIONAL

When: February

More info: [lgbtplushistorymonth.co.uk/2022-resources](http://lgbtplushistorymonth.co.uk/2022-resources)

#### HEART MONTH - NATIONAL

When: February

More info: [heartresearch.org.uk/research-works-national-heart-month](http://heartresearch.org.uk/research-works-national-heart-month)

#### TIME TO TALK DAY - NATIONAL

When: 3 February

More info: [timetotalkday.co.uk](http://timetotalkday.co.uk)

#### WORLD CANCER DAY - NATIONAL

When: 4 February

More info: [www.worldcancerday.org](http://www.worldcancerday.org)

### CONTACT US

WEB: [www.oneyouplymouth.co.uk](http://www.oneyouplymouth.co.uk)

TEL: 01752 437177

EMAIL: [oneyou.plymouth@nhs.net](mailto:oneyou.plymouth@nhs.net)

TWITTER: @oneyouplymouth

FACEBOOK: @oneyouplymouth

## FEBRUARY

### **EATING DISORDERS AWARENESS WEEK - NATIONAL**

**When:** 28 February - 6 March

**More info:** [www.beateatingdisorders.org.uk/edaw](http://www.beateatingdisorders.org.uk/edaw)

## MARCH

### **OVARIAN CANCER AWARENESS MONTH - NATIONAL**

**When:** March

**More info:** [eveappeal.org.uk/getting-involved/take-part-in-an-event/ovarian-cancer-awareness-month](http://eveappeal.org.uk/getting-involved/take-part-in-an-event/ovarian-cancer-awareness-month)

### **INTERNATIONAL WOMEN'S DAY - NATIONAL**

**When:** 8 March

**More info:** [www.internationalwomensday.com](http://www.internationalwomensday.com)

### **NO SMOKING DAY - NATIONAL**

**When:** 9 March

**More info:** [www.awarenessdays.com/awareness-days-calendar/national-no-smoking-day-2022](http://www.awarenessdays.com/awareness-days-calendar/national-no-smoking-day-2022)

### **NUTRITION & HYDRATION WEEK - NATIONAL**

**When:** 14 - 20 March

**More info:** [nutritionandhydrationweek.co.uk](http://nutritionandhydrationweek.co.uk)

### **YOUNG CARERS ACTION DAY - NATIONAL**

**When:** 16 March

**More info:** [carers.org/young-carers-action-day-2022/young-carers-action-day-2022-resources](http://carers.org/young-carers-action-day-2022/young-carers-action-day-2022-resources)

### **WORLD SLEEP DAY - NATIONAL**

**When:** 18 March

**More info:** [worldsleepday.org](http://worldsleepday.org)

### **WORLD ORAL HEALTH DAY - NATIONAL**

**When:** 20 March

**More info:** [www.worldoralhealthday.org](http://www.worldoralhealthday.org)

## CONTACT US

**WEB:** [www.oneyouplymouth.co.uk](http://www.oneyouplymouth.co.uk)

**TEL:** 01752 437177

**EMAIL:** [oneyou.plymouth@nhs.net](mailto:oneyou.plymouth@nhs.net)

**TWITTER:** @oneyouplymouth

**FACEBOOK:** @oneyouplymouth

## MARCH

### **ANOTHER CROSSING: ARTISTS REVISIT THE MAYFLOWER VOYAGE - LOCAL**

**When:** 26 March - 5 June

**More info:** [www.visitplymouth.co.uk/whats-on/another-crossing-artists-revisit-the-mayflower-voyage-p3063193](http://www.visitplymouth.co.uk/whats-on/another-crossing-artists-revisit-the-mayflower-voyage-p3063193)

### **INTERNATIONAL TRANS DAY OF VISIBILITY - NATIONAL**

**When:** 31 March

**More info:** [www.glsen.org/activity/transgender-day-visibility](http://www.glsen.org/activity/transgender-day-visibility)

## APRIL

### **STRESS AWARENESS MONTH - NATIONAL**

**When:** April

**More info:** [www.stress.org.uk](http://www.stress.org.uk)

### **WALK TO WORK DAY - NATIONAL**

**When:** 1 April

**More info:** [www.daysoftheyear.com/days/walk-to-work-day](http://www.daysoftheyear.com/days/walk-to-work-day)

### **PLYMOUTH PHILHARMONIC CHOIR & ORCHESTRA SPRING SHOW - LOCAL**

**When:** 3 April

**More info:** [plymouthphilchoir.org/spring-concert-2020](http://plymouthphilchoir.org/spring-concert-2020)

### **WORLD HEALTH DAY - NATIONAL**

**When:** 7 April

**More info:** [www.awarenessdays.com/awareness-days-calendar/world-health-day-2022](http://www.awarenessdays.com/awareness-days-calendar/world-health-day-2022)

### **ON YOUR FEET BRITAIN - NATIONAL**

**When:** 28 April

**More info:** [onyourfeetday.com](http://onyourfeetday.com)

## CONTACT US

**WEB:** [www.oneyoultrymouth.co.uk](http://www.oneyoultrymouth.co.uk)

**TEL:** 01752 437177

**EMAIL:** [oneyou.plymouth@nhs.net](mailto:oneyou.plymouth@nhs.net)

**TWITTER:** @oneyoultrymouth

**FACEBOOK:** @oneyoultrymouth

## MAY

### WALKING MONTH - NATIONAL

When: May

More info: [www.livingstreets.org.uk/get-involved/campaign-with-us/national-walking-month](http://www.livingstreets.org.uk/get-involved/campaign-with-us/national-walking-month)

### DYING MATTERS AWARENESS WEEK - NATIONAL

When: 2 - 6 May

More info: [www.dyingmatters.org/AwarenessWeek](http://www.dyingmatters.org/AwarenessWeek)

### SUN AWARENESS WEEK - NATIONAL

When: 2 - 8 May

More info: [www.bad.org.uk/for-the-public/sun-awareness-campaign](http://www.bad.org.uk/for-the-public/sun-awareness-campaign)

### PIRATE WEEKEND PLYMOUTH - LOCAL

When: 7 - 8 May

More info: [www.visitplymouth.co.uk/whats-on/plymouth-pirates-weekend-p1365003](http://www.visitplymouth.co.uk/whats-on/plymouth-pirates-weekend-p1365003)

### VE DAY (ARMED FORCES) - NATIONAL

When: 8 May

More info: [www.britishlegion.org.uk](http://www.britishlegion.org.uk)

### MENTAL HEALTH AWARENESS WEEK - NATIONAL

When: 9 - 15 May

More info: [www.mentalhealth.org.uk/campaigns/mental-health-awareness-week](http://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week)

### VEGETARIAN WEEK - NATIONAL

When: 16 - 22 May

More info: [www.nationalvegetarianweek.org](http://www.nationalvegetarianweek.org)

### LORD MAYOR'S DAY - LOCAL

When: 21 May

More info: [www.visitplymouth.co.uk/whats-on/lord-mayors-festival-p1503683](http://www.visitplymouth.co.uk/whats-on/lord-mayors-festival-p1503683)

### FLAVOUR FEST - LOCAL

When: 27 - 29 May

More info: [www.flavourfestsw.co.uk](http://www.flavourfestsw.co.uk)

### WORLD NO TOBACCO DAY - NATIONAL

When: 31 May

More info: [www.who.int/tobacco/wntd/en](http://www.who.int/tobacco/wntd/en)

## CONTACT US

WEB: [www.oneyouplymouth.co.uk](http://www.oneyouplymouth.co.uk)

TEL: 01752 437177

EMAIL: [oneyou.plymouth@nhs.net](mailto:oneyou.plymouth@nhs.net)

TWITTER: @oneyouplymouth

FACEBOOK: @oneyouplymouth

## JUNE

### **VOLUNTEERS' WEEK - NATIONAL**

When: 1 - 7 June

More info: [volunteersweek.org](http://volunteersweek.org)

### **CARERS WEEK - NATIONAL**

When: 6 - 12 June

More info: [www.carersweek.org](http://www.carersweek.org)

### **BRITISH NUTRITIONAL FOUNDATION'S HEALTHY EATING WEEK - NATIONAL**

When: 13 - 17 June

More info: [www.nutrition.org.uk/our-work/what-we-do/healthy-eating-week](http://www.nutrition.org.uk/our-work/what-we-do/healthy-eating-week)

### **MEN'S HEALTH WEEK - NATIONAL**

When: 13 - 19 June

More info: [www.menshealthforum.org.uk/mhw](http://www.menshealthforum.org.uk/mhw)

### **WORLD BLOOD DONOR DAY - NATIONAL**

When: 14 June

More info: [www.who.int/campaigns/world-blood-donor-day](http://www.who.int/campaigns/world-blood-donor-day)

### **CLEAN AIR DAY - NATIONAL**

When: 16 June

More info: [www.cleanairday.org.uk](http://www.cleanairday.org.uk)

### **BRITAIN'S OCEAN CITY HALF MARATHON - LOCAL**

When: 19 June

More info: [www.runplymouth.co.uk/event/plymouthhalf2022](http://www.runplymouth.co.uk/event/plymouthhalf2022)

## JULY

### **TALK TO US CAMPAIGN - NATIONAL**

When: July

More info: [www.samaritans.org/support-us/campaign/talk-us](http://www.samaritans.org/support-us/campaign/talk-us)

### **PLYMOUTH PHILHARMONIC CHOIR & ORCHESTRA SUMMER SHOW - LOCAL**

When: 9 July

More info: [plymouthphilchoir.org/summer-concert-2020](http://plymouthphilchoir.org/summer-concert-2020)

## CONTACT US

WEB: [www.oneyoupleymouth.co.uk](http://www.oneyoupleymouth.co.uk)

TEL: 01752 437177

EMAIL: [oneyou.plymouth@nhs.net](mailto:oneyou.plymouth@nhs.net)

TWITTER: @oneyoupleymouth

FACEBOOK: @oneyoupleymouth

## JULY

### WORLD HEPATITIS DAY - NATIONAL

When: 28 July

More info: [www.worldhepatitisday.org](http://www.worldhepatitisday.org)

## AUGUST

### WORLD BREASTFEEDING WEEK - NATIONAL

When: 1 - 7 August

More info: [worldbreastfeedingweek.org](http://worldbreastfeedingweek.org)

### CYCLE TO WORK DAY - NATIONAL

When: 4 August

More info: [www.cycletoworkday.org](http://www.cycletoworkday.org)

### PLYMOUTH PRIDE FESTIVAL - LOCAL

When: TBA

More info: [prideinplymouth.org.uk/august-2020](http://prideinplymouth.org.uk/august-2020)

### BRITISH FIREWORK CHAMPIONSHIPS - LOCAL

When: 17 - 18 August

More info: [www.visitplymouth.co.uk/whats-on/british-firework-championships-p1166573](http://www.visitplymouth.co.uk/whats-on/british-firework-championships-p1166573)

### WORLD HUMANITARIAN DAY - NATIONAL

When: 19 August

More info: [www.un.org/en/events/humanitarianday/](http://www.un.org/en/events/humanitarianday/)

## SEPTEMBER

### PROSTATE CANCER AWARENESS MONTH - NATIONAL

When: September

More info: [www.pcf.org/prostate-cancer-awareness-month](http://www.pcf.org/prostate-cancer-awareness-month)

### MIGRAINE AWARENESS WEEK - NATIONAL

When: 5 - 10 September

More info: [www.migrainetrust.org/get-involved/raise-awareness/migraine-awareness-week](http://www.migrainetrust.org/get-involved/raise-awareness/migraine-awareness-week)

## CONTACT US

WEB: [www.oneyouplymouth.co.uk](http://www.oneyouplymouth.co.uk)

TEL: 01752 437177

EMAIL: [oneyou.plymouth@nhs.net](mailto:oneyou.plymouth@nhs.net)

TWITTER: @oneyouplymouth

FACEBOOK: @oneyouplymouth

## SEPTEMBER

### **KNOW YOUR NUMBERS WEEK - NATIONAL**

**When:** 6 - 11 September

**More info:** [www.bloodpressureuk.org/know-your-numbers/know-your-numbers-week](http://www.bloodpressureuk.org/know-your-numbers/know-your-numbers-week)

### **ORGAN DONATION WEEK - NATIONAL**

**When:** 9 - 15 September

**More info:** [www.organdonation.nhs.uk/get-involved/news/planning-underway-for-organ-donation-week](http://www.organdonation.nhs.uk/get-involved/news/planning-underway-for-organ-donation-week)

### **WORLD SUICIDE PREVENTION DAY - NATIONAL**

**When:** 10 September

**More info:** [www.iasp.info/wspd](http://www.iasp.info/wspd)

### **WORLD SEPSIS DAY - NATIONAL**

**When:** 13 September

**More info:** [www.worldsepsisday.org](http://www.worldsepsisday.org)

### **PLYMOUTH SEAFOOD & MARITIME FESTIVAL - LOCAL**

**When:** 17 - 18 September

**More info:** [www.visitplymouth.co.uk/whats-on/plymouth-seafood-and-harbour-festival-p1988083](http://www.visitplymouth.co.uk/whats-on/plymouth-seafood-and-harbour-festival-p1988083)

### **EYE HEALTH WEEK - NATIONAL**

**When:** 19 - 25 September

**More info:** [www.visionmatters.org.uk](http://www.visionmatters.org.uk)

### **THIS LAND, THEATRE ROYAL - LOCAL**

**When:** 20 - 24 September

**More info:** [theatreroyal.com](http://theatreroyal.com)

### **FITNESS DAY - NATIONAL**

**When:** 21 September

**More info:** [www.nationalfitnessday.com](http://www.nationalfitnessday.com)

### **WORLD'S BIGGEST COFFEE MORNING - NATIONAL**

**When:** 30 September

**More info:** [coffee.macmillan.org.uk](http://coffee.macmillan.org.uk)

## CONTACT US

**WEB:** [www.oneyouplymouth.co.uk](http://www.oneyouplymouth.co.uk)

**TEL:** 01752 437177

**EMAIL:** [oneyou.plymouth@nhs.net](mailto:oneyou.plymouth@nhs.net)

**TWITTER:** @oneyouplymouth

**FACEBOOK:** @oneyouplymouth

## OCTOBER

### **STOPTOBER - NATIONAL**

When: October

More info: [www.nhs.uk/oneyou/for-your-body/quit-smoking/stoptober](http://www.nhs.uk/oneyou/for-your-body/quit-smoking/stoptober)

### **CHOLESTEROL MONTH - NATIONAL**

When: October

More info: [www.heartuk.org.uk/get-involved/national-cholesterol-month](http://www.heartuk.org.uk/get-involved/national-cholesterol-month)

### **BREAST CANCER AWARENESS MONTH - NATIONAL**

When: October

More info: [www.wearitpink.org/about/breast-cancer-awareness-month](http://www.wearitpink.org/about/breast-cancer-awareness-month)

### **BACK CARE AWARENESS WEEK - NATIONAL**

When: 3 - 7 October

More info: [backcare.org.uk/event/2022-back-care-awareness-week](http://backcare.org.uk/event/2022-back-care-awareness-week)

### **WORLD MENTAL HEALTH DAY - NATIONAL**

When: 10 October

More info: [www.mentalhealth.org.uk/campaigns/world-mental-health-day](http://www.mentalhealth.org.uk/campaigns/world-mental-health-day)

### **WORK LIFE WEEK - NATIONAL**

When: 10 - 14 October

More info: [www.workingfamilies.org.uk/campaigns/national-work-life-week](http://www.workingfamilies.org.uk/campaigns/national-work-life-week)

### **OCD AWARENESS WEEK - NATIONAL**

When: 10 - 16 October

More info: [mentalhealth-uk.org/get-involved/mental-health-awareness-days](http://mentalhealth-uk.org/get-involved/mental-health-awareness-days)

### **GLOBAL HAND HYGIENE DAY / CLEAN HANDS DAY - NATIONAL**

When: 15 October

More info: [www.who.int/campaigns/world-hand-hygiene-day/2022](http://www.who.int/campaigns/world-hand-hygiene-day/2022)

### **WORLD MENOPAUSE DAY - NATIONAL**

When: 18 October

More info: [menomartha.com/health-topic/world-menopause-day-2022](http://menomartha.com/health-topic/world-menopause-day-2022)

## CONTACT US

WEB: [www.oneyouplymouth.co.uk](http://www.oneyouplymouth.co.uk)

TEL: 01752 437177

EMAIL: [oneyou.plymouth@nhs.net](mailto:oneyou.plymouth@nhs.net)

TWITTER: @oneyouplymouth

FACEBOOK: @oneyouplymouth

## NOVEMBER

### MOVEMBER MEN'S HEALTH AWARENESS MONTH - NATIONAL

When: November

More info: [uk.movember.com/get-involved/move](http://uk.movember.com/get-involved/move)

### INTERNATIONAL STRESS AWARENESS WEEK - NATIONAL

When: 2 - 5 November

More info: [www.awarenessdays.com/awareness-days-calendar/international-stress-awareness-week-2022](http://www.awarenessdays.com/awareness-days-calendar/international-stress-awareness-week-2022)

### BONFIRE NIGHT - NATIONAL

When: 5 November

More info: [www.visitplymouth.co.uk/whats-on/bonfire-night-p1988563](http://www.visitplymouth.co.uk/whats-on/bonfire-night-p1988563)

### REMEMBRANCE SUNDAY - NATIONAL

When: 13 November

More info: [www.worldsepsisday.org](http://www.worldsepsisday.org)

### ANTI-BULLYING WEEK - NATIONAL

When: 15 - 19 November

More info: [anti-bullyingalliance.org.uk/anti-bullying-week](http://anti-bullyingalliance.org.uk/anti-bullying-week)

### CITY CENTRE CHRISTMAS LIGHTS SWITCH ON - LOCAL

When: TBA

More info: [visitplymouth.co.uk/whats-on](http://visitplymouth.co.uk/whats-on)

### BARBICAN CHRISTMAS LIGHTS SWITCH ON - LOCAL

When: TBA

More info: [visitplymouth.co.uk/whats-on](http://visitplymouth.co.uk/whats-on)

### 16 DAYS OF ACTION AGAINST DOMESTIC VIOLENCE - NATIONAL

When: 25 November - 10 December

More info: [16daysofaction.co.uk](http://16daysofaction.co.uk)

## CONTACT US

WEB: [www.oneyouplymouth.co.uk](http://www.oneyouplymouth.co.uk)

TEL: 01752 437177

EMAIL: [oneyou.plymouth@nhs.net](mailto:oneyou.plymouth@nhs.net)

TWITTER: @oneyouplymouth

FACEBOOK: @oneyouplymouth

## DECEMBER

### PLYMOUTH CHRISTMAS MARKET

When: TBA

More info: [www.visitplymouth.co.uk/whats-on/top-events/plymouth-christmas-market](http://www.visitplymouth.co.uk/whats-on/top-events/plymouth-christmas-market)

### WORLD AIDS DAY - NATIONAL

When: 1 December

More info: [www.worldaidsday.org](http://www.worldaidsday.org)

### GRIEF AWARENESS WEEK - NATIONAL

When: 2 - 8 December

More info: [www.thegoodgrieftrust.org](http://www.thegoodgrieftrust.org)

## CONTACT US

WEB: [www.oneyouplymouth.co.uk](http://www.oneyouplymouth.co.uk)

TEL: 01752 437177

EMAIL: [oneyou.plymouth@nhs.net](mailto:oneyou.plymouth@nhs.net)

TWITTER: @oneyouplymouth

FACEBOOK: @oneyouplymouth