

CARERS WEEK, 7-13 JUNE 2021

[Carers Week](#) is an annual campaign to raise awareness of caring by highlighting the challenges that carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support. This year we are coming together to **Make Caring Visible and Valued**.



WORLD BLOOD DONOR DAY, 14TH JUNE 2021



Transfusion of blood and blood products helps save millions of lives every year. World Blood Donor Day celebrates everyone who donates their life-saving gifts of blood and aims to raise awareness of the need for regular blood donations to ensure the quality, safety and availability of blood and blood products for patients in need. For more information and how to get involved please visit the [WHO website](#).

BRITISH NUTRITIONAL FOUNDATION (BNF) HEALTHY EATING WEEK, 14-18 JUNE 2021

[BNF Healthy Eating Week](#) celebrates and promotes healthy eating, as well as food provenance, cooking and being active. The 'Find your healthier you' message will be supported by five themes across the week.



MEN'S HEALTH WEEK, 14-20 JUNE 2021

Led by the Men's Health Forum, the purpose of [Men's Health Week](#) is to raise awareness of preventable health issues and encourage men and boys to seek professional advice for health-related problems.

CERVICAL SCREENING AWARENESS WEEK, 14-20 JUNE 2021

Around 3,200 women are diagnosed with [cervical cancer](#) in the UK each year. More than half of cases in the UK are diagnosed in women aged 45 or under.



DIABETES AWARENESS WEEK 2021

The week is all about creating awareness of the condition and encouraging people to share their experiences of living with diabetes. This year, we'll be telling [#DiabetesStories](#) from all corners of the UK.

NATIONAL CLEAN AIR DAY, 17TH JUNE 2021

National Clean Air Day is a chance for the whole country to come together and improve air quality through collective action. Led by [Global Action Plan](#) they hope to improve public understanding of air pollution, build awareness of how air pollution affects our health and explain the easy actions we can all do to tackle air pollution, helping to protect the environment and our health.

