

# January

2025

[www.fullbeam.org](http://www.fullbeam.org)

## This Month

**Cervical Cancer Awareness Month**

**20<sup>th</sup> - Martin Luther King Day**

**27<sup>th</sup> - Parental Mental Health Day**

**27<sup>th</sup> - Holocaust Memorial Day**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>Cervical Cancer Awareness Month</b>	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 <b>Martin Luther King Day</b>	21	22	23	24	25
26	27 <b>Parental Mental Health Day</b>  <b>Holocaust Memorial Day</b>	28	29	30	31	

# February

2025

[www.fullbeam.org](http://www.fullbeam.org)

## This Month

**Black History Month (US)**

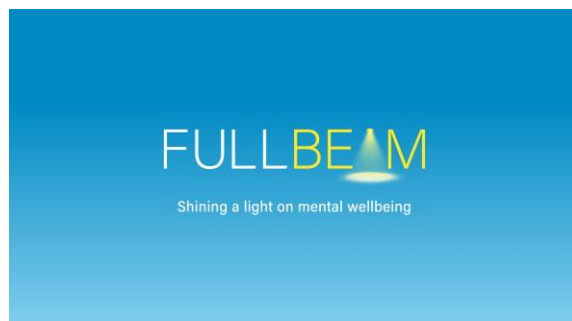
**LGBT+ History Month (UK)**

**6<sup>th</sup> - Time to Talk Day**

**3<sup>rd</sup> 9<sup>th</sup> - Race Equality Week (UK)**

**17<sup>th</sup> - Random Acts of Kindness Day**

**24<sup>th</sup> - Emotional Health Day**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>Black History Month (US)</b> <b>LGBT History Month (UK)</b>	1
2	3 <b>Race Equality Week</b>	4 <b>Race Equality Week</b>	5 <b>Race Equality Week</b>	6 <b>Race Equality Week</b>	7 <b>Race Equality Week</b>	8 <b>Race Equality Week</b>
9 <b>Race Equality Week</b>	10	11	12	13	14	15
16	17 <b>Random Acts of Kindness Day</b>	18	19	20	21	22
23	24 <b>Emotional Health Day</b>	25	26	27	28	

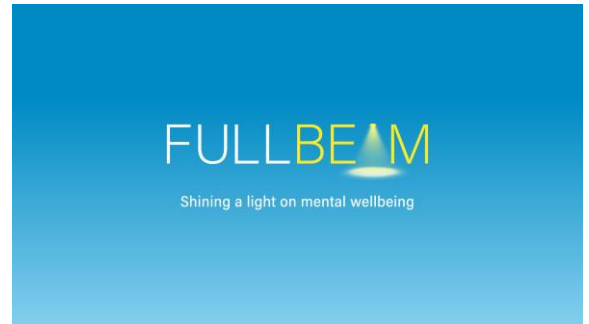
# March

2025

[www.fullbeam.org](http://www.fullbeam.org)

## This Month

- Women's History Month
- Gender Equality Month
- 7<sup>th</sup> - Employee Appreciation Day
- 1<sup>st</sup> - International Wheelchair Day
- 1-7<sup>th</sup> - Endometriosis Awareness Week
- 8<sup>th</sup> - International Women's Day
- 10<sup>th</sup> 16<sup>th</sup> - Nutrition and Hydration Week
- 14<sup>th</sup> - World Sleep Day
- 17<sup>th</sup> 23<sup>rd</sup> - Neurodiversity Celebration Week
- 20<sup>th</sup> - International Day of Happiness
- 21<sup>st</sup> - International Day for the Elimination of Racial Discrimination
- 21<sup>st</sup> - World Down Syndrome Day
- 31<sup>st</sup> - Transgender Day of Visibility



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Women's History Month Gender Equality Month	1 International Wheelchair Day Endometriosis Awareness Week
2 Endometriosis Awareness Week	3 Endometriosis Awareness Week	4 Endometriosis Awareness Week	5 Endometriosis Awareness Week	6 Endometriosis Awareness Week	7 Employee Appreciation Day Endometriosis Awareness Week	8 International Women's Day
9	10 Nutrition and Hydration Week	11 Nutrition and Hydration Week	12 Nutrition and Hydration Week	13 Nutrition and Hydration Week	14 Nutrition and Hydration Week World Sleep Day	15 Nutrition and Hydration Week
16 Nutrition and Hydration Week	17 Neurodiversity Celebration Week	18 Neurodiversity Celebration Week	19 Neurodiversity Celebration Week	20 Neurodiversity Celebration Week International Day of Happiness	21 Neurodiversity Celebration Week International Day for Elimination of Racial Discrimination World Down Syndrome Day	22 Neurodiversity Celebration Week
23 Neurodiversity Celebration Week	24	25	26	27	28	29
30	31 Transgender Day of Visibility					

# April

2025

[www.fullbeam.org](http://www.fullbeam.org)

## This Month

**Stress Awareness Month**  
**Autism Awareness Month**  
**Adenomyosis Awareness Month**  
**2<sup>nd</sup> - World Autism Day**  
**7<sup>th</sup> - World Health Day**  
**18-24<sup>th</sup> - Fibroid Awareness Week**  
**24<sup>th</sup> - On Your Feet Britain**  
**21<sup>st</sup> - 27<sup>th</sup> - Lesbian Visibility Week**  
**28<sup>th</sup> - World Health and Safety Day**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Stress Awareness Month Autism Awareness Month Adenomyosis Awareness Month	1	2 World Autism Day	3	4	5
6	7 World Health Day	8	9	10	11	12
13	14	15	16	17	18 Fibroid Awareness Week	19 Fibroid Awareness Week
20 Fibroid Awareness Week	21 Fibroid Awareness Week  Lesbian Visibility Week	22 Fibroid Awareness Week  Lesbian Visibility Week	23 Fibroid Awareness Week  Lesbian Visibility Week	24 Lesbian Visibility Week  On Your Feet Britain	25 Lesbian Visibility Week	26 Lesbian Visibility Week
27 Lesbian Visibility Week	28 Lesbian Visibility Week  World Health and Safety Day	29	30			

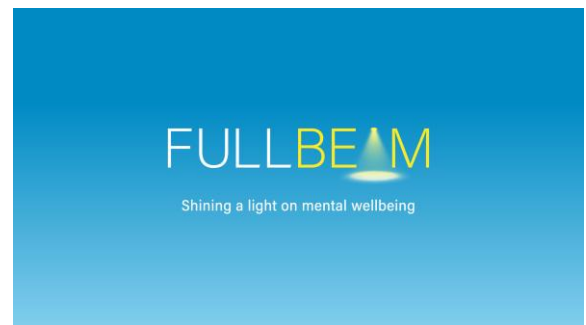
# May

2025

[www.fullbeam.org](http://www.fullbeam.org)

## This Month

- National Walking Month**
- 1<sup>st</sup> - Zero Discrimination Day**
- 4<sup>th</sup> - World Laughter Day**
- 5-11<sup>th</sup> - Trans+ History Week**
- 6-12<sup>th</sup> - Deaf Awareness Week**
- 11<sup>th</sup>-17<sup>th</sup> - Women's Health Week**
- 17<sup>th</sup> - International Day Against Homophobia, Transphobia and Biphobia**
- 17<sup>th</sup> - Global Accessibility Awareness Day**
- 12<sup>th</sup>-18<sup>th</sup> - Mental Health Awareness Week**
- 12-18<sup>th</sup> Black Inclusion Week**
- 21<sup>st</sup> - World Meditation Day**
- 24<sup>th</sup> - Pansexual Visibility Day**
- 28<sup>th</sup> - Menstrual Health Day**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>National Walking Month</b>	1 <b>Zero Discrimination Day</b>	2	3
4 <b>World Laughter Day</b>	5 <b>Trans+ History Week</b>	6 <b>Trans+ History Week</b>  <b>Deaf Awareness Week</b>	7 <b>Trans+ History Week</b>  <b>Deaf Awareness Week</b>	8 <b>Trans+ History Week</b>  <b>Deaf Awareness Week</b>	9 <b>Trans+ History Week</b>  <b>Deaf Awareness Week</b>	10 <b>Trans+ History Week</b>  <b>Deaf Awareness Week</b>
11 <b>Trans+ History Week</b>  <b>Deaf Awareness Week</b>  <b>Women's Health Week</b>	12 <b>Deaf Awareness Week</b>  <b>Women's Health Week</b>  <b>Mental Health Awareness</b>  <b>Black Inclusion Week</b>	13 <b>Women's Health Week</b>  <b>Mental Health Awareness Week</b>  <b>Black Inclusion Week</b>	14 <b>Women's Health Week</b>  <b>Mental Health Awareness Week</b>  <b>Black Inclusion Week</b>	15 <b>Women's Health Week</b>  <b>Mental Health Awareness Week</b>  <b>Black Inclusion Week</b>	16 <b>Women's Health Week</b>  <b>Mental Health Awareness Week</b>  <b>Black Inclusion Week</b>	17 <b>Women's Health Week</b>  <b>Mental Health Awareness Week</b>  <b>Black Inclusion Week</b>  <b>Global Accessibility Awareness Day</b>
18 <b>Mental Health Awareness Week</b>  <b>Black Inclusion Week</b>	19	20	21 <b>World Meditation Day</b>	22	23	24 <b>Pansexual Visibility Day</b>
25	26	27	28 <b>Menstrual Health Day</b>	29	30	31

# June

# 2025

[www.fullbeam.org](http://www.fullbeam.org)

## This Month

**Pride Month**

**World Infertility Awareness Month**

**14<sup>th</sup> - Global Wellness Day**

**9<sup>th</sup> 15<sup>th</sup> - Men's Health Week**

**9<sup>th</sup> 15<sup>th</sup> - Carers Week**

**19<sup>th</sup> - Juneteenth (US)**

**21<sup>st</sup> - International Yoga Day**

**22<sup>nd</sup> - Windrush Day (UK)**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Pride Month	2	3	4	5	6	7
World Infertility Awareness Month						
8	9 Men's Health Week Carers Week	10 Men's Health Week Carers Week	11 Men's Health Week Carers Week	12 Men's Health Week Carers Week	13 Men's Health Week Carers Week	14 Global Wellness Day Men's Health Week Carers Week
15 Men's Health Week Carers Week	16	17	18	19 Juneteenth (US)	20	21 International Yoga Day
22 Windrush Day (UK)	23	24	25	26	27	28
29	30					

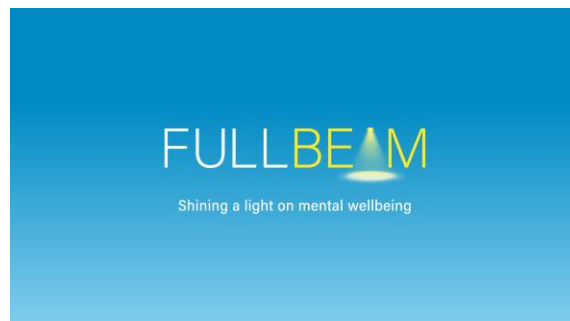
# July

2025

[www.fullbeam.org](http://www.fullbeam.org)

## This Month

**BIPOC Mental Health Month**  
**Disability Pride Month**  
**14-20<sup>th</sup> - Non-Binary Awareness Week**  
**18 July- 17<sup>th</sup> August- South Asian Heritage Month**  
**24<sup>th</sup> - International Self-Care Day**  
**25<sup>th</sup> - World IVF Day**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
	<b>18<sup>th</sup> July-17<sup>th</sup> August South Asian Heritage</b>  <b>BIPOC Mental Health Month</b>  <b>Disability Pride Month</b>					
6	7	8	9	10	11	12
13	14	15	16	17	18	19
	<b>Non-Binary Awareness Week</b>	<b>Non-Binary Awareness Week</b>	<b>Non-Binary Awareness Week</b>	<b>Non-Binary Awareness Week</b>	<b>Start of South Asian Heritage Month</b>  <b>Non-Binary Awareness Week</b>	<b>Non-Binary Awareness Week</b>
20	21	22	23	24	25	26
<b>Non-Binary Awareness Week</b>				<b>International Self-Care Day</b>	<b>World IVF Day</b>	
27	28	29	30	31		

# August

2025

[www.fullbeam.org](http://www.fullbeam.org)

## This Month

**Intersectionality Awareness Month**  
**9<sup>th</sup> - International Day of World's Indigenous People**  
**18 July- 17<sup>th</sup> August- South Asian Heritage Month**  
**15<sup>th</sup> - National Relaxation Day**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>18 July- 17<sup>th</sup> August- South Asian Heritage month</b>  <b>Intersectionality Awareness Month</b>	1	2
3	4	5	6	7	8	9 <b>International Day of World's Indigenous People</b>
10	11	12	13	14	15 <b>National Relaxation Day</b>	16
17 <b>End of South Asian Heritage Month</b>	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



# September

2025

[www.fullbeam.org](http://www.fullbeam.org)

## This Month

- Polycystic Ovary Syndrome Awareness Month**
- 10<sup>th</sup> - World Suicide Prevention Day**
- 15<sup>th</sup> September – 15<sup>th</sup> October - Hispanic Heritage Month**
- 15-21<sup>st</sup> - National Inclusion Week**
- 16-23<sup>rd</sup> - Bisexual Awareness Week**
- 18<sup>th</sup> - National Fitness Day**
- 21<sup>st</sup> - World Gratitude Day**
- 20-25<sup>th</sup> - International Happiness at Work Week**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
Polycystic Ovary Syndrome Awareness Month  15 <sup>th</sup> September – 15 <sup>th</sup> October - Hispanic Heritage Month						
7	8	9	10 World Suicide Prevention Day	11	12	13
14	15 Start of Hispanic Heritage Month  National Inclusion Week	16 Bisexual Awareness Week	17 Bisexual Awareness Week	18 Bisexual Awareness Week  National Fitness Day	19 Bisexual Awareness Week	20 Bisexual Awareness Week  International Happiness at Work Week
21 Bisexual Awareness Week  World Gratitude Day  International Happiness at Work Week	22 Bisexual Awareness Week  International Happiness at Work Week	23 Bisexual Awareness Week  International Happiness at Work Week	24 International Happiness at Work Week	25 International Happiness at Work Week	26	27
28	29	30				

# October

2025

[www.fullbeam.org](http://www.fullbeam.org)

## This Month

- Black History Month (UK)**
- 15<sup>th</sup> September – 15<sup>th</sup> October - Hispanic Heritage Month**
- Transgender Awareness Month**
- ADHD Awareness Month**
- 9-15<sup>th</sup> - Baby Loss Awareness Week**
- 10<sup>th</sup> - World Mental Health Day**
- 11<sup>th</sup> - National coming Out Day**
- 6-10<sup>th</sup> - National Work/Life Balance Week**
- 15<sup>th</sup> - International Pronouns Day**
- 16-22<sup>nd</sup> - National Adoption Week**
- 18<sup>th</sup> - World Menopause Day**
- 19-25<sup>th</sup> - Invisible Disabilities Awareness Week**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Black History Month (UK) 15 <sup>th</sup> Sept - 15 <sup>th</sup> October - Hispanic Heritage Transgender Awareness Month ADHD Awareness Month	1	2	3	4
5	6 National Work/Life Balance Week	7 National Work/Life Balance Week	8 National Work/Life Balance Week	9 Baby Loss Awareness Week National Work/Life Balance Week	10 Baby Loss Awareness Week World Mental Health Day National Work/Life Balance Week	11 Baby Loss Awareness Week National coming Out Day
12 Baby Loss Awareness Week	13 Baby Loss Awareness Week	14 Baby Loss Awareness Week	15 Baby Loss Awareness Week International Pronouns Day	16 National Adoption Week	17 National Adoption Week	18 National Adoption Week World Menopause Day
19 National Adoption Week Invisible Disabilities Awareness Week	20 National Adoption Week Invisible Disabilities Awareness Week	21 National Adoption Week Invisible Disabilities Awareness Week	22 National Adoption Week Invisible Disabilities Awareness Week	23 Invisible Disabilities Awareness Week	24 Invisible Disabilities Awareness Week	25
26	27	28	29	30	31	

# November

2025

[www.fullbeam.org](http://www.fullbeam.org)

## This Month

**Islamophobia Awareness Month**

**2<sup>nd</sup> - World Fertility Day**

**3<sup>rd</sup> - 8<sup>th</sup> National Fertility Awareness Week (UK)**

**5<sup>th</sup> - Stress Awareness Day**

**13<sup>th</sup> - World Kindness Day**

**19<sup>th</sup> - International Men's Day**

**22<sup>nd</sup> - Survivors of Suicide Loss Day**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>Islamophobia Awareness Month</b>	1
2 <b>World Fertility Day</b>	3 <b>National Fertility Awareness Week (UK)</b>	4 <b>National Fertility Awareness Week (UK)</b>	5 <b>National Fertility Awareness Week (UK)</b>  <b>Stress Awareness Day</b>	6 <b>National Fertility Awareness Week (UK)</b>	7 <b>National Fertility Awareness Week (UK)</b>	8 <b>National Fertility Awareness Week (UK)</b>
9	10	11	12	13 <b>World Kindness Day</b>	14	15
16	17	18	19 <b>International Men's Day</b>	20	21	22 <b>Survivors of Suicide Loss Day</b>
23	24	25	26	27	28	29
30						

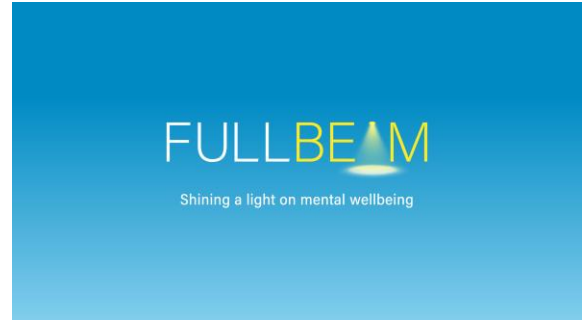
# December

2025

[www.fullbeam.org](http://www.fullbeam.org)

## This Month

- 2-8<sup>th</sup> National Grief Awareness Week
- 3<sup>rd</sup> - International Day of Persons with Disabilities
- 18<sup>th</sup> - International Migrants Day



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 National Grief Awareness Week	3 International Day of Persons with Disabilities National Grief Awareness Week	4 National Grief Awareness Week	5 National Grief Awareness Week	6 National Grief Awareness Week
7 National Grief Awareness Week	8 National Grief Awareness Week	9	10	11	12	13
14	15	16	17	18 International Migrants Day	19	20
21	22	23	24	25	26	27
28	29	30	31			

# Full Year List

2025

[www.fullbeam.org](http://www.fullbeam.org)

## January

**Cervical Cancer Awareness Month**

**20<sup>th</sup> - Martin Luther King Day**

**27<sup>th</sup> - Parental Mental Health Day**

**27<sup>th</sup> - Holocaust Memorial Day**

## February

**Black History Month (US)**

**LGBT+ History Month (UK)**

**6<sup>th</sup> - Time to Talk Day**

**3<sup>rd</sup> 9<sup>th</sup> - Race Equality Week (UK)**

**17<sup>th</sup> - Random Acts of Kindness Day**

**24<sup>th</sup> - Emotional Health Day**

## March

**Women's History Month**

**Gender Equality Month**

**7<sup>th</sup> - Employee Appreciation Day**

**1<sup>st</sup> - International Wheelchair Day**

**1-7<sup>th</sup> - Endometriosis Awareness Week**

**8<sup>th</sup> - International Women's Day**

**10<sup>th</sup>-16<sup>th</sup> - Nutrition and Hydration Week**

**14<sup>th</sup> - World Sleep Day**

**17-23<sup>rd</sup> - Neurodiversity Celebration Week**

**20<sup>th</sup> - International Day of Happiness**

**21<sup>st</sup> - International Day for the Elimination of Racial Discrimination**

**21<sup>st</sup> - World Down Syndrome Day**

**31<sup>st</sup> - Transgender Day of Visibility**

## April

**Stress Awareness Month**

**Autism Awareness Month**

**Adenomyosis Awareness Month**

**2<sup>nd</sup> - World Autism Day**

**7<sup>th</sup> - World Health Day**

**18-24<sup>th</sup> - Fibroid Awareness Week**

**24<sup>th</sup> - On Your Feet Britain**

**21<sup>st</sup> - 27<sup>th</sup> - Lesbian Visibility Week**

**28<sup>th</sup> - World Health and Safety Day**

## **May**

### **National Walking Month**

**1<sup>st</sup> - Zero Discrimination Day**

**4<sup>th</sup> - World Laughter Day**

**5-11<sup>th</sup> - Trans+ History Week**

**6-12<sup>th</sup> - Deaf Awareness Week**

**11<sup>th</sup>-17<sup>th</sup> - Women's Health Week**

**17<sup>th</sup> - International Day Against Homophobia, Transphobia and Biphobia**

**17<sup>th</sup> - Global Accessibility Awareness Day**

**12<sup>th</sup>-18<sup>th</sup> - Mental Health Awareness Week**

**12-18<sup>th</sup> Black Inclusion Week**

**21<sup>st</sup> - World Meditation Day**

**24<sup>th</sup> - Pansexual Visibility Day**

**28<sup>th</sup> - Menstrual Health Day**

## **June**

### **Pride Month**

### **World Infertility Awareness Month**

**14<sup>th</sup> - Global Wellness Day**

**9<sup>th</sup> 15<sup>th</sup> - Men's Health Week**

**9<sup>th</sup> 15<sup>th</sup> - Carers Week**

**19<sup>th</sup> - Juneteenth (US)**

**21<sup>st</sup> - International Yoga Day**

**22<sup>nd</sup> - Windrush Day (UK)**

## **July**

### **BIPOC Mental Health Month**

### **Disability Pride Month**

**14-20<sup>th</sup> - Non-Binary Awareness Week**

**18 July- 17<sup>th</sup> August- South Asian Heritage Month**

**24<sup>th</sup> - International Self-Care Day**

**25<sup>th</sup> - World IVF Day**

## **August**

### **Intersectionality Awareness Month**

**9<sup>th</sup> - International Day of World's Indigenous People**

**18 July- 17<sup>th</sup> August- South Asian Heritage Month**

**15<sup>th</sup> - National Relaxation Day**

## **September**

### **Polycystic Ovary Syndrome Awareness Month**

**10<sup>th</sup> - World Suicide Prevention Day**

**15<sup>th</sup> September - 15<sup>th</sup> October - Hispanic Heritage Month**

**15-21<sup>st</sup> - National Inclusion Week**

**16-23<sup>rd</sup> - Bisexual Awareness Week**

**18<sup>th</sup> - National Fitness Day**

**21<sup>st</sup> - World Gratitude Day**

**20-25<sup>th</sup> - International Happiness at Work Week**

## October

**Black History Month (UK)**

**15<sup>th</sup> September – 15<sup>th</sup> October - Hispanic Heritage Month**

**Transgender Awareness Month**

**ADHD Awareness Month**

**9-15<sup>th</sup> - Baby Loss Awareness Week**

**10<sup>th</sup> - World Mental Health Day**

**11<sup>th</sup> - National coming Out Day**

**6-10<sup>th</sup> - National Work/Life Balance Week**

**15<sup>th</sup> - International Pronouns Day**

**16-22<sup>nd</sup> – National Adoption Week**

**18<sup>th</sup> - World Menopause Day**

**19-25<sup>th</sup> – Invisible Disabilities Awareness Week**

## November

**Islamophobia Awareness Month**

**2<sup>nd</sup> - World Fertility Day**

**3<sup>rd</sup> – 8<sup>th</sup> National Fertility Awareness Week (UK)**

**5<sup>th</sup> - Stress Awareness Day**

**13<sup>th</sup> - World Kindness Day**

**19<sup>th</sup> - International Men's Day**

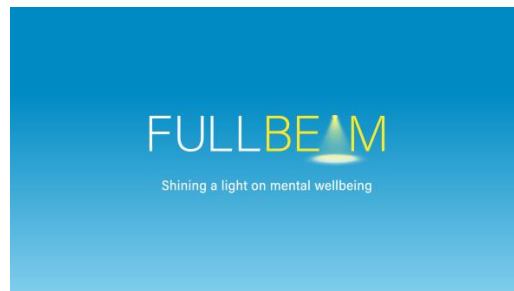
**22<sup>nd</sup> - Survivors of Suicide Loss Day**

## December

**2-8<sup>th</sup> National Grief Awareness Week**

**3<sup>rd</sup> - International Day of Persons with Disabilities**

**18<sup>th</sup> - International Migrants Day**



[www.fullbeam.org](http://www.fullbeam.org)

[www.menstrualcycletowork.com](http://www.menstrualcycletowork.com)

Kerry Nortcliffe  
[Kerry@fullbeam.org](mailto:Kerry@fullbeam.org)