

# **AWARENESS DAYS COMMUNICATIONS CALENDAR**

**PLEASE NOTE SOME OF THESE DATES ARE PREDICTIONS.  
IF SOMETHING IS MISSING LET US KNOW AT  
[PR@BDA.UK.COM](mailto:PR@BDA.UK.COM)**

# 2026



# January

2026

MON	TUES	WED	THU	FRI	SAT	SUN	NOTES
			1 New Year's Day	2	3	4	<div><b>Tips for groups, sub-groups and branches</b> Look ahead and decide which awareness days are relevant to your group, sub-group or branch members. Share BDA resources but also think about what partners and relevant charities are doing too. You might consider speaking to our Editor about putting an article together for Dietetics Today or there's always an opportunity to write for the BDA website. Please get in touch!</div>
	<div><div><b>Small steps to a healthier you - All January</b> Take a look at our <a href="#">toolkit</a>.</div></div>		<div><b>Veganuary - All January</b> A chance to promote ways to have a healthy vegan diet. Please share our <a href="#">Food Fact Sheet</a>. You might have some great recipes to share too.</div>	<div><b>Dry January - All January</b> BDA resources you might consider sharing:<ul style="list-style-type: none"><li><a href="#">Alcohol consumption in students</a></li><li><a href="#">Alcohol myths</a></li></ul></div>			
5	6	7			10	11	
12	13	14		16	17	18	
19	21	21	22	23	<div></div>	25 Burns Night (Scottish Festival)	
26	27	28	29	30	31		
				<div><b>BDA's 90<sup>th</sup> anniversary - 24</b> 90 years of serving the dietetic workforce. There will be content posted on this day and throughout the year. Please engage and share via your own channels. <a href="#">Find out more here</a></div>			

Speak to our comms team if you'd like some advice!

# February

2026

MON	TUE	WED	THU	FRI	SAT	SUN	NOTES
	<div>Heart Month - All February</div> <div>Please share our <a href="#">Food Fact Sheet</a>. Also check out Heart UK and the <a href="#">British Heart Foundation</a> for supporting materials.</div>		<div>Fibre February - All February</div> <div>Take a look at our <a href="#">Fibre Food Fact Sheet</a>.</div> <div>Check out <a href="#">UK Flour Millers</a> for more information.</div>			1	<div>We'd love to speak to some apprentices about their experiences - does anyone come to mind that you can put us in touch with?</div>
					<div>Feeding Tube Awareness Week 1-7</div> <div>Guts UK has more info about the week <a href="#">here</a>.</div>		
		<div>World Cancer Day - 4</div> <div>Please share our resource on <a href="#">cancer myths</a>.</div>	<div>Time to Talk Day - 6</div> <div>Mind has some useful resources all around opening up the conversation about mental health.</div>				<div><b>Tips for groups, sub-groups and branches</b></div> <div>Look ahead and decide which awareness days are relevant to your group, sub-group or branch members. Share BDA resources but also think about what partners and relevant charities are doing too.</div> <div>You might consider speaking to our Editor about putting an article together for Dietetics Today or there's always an opportunity to write for the BDA website. Please get in touch!</div>
9	10		<div>International Day of Women and Girls in Science - 11</div> <div>Consider sharing our <a href="#">career case studies</a> and research and evidence <a href="#">content</a>.</div>	<div>Heart Unions Week - 9-15</div> <div>Please show some love for your BDA Trade Union this week! We'll be promoting its work and how it supports you.</div>	14 Valentine's Day	15	
16	17 Ramadan starts Chinese New Year Shrove Tuesday			<div>National Apprenticeship Week - 9-15</div> <div>We'll be promoting the new routes into dietetics. Do you have a good case study we could use?</div>		22	
23	24	25	26	27	28		
			<div>Eating Disorders Awareness Week - 23-1 Mar</div> <div>Beat runs the campaign and this year's theme is: Community. <a href="#">More info here</a>.</div>				

# March

2026

[illegible]

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# April

2026

MON	TUE	WED	THU	FRI	SAT	SUN	NOTES
30	31	1	2 Passover starts	3	4	5 Easter Sunday (Christian festival)	
6	7	8	9	10	11	12	
13	14 Vaisakhi (Sikh festival)	15	16	17	18	19	
20 Greener AHP Week - 20-24 For members working in the NHS in England - we will be supporting the campaign with sharing all the good work AHPs in the NHS are doing in this area. <a href="#">More here.</a>	21	22 Earth Day - 22 Perhaps you might like to explore a new sustainable initiative by a member in your group... or how we can reduce single use plastics in dietetics? <a href="#">Here's some inspiration.</a>	23	24	25	26	<b>Tips for groups, sub-groups and branches</b> Look ahead and decide which awareness days are relevant to your group, sub-group or branch members. Share BDA resources but also think about what partners and relevant charities are doing too. You might consider speaking to our Editor about putting an article together for Dietetics Today or there's always an opportunity to write for the BDA website. Please get in touch!
27	28	29	30				

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# May

2026

MON	TUE	WED	THU	FRI	SAT	SUN	NOTES
<b>Stroke Awareness Month - All May</b>  Our Food Fact Sheets reference strokes including our <a href="#">Stanols and Sterols</a> and <a href="#">Cholesterol</a> ones. You might also like to highlight the work of <a href="#">neuroscience dietitians</a> . More info on the <a href="#">Stroke Association website</a> .		<b>Coeliac Awareness Month - All May</b>  Find out more on the <a href="#">Coeliac UK website</a> . We also have a number of useful articles for you to refer to including our <a href="#">Food Fact Sheet</a> and this member article on <a href="#">making things better for coeliac patients in hospitals</a> .		1	2	3	<b>Tips for groups, sub-groups and branches</b>  Look ahead and decide which awareness days are relevant to your group, sub-group or branch members. Share BDA resources but also think about what partners and relevant charities are doing too.  You might consider speaking to our Editor about putting an article together for Dietetics Today or there's always an opportunity to write for the BDA website. Please get in touch!
				8	9	10	
<b>Salt Awareness Week - 11-17</b>  More information about the Action on Salt campaign is <a href="#">available here</a> . We'll have some graphics you can share too!		12	13	14	15	16	
<b>Dementia Action Week - 18-24</b> TBC  Find out more about dementia and diet <a href="#">in this member article</a> . Resources available from the <a href="#">Alzheimer's Society</a> .		<b>International Clinical Trials Day - 20</b>  A great opportunity to share recent research and information about careers in research.		<b>Global Accessibility Awareness Day - 21</b>  Read more about the BDA's commitment to enhancing digital accessibility <a href="#">on our website</a> .		23	24
		26	27	28	29	30	31
		Eid-al-Adha (Muslim festival)		<b>World Digestive Health Day - 29</b>  Keep an eye out for the 2026 theme. More information is available via <a href="#">Guts UK</a> .			

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# June

2026

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## NOTES

It's Dietitians Week 1-5 June - Please share our resources and support across all your channels.

We'll also be celebrating Pride. If you'd like to get involved and share your experiences please get in touch [pr@bda.uk.com](mailto:pr@bda.uk.com)

### Tips for groups, sub-groups and branches

Look ahead and decide which awareness days are relevant to your group, sub-group or branch members. Share BDA resources but also think about what partners and relevant charities are doing too.

You might consider speaking to our Editor about putting an article together for Dietetics Today or there's always an opportunity to write for the BDA website. Please get in touch!

# July

2026

MON	TUE	WED	THU	FRI	SAT	SUN	NOTES
		1	2	3	4 NHS Birthday - 5	5 ARFID Awareness Day - 5	
6	7	8	9	10	11 Please share the BDA <a href="#">ARFID position statement.</a>	12	
13	14	15	16	17 South Asian Heritage Month - Month long (18 July - 17 August)	18	19	
20	21	22	23 This is an opportunity to celebrate the cooking and culture of South Asia.	24	25	26	
27	28	29	30	31			

**Tips for groups, sub-groups and branches**

Look ahead and decide which awareness days are relevant to your group, sub-group or branch members. Share BDA resources but also think about what partners and relevant charities are doing too.

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# August

2026

MON	TUE	WED	THU	FRI	SAT	SUN	NOTES
					1	2	<p>A quieter month for obvious reasons but could you support our careers campaign by sharing what a dietitian in your specialism does?</p>
					<div>World Breastfeeding Week - 1-7</div>		
					<div>Share our fact sheet on the benefits of breastfeeding.</div>		
3	4	5	6	7	8	9	<div><p><b>Tips for groups, sub-groups and branches</b></p><p>Look ahead and decide which awareness days are relevant to your group, sub-group or branch members. Share BDA resources but also think about what partners and relevant charities are doing too.</p><p>You might consider speaking to our Editor about putting an article together for Dietetics Today or there's always an opportunity to write for the BDA website. Please get in touch!</p></div>
10	11	12	<div>A- Level Results Day - 13</div>		14	15	
			<div>Share our careers resources.</div>				
17	18	19	20	21	22	23	
			<div>GCSE Exam Results - 20</div>				
			<div>Share our careers resources.</div>				
24	25	26	27	28	29	30/31	

# September

2026

MON	TUE	WED	THU	FRI	SAT	SUN	NOTES
	<div>1</div> <div>Students starting Uni - Throughout September/October</div> <div>2</div>		<div>3</div> <div>Sickle Cell Awareness Month - All September</div> <div>4</div> <div>Learn more about sickle cell nutrition with our <a href="#">Diversifying Dietetics</a> webinar.</div> <div>5</div>		<div>6</div> <div>BNF's Snack-tember- All September</div> <div>7</div> <div>The BNF are focusing on helping children and young people choose healthy, sustainable snacks. <a href="#">More here.</a></div> <div>8</div>		<div>Are there any student-specific resources we can promote that you have created? Let us know at <a href="mailto:webmaster@bda.uk.com">webmaster@bda.uk.com</a></div> <div>Tips for groups, sub-groups and branches</div> <div>Look ahead and decide which awareness days are relevant to your group, sub-group or branch members. Share BDA resources but also think about what partners and relevant charities are doing too. You might consider speaking to our Editor about putting an article together for Dietetics Today or there's always an opportunity to write for the BDA website. Please get in touch!</div>
<div>9</div>	<div>10</div> <div>Consider promoting your group or branch to students over the next few months. Do you have any useful tips for dietetic students that you could share?</div> <div>11</div>	<div>12</div> <div>Know Your Numbers! Week (blood pressure) TBC</div> <div>13</div>	<div>14</div> <div>Rosh Hashanah begins (Jewish festival)</div> <div>15</div>	<div>16</div>	<div>17</div>		
<div>18</div>	<div>19</div> <div>National Inclusion Week - 14-20</div> <div>20</div> <div>See how the BDA is promoting inclusion as a golden thread in our <a href="#">Strategic Plan for 2024-34.</a></div> <div>21</div>	<div>22</div> <div>Take a look at our <a href="#">Hypertension Food Fact Sheet.</a> Also visit <a href="#">Blood Pressure UK</a> for resources.</div> <div>23</div>	<div>24</div>	<div>25</div>	<div>26</div>		
<div>27</div> <div>Yom Kippur (Jewish festival)</div>	<div>28</div>	<div>29</div>	<div>30</div>	<div>31</div>	<div>32</div>		
<div>33</div> <div>Alzheimer's Day - 21</div> <div>There are resources available from the <a href="#">Alzheimer's Society.</a> Also check out this member article on <a href="#">dementia and diet.</a></div>	<div>34</div>	<div>35</div>	<div>36</div>	<div>37</div>	<div>38</div>		

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# October

2026

MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3	4
<div>Black History Month - All October</div> <div>We'll be highlighting the work and experiences of Black dietitians, support workers and students. Please get involved and check out our <a href="#">campaign webpage!</a></div>	<div>Cholesterol Awareness Month - All October</div> <div>Take a look at our <a href="#">Cholesterol</a> and <a href="#">Plant Stanols and Sterols</a> Food Fact Sheets.</div> <div>Find out more at <a href="#">Heart UK</a>.</div>		<div>International Day of Older Persons - 1</div> <div>Share the Older People Specialist Group's resource - <a href="#">Eating, Drinking and Ageing Well</a> as well as the <a href="#">Care Home Digest</a>.</div>		<div>World Mental Health Day - 10</div> <div>We discuss mental health and long-term health in our free <a href="#">Small steps to a healthier you toolkit</a>, available on our website.</div>	
12	13	14		16	17	18
	<div>AHPs' Day - 14 (Members in England in the NHS)</div> <div>Promote your roles within the NHS community. <a href="#">More info here.</a></div>		<div>Wear Red Day - 16</div> <div>Stand united against racism in the workplace by taking part in Wear Red Day, a campaign by <a href="#">Show Racism the Red Card</a>.</div>		<div>Menopause Day - 18</div> <div>Please share our <a href="#">Food Fact Sheet</a>.</div>	
19	20	21	22	23		
	<div>Osteoporosis Day - 20</div> <div>Please share our <a href="#">Osteoporosis Food Fact Sheet</a>.</div>		<div>World Stroke Day - 29</div> <div>A number of our Food Fact Sheets reference strokes including our <a href="#">Stanols and Sterols</a> and <a href="#">Cholesterol ones</a>.</div> <div>More info on the <a href="#">Stroke Association website</a>.</div>			
		28		30	31	
					Halloween	

## NOTES

If you would like to contribute to our Black History Month activity please email [pr@bda.uk.com](mailto:pr@bda.uk.com)

### Tips for groups, sub-groups and branches

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# November

2026

MON	TUE	WED	THU	FRI	SAT	SUN	NOTES
					<div>Islamophobia Awareness Month - All October The <a href="#">BDA Trade Union</a> will be supporting this awareness month.</div>	1	
2	<div>National School Meals Week TBC Read and share the <a href="#">dietetic case for free school meals</a>.</div>	34	5	6	7	8 Diwali Hindu/ Sikh festival Remembrance Sunday	
<div>UK Malnutrition Awareness Week TBC We'll be supporting the work of <a href="#">BAPEN</a>. Please also share our <a href="#">Malnutrition Food Fact Sheet</a>.</div>	10	11 Armistice Day	<div>International Men's Day - 19 We'll be having a careers focus and looking at how we can encourage more men into the profession. Can you help?</div>	13	<div>World Diabetes Day - 14 Please share our video on <a href="#">what diabetes dietitians do</a>.</div>	15	<div><b>Tips for groups, sub-groups and branches</b> Look ahead and decide which awareness days are relevant to your group, sub-group or branch members. Share BDA resources but also think about what partners and relevant charities are doing too. You might consider speaking to our Editor about putting an article together for Dietetics Today or there's always an opportunity to write for the BDA website. Please get in touch!</div>
		<div>World Prematurity Day - 17 Check out the <a href="#">latest position statements</a> of the BDA's Neonatal Sub-Group.</div>	18	20	21	22	
<div>Sugar Awareness Week TBC We'll be supporting the work of <a href="#">Action on Sugar</a> this week. Please share our <a href="#">Sugar Food Fact Sheet too</a>.</div>	24	<div>Dietetic Support Workforce Day - 25 Join us in shining a light on the dietetic support workforce and their contributions to nutritional care.</div>	26	27	<div>AHP Support Worker Week TBC We'll be joining our AHP colleagues to celebrate and thank the dietetic support workforce. Can you help grow our community by sharing the benefits of <a href="#">BDA membership</a>?</div>	29/30	

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# December

2026

MON	TUE	WED	THU	FRI	SAT	SUN	NOTES
	1 World Aids Day - 1 An opportunity to promote what dietitians working in HIV care do and their brilliant work with patients.	2	3 International Day of Persons with Disabilities - 3 How are you supporting the BDA's golden thread of a diverse and inclusive profession? <a href="#">Read more here.</a>	4	5 First day of Hanukkah (ends 12 Dec - Jewish festival)	6	
				11 International Volunteer Day - 5 Every year we celebrate the work of all our volunteers on this day. Thank you for all you do!	12	13	
14	15	16	17	18	19	20	<b>Tips for groups, sub-groups and branches</b> Look ahead and decide which awareness days are relevant to your group, sub-group or branch members. Share BDA resources but also think about what partners and relevant charities are doing too. You might consider speaking to our Editor about putting an article together for Dietetics Today or there's always an opportunity to write for the BDA website. Please get in touch!
21	22	23	24	25 Christmas Day	26	27	
28	29	30	31 New Year's Eve				