AWARENESS DAYS COMMUNICATIONS CALENDAR

We would love for you to make use of this calendar to plan ahead and shape some of your social media and email content this year.

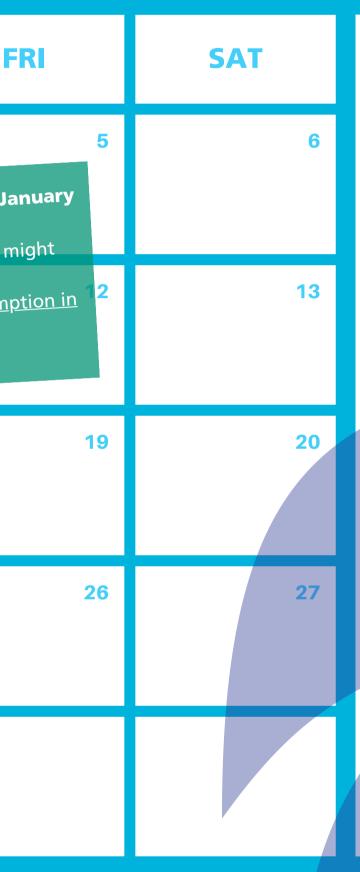


January

SUN	MON	TUE		WED	THU	F
	1 New Year's Day		2	3	4	
	Navigati nonsens	ing the New Year e- All January		Veganuary - All Jan A chance to promote	ways to	uary - All Ja ources you n
7	be runni month. F	Year campaign will ng throughout the Please engage and e content.	9	have a healthy vegan Please share our <u>Food</u> <u>Sheet</u> .	diet. <u>Alco</u> <u>stuc</u> <u>Alco</u>	sharing: hol consump ents hol myths
14	15 <u>Brew Mond</u>		16	You might have som recipes to share too.	18	
21	will be prom importance having a bre with colleag share! #Brev	of hydration/ eak and chatting ues - feel free to wMonday	23	24	25 Burns Night (Scottish festival)	
28	See <u>The Sam</u> info. 29	naritans for more	30	31		

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

2024



NOTES

February

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10	
10	
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Year	ir 🚽
17	7
24	4
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Speak to our comms team if you'd like some advice!

2024

NOTES

Oncology Specialist Group - could you develop an article for World Cancer Day on an emerging topic?

We'd love to speak to some apprentices about their experiences of practice-based learning (placement) - does anyone come to mind that you can put us in touch with?

March

SUN	MON	TUE	WED	THU	FI
Obesity Day - 4 The 2024 theme challenging mise so it's a great of highlight our W Guidelines. Members have lots of useful ar you might like Check out the B	is all about conceptions oportunity to eight Stigma 4 also written rticles that to refer to.	National Careers 4-9 Help us share our resources! 12 Nutrition & Hydrati Week - 11-17 Please share the Older	careers 6 13 on World	7 14 Kidney Day - 14 eme is Kidney Health	Interna Day - 8 We pla brillian trade u worker Swallov Day - 15
Neurodiversity Celebration W More details fro organisers here 24 You might also sharing this me about ADHD.	eek - 18-24 om the 25 consider	Specialist Group's new resource - <u>Eating</u> , <u>Dria</u> <u>and Ageing Well</u> . We'll also have items from Work Ready ab staying hydrated at w 26	v for All. nking 20 Don't ⁻ Renal out		We'd lik speech a therapis dietitiar

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

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Don't forget to highlight Ramadanhere's an interesting member article about colleagues fasting.

Obesity Specialist Group - Let the BDA team know if there is anything you particularly want highlighting.

Renal Nutrition Specialist Group -We'd love you to lead on activity for World Kidney Day. Could you write an article around this year's theme?

Tips for groups and branches

April

SUN	MON	TUE	WED	THU	FRI	SAT	
3 Easter Sunda (Christia festiva	y n l)	2 S Month - All April heck out and share this		4 Bowel Cancer Month April	5 - All	6	(
	7 8 h <u>I</u>	elpful <u>BDA resource abounds</u> <u>BS.</u> You may also find some useful information on the <u>Guts UK website.</u>	10 Eid-al-Fitr Tentative date	<u>Bowel Cancer UK has</u> resources. 11	12	13 Vaisakhi (Sikh festival)	
1	4 15	16	17	18	19	20	
For membe NHS in Eng	rs working in the and - we will be Perh the campaign explo	23 h Day - 22 aps you might like to ore a new sustainable	24	25	26	27	
with sharin work AHPs	g all the good initia in the NHS are your is area. <u>More</u> redu	ative by a member in group or how we can ice single use plastics in etics? <u>Here's an article</u> n last year for inspiration.					

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

2024

NOTES

Oncology Specialist Group - Can you take the lead on Bowel Cancer Month - is there a potential article here?

Gastroenterology Specialist Group -Could you look at getting a case study of someone with IBS that has worked with a dietitian that we could promote?



	SUN	MON	TUE	WED	THU		F
	- All Ma A numbe	wareness Month y er of our Food Fact eference strokes	Salt Awareness Wee	-k - 13-19	1 2		
	including <u>Sterols</u> a <u>ones.</u> Yo highligh	g our <u>Stanols and</u> and <u>Cholesterol</u> ou might also like to at the work of <u>ience dietitians.</u>	More information abo Action on Salt campa <u>available here.</u> We'll graphics you can shar	out the ign is have some	8 9 ntal Health Awareness	Γ	Нуре
	More in	fo on the <u>Stroke</u> tion website. 13	14 Coeliac Awareness 13-19	We Week - Mo <u>Me</u> we	ek - 13-19 5 re information on the <u>ntal Health Foundation</u> <u>bsite</u> .		Pleas Food
ľ	19 Dementia 20-26	20 Action Week -	Find out more on the <u>UK website.</u> We also have a num useful articles for yo to including our Foo <u>Sheet</u> and this mem on <u>what's new in d</u>	ber of ou to refer od Fact ber article	2 23 World Digestive Healt	h	Inter Hom and Our shar
	Resources a <u>Alzheimer</u>	available from the <u>s Society</u>	on what's new in a provision for adults coeliac disease.	<u>s with</u>	Day - 29 Keep an eye out for the 2024 theme.		

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

2024



NOTES

Neurosciences Specialist Group -Could you let us know about your link with the Stroke Association? (We'd like to link up our activity)

Gastroenterology Specialist Group -Could you plan some new activity for Digestive Health Day - perhaps with a new article?

Older People Specialist Group - Let us know if there is anything for Dementia Action Week you want us to highlight.

Tips for groups and branches

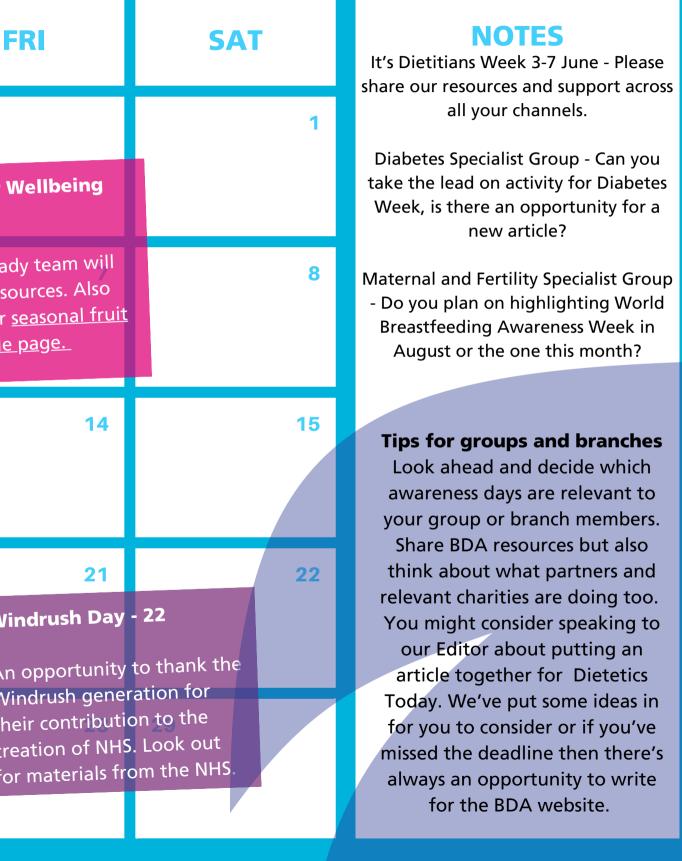
June

	SUN	MON	TUE	WED	THU	F
7	Pride - All June How are you recogni and celebrating Pride us at pr@bda.uk.com See our campaign pa here.	e? Tell	Dietitians Week - 3-7 Let's celebrate your specialism and branch. We'll have lots for you t get involved with including a bit of bakin	BDA Awards	We Ou be che	owing for W ek - 3-9 r Work Read sharing reso eck out our <u>s</u> d vegetable
	Men's Health Wee 10-17 9 If you have any mal	1 ⁰ Di	abetes Week - 10-16	BNF Healthy Eati Week - 10-14 Read more here.	ng 13	
	studies take this opportunity to pror your work supporti men's health. Work	ng Ready	ur Food Fact Sheets on <u>ype 1</u> and <u>Type 2</u> iabetes. Iore from <u>Diabetes UK.</u>	19	20	
	will also be sharing materials.	Eid-al-Adha Tentative date (Muslim festival)		National Brea Celebration M Date TBC	astfeeding Week -	Win An Win
	23	24	25	Check out our <u>statement on</u> <u>breastfeeding</u>		the cre for

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

The BDA Parenteral & Enteral Nutrition Specialist Group are celebrating their 40th birthday this month

2024





SUN	MON	TUE	WED	THU	F
	1 South Asian He Month - Month July - 17 Augus	n long (18	3	4	
7 Islamic New Year	This is an oppor celebrate the co culture of South We have lots of	ooking and n Asia. f recipes on	10	11	
14	Let's Get Cooki share 15	<u>ng</u> for you to 16	17	18 Olympics - Sta	art 26 July
21	22	23	24	We'd love to p work of dietiti with athletes. you have any i or branch <u>pr@</u>	ans working Let us know n your grou
28	29	30	31		

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

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NOTES

In celebration of South Asian Heritage month, could you create a video exploring your favourite recipes and cooking tips? Or perhaps you'd like to look at the history of some of your favourite dishes?

Sports Nutrition Specialist Group -Do you have plans for an article around sports nutrition and the Olympics?

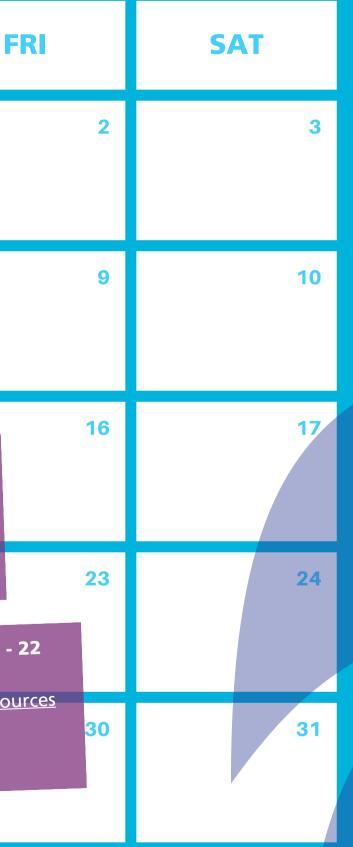
Tips for groups and branches

August

SUN	MON	TUE	WED	тни	F
				1	
4	5	6	7	8	
11	12	13	14	15 A- Level Results Da Share our careers res	
18	19	20	21	22 GCSE Exan	n Results -
25	26	27	28	Share our c 29	areers resol

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2024



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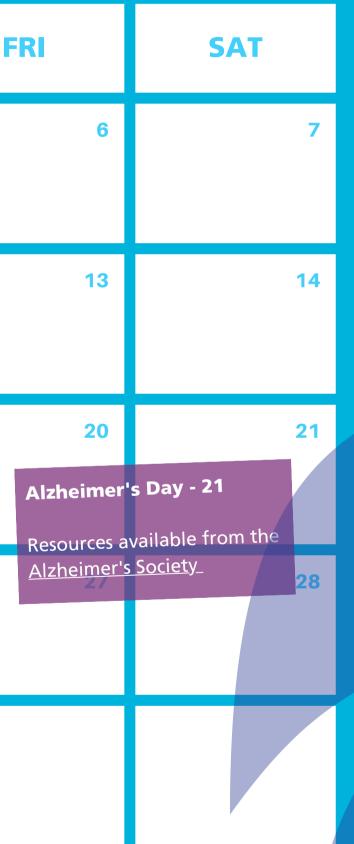
A quieter month for obvious reasons but could you support our careers campaign by sharing what a dietitian in your sector does? For branches, perhaps you can promote courses in your area?

September

SUN	MON	TUE	WED	THU	F
1	2	3	4	5	
Sustainable Septer		nts starting Uni - ghout September/ er	Know Your Nun Week (blood pro Date TBC	nbers! essure) -	
All September 8 What sustainable pra are you embedding practice? Let us know pr@bda.uk.com	in your group w at over t Do vo	ler promoting your 10 or branch to students he next few months. u have any useful tips etetic students that	Take a look at ou <u>Hypertension Foo</u> <u>Sheet.</u> Also visit <u>Pressure UK</u> for r	od Fact <u>Blood</u>	
15	you c	ould share? 17	18	19	
22	23 The Second Se		25	26	
29	Our trade unio sharing resource	n will be ces.			

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2024



NOTES

Older People Specialist Group - Is there any dietetic guidance/ support we can highlight for Alzheimer's Day?

October

	SUN	MON	TUE	WED	THU	F
7	Black History Mont October We'll be highlighting work and experience	g the Take a look	Il October Pe	2 ternational Day of Old rsons - 1 ease share the Older Peo ecialist Group's new g	(Jewish festival)	
	Black dietitians, supp workers and student Please get involved!	port <u>Stanols and</u> ts. Fact Sheet Find out n	<u>d Sterols</u> Food s. an nore at <u>Heart UK</u> W	source - <u>Eating, Drinking</u> <u>nd Ageing Well</u> . /e'll also have items to sh om Work Ready includin	Mental Health I are Share some impo	ortant Id food and
	13	14 AHPs' Day - 14 in England in t	(Members he NHS)	neir Eat Well Age Well vorkshops.	mood with our <u>F</u> <u>Sheet.</u>	ood Fact
(K	20 steoporosis Day - 20 oart of Bone and Join /eek)	Promote your ro the NHS commu <u>info here.</u>	nity. <u>More</u> 22 M A S	Vorld Stroke Day - 29 A number of our Food Fa heets reference strokes		
<u>C</u>	lease share our 27 Osteoporosis Food Fact heet.	28	29 <u>5</u>	ncluding our <u>Stanols and</u> Sterols and <u>Cholesterol o</u> More info on the <u>Stroke</u> Association website	nes. 31 Halloween	

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

2024



NOTES

If you would like to contribute to our Black History Month activity please email <u>pr@bda.uk.com</u>

November

SUN	MON	TUE		w	ED	THU		F
Movember - November We'll be shari our men's hea	ng details of	We are work o [.]	e s Week celebrati f our Ger	ing the neral and				Hi
our men's nea Ready worksh More details <u>Movember h</u>	about	Educati	ion Trust	trustees.		s Week - 6-12	7	
10 Remembrance Sunday	11-17	eness Week -	12		work of <u>BA</u> also share	pporting the <u>PEN.</u> Please our on Food Fact		Id Diabete s se share our
17 World Prematurity Da 17	Food Fact Sh	on on Sugar our <u>Sugar</u>	19 We'll b	ational Me e having a	careers			<u>t diabetes d</u>
Check out the <u>latest po</u> <u>statements</u> of the Neor Specialist Sub- Group.	natal <mark>25</mark>		focus a can en	nd looking courage mo e professio	at how we pre men ²⁷		28	

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

2024



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Neonatal Specialist Sub-Group - Can you lead on communications around World Prematurity Day and we can amplify? Is there a potential article here?

December

SUN	MON	TUE	WED	THU	F
1	2	3	4	5	
				Internatio Day - 5	nal Volunte
w <u>hat die</u> HIV care	titians working in a solution of the solution	10	11	Every year work of all this day. Ple	we celebrate our volunte ease support
15	16	17	18	19	
22	23	24	25 Christmas Day (Christian festival)	26 First day of Hanukkah (ends 2 Jan - Jewish festival)	
29	30	31 New Year's Eve			
	۲ World A An oppor what die HiV care brilliant v 15	I2World AI J Day - 1An opportunity to promote what dietitians working in HV care do and their brilliant work with patients.151622232930	123World A: Day - 110An opportunity to promote what diettians working in HIV care do and their brilliant work with patients.10151617222324293031 New Year's Eve	Image: A series of the serie	Image: series of the series

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2024



NOTES

HIV Care Specialist Group - could you look at creating an article for World Aids Day?