

**AWARENESS DAYS
COMMUNICATIONS
CALENDAR**

**PLEASE NOTE SOME OF THESE DATES ARE PREDICTIONS.
IF SOMETHING IS MISSING LET US KNOW AT
PR@BDA.UK.COM**

2025



January

2025

MON	TUES	WED	THU	FRI	SAT	SUN
		1 New Year's Day	2	3	4	5
6		8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25 Burns Night (Scottish festival)	26
27	28	29 Chinese New Year	30	31		

NOTES



Small steps to a healthier you- All January

Our New Year campaign will be running throughout the month. Please engage and share our new toolkit.

[Find out more here.](#)

Brew Monday - 20

Our Work Ready programme will be promoting the importance of hydration/ having a break and chatting with colleagues - feel free to share! #BrewMonday See [The Samaritans](#) for more info.

Veganuary - All January

A chance to promote ways to have a healthy vegan diet.

Please share our [Food Fact Sheet](#).

You might have some great recipes to share too.

Dry January - All January

BDA resources you might consider sharing:

- [Alcohol consumption in students](#)
- [Alcohol myths](#)

Tips for groups, sub-groups and branches

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February

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MON	TUE	WED	THU	FRI	SAT	SUN
	Heart Month - All February Please share our Food Fact Sheet . Also check out Heart UK and the British Heart Foundation for supporting materials.	Fibre February - All February Take a look at our Fibre Food Fact Sheet . Check out UK Flour Millers for more information.			1	2
					Feeding Tube Awareness Week 2-8 Guts UK has more info about the week here .	
	World Cancer Day - 4 Please share our resource on cancer myths .		Time to Talk Day - 6 Mind has some useful resources all around opening up the conversation about mental health.			
				14	15	16
	Heart Unions Week - 10-16 Please show some love for your BDA Trade Union this week! We'll be promoting its work and how it supports you.	Student Volunteering Week - 10-16 Please put your brilliant student members forward for this year's campaign!	National Apprenticeship Week - 10-16 We'll be promoting the new routes into dietetics. Do you have a good case study we could use?	Valentine's Day		
				21	22	23
24	Eating Disorders Awareness Week - 24-2 Mar Beat runs the campaign and this year's theme is: Anyone can be affected by an eating disorder. More info here .					
		26	27	28		
				Ramadan starts (date subject to change - Muslim festival)		

NOTES

We'd love to speak to some apprentices about their experiences - does anyone come to mind that you can put us in touch with?

We'd also like to speak to some student members about volunteering at the BDA. Please get in touch at pr@bda.uk.com

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March

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MON	TUE	WED	THU	FRI	SAT	SUN
					1	2
3 National Careers Week - 3-8 Help us to promote dietetics as a brilliant career by sharing our careers resources!	4 Pancake Day	5 World Obesity Day - 4 With the advancements in the treatment of obesity in recent years, it's important to acknowledge the work of dietitians in this area. Check out our Weight Stigma Guidelines too.	6	7	8 International Women's Day - 8 We'll be covering the brilliant work by women trade unionists to support workers' rights.	9
10	11 Nutrition & Hydration Week - 17-23 Please share the Older People Specialist Group's resource - Eating, Drinking and Ageing Well.	12	13 World Kidney Day - 13 The theme is: Are your kidneys ok? Don't forget to promote our Kidney Dietitian video too!	14	22	23
17 Neurodiversity Celebration Week - 17-23 More details from the organisers here.	18	19 Swallowing Awareness Day - 19 Why not share information about what parenteral and enteral dietitians do?	20	27	28	29
24 You might also consider sharing this member article about ADHD.	25 We also have our Small steps to a healthier you toolkit for you to share as well.	26				30 / 31 Eid-al-Fitr Tentative date (Muslim festival)

NOTES

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April

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MON	TUE	WED	THU	FRI	SAT	SUN	NOTES
31 Eid-al-Fitr Tentative date (Muslim festival)	1 Greener AHP Week - 31 March - 4 April 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. More here.	2 IBS Month - All April Check out and share this helpful BDA resource about IBS. You may also find some useful information on the Guts UK website.	3	4	5	6	
7	8	9	10	11	12	13	
14 Vaisakhi (Sikh festival)	15	16	17	18	19	20 Easter Sunday (Christian festival)	
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? Here's some inspiration.	23	24	25	26	27	
28	29	30					

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May



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Stroke Awareness Month - All May Our Food Fact Sheets reference strokes including our Stanols and Sterols and Cholesterol ones. You might also like to highlight the work of neuroscience dietitians . More info on the Stroke Association website .		Coeliac Awareness Month - All May Find out more on the Coeliac UK website . We also have a number of useful articles for you to refer to including our Food Fact Sheet and this member article on making things better for coeliac patients in hospitals .		1	2	3	4	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!
			8	9	10	11		
Salt Awareness Week - 12-18 More information about the Action on Salt campaign is available here . We'll have some graphics you can share too!		Mental Health Awareness Week - 12-18 More information can be found on the Mental Health Foundation website . There is also a section in our Small steps to a healthier you toolkit you could share.		15	16	17	18	
Dementia Action Week - 19-25 Find out more about dementia and diet in this member article . Resources available from the Alzheimer's Society .			22	23	24	25		
				World Digestive Health Day - 29 Keep an eye out for the 2025 theme. More information is available via Guts UK .				
	27	28	29	30	31			

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June

2025

MON	TUE	WED	THU	FRI	SAT	SUN
	 <p>Dietitians Week - 2-6 Let's celebrate your specialism and branch. We'll have lots for you to get involved with so watch this space!</p>				 <p>Pride - All June How are you recognising and celebrating Pride? Tell us at pr@bda.uk.com See our campaign page here.</p>	1
2		4 BDA Awards Ceremony	5	6 Eid-al-Adha Tentative date (Muslim festival)	7	8
9	10	11	12	13	14	15
<p>Men's Health Week - 9-15 If you have any male case studies take this opportunity to promote your work supporting men's health. Work Ready will also be sharing materials.</p>	<p>Diabetes Week - 9-15 TBC Take a look at and share our Food Fact Sheets on Type 1 and Type 2 Diabetes. More from Diabetes UK here.</p>		19	20	21	22
23	24	25 Islamic New Year	26	27	<p>Windrush Day - 22 An opportunity to thank the Windrush generation for their contribution to the creation of NHS. Look out for materials from the NHS.</p>	

NOTES

It's Dietitians Week 2-6 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

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July

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30	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			

NHS Birthday - 5

South Asian Heritage Month - Month long (18 July - 17 August)

This is an opportunity to celebrate the cooking and culture of South Asia.

We have lots of recipes on [Let's Get Cooking](#) for you to share

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August

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				1	2	3
4	5	6		8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

World Breastfeeding Week - 1-7
Share our fact sheet on [the benefits of breastfeeding.](#)

A- Level Results Day - 14
Share our [careers resources.](#)

GCSE Exam Results - 21
Share our [careers resources.](#)

NOTES

A quieter month for obvious reasons but could you support our careers campaign by sharing what a dietitian in your specialism does?

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September

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		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			



Sustainable September - All September
 We'll be sharing your sustainable projects throughout the month. Is there something we should be covering? Let us know at pr@bda.uk.com. We have some [inspo from last year here.](#)

Students starting Uni - Throughout September/October
 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?

BNF's Snack-tember- All September
 The BNF are focusing on helping children and young people choose healthy, sustainable snacks. [More here.](#)

Know Your Numbers! Week (blood pressure) - 8-14
 Take a look at our [Hypertension Food Fact Sheet.](#) Also visit [Blood Pressure UK](#) for resources.

National Inclusion Week - 15-21
 See how the BDA is promoting inclusion as a golden thread in our [Strategic Plan for 2024-34.](#)

Alzheimer's Day - 21
 There are resources available from the [Alzheimer's Society.](#) Also check out this [member article on dementia and diet.](#)

Rosh Hashanah begins (Jewish festival)

NOTES
 Are there any student-specific resources we can promote that you have created? Let us know at webmaster@bda.uk.com

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October

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MON	TUE	WED	THU	FRI	SAT	SUN
		1 Yom Kippur (Jewish festival)	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20 Diwali Hindu/ Sikh festival	21	22	23	24	25	26
27	28	29	30	31 Halloween		

Black History Month - All October

We'll be highlighting the work and experiences of Black dietitians, support workers and students. Please get involved!

Cholesterol Awareness Month - All October

Take a look at our [Cholesterol](#) and [Plant Stanols and Sterols](#) Food Fact Sheets.

Find out more at [Heart UK](#).

AHPs' Day - 14 (Members in England in the NHS)

Promote your roles within the NHS community. [More info here.](#)

Osteoporosis Day - 20

Please share our [Osteoporosis Food Fact Sheet](#).

International Day of Older Persons - 1

Share the Older People Specialist Group's resource - [Eating, Drinking and Ageing Well](#) as well as the [Care Home Digest](#).

We'll also have items from Work Ready including their Eat Well Age Well workshops.

World Stroke Day - 29

A number of our Food Fact Sheets reference strokes including our [Stanols and Sterols](#) and [Cholesterol](#) ones.

More info on the [Stroke Association website](#).

World Mental Health Day - 10

We discuss mental health and long-term health in our free [Small steps to a healthier you toolkit](#), available on our website.

Menopause Day - 18

Please share our [Food Fact Sheet](#).

NOTES

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

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November

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<p>Meals on Wheels Week - 3-7 TBC</p> <p>We'll be sharing resources from the NACC. Keep updated on their website here.</p>					1	2	
3	4	5	6	7	8	9	Remembrance Sunday
<p>UK Malnutrition Awareness Week - 10-16</p> <p>We'll be supporting the work of BAPEN. Please also share our Malnutrition Food Fact Sheet.</p>	11	12	<p>International Men's Day - 19</p> <p>We'll be having a careers focus and looking at how we can encourage more men into the profession. Can you help?</p>	14	15	16	
				<p>World Diabetes Day - 14</p> <p>Please share our video on what diabetes dietitians do.</p>			
17	18	19	20	21	22	23	
<p>World Prematurity Day - 17</p> <p>Check out the latest position statements of the BDA's Neonatal Sub-Group.</p>	<p>Sugar Awareness Week - 17-23</p> <p>We'll be supporting the work of Action on Sugar this week. Please share our Sugar Food Fact Sheet too.</p>	26	<p>AHP Support Worker Week - 24-28 TBC</p> <p>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 BDA membership?</p>	28	29	30	

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December

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1	2	3	4	5	6	7	
<p>World Aids Day - 1</p> <p>An opportunity to promote what dietitians working in HIV care do and their brilliant work with patients.</p>		<p>International Day of Persons with Disabilities - 3</p> <p>How are you supporting the BDA's golden thread of a diverse and inclusive profession? Read more here.</p>	<p>International Volunteer Day - 5</p> <p>Every year we celebrate the work of all our volunteers on this day. Thank you for all you do!</p>			<p>14</p> <p>First day of Hanukkah (ends 22 Dec - Jewish festival)</p>	
15	16	17	18	19	20	21	
22	23	24	<p>25</p> <p>Christmas Day (Christian festival)</p>	26	27	28	
29	30	<p>31</p> <p>New Year's Eve</p>					

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