

# Twelve key 2020 healthcare dates for your diary

If you are anything like me, you are probably wondering how we're in 2020 already. Not to fear, the year has just begun with lots of time to prepare, so make sure to note these dates in your diaries with our quick list of key dates of prominent healthcare days and weeks for you and your organisation to get involved with.



## 3 – 7 FEBRUARY 2020 - NATIONAL APPRENTICESHIP WEEK

- #NAW2020
- [www.gov.uk/government/news/save-the-date-national-apprenticeship-week-2020-to-be-held-3-to-7-february-2020](http://www.gov.uk/government/news/save-the-date-national-apprenticeship-week-2020-to-be-held-3-to-7-february-2020)

National Apprenticeship Week is coordinated by the National Apprenticeship Service and is designed to celebrate apprenticeships and the positive impact they have on individuals, businesses and the wider economy. Skills for Health will be supporting this week through various activities, so please stay tuned to our website and social media pages for updates.

## 4 FEBRUARY 2020 – WORLD CANCER DAY

- #WorldCancerDay
- [www.worldcancerday.org/about/2019-2021-world-cancer-day-campaign](http://www.worldcancerday.org/about/2019-2021-world-cancer-day-campaign)

World Cancer Day was created by UICC (the Union for International Cancer Control) to raise awareness and education about cancer with the aim of saving millions of preventable deaths each year.

Late last year we were commissioned by Health Education England to develop a free **Cancer Communications Interactive Resource**, to find out more and access the resource please visit: [www.skillsforhealth.org.uk/ccir](http://www.skillsforhealth.org.uk/ccir)

## 6 FEBRUARY 2020 - TIME TO TALK DAY

- #TimeToTalk
- [www.time-to-change.org.uk/get-involved/time-talk-day](http://www.time-to-change.org.uk/get-involved/time-talk-day)

Talking about mental health can feel awkward, but it doesn't have to. Time to Talk Day is designed to give everyone the opportunity to have a conversation about mental health – so get talking!



### 13 MARCH 2020 - WORLD SLEEP DAY

- #WorldSleepDay
- [www.worldsleepday.org](http://www.worldsleepday.org)

World Sleep Day is a celebration of sleep and an opportunity to raise awareness of important issues related to sleep, including medicine, education, social aspects and driving.

### 20 MARCH 2020 - WORLD ORAL HEALTH DAY

- #WorldOralHealthDay
- [www.worldoralhealthday.org](http://www.worldoralhealthday.org)

World Oral Health Day is dedicated to raising global awareness of the issues around oral health and the importance of oral hygiene so that governments, health associations and the general public can work together to achieve healthier mouths and happier lives.

You can find our **Oral Health eLearning** at the SkillsPlatform, to discover more visit:

[www.skillsplatform.org/courses/4005-oral-health](http://www.skillsplatform.org/courses/4005-oral-health)

### 6 APRIL 2020 - WALK TO WORK DAY

- #WalkToWorkDay


National Walk to Work Day aims to encourage more people to take to their feet and as a result improve their long-term health. We all know how beneficial walking can be, so pop on your trainers and help to reduce your carbon footprint!


### 7 APRIL 2020 - WORLD HEALTH DAY

- #WorldHealthDay
- [www.who.int/en](http://www.who.int/en)

The World Health Day is a global health awareness day, under the sponsorship of the World Health Organization (WHO), as well as other related organizations. 2020 marks the seventieth anniversary of World Health Day and is seen as an opportunity to draw worldwide attention to a subject of major importance to global health each year.

### 24 APRIL 2020 - ON YOUR FEET BRITAIN

- #SitLess #MoveMore and #OnYourFeet
  - [www.onyourfeetday.com](http://www.onyourfeetday.com)
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The 'On Your Feet Britain' Challenge encourages you to get active and convert 'sitting time' to 'standing time'. Just a few simple changes - it's easier than you think, so let us know how much "sitting time" you can reduce on the day.

### **18 - 24 MAY 2020 - MENTAL HEALTH AWARENESS WEEK**

- #MentalHealthAwarenessWeek #MHAW #MHAW20
- [www.mentalhealth.org.uk/campaigns/mental-health-awareness-week](http://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week)

The Mental Health Foundation hosts this week each year to raise awareness of mental health issues which can often be overseen. Previous years have focused on anxiety, relationships, sleep deprivation and exercise. This year, the focus will focus on the connections between our sleep - or lack of it - and mental health.

### **10 - 11 JUNE 2020 – CONFED-EXPO 2020 (MANCHESTER CENTRAL)**

- [#NHSConfed](https://twitter.com/NHSConfed)
- [www.nhsconfed.org/events/2020/06/confedexpo-2020](http://www.nhsconfed.org/events/2020/06/confedexpo-2020)

NHS ConfedExpo is set to be the biggest and most significant health and care conference in the UK predicted to welcome over 5,000 delegates.

Bringing together the two long-standing events - the NHS Confederation Annual Conference and Exhibition and the Health and Care Innovation Expo. The programme is set to include:

- High-profile speakers
- 150 hours of content, including targeted workshops
- Unique pop-up university and interactive feature zones
- 150 exhibition stands and a range of sponsorship packages.


**We'll be on stand D15, so pop by and see us!**

### **13 SEPTEMBER 2020 - WORLD SEPSIS DAY**

- @WorldSepsisDay
- [www.worldsepsisday.org](http://www.worldsepsisday.org)

World Sepsis Day is an opportunity for people worldwide to unite in the fight against sepsis. Sepsis accounts for at least 8 million deaths worldwide annually. However, sepsis is known only to 7 – 50% of the people. Likewise, it is poorly known that sepsis can be prevented by vaccination and clean care and that early recognition and treatment reduces sepsis mortality by 50%, making it one of the most preventable causes of death worldwide.

Find out how NEWS2 can help you and your staff identify patients who are likely to have sepsis by visiting: [www.skillsforhealth.org.uk/blognews2](http://www.skillsforhealth.org.uk/blognews2)





## 10 OCTOBER - WORLD MENTAL HEALTH DAY

- #WorldMentalHealthDay
- [www.mentalhealth.org.uk/campaigns/world-mental-health-day](http://www.mentalhealth.org.uk/campaigns/world-mental-health-day)

World Mental Health Day is an opportunity to raise awareness and advocacy against mental health stigma. This year's theme set by the World Federation for Mental Health is suicide prevention.

### Other notable dates for your diary:

**11 March 2020** – No smoking day

**1 – 30 April 2020** - Stress awareness month

**11 – 17 May 2020** – Dementia action week

**14 – 20 October 2020** - International infection prevention control week




**18 October 2020** - World menopause day

**1 – 30 November 2020** - Movember, men's health awareness month

**4 – 8 November 2020** - International stress awareness week

**1 December 2020** - World aids day

We hope you found this list useful – please feel free to share with your networks and don't forget to follow us on Social Media.

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