



**The**

**Changemaker**

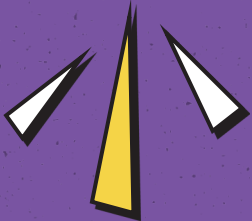


**Calendar**

**2025**

*Brought  
to you by*

**SOCIAL  
CHANGE**



# January

1 Wed	<b>Happy New Year!</b>	17 Fri
2 Thu		18 Sat
3 Fri	<b>1st - 31st Dry January</b>	19 Sun
4 Sat		20 Mon <b>Brew Monday</b>
5 Sun	In 2023, <b>175,000</b> people took part in Dry January - Alcohol Change	21 Tue
6 Mon		22 Wed
7 Tue	<b>21st - 28th Cervical Cancer Prevention Week</b>	23 Thu
8 Wed		24 Fri
9 Thu	The HPV vaccine has dropped cervical cancer rates by almost <b>90%</b> in women in their 20s - Public Health Wales	25 Sat
10 Fri		26 Sun
11 Sat		27 Mon
12 Sun		28 Tue
13 Mon		29 Wed
14 Tue		30 Thu
15 Wed		31 Fri
16 Thu		

# February

1 Sat	<b>LGBT+ History Month</b>	17 Mon	<b>Random Acts of Kindness Day</b>
2 Sun		18 Tue	
3 Mon	<b>3rd - 9th Race Equality Week</b>	19 Wed	
4 Tue		20 Thu	
5 Wed		21 Fri	
6 Thu	<b>Time to Talk Day</b>	22 Sat	
7 Fri		23 Sun	
8 Sat		24 Mon	
9 Sun	<b>10th - 16th National Apprenticeship week</b>	25 Tue	
10 Mon		26 Wed	
11 Tue	There were <b>339,580</b> apprenticeship starts in 2023/24 - gov.uk	27 Thu	
12 Wed		28 Fri	<b>Rare Disease Day</b>
13 Thu			
14 Fri			
15 Sat			
16 Sun			

# March

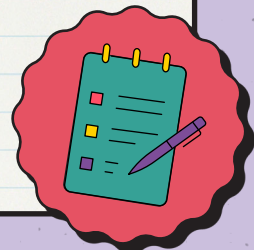
1 Sat		17 Mon	
2 Sun	Women make up <b>37.8%</b> of the membership of boards. - Lordslibrary.parliament.uk	18 Tue	<b>18th Global Recycling Day</b>
3 Mon		19 Wed	
4 Tue	<b>8th International Women's Day</b>	20 Thu	UK recycling rate for Waste from Households was <b>44.1%</b> in 2022. - gov.uk
5 Wed		21 Fri	
6 Thu		22 Sat	
7 Fri		23 Sun	
8 Sat	<b>No Smoking Day</b>	24 Mon	
9 Sun		25 Tue	
10 Mon		26 Wed	
11 Tue		27 Thu	
12 Wed		28 Fri	
13 Thu		29 Sat	
14 Fri	<b>World Sleep Day</b>	30 Sun	
15 Sat		31 Mon	<b>International Transgender Day of Visibility</b>
16 Sun			

## Notes

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## Changes to make

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# April

1 Tue	17 Thu
2 Wed	18 Fri
3 Thu	19 Sat
4 Fri	20 Sun
5 Sat	21 Mon
6 Sun	22 Tue
7 Mon	23 Wed
8 Tue	24 Thu
9 Wed	25 Fri
10 Thu	26 Sat
11 Fri	27 Sun
12 Sat	28 Mon
13 Sun	29 Tue
14 Mon	30 Wed
15 Tue	
16 Wed	

**1st - 30th**  
Stress Awareness Month

**86%** of people in the UK feel stressed at least one day a month.  
- Ciph

**April 22nd -**  
Earth Day

**World Health Day**

**On Your Feet Britain**

# May

1 Thu	17 Sat
2 Fri	18 Sun
3 Sat	19 Mon
4 Sun	20 Tue
5 Mon	21 Wed
6 Tue	22 Thu
7 Wed	23 Fri
8 Thu	24 Sat
9 Fri	25 Sun
10 Sat	26 Mon
11 Sun	27 Tue
12 Mon	28 Wed
13 Tue	29 Thu
14 Wed	30 Fri
15 Thu	31 Sat
16 Fri	

**No Mow May**

**International Human Resources Day**

In any given week in England **8 in 100** people feel mixed anxiety and depression.  
- Mind

**12th - 18th**  
Mental Health Awareness Week

**Global Accessibility Awareness Day**

# June

1 Sun	17 Tue
2 Mon	18 Wed
3 Tue	19 Thu
4 Wed	20 Fri
5 Thu	21 Sat
6 Fri	22 Sun
7 Sat	23 Mon
8 Sun	24 Tue
9 Mon	25 Wed
10 Tue	26 Thu
11 Wed	27 Fri
12 Thu	28 Sat
13 Fri	29 Sun
14 Sat	30 Mon
15 Sun	
16 Mon	

**1st - 30th**  
Pride Month

**National Clean Air Day**

**2nd - 7th**  
Volunteers' Week

**7th - 15th**  
The Great Big Green Week

Sep - Nov 2024 global surface temperature was **the second-warmest** such period in the 175-year record  
- ncei.noaa.gov

## Notes

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## Changes to make

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# July

1 Tue	17 Thu
2 Wed	18 Fri
3 Thu	19 Sat
4 Fri	20 Sun
5 Sat	21 Mon
6 Sun	22 Tue
7 Mon	23 Wed
8 Tue	24 Thu
9 Wed	25 Fri
10 Thu	26 Sat
11 Fri	27 Sun
12 Sat	28 Mon
13 Sun	29 Tue
14 Mon	30 Wed
15 Tue	31 Thu
16 Wed	

**1st - 31st**  
Plastic Free July

**7th - 13th**  
Alcohol Awareness Week

**World Friendship Day**

# August

1 Fri	17 Sun
2 Sat	18 Mon
3 Sun	19 Tue
4 Mon	20 Wed
5 Tue	21 Thu
6 Wed	22 Fri
7 Thu	23 Sat
8 Fri	24 Sun
9 Sat	25 Mon
10 Sun	26 Tue
11 Mon	27 Wed
12 Tue	28 Thu
13 Wed	29 Fri
14 Thu	30 Sat
15 Fri	31 Sun
16 Sat	

**1st - 7th**  
World Breastfeeding Awareness Week

**7th**  
Cycle to Work Day  
In 2021 only **2%** of residents aged 16 and over in employment cycled to work.  
- Office for National Statistics

# September

1 Mon	17 Wed
2 Tue	18 Thu
3 Wed	19 Fri
4 Thu	20 Sat
5 Fri	21 Sun
6 Sat	22 Mon
7 Sun	23 Tue
8 Mon	24 Wed
9 Tue	25 Thu
10 Wed	26 Fri
11 Thu	27 Sat
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15 Mon	
16 Tue	

**1st - 7th**  
Zero Waste Week

**10th**  
World Suicide Prevention Day

**17th**  
World Patient Safety Day

**23rd - 29th**  
Organ Donation Week  
**8022** people are waiting for a transplant in the UK  
- NHS, Organ Donation

**World Heart Day**

**29th Sep**  
International Day of Awareness of Food Loss and Waste

## Notes

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## Changes to make

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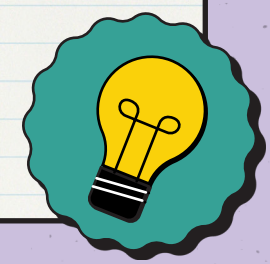
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# October

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2 Thu	18 Sat
3 Fri	19 Sun
4 Sat	20 Mon
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9 Thu	25 Sat
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12 Sun	28 Tue
13 Mon	29 Wed
14 Tue	30 Thu
15 Wed	31 Fri
16 Thur	

**1st - 31st**  
Black History Month

**1st - 31st**  
Speak Up Month

**1st - 31st**  
Sober October

**1st - 31st**  
Stoptober

In 2020, the campaign generated quit attempts among **12.3%** of all smokers - gov.uk

# November

1 Sat	17 Mon
2 Sun	18 Tue
3 Mon	19 Wed
4 Tue	20 Thu
5 Wed	21 Fri
6 Thu	22 Sat
7 Fri	23 Sun
8 Sat	24 Mon
9 Sun	25 Tue
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11 Tue	27 Thu
12 Wed	28 Fri
13 Thu	29 Sat
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15 Sat	
16 Sun	

**1st - 30th**  
November

**18th - 24th**  
National Self Care Week

**3rd - 7th**  
National Stress Awareness Week

**One in nine** people (11%) in the UK say they feel stressed every single day - Ciph

**Buy Nothing Day**

# December

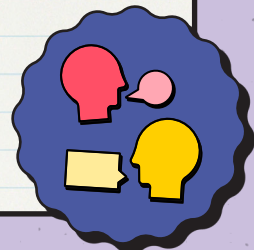
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16 Tue	

**3rd**  
International Day of People with Disabilities

**Human Rights Day**

## Notes

## Changes to make



**WE ONLY WORK WITH ORGANISATIONS  
THAT WANT TO BRING ABOUT POSITIVE  
SOCIAL CHANGE, AND PEOPLE WHO  
WANT TO DO GOOD. IS THIS YOU?  
LET'S WORK TOGETHER.**

**SOCIAL  
CHANGE**

**FOLLOW US**



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**[www.social-change.co.uk](http://www.social-change.co.uk)**