



**JANUARY – KOHI-TĀTEA**

Date	Event	Website
4	World Braille Day	<a href="https://blindlowvision.org.nz">https://blindlowvision.org.nz</a>
24	International Day of Education	<a href="http://www.un.org/en/observances/education-day">www.un.org/en/observances/education-day</a>

**FEBRUARY – HUI-TANGURU**

Date	Event	Website
1 – 28	Heart Health Awareness Month	<a href="http://www.heartfoundation.org.nz/get-involved/big-heart-appeal">www.heartfoundation.org.nz/get-involved/big-heart-appeal</a>
1 – 28	Aotearoa Bike Challenge Month	<a href="http://www.lovetoride.net/nz">www.lovetoride.net/nz</a>
1	Chinese New Year	<a href="https://nzhistory.govt.nz/te-akomanga/chinese-new-year/chinese-new-year-social-studies-activity">https://nzhistory.govt.nz/te-akomanga/chinese-new-year/chinese-new-year-social-studies-activity</a>
2	World Wetlands Day	<a href="http://www.wetlandtrust.org.nz/what-we-do/world-wetlands-day">www.wetlandtrust.org.nz/what-we-do/world-wetlands-day</a>
4	World Cancer Day	<a href="http://www.worldcancerday.org">www.worldcancerday.org</a>
6	Waitangi Day	<a href="http://www.waitangi.org.nz/events">www.waitangi.org.nz/events</a>
11	International Day of Women and Girls in Science	<a href="http://www.un.org/en/events/women-and-girls-in-science-day">www.un.org/en/events/women-and-girls-in-science-day</a>
20	World Day of Social Justice	<a href="http://www.un.org/en/observances/social-justice-day">www.un.org/en/observances/social-justice-day</a>
28	Rare Diseases Day	<a href="http://www.rarediseaseday.org">www.rarediseaseday.org</a>

**MARCH – POUTŪ-TE-RANGI**

Date	Event	Website
1 – 31	SunSmart in March	<a href="http://www.sunsmart.org.nz">www.sunsmart.org.nz</a>
1 – 31 3	Hearing Awareness Month World Hearing Day	<a href="http://www.nfd.org.nz">www.nfd.org.nz</a> <a href="http://www.worldhearingday.org">www.worldhearingday.org</a>
1 – 31 9	Kidney Health Month World Kidney Day	<a href="http://www.kidney.health.nz">www.kidney.health.nz</a>
1 - 31	Brain Awareness Month	<a href="https://neurological.org.nz/get-involved/brain-awareness-month">https://neurological.org.nz/get-involved/brain-awareness-month</a>
1 – 31	Endometriosis Awareness Month	<a href="https://nzendo.org.nz/nzendo-events/">https://nzendo.org.nz/nzendo-events/</a>
1	Neighbours Day Aotearoa	<a href="http://www.neighboursday.org.nz">www.neighboursday.org.nz</a>
2	World Book Day	<a href="http://www.unesco.org/en/days/world-book-and-copyright">www.unesco.org/en/days/world-book-and-copyright</a>
3	World Wildlife Day	<a href="http://www.doc.govt.nz/news/events/national-events/world-wildlife-day">www.doc.govt.nz/news/events/national-events/world-wildlife-day</a>
3	National Children's Day	<a href="http://www.childrensday.org.nz">www.childrensday.org.nz</a>
4	HPV Awareness Day	<a href="http://www.direct.hpv.org.nz/resources/hpv-awareness-day">www.direct.hpv.org.nz/resources/hpv-awareness-day</a>
4 – 12	Sea Week – Kaupapa Moana	<a href="http://www.seaweek.org.nz">www.seaweek.org.nz</a>
4 - 12	Parks Week	<a href="http://www.nzrecreation.org.nz/site/events/parks-week.aspx">www.nzrecreation.org.nz/site/events/parks-week.aspx</a>
8	International Women's Day	<a href="http://www.internationalwomensday.com">www.internationalwomensday.com</a>
11	Relay for Life – Te Ara Toiora	<a href="http://www.relayforlife.org.nz">www.relayforlife.org.nz</a>
15	International Long Covid Awareness Day	<a href="https://longcovidsupport.co.nz">https://longcovidsupport.co.nz</a>
17	World Sleep Day	<a href="http://www.sleephealth.org.nz">www.sleephealth.org.nz</a>

19	Pasifika Festival	<a href="http://www.aucklandnz.com/pasifika">www.aucklandnz.com/pasifika</a>
20	World Oral Health Day	<a href="http://www.worldoralhealthday.org">www.worldoralhealthday.org</a>
21	International Day for the Elimination of Racial Discrimination	<a href="http://www.un.org/en/observances/end-racism-day">www.un.org/en/observances/end-racism-day</a>
22	World Water Day	<a href="http://www.un.org/en/events/waterday">www.un.org/en/events/waterday</a>
24	World Tuberculosis Day	<a href="http://www.stoptb.org">www.stoptb.org</a>

#### APRIL – PAENGA-WHĀWHĀ

Date	Event	Website
2	World Autism Awareness Day	<a href="http://www.autismnz.org.nz">www.autismnz.org.nz</a>
7	World Health Day	<a href="http://www.who.int/campaigns/world-health-day">www.who.int/campaigns/world-health-day</a>
8-14	Dieticians Week	<a href="https://dietitians.org.nz/">https://dietitians.org.nz/</a>
17	World Hemophilia Day	<a href="http://www.wfh.org/en/events/world-hemophilia-day">www.wfh.org/en/events/world-hemophilia-day</a>
22	World Earth Day	<a href="http://www.earthday.org">www.earthday.org</a>
28	World Day of Safety and Health at Work	<a href="http://www.un.org/en/events/safeworkday">www.un.org/en/events/safeworkday</a>

#### MAY – HARATUA

Date	Event	Website
1-31	World Smokefree May	<a href="http://www.smokefree.org.nz/smokefree-in-action/world-smokefree-may">www.smokefree.org.nz/smokefree-in-action/world-smokefree-may</a>
2	World Asthma Day	<a href="http://www.worldasthmaday.org.nz">www.worldasthmaday.org.nz</a>
5	World Hand Hygiene Day	<a href="http://www.who.int/campaigns/world-hand-hygiene-day">www.who.int/campaigns/world-hand-hygiene-day</a>
6-12	New Zealand Sign Language Week	<a href="https://nzslweek.org.nz">https://nzslweek.org.nz</a>
8	World Red Cross Day	<a href="http://www.redcross.org.nz">www.redcross.org.nz</a>
12	International Nurses Day	<a href="http://www.nursingcouncil.org.nz">www.nursingcouncil.org.nz</a>
13-19	Hospice Awareness Week	<a href="http://www.hospice.org.nz">www.hospice.org.nz</a>
15	International Day of Families	<a href="http://www.un.org/en/observances/international-day-of-families">www.un.org/en/observances/international-day-of-families</a>
15 – 21	Youth Week	<a href="https://arataiohi.org.nz/youthweek">https://arataiohi.org.nz/youthweek</a>
17	Pink Shirt Day (Stop Bullying)	<a href="http://www.pinkshirtday.org.nz/about">www.pinkshirtday.org.nz/about</a>
19	World IBD Day	<a href="https://worldibdday.org">https://worldibdday.org</a>
20 – 26	Road Safety Week	<a href="http://www.roadsafetyweek.org.nz">www.roadsafetyweek.org.nz</a>
30	World Multiple Sclerosis Day	<a href="https://worldmsday.org">https://worldmsday.org</a>
31	World Smokefree Day	<a href="http://www.smokefree.org.nz/smokefree-in-action/world-smokefree-may">www.smokefree.org.nz/smokefree-in-action/world-smokefree-may</a>

#### JUNE – PIPIRI

Date	Event	Website
1 – 30	Move Your Butt Month	<a href="https://bowelcancernz.org.nz/move-your-butt">https://bowelcancernz.org.nz/move-your-butt</a>
5	World Environment Day	<a href="http://www.un.org/en/observances/environment-day">www.un.org/en/observances/environment-day</a>
12 – 18	Men's Health Week	<a href="http://www.menshealthweek.co.nz">www.menshealthweek.co.nz</a>
14	World Blood Donor Day	<a href="http://www.nzblood.co.nz">www.nzblood.co.nz</a>
17	World Continence Week	<a href="http://www.continence.org.nz/pages/World-Continence-Week/214/">www.continence.org.nz/pages/World-Continence-Week/214/</a>
19 – 25	National Volunteer Week	<a href="https://nationalvolunteerweek.nz">https://nationalvolunteerweek.nz</a>

20	World Refugee Day	<a href="http://www.un.org/en/observances/refugee-day">www.un.org/en/observances/refugee-day</a>
26	International Day Against Drug Abuse and Illicit Trafficking	<a href="http://www.un.org/en/observances/end-drug-abuse-day">www.un.org/en/observances/end-drug-abuse-day</a>
28	Matariki (Māori New Year)	<a href="http://www.matarikifestival.org.nz">www.matarikifestival.org.nz</a>

### JULY – HŌNGONGOI

Date	Event	Website
28	World Hepatitis Awareness Day	<a href="http://www.who.int/campaigns/world-hepatitis-day">www.who.int/campaigns/world-hepatitis-day</a>
30	International Day of Friendship	<a href="http://www.un.org/en/observances/friendship-day">www.un.org/en/observances/friendship-day</a>

### AUGUST – HERE-TURI-KŌKĀ

Date	Event	Website
1 – 7	World Breastfeeding Week	<a href="https://worldbreastfeedingweek.org">https://worldbreastfeedingweek.org</a>
9	International Day of the World's Indigenous Peoples	<a href="http://www.un.org/en/observances/indigenous-day">www.un.org/en/observances/indigenous-day</a>
12	International Youth Day	<a href="http://www.un.org/en/observances/youth-day">www.un.org/en/observances/youth-day</a>
25	Te Rā Daffodil, Daffodil Day (Cancer Society)	<a href="http://www.daffodilday.org.nz">www.daffodilday.org.nz</a>

### SEPTEMBER – MAHURU

Date	Event	Website
1 – 30	Breathe Better September, Respiratory Condition Awareness	<a href="https://breathebetterseptember.co.nz">https://breathebetterseptember.co.nz</a>
1 – 30	Cervical Screening Awareness Month	<a href="http://www.timetoscreen.nz/cervical-screening">www.timetoscreen.nz/cervical-screening</a>
1 – 30	Blue September, Prostate Cancer Awareness Month	<a href="https://prostate.org.nz">https://prostate.org.nz</a>
1 – 30 21	World Alzheimer's Month World Alzheimer's Day	<a href="http://www.alzheimers.org.nz">www.alzheimers.org.nz</a>
1 – 30 9	Fetal Alcohol Spectrum Disorder (FASD) Awareness Month International FASD Awareness Day	<a href="https://fasdmonth.nz/">https://fasdmonth.nz/</a> <a href="http://www.fasd-can.org.nz">www.fasd-can.org.nz</a>
1	Random Acts of Kindness Day New Zealand	<a href="https://rak.co.nz">https://rak.co.nz</a>
4	World Sexual Health Day	<a href="https://worldsexualhealth.net/world-sexual-health-day">https://worldsexualhealth.net/world-sexual-health-day</a>
5-11	Conservation Week	<a href="http://www.doc.govt.nz/news/events/conservation-week">www.doc.govt.nz/news/events/conservation-week</a>
7	International Day of Clean Air for Blue Skies	<a href="http://www.un.org/en/observances/clean-air-day">www.un.org/en/observances/clean-air-day</a>
8	International Day of Literacy	<a href="https://en.unesco.org/commemorations/literacyday">https://en.unesco.org/commemorations/literacyday</a>
8	World Physiotherapy Day	<a href="https://pnz.org.nz/">https://pnz.org.nz/</a>
10	World Suicide Prevention Day	<a href="http://www.who.int/mental_health/prevention/suicide/wspd/en">www.who.int/mental_health/prevention/suicide/wspd/en</a>
11-18	Te Wiki o Te Reo Māori (Māori Language Week)	<a href="http://www.reomaori.co.nz/te-wiki-o-te-reo-maori">www.reomaori.co.nz/te-wiki-o-te-reo-maori</a>
19	Suffrage Day	<a href="https://women.govt.nz/events/suffrage-day">https://women.govt.nz/events/suffrage-day</a>
21	International Day of Peace	<a href="http://www.un.org/en/observances/international-day-peace">www.un.org/en/observances/international-day-peace</a>
23-29	Mental Health Awareness Week	<a href="http://www.mhaw.nz">www.mhaw.nz</a> <a href="http://www.mentalhealth.org.nz">www.mentalhealth.org.nz</a>
26	World Contraception Day	<a href="http://www.familyplanning.org.nz">www.familyplanning.org.nz</a>

### OCTOBER – WHIRINGA-Ā-NUKU

Date	Event	Website
1 – 31	Breast Cancer Awareness Month	<a href="http://www.breastcancerfoundation.org.nz">www.breastcancerfoundation.org.nz</a>
1 – 31	Health Literacy Month	<a href="http://www.healthliteracymonth.org">www.healthliteracymonth.org</a>
1	International Day of Older Persons	<a href="http://www.ageconcern.org.nz">www.ageconcern.org.nz</a>

5	World Teachers Day	<a href="https://teachingcouncil.nz/content/world-teachers-day-why-teachers-matter">https://teachingcouncil.nz/content/world-teachers-day-why-teachers-matter</a>
9-15	Save the Kiwi Week	<a href="https://savethekiwi.nz/savethekiwiweek/">https://savethekiwi.nz/savethekiwiweek/</a>
9-15	Baby Loss Awareness Week	<a href="http://www.sands.org.nz/news-blaw.html">www.sands.org.nz/news-blaw.html</a>
10	World Mental Health Day	<a href="http://www.mhaw.nz">www.mhaw.nz</a>
11	International Day of the Girl Child	<a href="http://www.un.org/en/observances/girl-child-day">www.un.org/en/observances/girl-child-day</a>
12	World Arthritis Day	<a href="http://www.arthritis.org.nz">www.arthritis.org.nz</a>
13	International Day for Natural Disaster Reduction	<a href="http://www.un.org/en/observances/disaster-reduction-day">www.un.org/en/observances/disaster-reduction-day</a>
15	World Hand Washing Day	<a href="http://www.handhygiene.org.nz">www.handhygiene.org.nz</a>
16	World Food Day	<a href="http://www.fao.org/world-food-day/home/en">www.fao.org/world-food-day/home/en</a>
20	International Mastocytosis and Mast Cell Diseases Awareness Day	<a href="https://mastocytosis.org.au/project/awareness-day">https://mastocytosis.org.au/project/awareness-day</a>
20	World Osteoporosis Day	<a href="http://www.worldosteoporosisday.org">http://www.worldosteoporosisday.org</a>
21	Loud Shirt Day	<a href="http://www.loudshirtday.org.nz">www.loudshirtday.org.nz</a>
24	United Nations Day	<a href="http://www.un.org/en/observances/un-day">www.un.org/en/observances/un-day</a>
27	Shake Out (National Earthquake Drill and Tsunami Hiko)	<a href="https://getready.govt.nz/en/involved/shakeout">https://getready.govt.nz/en/involved/shakeout</a>

### NOVEMBER – WHIRINGA-Ā-RANGI

Date	Event	Website
1 – 30	Diabetes Action Month	<a href="https://diabetesactionmonth.org.nz/">https://diabetesactionmonth.org.nz/</a>
1 – 30	'Movember' Men's Health Month	<a href="https://nz.movember.com">https://nz.movember.com</a>
3	Diwali – Festival of Lights	<a href="http://www.aucklandnz.com/cultivate/diwali">www.aucklandnz.com/cultivate/diwali</a>
12	World Pneumonia Day	<a href="https://stopppneumonia.org/world-pneumonia-day">https://stopppneumonia.org/world-pneumonia-day</a>
13	World Kindness Day	<a href="https://observances.global/world-kindness-day">https://observances.global/world-kindness-day</a>
14	World Diabetes Day	<a href="http://www.diabetes.org.nz">www.diabetes.org.nz</a>
16	International Day for Tolerance	<a href="http://www.un.org/en/observances/tolerance-day">www.un.org/en/observances/tolerance-day</a>
17	Cervical Cancer Elimination Day of Action	<a href="http://www.who.int/campaigns/cervical-cancer-elimination-day-of-action">www.who.int/campaigns/cervical-cancer-elimination-day-of-action</a>
20	World Children's Day	<a href="http://www.un.org/en/observances/world-childrens-day">www.un.org/en/observances/world-childrens-day</a>
25	White Ribbon Day International Day for the Elimination of Violence Against Women	<a href="https://whiteribbon.org.nz">https://whiteribbon.org.nz</a> <a href="http://www.un.org/en/observances/ending-violence-against-women-day">www.un.org/en/observances/ending-violence-against-women-day</a>
26	World Sustainable Transport Day	<a href="http://www.un.org/en/observances/sustainable-transport-day">www.un.org/en/observances/sustainable-transport-day</a>

### DECEMBER – HAKIHEA

Date	Event	Website
1	World AIDS Day	<a href="http://www.nzaf.org.nz">www.nzaf.org.nz</a>
3	International Day of Disabled Persons	<a href="http://www.dpa.org.nz">www.dpa.org.nz</a>
10	World Human Rights Day	<a href="http://www.un.org/en/observances/human-rights-day">www.un.org/en/observances/human-rights-day</a>
18	International Migrants Day	<a href="http://www.un.org/en/events/migrantsday">www.un.org/en/events/migrantsday</a>

Toi Te Ora Public Health has collected this information from a variety of sources to be used throughout the community as a resource guide. Every effort has been made to ensure these dates are correct, and further dates may be added as more information becomes available. For further details about each event, please contact the relevant organisation through their website. This calendar is also available online at [www.toiteora.govt.nz/calendar](http://www.toiteora.govt.nz/calendar) or for further information email [enquiries@toiteora.govt.nz](mailto:enquiries@toiteora.govt.nz). Toi Te Ora Public Health is the local public health service for the Bay of Plenty and Lakes districts, and a service of Health New Zealand | Te Whatu Ora, National Public Health Service.