

Health Resources

2026

January

Cervical Cancer Screening

www.nhsinform.scot/healthy-living/screening/cervical-screening-smear-test

Dry January

www.alcoholchange.org.uk/

www.nhsgrampian.org/your-health/healthy-living/alcohol/

February

National Heart Month

www.bhf.org.uk/campaigns/heart-month www.nhsinform.scot/illnesses-and-conditions/heart-and-blood-vessels/

World Cancer Day

www.worldcancerday.org/

www.nhsinform.scot/illnesses-and-conditions/cancer/

March

Brain Health

www.nhsgrampian.org/your-health/brain-health/

Dementia

www.alzscot.org/

www.nhsinform.scot/illnesses-and-conditions/brain-nerves-and-spinal-cord/dementia/types-of-dementia/

Healthy Eating

www.nutritionandhydrationweek.co.uk/

www.healthyweightgrampian.scot.nhs.uk/

No Smoking Day

www.cancerresearchuk.org/

www.nhsgrampian.org/your-health/healthy-living/tobacco/smoking-advice-service/

April

Bowel Cancer Awareness Month

www.bowelcanceruk.org.uk

www.nhsinform.scot/illnesses-and-conditions/cancer/cancer-types-in-adults/bowel-cancer/

Testicular Cancer Awareness Month

www.macmillan.org.uk

www.nhsinform.scot/illnesses-and-conditions/cancer/cancer-types-in-adults/testicular-cancer/

Women's Health

www.nhsinform.scot/healthy-living/womens-health/

May

National Walking Month

www.livingstreets.org.uk

www.nhsgrampian.org/your-health/healthy-living/physical-activity/walking/

Mental Health Awareness

www.mentalhealth-uk.org

www.nhsgrampian.org/your-health/healthy-living/mental-health/

Women's Health

www.nhsinform.scot/healthy-living/womens-health/

June

Oral Health

www.dentalhealth.org/mouth-cancer-action-month

www.nhsgrampian.org/service-hub/dental-services/

July

World Hepatitis Day

www.who.int

www.grampiansexualhealthservices.com/

Alcohol Awareness Week

www.alcoholchange.org.uk/get-involved/campaigns/alcohol-awareness-week-1/

www.nhsgrampian.org/your-health/healthy-living/alcohol/

August

Drugs Awareness

www.nhsgrampian.org/your-health/wecare/drugs/

www.nhsinform.scot/healthy-living/drugs-and-drug-use

www.knowthescore.info

www.alcoholanddrugsaction.org.uk

World Breast Feeding Week

www.worldbreastfeedingweek.org

www.nhsgrampian.org/your-health/healthy-living/breastfeeding/

Cycle to Work Day

www.cyclescheme.co.uk

www.nhsgrampian.org/your-health/healthy-living/physical-activity/

September

World Alzheimer's Day

www.alzheimers.org.uk/

World Suicide Prevention

www.mentalhealth-uk.org

www.nhsgrampian.org/your-health/healthy-living/mental-health/

October

Breast Cancer Awareness Month

www.breastcancernow.org/

www.nhsinform.scot/illnesses-and-conditions/cancer/cancer-types-in-adults/breast-cancer-female

Cost of living, Challenge Poverty Week

www.nhsgrampian.org/your-health/healthpoint/financial-support/

www.homeenergyscotland.org

www.socialsecurity.gov.scot/

Menopause Awareness

www.nhsinform.scot/healthy-living/womens-health/later-years-around-50-years-and-over/menopause-and-post-menopause-health-menopause/

November

World Diabetes Day

www.diabetes.org.uk

www.nhsgrampian.org/your-health/diabetes-in-grampian/

Lung Cancer Awareness Month

www.roycastle.org

www.nhsinform.scot/illnesses-and-conditions/cancer/cancer-types-in-adults/lung-cancer/

December

World AIDS

www.worldaidsday.org

www.grampiansexualhealthservices.com