

NHS Grampian aims to promote and improve health in Grampian, in partnership with others.
The below calendar shows our monthly campaigns.

January

Dry January

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

Cervical Cancer Screening

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

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

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/

May

National Walking Month

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

Mental Health Awareness

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

June

Oral Health

www.dentalhealth.org/mouth-cancer-action-month www.nhsgrampian.org/service-hub/dental-services/

Breastfeeding

www.nhsgrampian.org/your-health/healthy-living/breastfeeding/advice-and-support/

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

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

World Menopause

www.imsociety.org/
www.nhsinform.scot/healthy-living/womens-health/late-years-around-50-years-and-over/menopause-and-post-menopause-health/signs-and-symptoms-of-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.nhsgrampian.org/your-health/healthy-living/alcohol/