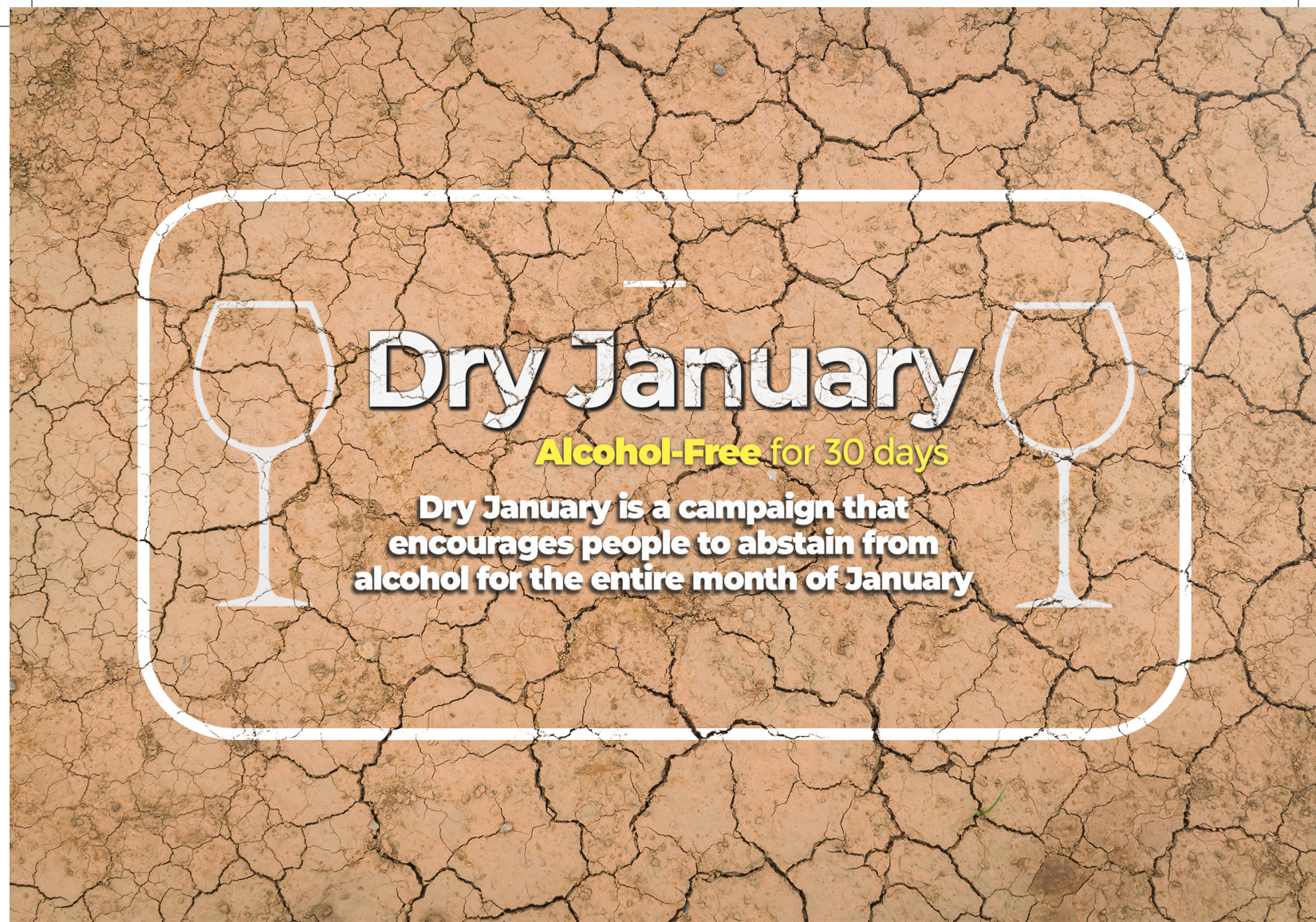


TWR[®]

THE WAITING ROOM

CALENDAR

2025



January

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1 New Year's Day	2 Bank holiday (Scotland)	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

February 4th

World Cancer

Day 

Aims to save millions of preventable deaths every year
by encouraging individuals to take action

February

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

International Women's Day



International Women's Day is a time to reflect on progress made, to call for change and to celebrate acts of courage and determination by ordinary women.

March

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17 St Patrick's Day (N. Ireland)	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

April
1st - 30th

STRESS AWARENESS MONTH

Bringing attention to the
negative impact of stress.

April

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18 Good Friday	19	20
21 Easter Monday (not Scotland)	22	23	24	25	26	27
28	29	30				



BORDERLINE PERSONALITY AWARENESS MONTH

May

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

24TH-30TH JUNE 2024

World Wellbeing Week

providing people with knowledge, skills and tools to manage their own mental health and wellbeing



June

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

Alcohol Awareness Week

7th - 13th July 2025

Understanding alcohol harm

July

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14 Battle of Boyne substitute day (N.Ireland)	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



August

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4 Summer bank holiday (Scotland)	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25 Summer bank holiday (not Scotland)	26	27	28	29	30	31



World
Suicide Prevention Day
September 10th

A call to action to “**start the conversation**” that could save lives

September

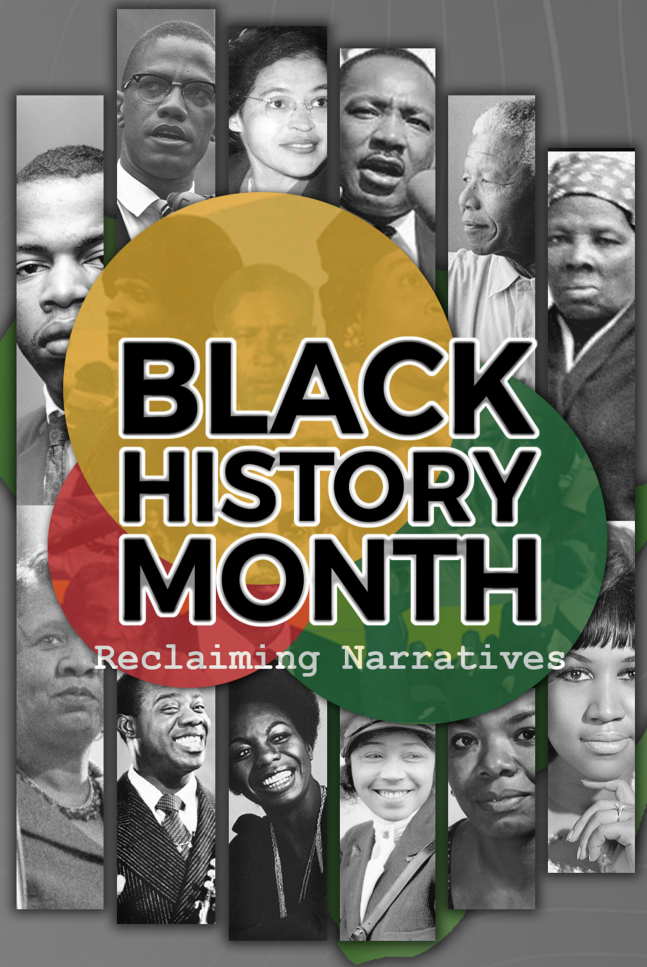
Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

10TH OCTOBER

WORLD MENTAL HEALTH DAY



RAISING THE AWARENESS OF MENTAL HEALTH ISSUES



Marks a significant shift towards recognising and correcting the narratives of Black history and culture

October

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

MOVEMBER



MOVEMBER raises awareness for men's health issues

November

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

3RD DECEMBER



INTERNATIONAL DAY OF PEOPLE WITH DISABILITY

promoting the rights and well-being of persons with disabilities

December

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 St Andrew's Day substitute day (Scotland)	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25 Christmas Day	26 Boxing Day	27	28
29	30	31				