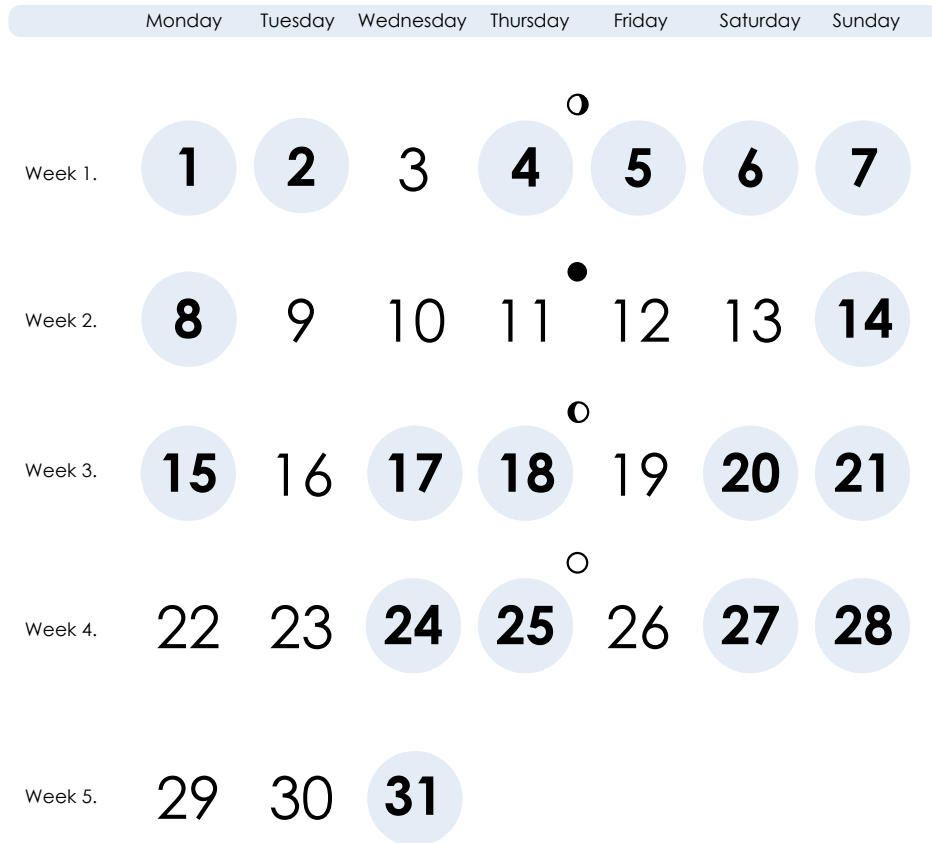


# January 2024



**January** is Cervical Health Awareness Month, Celebration of Life Month, Alcohol Change UK Dry January, Thyroid Awareness Month.

◐ Last Quarter  
 ● New Moon  
 ◑ First Quarter  
 ○ Full Moon

Islamic and Jewish holidays begin at sundown on the evening before.

## 1st

Mary, Mother of God – Christian, Gantan-sai (New Year) – Shinto, Global Family Day, New Year's Day/Hogmanay, Bank Holiday – England, Wales, Scotland, Northern Ireland and ROI.

## 2nd

Bank Holiday – Scotland.

## 4th

World Braille Day.

## 5th

Twelfth Night – Christian.

## 6th

Epiphany – Christian, Feast of the Theophany – Orthodox Christian.

## 7th

Baptism of the Lord Jesus – Christian, Feast of the Nativity – Orthodox Christian.

## 8th

Seijin no hi (Coming of Age Day) – Shinto.

## 14th

Lohri/Maghi – Hindu, Sikh, Old New Year – Orthodox Christian.

## 15th

Makar Sankranti – Hindu,

Pongal – Hindu, Blue Monday, Martin Luther King Day.

## 17th

Birthday of Guru Gobind Singh – Sikh.

## 18th

Week of Prayer for Christian Unity begins – Christian.

## 20th

Timkat – Ethiopian Orthodox Christian.

## 21st

World Religion Day.

## 24th

International Day of Education.

## 25th

Mahayana New Year begins – Buddhist, Conversion of Saint Paul – Christian, Thaipusam – Hindu, Tu B'Shvat – Judaism, Robert Burns Night.

## 27th

Holocaust Memorial Day.

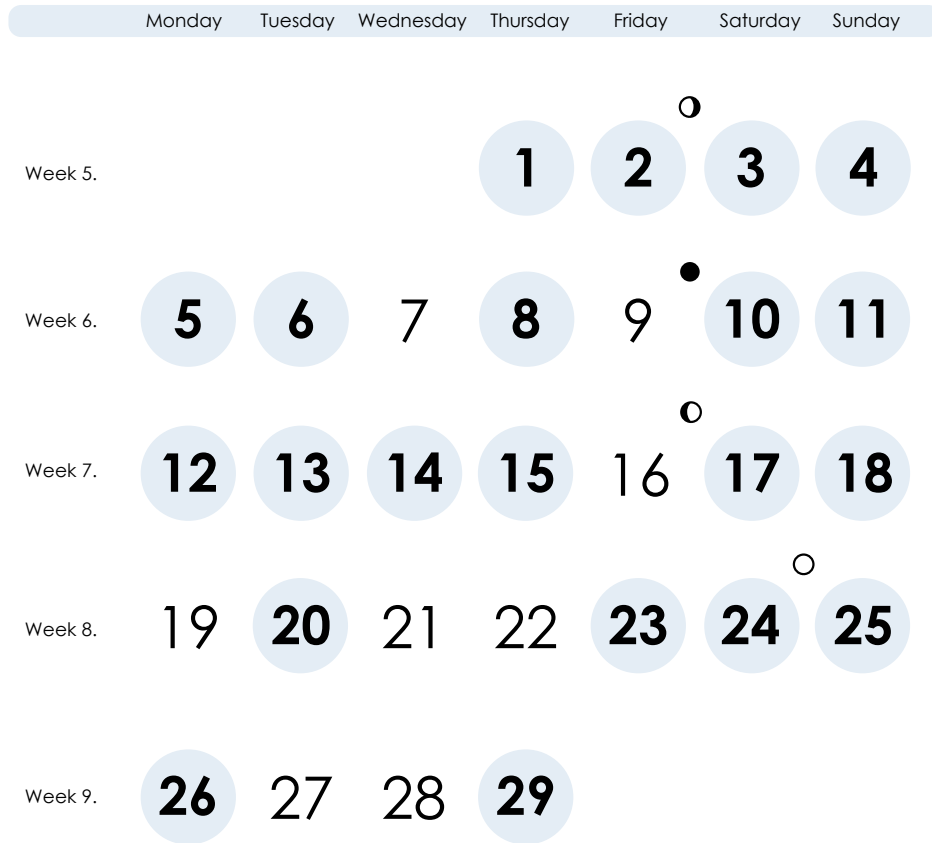
## 28th

Data Privacy Day.

## 31st

Birthday of Guru Har Rai – Sikh.

# February 2024



**February** is UK National Heart Month, LGBT+ History Month, Raynaud's and Scleroderma Awareness Month.

◐ Last Quarter  
 ● New Moon  
 ◑ First Quarter  
 ○ Full Moon

Islamic and Jewish holidays begin at sundown on the evening before.

## 1st

World Hijab Day,  
Imbolc/Lughnasadh – Pagan,  
World Interfaith Harmony Week  
begins,  
Time to Talk Day.

## 2nd

Candlemas – Christian.

## 3rd

Setsubun-sai – Shinto.

## 4th

World Cancer Day.

## 5th

Bank Holiday – ROI,  
UK Race Equality Week begins.

## 6th

Safer Internet Day.

## 8th

Lailat al Miraj – Islam.

## 10th

Chinese New Year – Confucian,  
Daoist, Buddhist,  
Losar – Tibetan New Year.

## 11th

Autism Sunday,  
International Day of Women and  
Girls in Science,  
World Day of the Sick.

## 12th

Red Hand Day for Child Soldiers.

## 13th

Shrove Tuesday – Christian.

## 14th

Ash Wednesday – Christian,  
Vasant Panchami – Hindu,  
Saint Valentine's Day.

## 15th

International Childhood Cancer Day,  
Parinirvana Day/Nirvana Day  
– Buddhist.

## 17th

World Human Spirit Day.

## 18th

Zacchaeus Sunday – Orthodox  
Christian.

## 20th

World Day of Social Justice.

## 23rd

International STAND UP to Bullying  
Day.

## 24th

Magha Puja (Sangha Day)  
– Buddhist.

## 25th

Lailat al Bara'ah – Islam,  
Triodion begins – Orthodox Christian.

## 26th

Intercalary Days begin – Baha'i.

## 29th

Intercalary Days end – Baha'i.

# March 2024



**March** is Prostate Cancer Awareness Month, Ovarian Cancer Awareness Month, Women's History Month.

○ Last Quarter   
 ● New Moon   
 ◐ First Quarter   
 ◑ Full Moon

Islamic and Jewish holidays begin at sundown on the evening before.

**1st**  
 Nineteen Day Fast begins – Baha'i,  
 Saint David's Day – Christian,  
 International Wheelchair Day,  
 Self-Injury Awareness Day,  
 Zero Discrimination Day.

**3rd**  
 World Hearing Day.

**8th**  
 Maha Shivaratri – Hindu,  
 International Women's Day.

**10th**  
 Mothering Sunday.

**11th**  
 Ramadan begins – Islam.

**12th**  
 Ramakrishna Jayanti – Hindu.

**14th**  
 Nanakshahi (New Year) – Sikh,  
 University Mental Health Day.

**15th**  
 International Day to Combat  
 Islamophobia.

**17th**  
 Saint Patrick's Day – Christian.

**18th**  
 Great Lent – Orthodox Christian,  
 Bank Holiday – Northern Ireland and  
 ROI.

**20th**  
 Naw-Rúz (New Year) – Baha'i,  
 Norooz (New Year) – Persian/  
 Zoroastrian,

Ostara/Mabon – Pagan,  
 International Day of Happiness,  
 Spring Equinox.

**21st**  
 International Day for the Elimination  
 of Racial Discrimination,  
 World Down Syndrome Day.

**24th**  
 Palm Sunday – Christian,  
 Holika Dahan – Hindu,  
 Purim – Judaism.

**25th**  
 Holi – Hindu.

**26th**  
 Khordad Sal – Zoroastrian,  
 Purple Day.

**27th**  
 Hola Mohalla begins – Sikh.

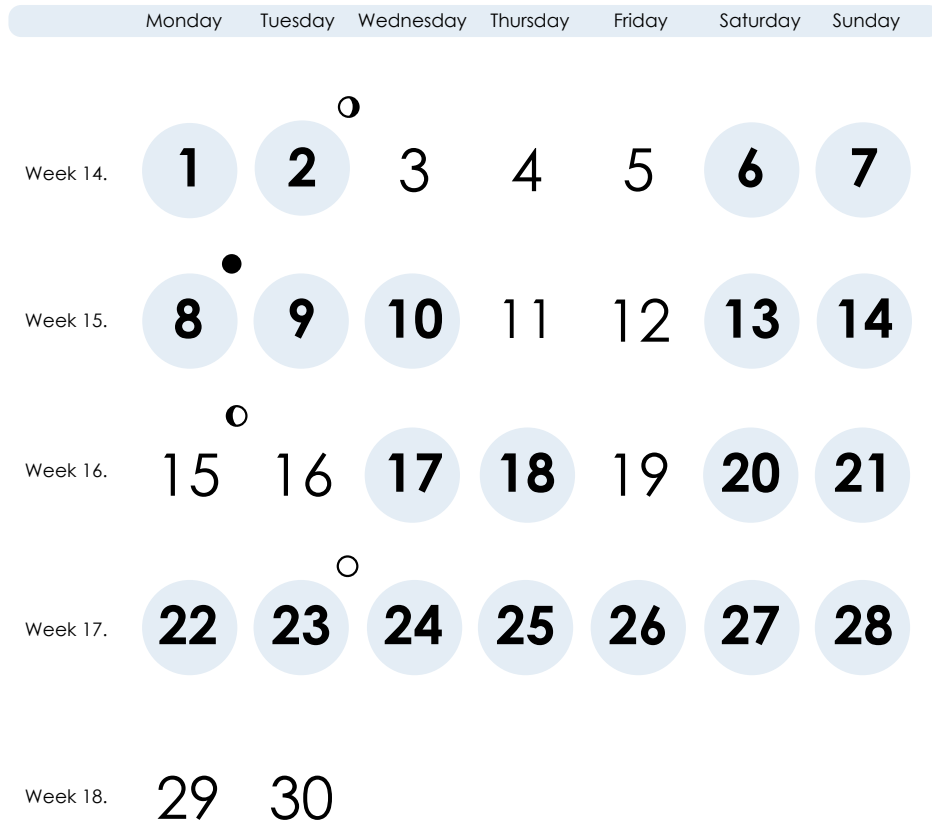
**28th**  
 Maundy Thursday – Christian.

**29th**  
 Good Friday – Christian,  
 Bank Holiday – England, Wales,  
 Scotland and Northern Ireland.

**30th**  
 World Bipolar Day.

**31st**  
 Easter Sunday – Christian,  
 International Transgender Day of  
 Visibility.

# April 2024



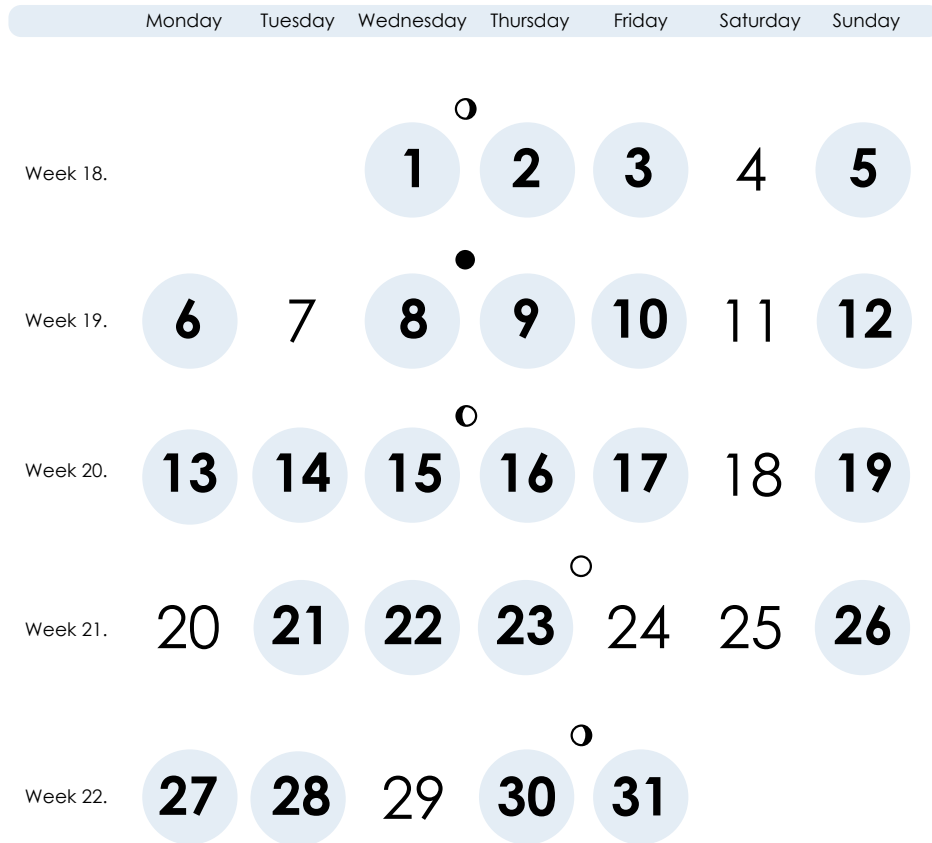
April is Autism Awareness Month, Stress Awareness Month, Bowel Cancer Awareness Month, Parkinson's Awareness Month.

◐ Last Quarter  
 ● New Moon  
 ◑ First Quarter  
 ○ Full Moon

Islamic and Jewish holidays begin at sundown on the evening before.

- 1st**  
Easter Monday – Christian,  
April Fool's Day,  
Bank Holiday – England, Wales,  
Northern Ireland and ROI.
- 2nd**  
World Autism Awareness Day.
- 6th**  
Lailat al-Qadr – Islam,  
International Asexuality Day.
- 7th**  
World Health Day.
- 8th**  
International Romani Day.
- 9th**  
Chaitra Navratri begins – Hindu,  
Ugadi New Year – Hindu.
- 10th**  
Eid al Fitr – Islam.
- 13th**  
Songkran (Thai New Year)  
– Buddhist,  
Birth of the Khalsa (Vaisakhi)  
– Sikh.
- 14th**  
Tamil New Year.
- 17th**  
Rama Navami – Hindu.
- 18th**  
Birthday of Guru Angad Dev  
– Sikh,
- Birthday of Guru Tegh Bahadur  
– Sikh.
- 20th**  
First Day of Ridvan – Baha'i.
- 21st**  
Mahavir Jayanti – Jain.
- 22nd**  
Earth Day.
- 23rd**  
Theravada New Year – Buddhist,  
Saint George's Day – Christian,  
Hanuman Jayanti – Hindu,  
Passover – Judaism.
- 24th**  
Lord's Evening Meal – Jehovah's  
Witness.
- 25th**  
Feast of Saint Mark the Evangelist  
– Christian.
- 26th**  
Lesbian Visibility Day.
- 27th**  
Lazarus Saturday – Orthodox  
Christian.
- 28th**  
Ninth Day of Ridvan – Baha'i  
Palm Sunday – Orthodox  
Christian,  
World Day for Health & Safety at  
Work.

# May 2024



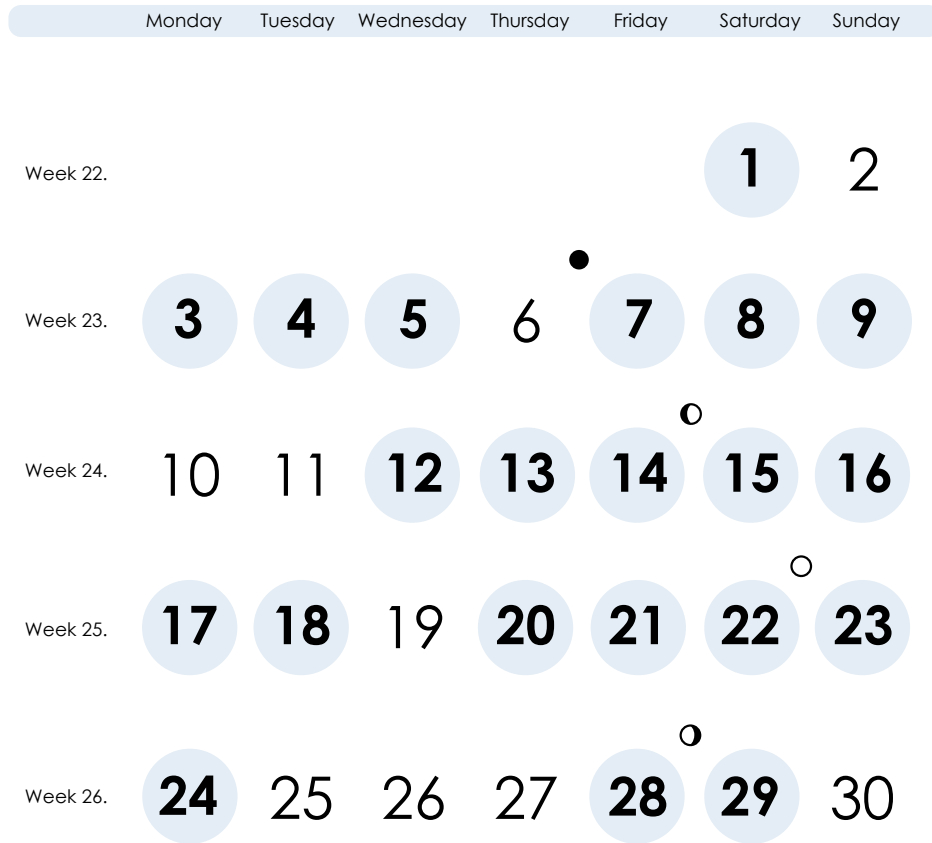
May is Action on Stroke Month, Hepatitis Awareness Month, UK National Walking Month, Celiac Awareness Month.

○ Last Quarter  
 ● New Moon  
 ◐ First Quarter  
 ○ Full Moon

Islamic and Jewish holidays begin at sundown on the evening before.

- 1st**  
Twelfth Day of Ridvan – Baha'i, Beltane/Samhain – Pagan.
- 2nd**  
Birthday of Guru Arjan Dev – Sikh.
- 3rd**  
Feast of Saints Philip and James – Christian, Holy Friday – Orthodox Christian.
- 5th**  
Pascha (Easter) – Orthodox Christian.
- 6th**  
Yom HaShoah – Judaism, Bank Holiday – England, Wales, Scotland, Northern Ireland and ROI.
- 8th**  
UK National Day for Staff Networks.
- 9th**  
Ascension Day – Christian.
- 10th**  
Akshaya Tritiya – Hindu, Jain.
- 12th**  
International Nurses Day.
- 13th**  
Yom HaZikaron – Judaism.
- 14th**  
Yom Ha'Atzmaut – Judaism.
- 15th**  
International Day of Families.
- 16th**  
Global Accessibility Awareness Day.
- 17th**  
International Day Against Homophobia, Transphobia and Biphobia.
- 19th**  
Pentecost – Christian.
- 21st**  
World Day for Cultural Diversity for Dialogue and Development.
- 22nd**  
International Day for Biological Diversity.
- 23rd**  
Declaration of the Báb – Baha'i, Vesak/Visakha Puja – Buddhist, Birthday of Guru Amar Das – Sikh.
- 26th**  
Trinity Sunday – Christian, Lag BaOmer – Judaism.
- 27th**  
Bank Holiday – England, Wales, Scotland and Northern Ireland
- 28th**  
Ascension of Baha'u'llah – Baha'i.
- 30th**  
Corpus Christi – Christian.
- 31st**  
World No Tobacco Day.

# June 2024



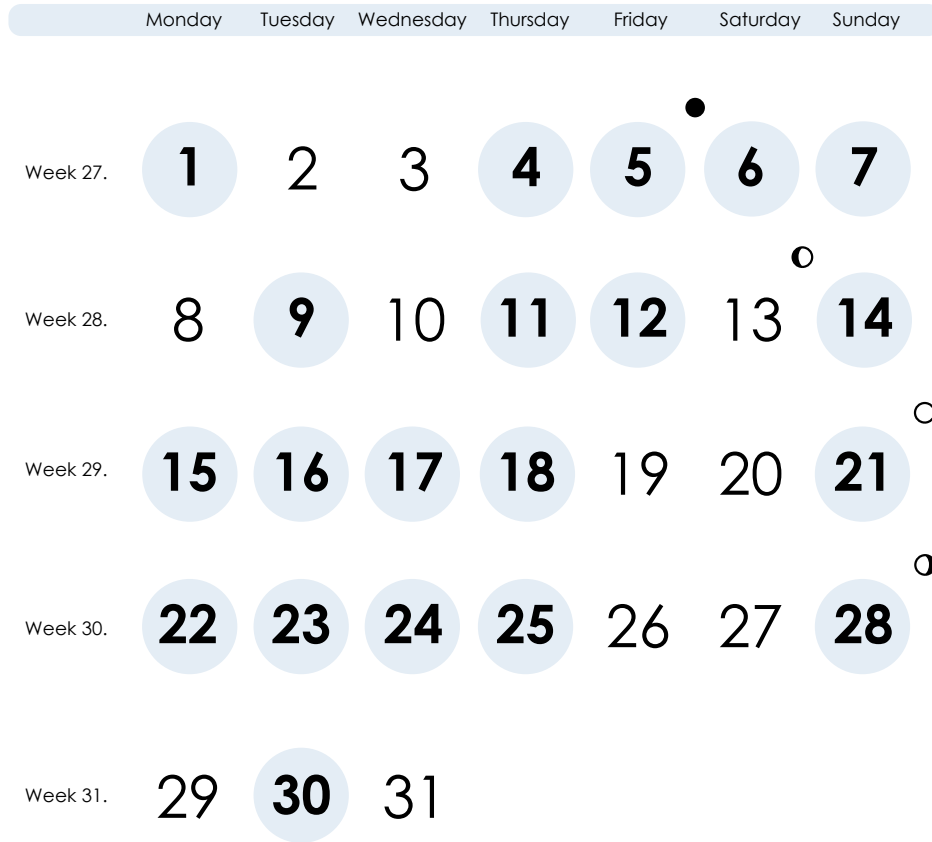
June is Motor Neurone Disease Awareness Month, Stillbirth & Neonatal Death Awareness Month, LGBT Pride Month, Gypsy, Roma and Traveller History Month.

○ Last Quarter  
 ● New Moon  
 ◐ First Quarter  
 ◑ Full Moon

Islamic and Jewish holidays begin at sundown on the evening before.

- 1st**  
Global Day of Parents.
- 3rd**  
Bank Holiday – ROI.
- 4th**  
International Day of Innocent, Children Victims of Aggression.
- 5th**  
Yom Yerushalayim – Judaism, World Environment Day.
- 7th**  
Sacred Heart of Jesus – Christian.
- 8th**  
Global Wellness Day.
- 9th**  
Race Unity Day.
- 12th**  
Shavuot – Judaism, World Day against Child Labour.
- 13th**  
Shavuot – Judaism, Ascension of the Lord – Orthodox Christian.
- 14th**  
Hajj – Islam, World Blood Donor Day.
- 15th**  
Waqf al Arafa – Islam, World Elder Abuse Awareness Day.
- 16th**  
Eid al Adha – Islam,
- Martyrdom of Guru Arjan Dev – Sikh,
- Father's Day, Neurodiversity Pride Day.
- 17th**  
World Day to Combat, Desertification and Drought.
- 18th**  
Autistic Pride Day, International Day for Countering Hate Speech.
- 20th**  
Litha /Yule – Pagan, Summer Solstice, World Refugee Day.
- 21st**  
World Humanist Day.
- 22nd**  
UK Windrush Day.
- 23rd**  
Pentecost – Orthodox Christian.
- 24th**  
Nativity of Saint John the Baptist – Christian.
- 28th**  
Stonewall Riots Anniversary.
- 29th**  
Feast of Saints Peter and Paul – Christian.

# July 2024



July is UV Safety Month, Make a Difference to Children Month, International Women with Alopecia Month, Disability Pride Month.

◐ Last Quarter  
 ● New Moon  
 ◑ First Quarter  
 ○ Full Moon

Islamic and Jewish holidays begin at sundown on the evening before.

- 1st**  
The Fast of the Holy Apostles – Orthodox Christian.
- 4th**  
US Independence Day.
- 5th**  
Birthday of Guru Hargobind – Sikh.
- 6th**  
Omnisexual Visibility Day.
- 7th**  
Al-Hijra/Muharram – New Year – Islam.
- 9th**  
Martyrdom of the Báb – Baha'i.
- 11th**  
World Population Day.
- 12th**  
Orangemen's Day, Bank Holiday – Northern Ireland.
- 14th**  
International Non-Binary People's Day.
- 15th**  
World Youth Skills Day.
- 16th**  
Ashura – Islam.
- 17th**  
World Day for International Justice.
- 18th**  
Nelson Mandela International Day, South Asian Heritage Month begins.
- 21st**  
Asalha Puja (Dharma Day) – Buddhist.
- 22nd**  
Feast of Saint Mary Magdalene – Christian.
- 23rd**  
Birthday of Emperor Haile Selassie – Rastafari, Birthday of Guru Har Krishan – Sikh.
- 24th**  
Pioneer Day – Mormonism.
- 25th**  
Saint James the Great Day – Christian.
- 28th**  
World Hepatitis Day.
- 30th**  
International Day of Friendship, World Day against Trafficking Persons.

# August 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 31.				1	2	3	4
Week 32.	5	6	7	8	9	10	11
Week 33.	12	13	14	15	16	17	18
Week 34.	19	20	21	22	23	24	25
Week 35.	26	27	28	29	30	31	

**August** is Health & Safety Month, Psoriasis Awareness Month, Children's Eye Health & Safety Month, MedicAlert Awareness Month.

● Last Quarter  
 ● New Moon  
 ○ First Quarter  
 ○ Full Moon

Islamic and Jewish holidays begin at sundown on the evening before.

## 1st

Lammas – Christian,  
Fast in honour of Holy Mother of Lord Jesus – Orthodox Christian,  
Lughnasadh/Imbolc – Pagan.

## 5th

Bank Holiday – Scotland and ROI.

## 6th

Feast of Transfiguration of Our Lord – Christian,  
Transfiguration of the Lord – Orthodox Christian.

## 9th

International Day of the World's Indigenous Peoples.

## 10th

Feast of Saint Lawrence – Christian.

## 12th

International Youth Day.

## 13th

Tish'a B'av – Judaism.

## 15th

Assumption of Blessed Virgin Mary – Christian,  
Dormition of the Theotokos – Orthodox Christian.

## 19th

Raksha Bandhan – Hindu,  
World Humanitarian Day.

## 22nd

Queenship of Mary – Christian,  
International Day Commemorating the Victims of Acts of Violence based on Religion or Belief.

## 23rd

International Day for the Remembrance of the Slave Trade and its Abolition.

## 24th

Feast of Saint Bartholomew the Apostle - Christian.

## 26th

Krishna Janmashtami – Hindu,  
Bank Holiday – England, Wales and Northern Ireland.

## 29th

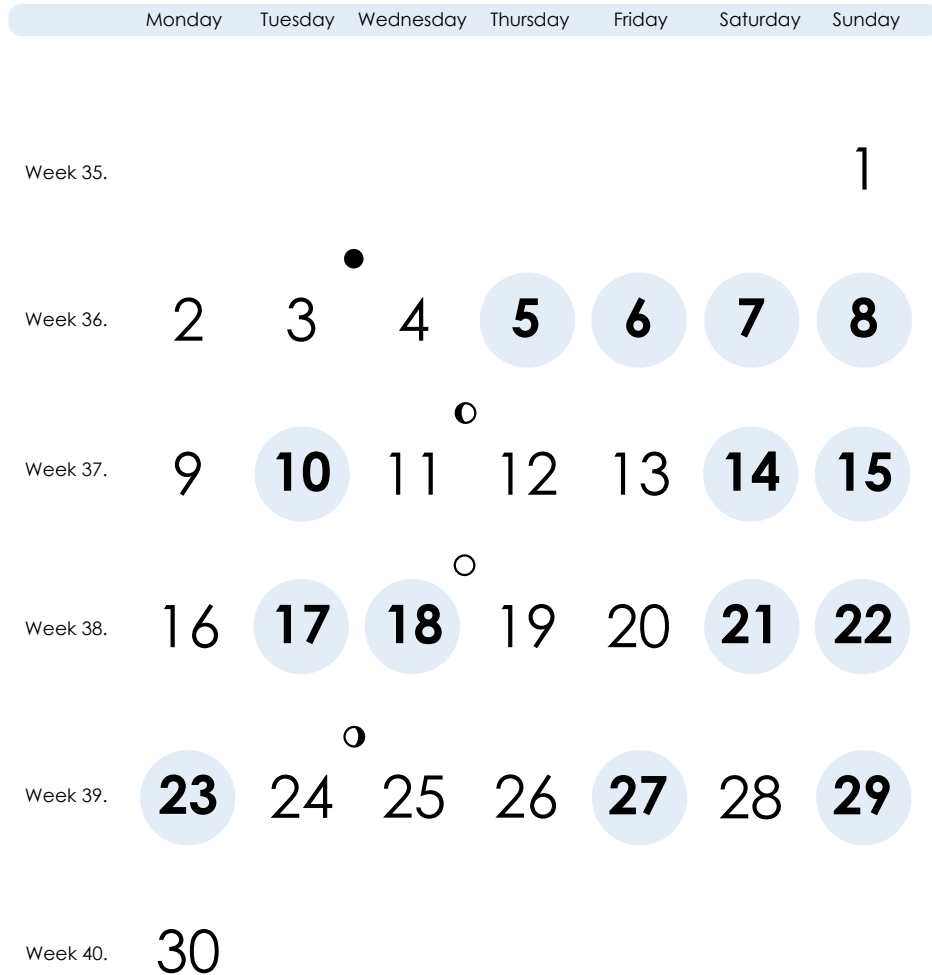
Beheading of Saint John the Baptist – Christian.

## 31st

Paryushana Parvarambha begins – Jain,  
International Day for People of African Descent.



# September 2024



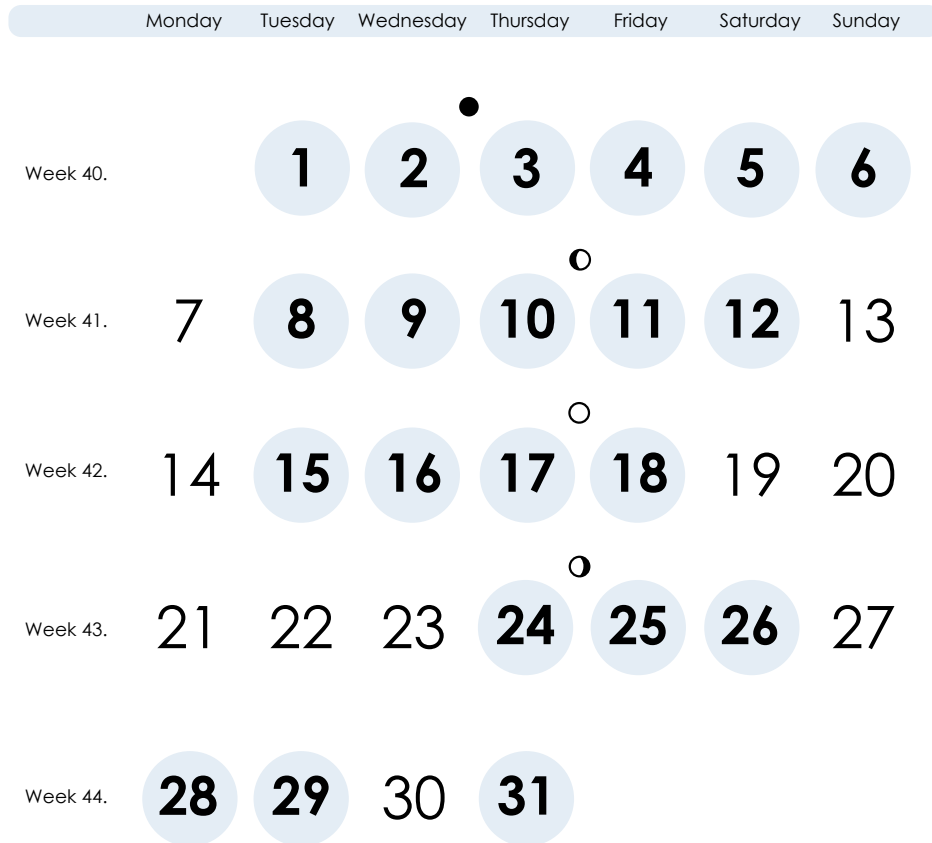
**September** is Sickle Cell Awareness Month, Childhood Cancer Awareness Month, Blood Cancer Awareness Month, World Alzheimer's Month, World Dementia Awareness Month.

● Last Quarter  
 ● New Moon  
 ◐ First Quarter  
 ○ Full Moon

Islamic and Jewish holidays begin at sundown on the evening before.

- 5th**  
International Day of Charity.
- 6th**  
Colour Blind Awareness Day.
- 7th**  
Ganesh Chaturthi – Hindu,  
Samvatsari – Jain.
- 8th**  
Nativity of Virgin Mary – Christian,  
Nativity of the Theotokos – Orthodox Christian,  
International Literacy Day.
- 10th**  
World Suicide Prevention Day.
- 14th**  
Triumph of the Cross – Christian,  
Exaltation of the Cross – Orthodox Christian.
- 15th**  
Mawlid al-Nabi – Islam,  
International Day of Democracy.
- 17th**  
Anant Chaturdashi – Hindu,  
World Patient Safety Day.
- 18th**  
International Equal Pay Day.
- 21st**  
Feast of Saint Matthew – Christian,  
International Day of Peace,  
World Alzheimer's Day.
- 22nd**  
Autumn Equinox,  
Mabon/Ostara – Pagan.
- 23rd**  
Bi Visibility Day,  
International Day of Sign Languages,  
UK National Inclusion Week begins.
- 27th**  
Meskel – Ethiopian Orthodox Christian.
- 29th**  
Michaelmas – Saint Michael and All Angels – Christian,  
World Deaf Day,  
World Heart Day.

# October 2024



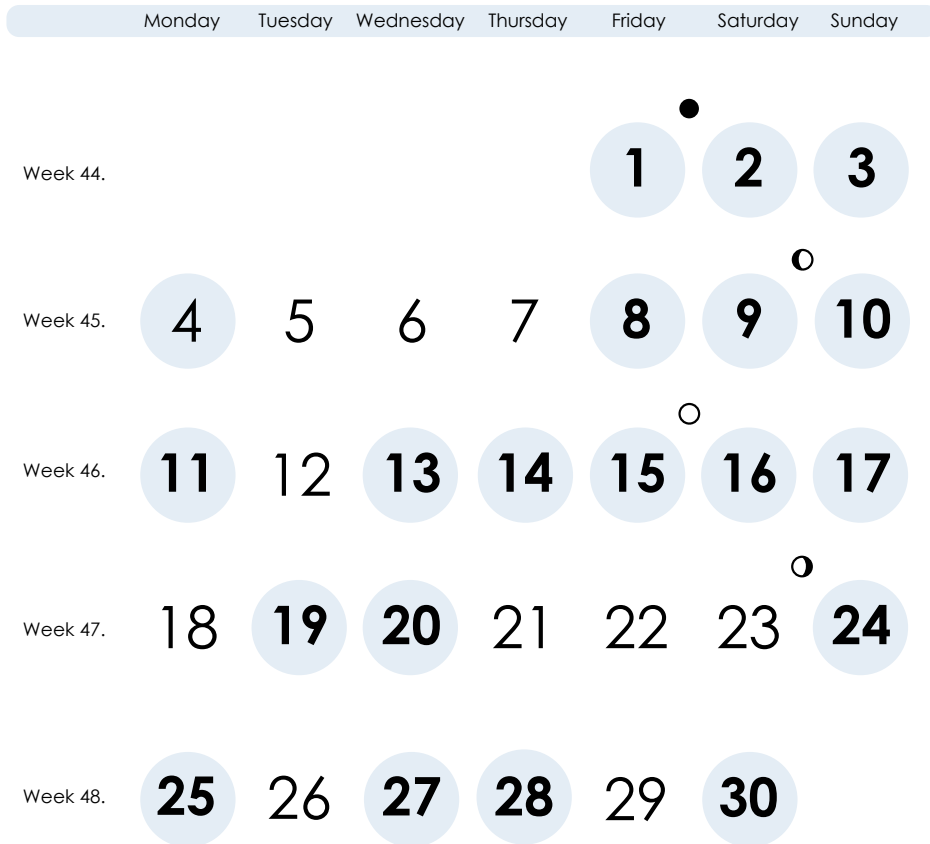
**October** is Breast Cancer Awareness Month, Down Syndrome Awareness Month, Black History Month (UK), Global Diversity Awareness Month, Menopause Awareness Month.

◐ Last Quarter   
 ● New Moon   
 ◑ First Quarter   
 ○ Full Moon

Islamic and Jewish holidays begin at sundown on the evening before.

- 1st**  
International Day of Older Persons.
- 2nd**  
Feast of the Guardian Angels – Christian,  
International Day of Non-Violence.
- 3rd**  
Sharad Navratri begins – Hindu,  
Rosh Hashanah – Judaism.
- 4th**  
Blessing of the Animals – Christian,  
Saint Francis' Day – Christian,  
Rosh Hashanah – Judaism.
- 5th**  
World Teachers' Day.
- 6th**  
Fast of Gedaliah – Judaism,  
World Cerebral Palsy Day.
- 8th**  
International Lesbian Day.
- 9th**  
Birthday of Guru Ram Das – Sikh.
- 10th**  
World Homeless Day,  
World Mental Health Day,  
World Sight Day.
- 11th**  
International Day of the Girl Child.
- 12th**  
Dussehra - Dasara – Hindu,  
Yom Kippur – Judaism.
- 15th**  
International Day of Rural Women.
- 16th**  
International Pronouns Day,  
World Food Day.
- 17th**  
Sukkot begins – Judaism,  
International Day for the Eradication of Poverty.
- 18th**  
Feast of Saint Luke – Christian,  
World Menopause Day.
- 24th**  
Shemini Atzeret – Judaism,  
United Nations Day.
- 25th**  
Simchat Torah – Judaism.
- 26th**  
Intersex Awareness Day.
- 28th**  
Feast of Saints Simon and Jude – Christian,  
Bank Holiday – ROI.
- 29th**  
World Stroke Day.
- 31st**  
All Hallows' Eve – Christian,  
Reformation Day – Protestant Christian,  
Samhain (Halloween)/Beltane – Pagan.

# November 2024



**November** is Lung Cancer Awareness Month, Pancreatic Cancer Awareness Month, Islamophobia Awareness Month, COPD Awareness Month, Movember Men's Health Awareness Month.

◐ Last Quarter
● New Moon
◑ First Quarter
○ Full Moon

Islamic and Jewish holidays begin at sundown on the evening before.

## 1st

All Saints' Day – Christian,  
 Diwali – Deepavali – Hindu, Sikh,  
 Jain,  
 Bandi Chhor Divas – Sikh.

## 2nd

Birth of the Báb – Baha'i,  
 All Souls' Day – Christian,  
 Anniversary of the Crowning of  
 Haile Selassie – Rastafari.

## 3rd

Birth of Baha'u'llah – Baha'i.

## 8th

Intersex Day of Solidarity.

## 9th

Dedication of the Lateran Basilica  
 – Christian.

## 10th

Remembrance Sunday,  
 UK Interfaith Week begins.

## 11th

Armistice Day.

## 13th

World Kindness Day.

## 14th

World Diabetes Day .

## 15th

Nativity Fast begins – Orthodox  
 Christian,  
 Birthday of Guru Nanak Dev  
 – Sikh,

International STAND UP to Bullying  
 Day.

## 16th

International Day for Tolerance,  
 UK Disability History Month begins.

## 17th

International Students' Day.

## 19th

International Men's Day.

## 20th

Transgender Day of  
 Remembrance,  
 World Children's Day.

## 24th

Feast of Christ the King  
 – Christian,  
 Martyrdom of Guru Tegh Bahadur  
 – Sikh.

## 25th

Day of the Covenant – Baha'i  
 International Day for the  
 Elimination of Violence against  
 Women.

## 27th

Ascension of Abdu'l-Bahá  
 – Baha'i.

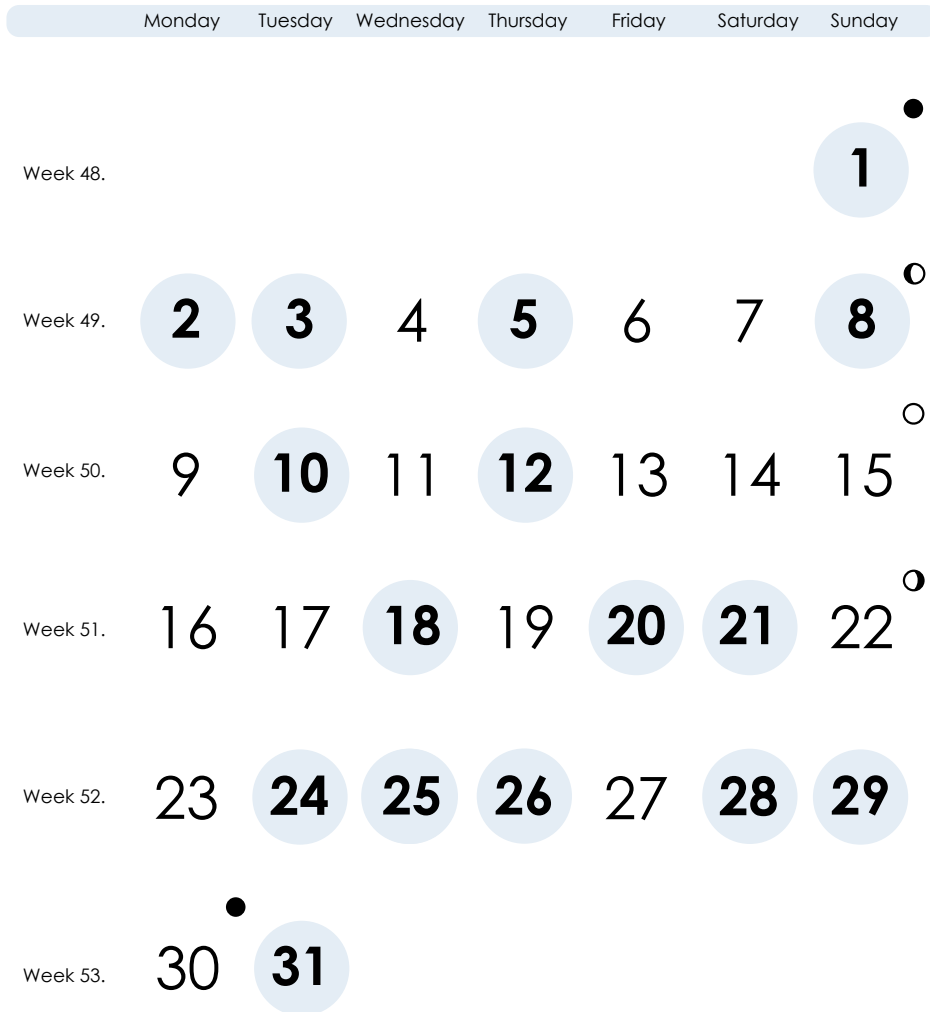
## 28th

US Thanksgiving.

## 30th

Saint Andrew's Day – Christian.

# December 2024



**December** is Universal Month for Human Rights, AIDS Awareness Month, Decembeard, Spiritual Literacy Month.

● Last Quarter   
 ● New Moon   
 ◐ First Quarter   
 ○ Full Moon

Islamic and Jewish holidays begin at sundown on the evening before.

## 1st

Advent Sunday – Christian,  
World AIDS Day.

## 2nd

International Day for the Abolition  
of Slavery,  
Bank Holiday – Scotland.

## 3rd

International Day of Persons with  
Disabilities.

## 5th

International Volunteer Day.

## 8th

Rohatsu (Bodhi Day) – Buddhist,  
Feast of the Immaculate  
Conception – Christian.

## 10th

Human Rights Day.

## 12th

International Universal Health  
Coverage Day.

## 18th

International Migrants Day.

## 20th

International Human Solidarity  
Day.

## 21st

Winter Solstice,  
Yule/Litha – Pagan.

## 24th

Christmas Eve – Christian.

## 25th

Christmas Day – Christian,  
Feast of the Nativity – Orthodox  
Christian,  
Bank Holiday – England, Wales,  
Scotland, Northern Ireland and  
ROI.

## 26th

Saint Stephen's Day – Christian,  
Chanukah begins – Judaism,  
Zarathosht no diso – Zoroastrian,  
Boxing Day,  
Kwanzaa begins,  
Bank Holiday – England, Wales,  
Scotland, Northern Ireland and  
ROI.

## 28th

Holy Innocents – Christian.

## 29th

Feast of the Holy Family  
– Christian.

## 31st

Watch Night – Christian,  
New Year's Eve/Hogmanay.