

DISABILITY AWARENESS DATES 2026

JANUARY 4 - WORLD BRAILLE DAY	FEBRUARY DIGNITY ACTION MONTH HEART MONTH 6 - TIME TO TALK DAY 4 - WORLD CANCER DAY 9 - INTERNATIONAL EPILEPSY DAY 28 - RARE DISEASE DAY	MARCH BRAIN TUMOUR AWARENESS MONTH 3 - WORLD HEARING DAY 16-22 - NEURODIVERSITY CELEBRATION WEEK 21 - WORLD DOWN SYNDROME DAY 30 - WORLD BIPOLAR DAY
APRIL 2 - WORLD AUTISM AWARENESS DAY 11 - WORLD PARKINSON'S DAY 20-26 - MS AWARENESS WEEK	MAY 10 - WORLD LUPUS DAY 11-17 - MENTAL HEALTH AWARENESS WEEK 21 - GLOBAL ACCESSIBILITY AWARENESS DAY 19-25 - DEMENTIA ACTION WEEK & ACTION FOR BRAIN INJURY WEEK	JUNE 1-7 - WORLD HEART RHYTHM WEEK 8-14 - CARERS' WEEK 8-14 - MEN'S HEALTH WEEK 9-14 - DIABETES WEEK 15-21 - LEARNING DISABILITY WEEK 22-28 - DEAFBLIND AWARENESS WEEK
JULY 24 - SAMARITANS AWARENESS DAY 25 - NATIONAL SCHIZOPHRENIA AWARENESS DAY	AUGUST	SEPTEMBER TBC - OCCUPATIONAL HEALTH AWARENESS WEEK 23 - INTERNATIONAL DAY OF SIGN LANGUAGES 14-20 - NATIONAL INCLUSION WEEK
OCTOBER ADHD AWARENESS MONTH 6 – WORLD CEREBRAL PALSY DAY TBC – DYSLEXIA AWARENESS WEEK TBC - OCD AWARENESS WEEK 8 – WORLD SIGHT DAY 10 – WORLD MENTAL HEALTH DAY 18 – WORLD MENOPAUSE DAY 20 – WORLD OSTEOPOROSIS DAY	NOVEMBER TBC - PURPLE TUESDAY 14 - 20 DEC - UK DISABILITY HISTORY MONTH TBC - CARERS RIGHTS DAY	DECEMBER 3 - INTERNATIONAL DAY OF PERSONS WITH DISABILITIES