Calendar | Mìosachan

2027



Healthy Body Healthy Mind

Bodhaig Fhallain Inntinn Fhallain

Images from staff and students

Dealbhan bho luchd-obrach is oileanaich



Glen Dickson
Student
UHI North, West and Hebrides

January | Am Faoilleach 2027

January is Alcohol Concern Dry January, Veganuary, and Cervical Cancer Awareness Month.
Follow the Health and Wellbeing Facebook page and join us for #NewYearNewYou

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Special days/weeks

1	New Year's Day
3	Festival of Sleep Day
4	World Braille Day, Lailat al-Miraj (Islam)
5	Twelfth Night (Christian)
6	Epiphany (Christian)
11	Human Trafficking Awareness Day, Vasant Panchami (Hindu)
13	Lohri/Maghi (Hindu, Sikh)
15	Guru Gobind Singh Birthday (Sikh)
17	World Religion Day
18	Martin Luther King Day, Brew Monday (Samaritans)
18 to 24	Cervical Cancer Prevention Week
22	Thaipusam (Hindu), Mahayana New Year (Buddhist), Lailat al Bara'ah (Islam)
22 to 23	Shevat/Tu Bishvat (Judaism)
24	International Day of Education
25	Burns Night (Scotland)
27	Holocaust Memorial Day

Services available for all students at:
Seirbheisean rim faotainn don a h-uile oileanach aig:
uhi.ac.uk/support



Rebecca Madlener Student | Sabhal Mòr Ostaig

February | An Gearran 2027

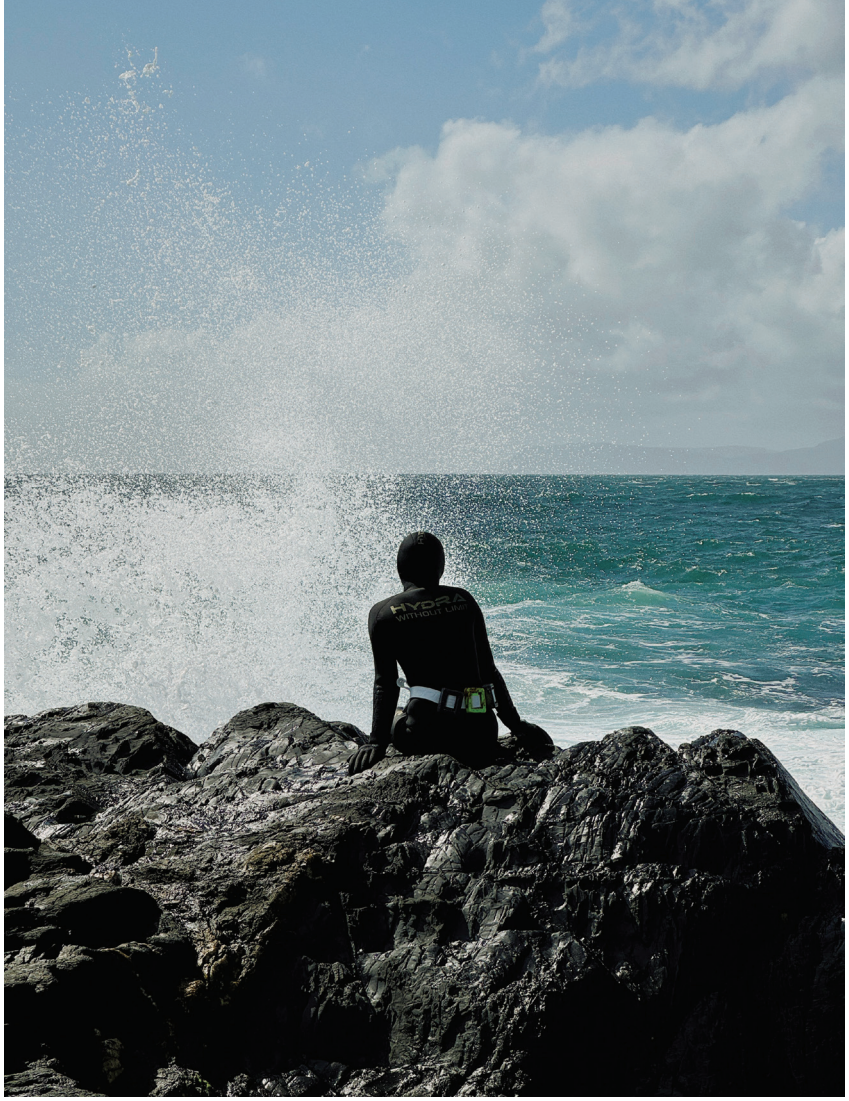
February is LGBTQ+ History Month and National Heart Month.
Follow the Health and Wellbeing Facebook page for more student and health related events

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Special days/weeks

1	World Hijab Day
1 to 2	Imbolc (Wicca/Pagan)
1 to 7	Sexual Abuse and Sexual Violence Awareness Week
2	Candlemas (Christian)
4	World Cancer Day, Time To Talk Day
6	Lunar/Chinese New Year, International Day of Zero Tolerance to Female Genital Mutilation
7	Start of Ramadan (Islam)
10	Ash Wednesday/Start of Lent (Christian)
11	International Day of Women and Girls in Science
14	Valentine's Day, International Book Giving Day
15	Nirvana Day (Buddhist)
17	Random Acts of Kindness Day
19	Care Day
21	Magha Puja/Makha Bukha (Buddhist)
22 to 28	Eating Disorders Awareness Week
26	International STAND UP to Bullying Day
28	Rare Disease Day

Services available for all students at:
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uhi.ac.uk/support



Berit Schonfelder
Student
Scottish Association
for Marine Science

March | Am Màrt 2027

March is Women's History Month, Prostate Cancer Awareness Month, Ovarian Cancer Awareness Month, Brain Tumour Awareness Month, Endometriosis Awareness Month, and the Marie Curie Daffodil Appeal. Follow the Health and Wellbeing Facebook page for more student and health related events

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Special days/weeks

1	St. David's Day, International Wheelchair Day, Zero Discrimination Day
3	World Hearing Day
4	World Book Day
6	Laylat al-Qadr (Islam), Maha Shivaratri (Hindu)
7 to 13	Multiple Sclerosis (MS) Awareness Week
8	International Women's Day
9 to 10	Eid al-Fitr (Islam) (Ramadan ends)
10	National No Smoking Day
11	University Mental Health Day
15 to 21	Neurodiversity Celebration Week, Sign Languages Week
17	St. Patrick's Day
18	Global Recycling Day
19	World Sleep Day
20	International Day of Happiness, Ostara/Spring Equinox (Wicca/Pagan)
22	Holi (Hindu), World Water Day
22 to 23	Purim (Judaism)
22 to 28	World Autism Acceptance Week
23 to 25	Hola Mohalla (Sikh)
26	Good Friday (Christian)
27	Earth Hour Day
28	Easter Sunday (Christian)
30	World Bipolar Day

Services available for all students at:
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John Scott Student | UHI Inverness

April | An Giblean 2027

April is Autism Acceptance Month, Stress Awareness Month, Testicular Cancer Awareness Month, Bowel Cancer Awareness Month, and Care Experienced History Month. Follow the Health and Wellbeing Facebook page for more student and health related events

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Special days/weeks

2	World Autism Awareness Day
7	World Health Day
7 to 15	Navratri (Hindu)
11	World Parkinsons Day
13	Vaisakhi/Baisakhi (Hindu and Sikh)
22	Earth Day
23	St George's Day
21 to 29	Pesach/Passover (Judaism)
26 April to 2 May	Lesbian Visibility Week
28	Stop Food Waste Day
29	On Your Feet Britain Day

Services available for all students at:
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Kieran Thompson Staff | UHI Perth

May | An Cèitean 2027

May is Skin Cancer Awareness Month, Coeliac Awareness Month, Stroke Awareness Month, and National Walking Month.
Follow the Health and Wellbeing Facebook page for more student and health related events

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Special days/weeks

1	Beltane (Wicca/Pagan)
2	World Laughter Day
3 to 9	Deaf Awareness Week, Dying Matters Awareness
10 to 16	Mental Health Awareness Week, Sun Awareness Week
15 May to 15 June	Tourettes Awareness Month
17	International Day Against Homophobia and Transphobia, Eid al-Adha (Islam)
19	World IBD Day
20	Global Accessibility Awareness Day
20 to 21	20 to 21 Pesach Sheni/Second Passover (Judaism)
15 to 21	Neurodiversity Celebration Week, Sign Languages Week
21	World Meditation Day
24	Buddha Day (Buddhism), World Schizophrenia Day
24 to 25	Lag B'Omer (Judaism)
29	World Digestive Health Day
30	World Multiple Sclerosis (MS) Day
31	World No Tobacco Day

Services available for all students at:
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Hannah Vincent Staff | UHI Perth

June | An t-Ògmhios 2027

June is LGBTQ+ Pride Month. Follow the Health and Wellbeing Facebook page for more student and health related events.

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Special days/weeks

1 to 7	Volunteers' Week
2	World Eating Disorders Action Day
5	World Environment Day
6	Muharram (Islam)
7	Tourettes Awareness Day
7 to 13	Volunteers' Week, Carers Week
8	World Oceans Day
10 to 12	Shavuot (Judaism)
14	World Blood Donor Day
14 to 20	Loneliness Awareness Week, Learning Disability Week, Men's Health Week
15	Day of Ashura/Muharram (Islam)
18	Autistic Pride Day, Stop Cyber Bullying Day
20	World Refugee Day
21	Summer Solstice/Litha (Wicca/Pagan)
24 to 30	World Wellbeing Week, Deafblind Awareness Week
27	National PTSD Awareness Day

Services available for all students at:
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Ruth Webster Staff | UHI Inverness

July | An t-Iuchar 2027

July is Plastic Free Month, Sarcoma Awareness Month, and Disability Pride Month.
Follow the Health and Wellbeing Facebook page for more student and health related events

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Special days/weeks

1	Asalha Puja/Dharma Day (Buddhist)
5 to 11	Alcohol Awareness Week
17	World Emoji Day
24	International Self Care Day, Samaritans Awareness Day
25	National Schizophrenia Awareness Day
25	World Drowning Prevention Day
28	World Hepatitis Day
30	International Friendship Day

Services available for all students at:
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Edina Szeles Staff | UHI Shetland

August | An Lùnastal 2027

August is Psoriasis Awareness Month, National Wellness Month, and Happiness Happens Month.
Follow the Health and Wellbeing Facebook page for more student and health related events

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Special days/weeks

1	Lughnassadh/Lammas (Wicca/Pagan)
5	Cycle to Work Day
9	International Day of the World's Indigenous People
15	National Relaxation Day, Milad un-Nabi (Islam)
17	Raksha Bandhan (Hindu)
17 to 18	Tu B'Av (Judaism)
19	World Humanitarian Day
30	International Friendship Day
30	National Grief Awareness Day

Services available for all students at:
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Daniel Anderson Staff | UHI Inverness

Winner

September | An t-Sultain 2027

September is World Alzheimer's Month, Thyroid Cancer Awareness Month, Blood Cancer Awareness Month, and Sleeptember.
Follow the Health and Wellbeing Facebook page for more student and health related events

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Special days/weeks

4	World Sexual Health Day
6	National Read a Book Day
8	World Literacy Day
10	World Suicide Prevention Day, Stand Up To Cancer Day
12	Mindfulness Day
13	World Sepsis Day, Positive Thinking Day
21	International Day of Peace, World Alzheimer's Day, Mabon/Autumn Equinox (Wicca/Pagan)
23	International Day of Sign Languages
29	World Heart Day

Services available for all students at:
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Anne Dahlmann Staff | UHI Inverness

October | An Dàmhair 2027

October is Breast Cancer Awareness Month, Bullying Prevention Month, GoSober for October, Stoptober (Smoking), ADHD Awareness Month, and Black History Month. Follow the Health and Wellbeing Facebook page for more student and health related events

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Special days/weeks

1 to 3	Rosh Hashanah (Judaism)
4 to 10	Dyslexia Awareness Week
8	World Dyslexia Awareness Day, World Sight Day
9	Dussehra (Hindu)
10	World Mental Health Day
10 to 11	Yom Kippur (Judaism)
11 to 17	OCD Awareness Week
15 to 22	Sukkot (Judaism)
17	International Students' Day
18	Anti-Slavery Day
18 to 24	Invisible Disabilities Week
20	Installation of Scriptures as Guru Granth (Sikh)
22 to 23	Shemini Atzeret (Judaism)
25 October to 1 November	Care Experienced Week (Scotland)
29	Diwali (Hindu)
31	All Hallow's Eve (Christian), Samhain/Hallowe'en (Wicca/Pagan)

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Darren Calder
Student
UHI Inverness

November | An t-Samhain 2027

November is Movember (Men's Health Awareness Month), Diabetes Awareness Month, Lung Cancer Awareness Month, Pancreatic Cancer Awareness Month, and National Care Leavers Month. Follow the Health and Wellbeing Facebook page for more student and health related events

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Special days/weeks

1	All Saints' Day (Christian)
3	Stress Awareness Day
4 to 5	Chhath Puja (Hindu)
9	Social Media Kindness Day
11	Armistice Day
13	World Kindness Day, Kartik Purnima (Hindu)
14	World Diabetes Day, Remembrance Sunday (UK)
15 to 21	Anti-Bullying Week, Self-Care Week
16 November to 16 December	Disability History Month
19	International Men's Day
20	Transgender Day of Remembrance, Carers Rights Day
22 to 28	Estranged Students Solidarity Week
25	International Day for the Elimination of Violence Against Women, Start of 16 Days of Activism to End Violence Against Women and Children
30	St. Andrew's Day (Christian), Giving Tueday

Services available for all students at:
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Sandra Cairncross Student | Sabhal Mòr Ostaig

December | An Dùbhlachd 2027

December is SAD Awareness Month. Follow the Health and Wellbeing Facebook page and join us for #DestressDecember

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Special days/weeks

1	World AIDS Day
2	International Day for the Abolition of Slavery
2 to 8	Grief Awareness Week
3	International Day of Persons with Disabilities, Fuel Poverty Awareness Day
5	International Volunteers Day
8	Bodhi Day (Buddhist)
9	Gita Jayanti (Hindu), Christmas Jumper Day (Save the Children)
10	International Human Rights Day
16	Dhanu Sankranti (Hindu)
21	Yule/Winter Solstice (Wicca/Pagan)
24 December to 1 January	Hanukkah (Judaism)
24	Christmas Eve
25	Christmas Day (Christian)

Services available for all students at:
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