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Datum  
Date October 2016  
Umhla



Department van Gesondheid  
Department of Health  
iSebe lezeMpilo

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Heads of Directorates, Districts, Sub-Structures, Institutions  
Facility and Programme Managers

# *Health Calendar 2017*

CBP: Health Promotion is proud to produce the 23<sup>rd</sup> edition of the Health Calendar in 2017.

The Health Promotion Unit invited organisations and departments to supply dates, themes and contacts for their health days. This information was collated and now appears in this circular and on a colourful wall calendar.

The Health Promotion Unit thanks its partner, The HIV, AIDS, STI and TB Directorate for its willingness to sponsor the printing of the Health Calendar.

The new dates on the Health Calendar are International Day for Biological Diversity (May); Movement for Health Day (May); Anti-Tobacco Campaign Month (May); Club Foot Awareness Day (June); International Coastal Cleanup Day (September).

Our daily activities are complemented by these awareness days. We use them to strengthen our coaching of clients to adopt healthier behaviours.

Yours in promoting wellness

James A. Kruger  
Director: HAST Programmes  
Western Cape Government: Health

# January

January	SunSmart: Skin Cancer and Environmental Awareness Month	Cancer Association of South Africa (CANSA) ☎ 021-689 5347
4	International Braille Day	SA National Council for the Blind ☎ 012-452 3811
29	World Leprosy Day <i>"Saving hands, feet and eyes with early treatment"</i>	The Leprosy Mission ☎ 021-785 2681/073 470 3185

# February

February	SunSmart: Skin Cancer and Environmental Awareness Month	Cancer Association of South Africa (CANSA) ☎ 021-689 5347
February	STI/Condom Month	WCG: HAST ☎ 021-483 4284
February	Paediatric Surge Season	WCG: FBP ☎ 021-483 4266
2	World Wetlands Day	Environmental Affairs and Development Planning ☎ 021-483 5580
4	Lace up for Cancer	Hospice Palliative Care Association ☎ 079 953 3003
4	World Cancer Day	Cancer Association of South Africa (CANSA) ☎ 021-689 5347 GVI Oncology ☎ 082 551 3310
8-14	National Epilepsy Week	Epilepsy South Africa ☎ 021-556 3753
12-19	Teen Suicide Prevention Week	The S.A Depression and Anxiety Group ☎ 011-234 4837/0800 708090
13	International Epilepsy Day	Epilepsy South Africa ☎ 021-556 3753
18-26	Pregnancy Education Week <i>"The perfect dance of birth hormones"</i>	Baby Talk Consulting CC ☎ 083 227 6712

# March

March	Balanced Lifestyle: Colorectal Cancer Awareness Month	Cancer Association of South Africa ☎ 021-689 5347
March	Paediatric Surge Season	WCG: FBP ☎ 021-483 4266
March	Intellectual Disability Awareness Month	Cape Mental Health ☎ 021-447 0212 SA Federation for Mental Health ☎ 011-781 1852

1-7	Human Milk Banking Week <i>"Donor Breastmilk – A Lifeline"</i>	Milk Matters ☎ 021-659 5599/082-895 8004 WCG: Nutrition ☎ 021-483 8664
3	World Hearing Day	Audiologist ☎ 021-377 4750
4-12	Skin-to-skin for all moms and babies at birth and beyond week <i>"The perfect dance of birth hormones"</i>	Baby Talk Consulting CC ☎ 011-827 4810 / 083 227 6712
8	International Women's Day	
9	World Kidney Day <i>"Kidney disease and Obesity: Healthy Lifestyle for healthy kidneys"</i>	National Kidney Foundation of SA ☎ 011-447 2531
11	No Smoking Day	UCT Lung Institute ☎ 021-406 6125
12-18	World Glaucoma Week	
16-22	Salt Awareness Week	Heart and Stroke Foundation SA ☎ 021-422 1586
20-24	Brain Injury Awareness Week	The ComaCare Trust ☎ 021 447 2382
21	International Down Syndrome Day <i>"It's all in the genes"</i>	Down Syndrome Association Western Cape ☎ 021-919 8533 SA Federation for Mental Health ☎ 011-781 1852
21	Human Rights Day	Iziko Museum ☎ 021-481 3800 Department of Social Development ☎ 021-483 4714 WC Archives and Records Services ☎ 021-483 0422
22	World Water Day	Environmental Affairs and Development Planning ☎ 021-483 5580 Department of Water and Sanitation ☎ 021-941 6290/082 677 3149
22	National Rheumatoid Awareness Day	The Arthritis Foundation of SA ☎ 021-425 4759
23	World Meteorological Day <i>"Understanding Clouds"</i>	Climate Information (SA Weather Service) ☎ 012 367 6000
24	World Tuberculosis Day	UCT Lung Institute ☎ 021-406 6864 WCG: HAST ☎ 021-483 6099 Unit for Infection Prevention & Control (UIPC) ☎ 021-938 5051
30	World Bipolar Awareness Day	SA Federation for Mental Health ☎ 011-781 1852

# April

April	Balanced Lifestyle: Colorectal Cancer Awareness Month	Cancer Association of South Africa ☎ 021-689 5347
April	Health Awareness Month	Heart and Stroke Foundation SA ☎ 021-422 1586
7	World Health Day  "60+ Counts"	Heart and Stroke Foundation SA ☎ 021-422 1586 Age-in-Action ☎ 021-426 4249
11	World Parkinson's Day  "60+ Counts"	Age-in-Action ☎ 021-426 4249
16	Advance Healthcare Planning Day	Hospice Palliative Care Association ☎ 079 953 3003
17	World Haemophilia Day	SA Haemophilia Foundation ☎ 021-785 7140/082 788 1038
23	World Book Day	Centre for the Book ☎ 021-423 2669
26	Medical Laboratory Professionals Day  "Anti-Biotic Resistance"	Society for Medical Laboratory Technology SA ☎ 021-531 1231
27	Freedom Day	Iziko Museum ☎ 021-481 3800
28	World Day for Safety & Health at Work	

# May

May	Anti-Tobacco Campaign Month	Heart and Stroke Foundation SA ☎ 021-422 1586
2	World Asthma Day	UCT Lung Institute ☎ 021-406 6125
4	International Fire Fighters Day  "Live to tell"	Disaster Management & Fire Brigade ☎ 021-937 6334
5	International Midwives Day	WCG: Mowbray Maternity Hospital ☎ 021-659 4901
5	World Hand Hygiene Day	Unit for Infection Prevention & Control (UIPC) ☎ 021-938 5051
6	International No-Diet Day	
7-14	Hospice Week	Hospice Palliative Care Association ☎ 079 953 3003
8-12	Health Promoting Schools Week	HPS Reference Group ☎ 021-391 5899
8-12	National Archives Week  "Archives Promoting Youth Education"	WC Archives and Records Services ☎ 021-483 0422
10	Movement for Health Day	SA Society of Physiotherapy ☎ 011-615 3170

10	National Lupus Awareness Day	The Arthritis Foundation of SA ☎ 021-425 4759
12	International Nurses Day	Denosa ☎ 021-949 1180
15	International Family Day "60+ Counts"	Age-in-Action ☎ 021-426 4249
15	International Day for Families	Department of Social Development ☎ 021-483 4153 FAMSA ☎ 021-447 7951
17	World Hypertension Day  "60+ Counts"	Heart and Stroke Foundation SA ☎ 021-422 1586 Age-in-Action ☎ 021-426 4249
17	World Telecommunication Day	
18	International Museum Day <i>"Museums and contested histories: saying the unspeakable in museums"</i>	Centre for Conservation Education ☎ 021-762 1622 Iziko Museum ☎ 021-481 3800
18	World AIDS Vaccine Day <i>"Imagine a World without AIDS"</i>	Desmond Tutu HIV Foundation ☎ 021-650 1966
21	AIDS Candlelight Memorial Day	WCG: Health Promotion ☎ 021-483 9930
22	International Day for Biological Diversity	Environmental Affairs and Development Planning ☎ 021-483 5580
25	Africa Day	Iziko Museums ☎ 021-481 3800 Department of Social Development ☎ 021-483 4714 WC Archives and Records Services ☎ 021-483 0422
26	Bipolar Awareness Day	The S.A Depression and Anxiety Group ☎ 011-234 4837
31	World No-Tobacco Day	Cancer Association of SA (CANSA) ☎ 021-689 5347 UCT Lung Institute ☎ 021-406 6125 Heart and Stroke Foundation SA ☎ 021-422 1586

# June

June	National Blood Donor Month	WP Blood Transfusion Services ☎ 021-507 6368
June	Children and Youth Month	Department of Social Development ☎ 021-483 4153/8997

June	Child Protection Month <i>"Children's Rights, Child Protection/safeguarding"</i>	RAPCAN ☎ 021 712 2330/ www.rapcan.org.za
June	Household Energy Safety Month <i>" Household Energy Safety"</i>	HESASA ☎ 021-592 7906
1	International Children's Day	Department of Social Development ☎ 021-483 4153
3	Club Foot Awareness Day <i>"We will walk with you"</i>	Steps Charity ☎ 021-462 7357/021-462 7857
4	Cancer Survivors Day	GVI Oncology ☎ 082 551 3310
5	World Environment Day	Environmental Affairs and Development Planning ☎ 021-483 5580
7	International Cancer Survivor's Day <i>"CANSAs on the Move for the Youth"</i>	Cancer Association of South Africa (CANSAs) ☎ 021-689 5347
8	World Oceans Day	Environmental Affairs and Development Planning ☎ 021-483 5580
9	International Archives Day	WC Archives and Records Services ☎ 021-483 0422
11	Day of the African Child	Department of Social Development ☎ 021-483 4153
14	World Blood Donor Day <i>"Do something remarkable. Donate blood"</i>	WP Blood Transfusion Service ☎ 021-507 6368
15	World Elder Abuse Awareness Day  <i>"60+ Counts"</i>	Action on Elder Abuse SA ☎ 021-426 5255 Age-in-Action ☎ 021-426 4249
16	Youth Day  <i>"Transforming individuals through transforming an environment"</i>	Department of Social Development ☎ 021-483 8997 Iziko Museum ☎ 021-481 3800 WCG: HAST ☎ 021-483 6099 Cape Town Drug Counselling Centre ☎ 021-447 8026 WC Archives and Records Services ☎ 021-483 0422
17	World Day to combat Desertification and Drought	Environmental Affairs and Development Planning ☎ 021-483 5580
24-30	SANCA Week <i>"Kick your habit"</i>	SANCA ☎ 021-945 4080
26	Substance Abuse Awareness Day	The S.A Depression and Anxiety Group ☎ 011-234 4837
26	International Day Against Drug Abuse and Illicit Trafficking <i>"Transforming individuals through transforming an environment"</i>	SANCA ☎ 021-945 4080 SA Federation for Mental Health ☎ 011-781 1852

# July

July	Psychosocial Disability Awareness Month	Cape Mental Health ☎ 021-447 0212 SA Federation for Mental Health ☎ 011-781 1852
July	Mental Health Awareness Month	The S.A Depression and Anxiety Group ☎ 011-234 4837
July	CANSA on the Move for the Youth	Cancer Association of South Africa ☎ 021-689 5347
6	World Zoonosis Day <i>"Prevention of the transmission of diseases from animals (domestic &amp; wild) to human"</i>	SPCA ☎ 021-700 4140
10	Panic Awareness Day	The S.A Depression and Anxiety Group ☎ 011-234 4837
11	World Population Day	Department of Social Development ☎ 021-483 5601 Environmental Affairs and Development Planning ☎ 021-483 5580
18	Nelson Mandela International Day <i>"Take Action, Inspire Change and make everyday a Mandela Day"</i> <i>"60+ Counts"</i>	Nelson Mandela Foundation ☎ 011-547 5600 Age-in-Action ☎ 021-426 4249
24	International Self-Care Day	SMASA ☎ 012-803 5955
27	National Osteoarthritis Awareness Day	The Arthritis Foundation of SA ☎ 021-425 2344/4759
28	World Hepatitis Day	
31 July - 5 August	CANSA Care Week: Women's Health: Cervical/Breast and Lymphoedema	Cancer Association of South Africa ☎ 021-689 5347

# August

August	Organ Donor Month	Organ Donor Foundation ☎ 0800 226611 (toll free)
August	Child Safety Month	Childsafe ☎ 021-685 5208
August	Women's Month	Department of Social Development ☎ 021-483 4714
1-6	Rheumatic Fever Week	Heart and Stroke Foundation SA ☎ 021-422 1586
1-7	Breastfeeding Week	WCG: Nutrition ☎ 021-483 8664

9	National Women's Day  <i>"Celebrating Women in long term recovery"</i>	Iziko Museum ☎ 021-481 3800 Department of Social Development ☎ 021-483 4714 Cape Town Drug Counselling Centre ☎ 021-447 8026 WC Archives and Records Services ☎ 021-483 0422
21	National Fibromyalgia Awareness Day	The Arthritis Foundation of SA ☎ 021-425 4759
21-27	National Electricity Safety Week	Eskom ☎ 012-421 6620/084 628 6263
21-27	National Cerebral Palsy Week <i>"National Awareness raising on all aspects relative to Cerebral Palsy"</i>	National Association for Persons with Cerebral Palsy ☎ 011-609 3252/082 349 9630
28	African Traditional Medicine Day	Inyangi Forum ☎ 021-483 4284

# September

September	Oral Health Month <i>"It all starts here"</i>	WCG: Oral Health ☎ 021-937 3198/89
September	Women's Health: Cervical Awareness Childhood Cancer Awareness	Cancer Association of South Africa ☎ 021-689 5347
September	Muscular Dystrophy Awareness Month	Muscular Dystrophy Foundation ☎ 021-592 7306/084 557 1423
September	Heart Awareness Month	Heart and Stroke Foundation SA ☎ 021-422 1586
September	National Month of Deaf People	Deaf Federation of South Africa (DEAFSA) ☎ 011-482 1610
September	Dementia Awareness Month	Dementia SA ☎ 086 0636 679
September	Alzheimer's Month <i>"Raising Awareness of Alzheimer's disease"</i>	Alzheimer's South Africa ☎ 021-979 2724/ <a href="http://www.alzheimers.org.za">www.alzheimers.org.za</a>
1-7	Arbor Week	Environmental Affairs and Development Planning ☎ 021-483 5580
4-8	Pharmacy Week	WCG: Pharmacy Services ☎ 021-483 4567
4 - 8	Kidney Awareness Week <i>"Kidney disease and Obesity: Healthy Lifestyle for healthy kidneys"</i>	National Kidney Foundation of SA ☎ 011-447 2531
4-10	National Physiotherapy Back Week	SA Society of Physiotherapy ☎ 011-615 3170
8	International Literacy Day	Centre for the Book ☎ 021-423 2669
9	International Fetal Alcohol Spectrum Disorders Day (FASD) <i>"Create awareness of the dangers of drinking alcohol during pregnancy. Prevention of FASD"</i>	SANCA ☎ 021-945 4080 FASIC ☎ 082-509 9530

10	World Suicide Prevention Day	The S.A Depression and Anxiety Group ☎ 011-234 4837 SA Federation for Mental Health ☎ 011-781 1852
16	World Ozone Day  International Coastal Cleanup	Environmental Affairs and Development Planning ☎ 021-483 5580
21	World Alzheimer's Day  <i>"Raising Awareness of Alzheimer's disease"</i>  <i>"60+ Counts"</i>	Dementia SA ☎ 021-421 0077/8 Alzheimer's South Africa ☎ 021-979 2724/ <a href="http://www.alzheimers.org.za">www.alzheimers.org.za</a> Age-in-Action ☎ 021-426 4249
24	Heritage Day	WC Archives and Records Services ☎ 021-483 0422 Iziko Museum ☎ 021-481 3800
25-29	Week long activities to increase awareness on Substance Abuse  <i>"Transforming individuals through transforming an environment"</i>	Cape Town Drug Counselling Centre ☎ 021-447 8026
25 Sept.- 1 Oct.	Week of Older Persons  <i>"60+ Counts"</i>	Age-in-Action ☎ 021-426 4249
26	World Environmental Health Day	Environmental Affairs and Development Planning ☎ 021-483 5580
26	International Day against Drug Abuse and Illicit Trafficking  <i>"Transforming individuals through transforming an environment"</i>	Cape Town Drug Counselling Centre ☎ 021-447 8026
27	World Tourism Day	
28	World Rabies Day  <i>"Prevention of the transmission of diseases from animals (domestic &amp; wild) to human"</i>	SPCA ☎ 021-700 4140
29	World Heart Day	Heart and Stroke Foundation SA ☎ 021-422 1586

# O ctober

October	Mental Health Awareness Month	Cape Mental Health ☎ 021-447 0212 SA Federation for Mental Health ☎ 011-781 1852
October	Women's Health: Breast and Lymphoedema Awareness Month	Cancer Association of South Africa ☎ 021-689 5347 PinkDrive ☎ 011-998 8022
October	Social Development Month	Department of Social Development ☎ 021-483 4714

October	Eye Care Awareness Month	SA National Council for the Blind ☎ 012-452 3811
1	International Day of Older Persons  <i>"60+ Counts"</i>	Department of Social Development ☎ 021-483 9956 Age-in-Action ☎ 021-426 4249
1	Grandparents' Day <i>"60+ Counts"</i>	Age-in-Action ☎ 021-426 4249
2	World Habitat Day	Environmental Affairs and Development Planning ☎ 021-483 5580
2-6	Occupational Therapy Week	Occupational Therapy Association ☎ 012-362 5457
2-8	National Animal Week	SPCA
4	World Animal Day	☎ 021-700 4140
7	National Recreation Day <i>"Employee Wellness"</i>	Department of Cultural Affairs and Sport ☎ 074 883 6680
8-14	Eye Care Awareness Week	SA National Council for the Blind ☎ 012-452 3811
9-15	National Nutrition Week	WCG: Nutrition ☎ 021-483 8664 Heart and Stroke Foundation SA ☎ 021-422 1586
10	World Mental Health Day	The S.A Depression and Anxiety Group ☎ 011-234 4837 SA Federation for Mental Health ☎ 011-781 1852
10	International Day for Homeless People	Department of Social Development ☎ 021-483 6104
12	World Sight Day	SA National Council for the Blind ☎ 012-452 3811
12	World Arthritis Day  <i>"60+ Counts"</i>	The Arthritis Foundation of SA ☎ 021-425 4759 Age-in-Action ☎ 021-426 4249
12-18	National Marine Week	Environmental Affairs and Development Planning ☎ 021-483 5580
13	International Day for Disaster Reduction <i>"Live to tell"</i>	Disaster Management & Fire Brigade ☎ 021-937 6334
14	World Hospice and Palliative Care Day	Hospice Palliative Care Association ☎ 079 953 3003
15	International White Cane Safety Day	SA National Council for the Blind ☎ 012-452 3811
15	Global Handwashing Day	Department of Water and Sanitation ☎ 021-941 6063/082 677 3149 Unit for Infection Prevention & Control (UIPC) ☎ 021-938 5051

15 - 19	National Obesity Week	Heart and Stroke Foundation SA ☎ 021-422 1586
16	World Food Day	WCG: Nutrition ☎ 021-483 8664
17	International Day for the Eradication of Poverty	
20	National Down Syndrome Day <i>"It's all in the genes"</i>	Down Syndrome Association Western Cape ☎ 021-919 8533
20	World Osteoporosis Day <i>"Love your Bones"</i>	National Osteoporosis Foundation of SA ☎ 021-976 4995
27	International Occupational Therapy Day	Occupational Therapy Association ☎ 012-362 5457
28 Oct- 3 Nov	Stroke Week	Heart and Stroke Foundation SA ☎ 021-422 1586
29	World Stroke Day	Heart and Stroke Foundation SA ☎ 021-422 1586
29	World Psoriasis Day <i>"Fight prejudice, stigmatisation and discrimination. Raise awareness, understanding and hope. Gain access to proper diagnosis, treatment and improved quality of life"</i>	SA Psoriasis Association ☎ 082 4069 725
30 Oct - 4 Nov	CPR Week	Resuscitation Council of SA ☎ 083 629 0003

# November

November	Men's Health: Prostate and Testicular Awareness Month	Cancer Association of South Africa ☎ 021-689 5347
November	Disability Month	Department of Social Development ☎ 021-483 4015
November	Carer's Month	WCG: Community Based Programme (CBP) ☎ 021-483 9945
1	National Children's Day	Department of Social Development ☎ 021-483 4153
4	CPR Day	Resuscitation Council of SA ☎ 083 629 0003
12	World Pneumonia Day	
13-18	National Diabetes Week	Diabetes SA
14	World Diabetes Day <i>"Eyes on Diabetes"</i> <i>"60+ Counts"</i>	☎ 021-425 4440 Age-in-Action ☎ 021-426 4249
13-17	Kangaroo Mother Care Week	WCG: Mowbray Maternity Hospital ☎ 021-659 5594
17	World Prematurity Day  <i>"Wear Purple for Premies and help raise awareness about the needs of prematurely born babies. EVERY BABY COUNTS"</i>	WCG: Mowbray Maternity Hospital ☎ 021-659 5594 Newborns: Groote Schuur Trust ☎ 021-404 50 25/23; <a href="http://www.newborns.org.za">www.newborns.org.za</a>

19	International Men's Day	Department of Social Development ☎ 021-483 8227/4115
19	World Toilet Day	Department of Water and Sanitation ☎ 021-941 6063/082 677 3149
21	World Fisheries Day	
22	Complementary Therapies Day	The Arthritis Foundation of SA ☎ 021-425 4759
25Nov-10 Dec.	16 days of activism for no violence against women and children	Department of Social Development ☎ 021-483 4303

# December

December	SunSmart: Skin Cancer and Environmental Awareness Month	Cancer Association of SA (CANSA) ☎ 021-689 5347
1	World AIDS Day  "60+ Counts"	WCG: HAST ☎ 021-483 9938/3458 FAMSA ☎ 021-447 7951 Iziko Museum ☎ 021-481 3800 Department of Social Development ☎ 021-483 3956 Age-in-Action ☎ 021-426 4249 WCG: Mowbray Maternity Hospital ☎ 021-659 5916 Cape Town Drug Counselling Centre ☎ 021-447 8026
1	Emancipation of Slaves Day	Iziko Museums ☎ 021-481 3804/12 WC Archives and Records Services ☎ 021-483 0422
3	International Day for Persons with Disabilities	WC Association for Persons with Disabilities ☎ 021-555 2881 Epilepsy South Africa ☎ 021-556 3753 SA Federation for Mental Health ☎ 011-781 1852
5	International Volunteer Day	Cancer Association of SA (CANSA) ☎ 021-689 5347
10	International Human Rights Day	
16	Reconciliation Day	Iziko Museums ☎ 021-481 3800