

2025 COMMUNITY CALENDAR

NHS
North West
Ambulance Service
NHS Trust





SPECIAL DATES

- 1 New Year’s Day
- 4 World Braille Day
- 21-28 Cervical Cancer Prevention Week
- 19 World Religion Day
- 27 International Holocaust Memorial Day



Happy new year everyone! I hope 2025 brings you, your family and friends, good health and happiness. As we begin another year, I would like to start by saying thank you to Team NWAS for all your hard work over the last 12 months. I’d also like to express my gratitude to our communities for their continued support.



SALMAN DESAI KAM
Chief Executive



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 New Year's Day	2	3	4	5
6 Epiphany (C) Birthday of Guru Gobind Singh (S)	7 Ethiopian Christmas Day (R)	8	9	10	11	12
13	14 Makar Sankranti (H)	15	16	17	18	19
20	21	22	23	24	25	26 Isra and Mi'raj (M)
27	28	29 Chinese New Year (Year of the Snake) (Ch)	30	31		

January



NHS
North West
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Race Equality Network

What the
Network does:

- support staff
- raise awareness of race
equality issues
- challenge racial disparities

SPECIAL DATES

LBGT+ History Month

- 1 Time to Talk Day
- 4 World Cancer Day
- 10-16 National Apprenticeship Week
- 3-9 Race Equality Week
- 28 International STAND UP to Bullying Day
- 24-2 Eating Disorder Awareness Week



This year's Race Equality Week focuses on #EveryActionCounts. This allows us to reflect and continue our work here at NWS to involve and engage with our black and ethnic minority communities across the region. Doing so means we can improve patient access and promote equality of opportunity within our workforce.



HEMLATA FLETCHER
Race Equality Network
Campaigns Officer
and Business Manager



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	2 Candlemas (C)
3	4	5	6	7	8	9
10	11	12 Magha Puja Day in Thailand (Bu) Lantern Festival (C) Tu B'Shevat (J)	13	14 St Valentine's Day (C)	15 Parinirvana Day (Bu)	16
17	18	19	20	21	22	23
24	25	26 Maha Shivaratri (H)	27	28 Nineteen Day Fast (Ba)		

February



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WE ARE THE
**WOMEN'S
NETWORK.**



NHS
North West
Ambulance Service
NHS Trust

**Race
Equality
Network**

What the
Network does:
- Staff
- Awareness of race
- Issues
- Large racial disparities

amb_Equality
Race.Equality@nwas.nhs.uk



**MAKING A
DIFFERENCE.**



**WORKING
TOGETHER.**

SPECIAL DATES

- 8** International Women's Day
- 20** International Day of Happiness
- 21** International Day for the Elimination of Racial Discrimination
- 31** International Transgender Day of Visibility

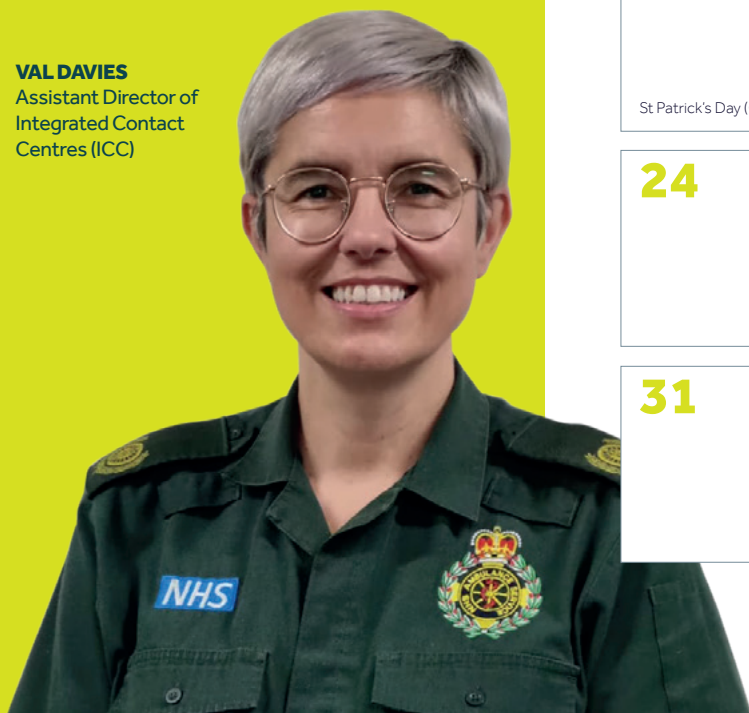


At the current rate of progress it will take 134 years to reach full gender parity, which is why being part of the Women's Network and promoting equality in the workplace is really important.



VAL DAVIES

Assistant Director of Integrated Contact Centres (ICC)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 St David's Day (C) Start of Ramadan (M)	2
3	4 Shrove Tuesday (C)	5 Lent (C) Ash Wednesday (C)	6	7	8	9
10	11	12	13 Purim (J)	14 Hola Mohalla (S) Holi (H)	15	16
17 St Patrick's Day (C)	18	19	20 Nowruz (New Year) (Ba)	21	22	23
24	25	26	27 Laylat al-Qadr (M)	28	29	30 Mothering Sunday (C) Eid al-Fitr (M)
31						

March



SPECIAL DATES

Stress Awareness Month

- 2 World Autism Awareness Day
- 7 World Health Organisation (WHO) World Health Day
- 26 Lesbian Visibility Day



International Stress Awareness Week is an opportunity to raise awareness around stress management and combating the stigma of stress and other mental health issues. We know what it is like to feel stressed and being under pressure is often a normal part of life but becoming overwhelmed by stress can lead to mental health problems or make existing problems worse. I find that splitting up big tasks into smaller, more manageable chunks, helps lighten the load.



JOSH REINKE
ICC Call Handler



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	2	3	4	5 Qingming Festival (Tomb Sweeping Day) (Ch)	6 Rama Navami (H)
7	8	9	10	11	12 Pesach (J)	13 Theravada New Year (Bu) Palm Sunday (C)
14 Vaisakhi (S)	15	16	17	18 Good Friday (C)	19	20 Easter Sunday (C) Ridvan – first day (Ba)
21 Anniversary of Haile Selassie's visit to Jamaica (R)	22	23 St George's Day (C)	24	25	26	27
28	29	30				

April



SPECIAL DATES

- 5-11 Deaf Awareness Week
- 12-18 Mental Health Awareness Week
- 17 International Day against Homophobia, Biphobia, Interphobia & Transphobia (IDAHOBIT)
- 18 Global Accessibility Awareness Day



The NWS LGBT+ network is here to support all LGBTQ+ staff and allies across the trust. IDAHOBIT is vital as it raises awareness about the challenges faced and promotes equality for our staff and the community that we serve.



ADAM WILLIAMS
Paramedic and LGBT
Network Chair



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1	2 <small>Ridvan – Final day (Ba)</small>	3	4
5 <small>Wesak, Buddha's Birthday (B)</small>	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22 <small>Declaration of the Bab (Ba)</small>	23	24	25
26	27 <small>Ascension of Baha'u'llah (Ba)</small>	28	29 <small>Ascension Day (C)</small>	30	31 <small>Dragon Boat Festival (Ch)</small>	

May



SPECIAL DATES

- Pride Month
- Armed Forces Month
- 1-7 Volunteers' Week
 - 9-15 Carers Week
 - 9-15 Men's Health Week
 - 15 Father's Day
 - 16-22 Learning Disability Week
 - 22 National Windrush Day
 - 25-2 Deaf Blind Awareness Week
 - 29 Armed Forces Day



I have been in the army reserves for 7 years. My current role is a Combat Medical Technician Class One and I also work full time as a paramedic outside of the army. Being able to transfer skills from both roles has been very beneficial and rewarding. Since being in the reserves, I have been on many exercises overseas and have had the opportunity to travel for adventure training such as skiing in Norway and working alongside other medics in Michigan, USA. NWAS has given me the flexibility to experience some life changing trips within the army and I can not wait for what the future holds within my reservist career and my NWAS career.



AMYLEIGH SMITH
Paramedic and
Army Reserve Corporal



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1 Shavuot (J)
2	3	4	5	6 Eid-UI-Adha (M)	7	8 Pentecost (C)
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25 Islamic New Year (M)	26	27	28	29
30						



June



SPECIAL DATES

- 5** Anniversary of the NHS
- 25** National Schizophrenia Awareness Day



Remember 111 is here for you. Call 111 or use NHS 111 online to make it easier and quicker for you to get the right advice or treatment you need, for a physical or mental health.



VICKY BLACKBURN
111 Service Delivery
Manager



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	2	3	4	5 <small>Ashura (M)</small>	6
7	8 <small>Martyrdom of the Bab (Ba)</small>	9	10	11	12	13
14	15	16	17	18	19	20 <small>Asalha Puja (H)</small>
21	22	23 <small>Birthday of Haile Selassie (R)</small>	24	25	26	27
28	29	30	31			

July



EMERGENCY
MEDICAL
TECHNICIAN

NHS
North West
Ambulance Service
NHS Trust



Keep cool
this summer

ZERO
EMISSION
EMERGENCY
VEHICLE

SPECIAL DATES

- 1-7 World Breastfeeding Awareness Week
- 19 World Humanitarian Day



One of my favourite quotes is from Austrian psychiatrist and holocaust survivor, Viktor E. Frankl, who said 'when we are no longer able to change a situation, we are challenged to change ourselves.' To me, this means that even if we are in difficult situations, we can still always choose to be hopeful or kind regardless.



KAREN JOBSON
Chaplain for
Staff Wellbeing



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1	2 <small>Tisha B'Av (J)</small>	3
4	5	6	7	8	9 <small>Raksha Bandhan (H)</small>	10
11	12	13	14	15 <small>Krishna Birth (H)</small>	16	17 <small>Birthday of Marcus Garvey (R)</small>
18	19	20	21	22	23	24
25	26	27 <small>Birth of Lord Ganesh (H)</small>	28	29 <small>Chinese Valentine's Day (Ch)</small>	30	31

August

Estuary Point

NHS

North West
Ambulance Service
NHS Trust



SPECIAL DATES

- 10 World Suicide Prevention Day
- 17 World Patient Safety Day
- 30-6 National Inclusion Week



The NWAS Charity is proud to support our community by providing life-saving equipment such as community defibrillators. Defibrillation within five minutes of a cardiac arrest can result in survival rates as high 70%, which is why it's vital that we have these available to the public.



ROYA ARMSTRONG
Fundraising Manager



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	6	7 <small>Birth of Prophet Muhammad (M)</small>
8	9	10	11 <small>Ethiopian New Year (R)</small>	12	13	14
15	16	17	18	19	20	21
22 <small>Rosh Hashanah (Jewish New Year) Navratri (H)</small>	23	24	25	26	27	28
29	30					

September



SPECIAL DATES

Black History Month

- 1 International Day of Older Persons
- 6-13 Dyslexia Awareness Week
- 10 World Mental Health Day
- 18 World Menopause Day



Diwali is a week-long Hindu festival that celebrates good over evil, light over darkness and it is where families come together and be merry. During the week, we light up our homes with candles and lights and decorate them with artwork made with brightly coloured powders and decorations, called rangoli.



SHEELA VARA
Strategy Development
Programme Manager



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Yom Kippur (J)	2	3	4	5
6 Moon Festival (Ch) Sukkot (J)	7	8	9	10	11	12
13	14 Simchat Torah (J)	15	16	17	18	19
20 Diwali (H) (S)	21	22 Birth of the Bab (Ba)	23 Birth of Baha'u'llah (Ba)	24	25	26
27	28	29 Chung Yeung Festival (Ch)	30	31 Hallowe'en (C)		

October



SPECIAL DATES

- Islamophobia Awareness Month**
- 5** International Stress Awareness Day
- 11** Remembrance Day
- 13-19** Transgender Awareness Week
- 17-21** Anti Bullying Week
- 19** International Men's Day
- 16-16** Disability History Month



November marks the start of Disability History Month. For me it is a platform for us to celebrate the diversity that disabled staff bring to the workforce, and reflect on the progress we have made and future actions for the network and disability equality at NWAS.



FRANCESCA BALON
Freedom to Speak Up
Guardian and Co-Chair
of the Disability Network.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 All Saints' Day (C)	2 Coronation of Emperor Haile Selassie (R)
3	4	5 Birthday of Guru Nanak (S)	6	7	8	9
10	11 	12	13	14	15	16
17	18	19	20	21	22	23
24 Day of the Covenant (Ba)	25	26	27 Ascension of Abdu'l-Baha (Ba)	28	29	30 St Andrew's Day (C) Advent (C)

November

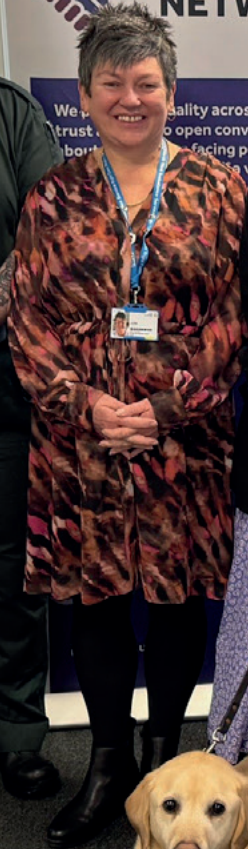


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WE ARE THE
DISABILITY
NETWORK

We promote equality across the
trust to open conversations
about facing people with
disability



SPECIAL DATES

- 1 World Aids Day
- 3 International Day of People with Disabilities
- 10 Human Rights Day



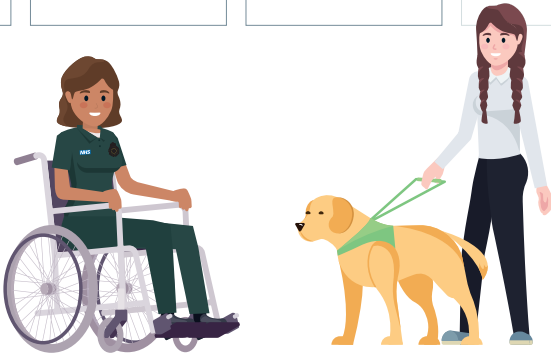
By ordering your repeat prescriptions in advance you can help ease the pressure on our health services, like NHS 111, and ensure you have everything you need over the holidays. Running out of essential medication can have serious consequences, and we want you to enjoy a healthy, stress-free festive season.



PAUL JOHNSTON
ICC Service Delivery Manager



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	6	7
8 <small>Bodhi Day (Bu)</small>	9	10	11	12	13	14 <small>Hanukkah (J)</small>
15	16	17	18	19	20	21
22	23	24	25 <small>Christmas Day (C)</small>	26 <small>St Stephen's Day (C)</small>	27	28
29	30	31				



December



The NWAS Charity funds lifesaving equipment, education programmes and other projects to benefit the health, wellbeing and safety of patients, staff and our communities. Head to the NWAS website to find out how you can show your support.



SCAN QR CODE
FOR MORE INFO

January

MON	TUE	WED	THU	FRI	SAT	SUN
		1	2	3	4	5
6	7	8	9	10	11	12
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27	28	29	30	31		

February

MON	TUE	WED	THU	FRI	SAT	SUN
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24	25	26	27	28		

March

MON	TUE	WED	THU	FRI	SAT	SUN
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24	25	26	27	28	29	30
31						

April

MON	TUE	WED	THU	FRI	SAT	SUN
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28	29	30				

May

MON	TUE	WED	THU	FRI	SAT	SUN
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26	27	28	29	30	31	

June

MON	TUE	WED	THU	FRI	SAT	SUN
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30						

July

MON	TUE	WED	THU	FRI	SAT	SUN
	1	2	3	4	5	6
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August

MON	TUE	WED	THU	FRI	SAT	SUN
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25	26	27	28	29	30	31

September

MON	TUE	WED	THU	FRI	SAT	SUN
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22	23	24	25	26	27	28
29	30					

October

MON	TUE	WED	THU	FRI	SAT	SUN
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20	21	22	23	24	25	26
27	28	29	30	31		

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

December

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				

JANUARY

- 01 New Year's Day ●
- 04 World Braille Day ●
- 06 Epiphany ●
- 06 Birthday of Guru Gobind Singh ●
- 07 Ethiopian Christmas Day ●
- 14 Makar Sankranti ●
- 19 World Religion Day ●
- 21 Cervical Cancer Prevention Week ●
- 26 Isra and Mi'raj ●
- 27 International Holocaust Memorial Day ●
- 29 Chinese New Year (Year of the Snake) ●

FEBRUARY

- 01 Time to Talk Day ●
- 02 Candlemas ●
- 03 Race Equality Week ●
- 04 World Cancer Day ●
- 10 National Apprenticeship Week ●
- 12 Tu B'Shevat ●
- 12 Lantern Festival ●
- 12 Magha Puja Day in Thailand ●
- 14 St Valentine's Day ●
- 15 Pari nirvana ●
- 24 Eating Disorder Awareness Week ●
- 26 Maha Shivaratri ●
- 28 Nineteen Day Fast ●
- 28 International STAND UP to Bullying Day ●

MARCH

- 01 St David's Day ●
- 01 Start of Ramadan ●
- 04 Shrove Tuesday ●
- 05 Ash Wednesday ●
- 05 Lent ●
- 08 International Women's Day ●
- 13 Purim ●
- 14 Hola Mohalla ●
- 14 Holi ●

- 17 St Patrick's Day ●
- 20 Nowruz (New Year) ●
- 20 International Day of Happiness ●
- 21 International Day for the Elimination of Racial Discrimination ●
- 27 Laylat al-Qadr ●
- 30 Mothering Sunday ●
- 30 Eid al-Fitr ●
- 31 International Transgender Day of Visibility ●

APRIL

- 02 World Autism Awareness Day ●
- 04 Qingming Festival (Tomb Sweeping Day) ●
- 06 Rama Navami ●
- 07 World Health Organisation (WHO) World Health Day ●
- 12 Pesach ●
- 13 Theravada New Year ●
- 13 Palm Sunday ●
- 18 Good Friday ●
- 20 Easter Sunday ●
- 20 Ridvan – first day ●
- 21 Anniversary of Haile Selassie's visit to Jamaica ●
- 23 St George's Day ●
- 26 Lesbian Visibility Day ●

MAY

- 02 Ridvan - Final day ●
- 05 Wesak or Buddha Day ●
- 05 Deaf Awareness Week ●
- 12 Mental Health Awareness Week ●
- 16 Global Accessibility Awareness Day ●
- 17 International Day against Homophobia, Biphobia, Interphobia & Transphobia (IDAHOBIT) ●
- 22 Declaration of the Bab ●
- 27 Ascension of Baha'u'llah ●
- 29 Ascension Day ●
- 31 Dragon Boat Festival ●

JUNE

- 01 Shavuot ●

- 01 Volunteers Week ●
- 06 Eid-UI-Adha ●
- 08 Pentecost ●
- 09 Carers Week ●
- 09 Men's Health Week ●
- 15 Father's Day ●
- 16 Learning Disability Week ●
- 22 National Windrush Day ●
- 25 Islamic New Year ●
- 25 Deaf Blind Awareness Week ●
- 26 Reserves Day ●
- 29 Armed Forces Day ●

JULY

- 05 Ashura ●
- 05 Anniversary of the NHS ●
- 08 Martyrdom of the Bab ●
- 20 Asalha Puja ●
- 23 Birthday of Haile Selassie ●
- 25 National Schizophrenia Awareness Day ●

AUGUST

- 01 World Breastfeeding Awareness Week ●
- 02 Tisha B'Av ●
- 09 Raksha Bandhan ●
- 15 Krishna Birth ●
- 17 Birthday of Marcus Garvey ●
- 19 World Humanitarian Day ●
- 27 Birth of Lord Ganesh ●
- 29 Chinese Valentine's Day ●

SEPTEMBER

- 07 Birth of Prophet Muhammad ●
- 10 World Suicide Prevention Day ●
- 11 Ethiopian New Year ●
- 17 World Patient Safety Day ●
- 22 Rosh Hashanah (Jewish New Year) ●
- 22 Navratri ●
- 30 National Inclusion Week ●

OCTOBER

- 01 International Day of Older Persons ●
- 01 Yom Kippur ●
- 06 Sukkot ●
- 06 Moon Festival ●
- 06 Dyslexia Awareness Week ●
- 10 World Mental Health Day ●
- 14 Simchat Torah ●
- 18 World Menopause Day ●
- 20 Diwali ●
- 22 Birth of the Bab ●
- 23 Birth of Baha'u'llah ●
- 29 Chung Yeung Festival ●
- 31 Hallowe'en ●

NOVEMBER

- 01 All Saints' Day ●
- 02 Coronation of Emperor Haile Selassie ●
- 05 Birthday of Guru Nanak ●
- 05 International Stress Awareness Day ●
- 11 Remembrance Day ●
- 13 Transgender Awareness Week ●
- 16 Disability History Month ●
- 17 Anti Bullying Week ●
- 19 International Men's Day ●
- 24 Day of the Covenant ●
- 27 Ascension of Abdu'l-Baha ●
- 30 St Andrew's Day ●
- 30 Advent ●

DECEMBER

- 01 World AIDS Day ●
- 03 International Day of People with Disabilities ●
- 08 Bodhi Day ●
- 10 Human Rights Day ●
- 14 Hanukkah ●
- 25 Christmas Day ●
- 26 St Stephen's Day ●

KEY:

- Bahai (Ba) (holy days start at sundown)
- Buddhist (Bu)
- Christian (C)
- Chinese (Ch)
- Hindu (H)
- Jewish (J) (holy days start at sundown)
- Muslim (M) (holy days start at sundown)
- Rastafari (R)
- Sikh (S)
- National Awareness Days/Weeks





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