

11th January: Human Trafficking Awareness Day takes place on 11th January every year and is a solemn reminder of the ongoing fight against human trafficking, a grave violation of human rights affecting millions worldwide. For more information : [Human Trafficking Awareness Day - Compassion International](#)

15th January Brew Monday: The Samaritans want to turn the third Monday of January into the more positive "Brew Monday", encouraging people to make a cup of tea and have a chat on the phone or online with those they care about. [Brew Monday 2024 | #BrewMonday | There's always time for a cuppa and a catch-up \(samaritans.org\)](#)

25th January St Dwynwen Day: St Dwynwen (Santes Dwynwen) was a Welsh princess who lived in what is now the Brecon Beacons National Park. Dwynwen was rather unlucky in love, so she became a nun. She prayed for true lovers to have better luck than she did. [St Dwynwen's Day, 25th January - Welsh patron saint of lovers \(historic-uk.com\)](#)

Friday, January 26th National Spouses Day: The day is a national holiday in the United States and in the United Kingdom. Other countries celebrate it as well. This is a day for giving time rather than gifts and celebrating your spouse. Couples are encouraged to spend alone time and to reflect on their journey so far. According to scientific studies, twenty minutes spent hugging or holding hands with your lover might produce hormones that make you both happier and more content. As a result, tension is reduced, and you feel closer to one another. [National Spouses Day in United Kingdom in 2024 | There is a Day for that!](#)

Saturday, January 27th Holocaust Memorial Day: is a national commemoration day in the [United Kingdom](#) dedicated to the remembrance of the Jews and others who suffered in [the Holocaust](#), under Nazi persecution. It was first held in January 2001 and has been on the same date every year since. [Wales marks Holocaust Memorial Day in online events - BBC News](#)