

May bulletin

May is stroke awareness month and UK national walking month.

Stroke Awareness Month is observed annually during the month of May. Throughout this month, various organizations, healthcare professionals, and communities worldwide conduct activities and campaigns to raise awareness about strokes, their risk factors, prevention, and treatment options.

[Stroke Awareness Month](#) | [Stroke Association](#)

National Walking Month 2025, a campaign to encourage people across all ages and backgrounds to get outside and embrace the simple, yet profound health benefits of walking.

[National Walking Month](#) | [Teaching Resources](#) | [Event Info](#)

[National Walking Month - Healthy Working Wales](#)

3rd May: National Fitness Day UK. Get moving on National Fitness Day! Join the challenge and set your fitness goals to achieve a healthier lifestyle.

[National Fitness Day \(May 3rd, 2025\)](#) | [Days Of The Year](#)



5th -11 May: Deaf Awareness Week. Learn about the challenges and needs of the deaf community and how to support them during Deaf Awareness Week 2025.

[Deaf Awareness Week | National Deaf Children's Society](#)

[Deaf Awareness Week – British Deaf Association](#)

5th -11 May: Maternal Mental Health Week, dedicated to talking about mental health problems before, during and after pregnancy.

[Maternal Mental Health Matters Awareness Week | Healthwatch](#)

5th -11 May: Screen Free Week, Screen-Free Week is a yearly event in May that challenges people to take a break from entertainment screens and enjoy more peace, connection, and fun.

[What is Screen Free Week? - Twinkl NewsRoom - Twinkl](#)

[How to help your family enjoy a screen free week in 2025 - BBC Bitesize](#)

12th -18 May: Mental Health Awareness Week. This Mental Health Awareness Week is all about celebrating community, and how it supports our mental health and wellbeing.

[Mental Health Awareness Week 2025 | Mental Health \(MHA\)](#)

Creating professional, inclusive pathways in sport leisure and education - **Developing ambitions Leaders at every level –**
Solution based focus through innovation and collaboration - **Positive, proactive culture built on integrity and trust-**
Raise standards, improve quality, Achieve More!

[Mental Health Awareness Week 2025 resources | Mates in Mind](#)

[Mental Health Awareness Week 2025 - Mind](#)

The International Day Against Homophobia, Biphobia and Transphobia. (IDAHOBIT) is observed on 17 May and aims to coordinate international events that raise awareness of LGBT rights violations and stimulate interest in LGBT rights work worldwide.

[International Day Against Homophobia Biphobia and Transphobia](#)

[IDAHOBIT 2025: mobilise your communities! - ILGA World](#)

Every year on May 21st, the World Day for Cultural Diversity for Dialogue and Development urges everyone to do their part to bridge the gap between cultures. The aim of the event is to reflect on the importance of cultural diversity and how it enriches society, both culturally and as a driver of global development. It also promotes dialogue between people of different cultures, so everyone can work together to achieve important goals including peace and sustainable development.

[World Day for Cultural Diversity for Dialogue and Development | UNESCO](#)

[World Day for Cultural Diversity for Dialogue & Development](#)

Bwletin Mis Mai

Mai yw mis ymwybyddiaeth strôc a mis cerdded cenedlaethol y DU.

Mae Mis Ymwybyddiaeth Strôc yn cael ei arsylwi'n flynyddol yn ystod mis Mai. Drwy gydol y mis hwn, mae sefydliadau amrywiol, gweithwyr gofal iechyd proffesiynol, a chymunedau ledled y byd yn cynnal gweithgareddau ac ymgyrchoedd i godi ymwybyddiaeth am strôc, eu ffactorau risg, atal, a dewisiadau triniaeth.

Mis Cerdded Cenedlaethol 2025, ymgyrch i annog pobl o bob oed a chefnidir i fynd allan a chroesawu buddion iechyd syml ond dwys cerdded.

3 Mai: Diwrnod Ffitrwydd Cenedlaethol y DU. Symudwch ymlaen ar Ddiwrnod Ffitrwydd Cenedlaethol! Ymunwch â'r her a gosodwch eich nodau ffitrwydd i gyflawni ffordd iachach o fyw.

5ed -11 Mai: Wythnos Ymwybyddiaeth Byddardod. Dysgwch am heriau ac anghenion y gymuned fyddar a sut i'w cefnogi yn ystod Wythnos Ymwybyddiaeth Byddardod 2025.

5 - 11 Mai: Wythnos Iechyd Meddwl Mamau, sy'n canolbwyntio ar siarad am broblemau iechyd meddwl cyn, yn ystod ac ar ôl beichiogrwydd.

5 - 11 Mai: Mae Wythnos Di-sgrin, Wythnos Di-sgrin yn ddigwyddiad blynyddol ym mis Mai sy'n herio pobl i gymryd hoe o sgriniau adloniant a mwynhau mwy o heddwch, cysylltiad a hwyl.

12fed -18 Mai: Wythnos Ymwybyddiaeth Iechyd Meddwl. Mae'r Wythnos Ymwybyddiaeth Iechyd Meddwl hon yn ymwneud â dathlu cymuned, a sut mae'n cefnogi ein hiechyd meddwl a'n lles.

Y Diwrnod Rhyngwladol yn Erbyn Homoffobia, Deuffobia a Thrawsffobia. (IDAHOBIT) ar 17 Mai a'i nod yw cydlynu digwyddiadau rhyngwladol sy'n codi ymwybyddiaeth o droseddau hawliau LGBT ac ysgogi diddordeb mewn gwaith hawliau LGBT ledled y byd.

Bob blwyddyn ar Fai 21ain, mae Diwrnod Amrywiaeth Ddiwylliannol y Byd ar gyfer Deialog a Datblygiad yn annog pawb i wneud eu rhan i bontio'r bwlch rhwng diwylliannau. Nod y digwyddiad yw myfyrio ar bwysigrwydd amrywiaeth ddiwylliannol a sut mae'n cyfoethogi cymdeithas, yn ddiwylliannol ac fel gyrrwr datblygiad byd-eang. Mae hefyd yn hyrwyddo deialog rhwng pobl o wahanol ddiwylliannau, fel y gall pawb weithio gyda'i gilydd i gyflawni nodau pwysig gan gynnwys heddwch a datblygu cynaliadwy.