

September Bulletin

1st -30th World Alzheimer's Month. To raise awareness and challenge the stigma surrounding Alzheimer's disease and other forms of dementia. Alzheimer's disease is a progressive condition, which means the symptoms develop gradually over many years and eventually become more severe. It affects multiple brain functions.

[World Alzheimer's Month | Alzheimer's Society](#)

10th World suicide prevention day. By talking more openly about suicide, we can give people the chance to express how they feel and get the support they need. It could even save a life.

[World Suicide Prevention Day | Campaigns | Samaritans](#)

[World Suicide Prevention Day 10 September 2025 | Mates in Mind](#)

[Suicide Prevention UK](#)

13th Roald Dahl Day is a day dedicated to Roald Dahl's stories. It's celebrated every year on his birthday, the 13th of September, and people worldwide come together to celebrate the magic his stories bring to children everywhere.

18th During National Fitness Day, people of all ages, backgrounds and abilities come together for a day full of active challenges that aim to make people feel more positive about exercise and their bodies. Working out how to approach fitness can be intimidating, so this event is a great opportunity to motivate people to get fit and make healthier choices.

[37 Top "National Fitness Day" Teaching Resources curated for you](#)

15th-21st National Inclusion Week, which is a yearly event that takes place every September that is dedicated to celebrating inclusion and taking action to build inclusive workplaces. This year's theme is Now the Time, inspired by the current political and social tensions.

[National Inclusion Week® 2025 | Inclusive Employers](#)

[About | 2025 National Inclusion Week](#)

22nd Mabon - Autumn Equinox (Pagan) Mabon is the festival of the autumn equinox, and it is when many modern Pagans honor the changing seasons and celebrate the second harvest.

[How to Celebrate Mabon: 20 Autumn Equinox Rituals for the Second Harvest | The Moon School](#)

22nd Rosh Hashanah (Jewish) is a celebration of the creation of the world and marks making a fresh start. It is a holy day on which Jewish people are not expected to work.

[What Is Rosh Hashanah? - The Jewish New Year - Chabad.org](#)

22nd-26th International Week of Happiness at Work, celebrate International Week of Happiness at Work by fostering a positive work environment, well-being, appreciation, and work-life balance.

[INTERNATIONAL WEEK OF HAPPINESS AT WORK - September 20-25, 2025 - National Today](#)

[Toolbox Happiness at Work](#)

23rd Bi Visibility Day, which is about recognising and celebrating sexual orientations that are often erased or forgotten about within the LGBTQ+ community.

[Bi Visibility Day](#)

[Bi Visibility 2025: Why It Still Matters in Wales](#)