

# CHIC Awareness Calendar 2010

## FEBRUARY

### HUI-TANGURU

M	T	W	T	F	S	S
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

National Bike Wise Month

- 2-5 Term 1 begins
- 6 Waitangi Day
- 8-14 Heart Awareness Week
- 12-13 Coast to Coast
- 17 Go By Bike Day
- 19 Lifeline Appeal Day
- 20-28 Muscular Dystrophy Bow Tie Campaign
- 21-27 IHC Awareness Week

## February

## MARCH

### POUTŪ-TE RANGI

M	T	W	T	F	S	S
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				

- 1-7 NZ Red Cross Appeal Week
- 6-7 Cancer Society Relay for Life
- 7 Children's Day
- 8 International Women's Day
- 8-14 Schizophrenia Awareness Week
- 8-14 Child Cancer Appeal Week
- 12 Victim Support Appeal Day
- 21 City 2 Surf / Race Relations Day
- 22 World Water Day
- 22-28 Plunket Society Appeal Week

## March

- 1 Term 1 Ends
- 1 Good Friday
- 2 World Autism Awareness Day
- 4 Easter Sunday
- 4 Daylight Saving Finishes
- 5 Easter Monday
- 7 World Health Day
- 19 Term 2 Begins
- 25 ANZAC Day
- 28 International Noise Awareness Day

## April

## APRIL

### PAENGA-WHĀWHĀ

M	T	W	T	F	S	S
			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		

- 2-8 NZ Sign Language Week
- 4 World Asthma Day
- 5 International Midwives' Day
- 12 International Nurses' Day
- 15 International Day of Families
- 19 World Hepatitis Day
- 22-30 Youth Week
- 31 World Smokefree No Tobacco Day

## May

## MAY

### HARATUA

M	T	W	T	F	S	S
					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						

## JUNE

### PIPIRI

M	T	W	T	F	S	S
	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				

- 5 World Environment Day
- 7 Queen's Birthday
- 14 World Blood Donation Day
- 14 Matariki
- 20-26 Volunteer Awareness Week
- 20 World Refugee Day
- 26 International Day Against Drug Abuse and Illicit Trafficking

## June

## JULY

### HONGONGOI

M	T	W	T	F	S	S
			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	

- 2 Term 2 Ends
- 19 Term 3 Begins
- 24-30 Alzheimer's "Cuppa for a Cause"
- 26-1/8 Te Wiki o Te Reo Māori  
Maori Language Week

## July

**Community Health Information Centre (CHIC)**

All care is taken to ensure that the information given is correct but dates are subject to change.

[www.cph.co.nz](http://www.cph.co.nz)

Community and Public Health 80 Chester Street East, Christchurch  
Telephone: 03 378 6720 Fax: 03 379 6125 Email: [chic@cdhb.govt.nz](mailto:chic@cdhb.govt.nz)

**Free Health Resources**

**Supporting active and healthy lifestyles**

# CHIC Awareness Calendar 2010

**AUGUST**  
**HERE-TURI-KOKĀ**

M	T	W	T	F	S	S
						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					

1-7	World Breastfeeding Week
9	International Day of the World's Indigenous People
12	International Youth Day
19	World Humanitarian Day
27	Cancer Society Daffodil Day

**August**

**SEPTEMBER**  
**MAHURU**

M	T	W	T	F	S	S
		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			

Cervical Screening Awareness Month	
Blue September (Prostate Cancer)	
1	Gamble Free Day
10	World Suicide Prevention Day
14	World Oral Health Day
20-26	International Deaf Awareness Week
21	International Day of Peace
21	World Alzheimer's Day
24	Term 3 Ends
26	Day Light Saving Starts

**September**

Breast Cancer Awareness Month	
1	International Day of Older Persons
4-10	Mental Health Awareness Week
11	Term 4 Begins
15-31	Canteen Bandanna Appeal
17	Day for Eradication of Poverty
18-24	Osteoporosis Awareness Week
25	Labour Day
26-1/11	Foundation for the Blind Appeal
27-3/11	Save the Children Appeal Week

**October**

**OCTOBER**  
**WHIRIRINGA-Ā-NUKU**

M	T	W	T	F	S	S
				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

**5 + A Day Month**  
**November**

1-7	Blood Foundation Appeal
5	Parkinson's NZ Appeal
8-14	Foodsafe Week
16-22	Diabetes Awareness Week
19	International Men's Day
18	World COPD Day
25	White Ribbon Day (Elimination of Violence Against Women)

**November**

**NOVEMBER**  
**WHIRIRINGA-Ā-RANGI**

M	T	W	T	F	S	S
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**  
**HAKIHEA**

M	T	W	T	F	S	S
		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		

1	World AIDS Day
3	International Day of Disabled Persons
3-4	Surf Life Saving Jandal Day
5	International Volunteer Day
10	Human Rights Day
14-20	Term 4 Ends
25	Christmas Day
26	Boxing Day
31	New Years' Eve

**December**

**JANUARY 2011**  
**KOHI-TĀTEA**

M	T	W	T	F	S	S
					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						

1	New Year's Day
3	New Year's Day (observed)
4	New Year's Day Holiday (observed)
31-7/2	Leprosy Awareness Week

**January**

All care is taken to ensure that the information given is correct but dates are subject to change.

**Community Health Information Centre (CHIC)**

**Free Health Resources**

**Supporting active and healthy lifestyles**

[www.cph.co.nz](http://www.cph.co.nz)

**Community and Public Health** 80 Chester Street East, Christchurch  
Telephone: 03 378 6720 Fax: 03 379 6125 Email: [chic@cdhb.govt.nz](mailto:chic@cdhb.govt.nz)