

February awareness days 2026.

All Month: LGBT+ History Month which is a month-long annual celebration of lesbian, gay, bisexual and trans, and non-binary (LGBT+) history. It is also an opportunity to reflect on the history of LGBT+ rights and related civil rights movements.

[LGBT+ History Month 2025 | Business Wales](#)

Feb 2-8: Race equality week. Focusing on acting against racial inequality through daily themes, resources, and events. Organisations in Wales can participate by using tools from Race equality matters and inclusive employers to host anti-racist activities, share ideas, and connect with a national movement.

[Get Ready For Race Equality Week 2026 - Race Equality Matters](#)

Feb 4: World Cancer Day. To raise awareness about cancer, encourage its prevention, and mobilise action to address the global cancer epidemic.

[World Cancer Day](#)

National Wear Red Day takes place on the first Friday of February each year. It's to raise awareness of congenital heart disease and support the vital work done by The Children's Heart Surgery Fund.

[National Wear Red Day / Diwrnod Cenedlaethol Gwisgwch Goch](#)

Feb 5: Time to talk day. (Mental Health) encouraging everyone to talk and listen about mental health to break down stigma, with resources from charities like Mind.

[Time to Talk Day - Mind](#)

[Time to Talk Day 2026 | Event Info & Teaching Resources](#)

Feb 9-15: Children's mental health week. The theme is 'This Is My Place'. Children's Mental Health Week aims to promote awareness of the importance of mental health and wellbeing and creates conversations about how we are feeling. This year's theme focuses on belonging.

[Resources and activities for Children's Mental Health Week](#)

[Children's Mental Health Week 2026 EYFS Resource Pack](#)

[Children's Mental Health Week 2025: What is the week about? - BBC Newsround](#)

Feb 9-15: National Apprenticeship week. Encourage everyone to celebrate how apprenticeships and skills help us all reach our full potential.

[Apprenticeship Week Wales 2026 | GOV.WALES](#)

Feb 10: Safer Internet Day. The theme for 2026 is 'Smart tech, safe choices. Safer Internet Day is a great opportunity to engage in meaningful conversations with children about their online experience.

[Safer Internet Day 2026 | Event Information and Resources](#)

Feb 14: Valentine's day. It's a day for expressing love and appreciation to significant others, family, and friends, traditionally marked by gifts, flowers, and cards.

Having healthy relationships beyond just romance, including family and friendships. Key qualities of healthy relationships include:

- **Mutual Respect:** Valuing who the other person is and respecting their boundaries and opinions.
- **Trust and Honesty:** Building a foundation of reliability and open communication.
- **Support and Fairness:** Being there for each other in good times and bad and ensuring give-and-take in decisions.
- **Separate Identities:** Maintaining interests, friends, and hobbies without compromising who they are.
- **Good Communication:** Expressing feelings openly and working through disagreements constructively.

The International Day of Zero Tolerance for FGM is observed annually on February 6th. The 2026 campaign is themed "**#HerVoiceMatters in the Global Movement to End Female Genital Mutilation**".

[Zero Tolerance to FGM: Knowledge Exchange Event – 6 February 2026 - Bawso](#)

Feb 17: Lunar New Year. In 2026, Chinese New Year falls on February 17th, ushering in the Year of the horse, specifically the Fire Horse, a symbol of passion, determination, and adventure, following the Year of the Snake.

[Chinese New Year \(Lunar New Year\) 2026: Calendar & Horoscope](#)

Feb 17: Shrove Tuesday (Pancake Day) in the UK and many other places, marking the last day for indulgent foods like pancakes before the start of Lent on Ash Wednesday.

[Shrove Tuesday | Pancake Tuesday | Twinkl Events - Twinkl](#)

Feb 20: World day of social justice. Promoting equality, inclusion, and human rights to reduce poverty and inequality.

[World Day of Social Justice 2026 - Theme - Twinkl](#)

Feb 28: Rare Disease Day. Raising awareness for patients, families and carers around the world that are affected by rare diseases.

[Rare Disease Day 2026](#)

Dyddiau Ymwybyddiaeth – Chwefror 2026

Drwy'r mis: Mis Hanes LHDT+ (LGBT+ History Month)

Dathliad blynyddol sy'n para mis cyfan o hanes lesbiaidd, hoyw, deurywiol, trawsryweddol a phobl anneuaid (LHDT+). Mae hefyd yn gyfle i fyfyrwyr ar hanes hawliau LHDT+ a symudiadau hawliau sifil cysylltiedig.

2–8 Chwefror: Wythnos Cydraddoldeb Hiliol

Canolbwyntio ar weithredu yn erbyn anghydraddoldeb hiliol drwy themâu dyddiol, adnoddau a digwyddiadau. Gall sefydliadau yng Nghymru gymryd rhan drwy ddefnyddio offer a syniadau i gynnal gweithgareddau gwrth-hiliol, rhannu arferion da a chysylltu â mudiad cenedlaethol.

4 Chwefror: Diwrnod Canser y Byd

Codi ymwybyddiaeth am ganser, annog atal, a sbarduno gweithredu i fynd i'r afael â'r epidemig canser byd-eang.

Diwrnod Gwisgwch Goch Cenedlaethol (y dydd Gwener cyntaf ym mis Chwefror)

Codi ymwybyddiaeth o glefyd cynhenid y galon a chefnogi gwaith hanfodol cronfeydd llawfeddygaeth galon plant.

5 Chwefror: Diwrnod Amser i Siarad (Iechyd Meddwl)

Annog pawb i siarad a gwranddo am iechyd meddwl er mwyn chwalu stigma, gyda chefnogaeth ac adnoddau gan elusennau megis Mind.

9–15 Chwefror: Wythnos Iechyd Meddwl Plant

Thema: *“Dyma Fy Lle”*

Hyrwyddo pwysigrwydd iechyd meddwl a lles plant, gan annog sgysiau am sut rydym yn teimlo. Mae'r thema eleni'n canolbwyntio ar berthyn a theimlad o berthyn.

9–15 Chwefror: Wythnos Prentisiaethau Cenedlaethol

Dathlu sut mae prentisiaethau a sgiliau'n helpu pawb i gyrraedd eu potensial llawn.

10 Chwefror: Diwrnod Rhyngrwyd Mwy Diogel

Thema 2026: *“Technoleg glyfar, dewisiadau diogel”*

Cyfle gwych i gael sgysiau ystyrion gyda phlant am eu profiadau ar-lein a sut i gadw'n ddiogel.

14 Chwefror: Dydd San Ffolant

Diwrnod i fynegi cariad a gwerthfawrogiad tuag at bartneriaid, teulu a ffrindiau, yn aml gyda rhoddion, blodau a chardiau.

Perthnasoedd iach – rhinweddau allweddol:

- Parch at ei gilydd
- Ymddiriedaeth a gonestrwydd
- Cefnogaeth a thegwch
- Hunaniaethau ar wahân (cadw diddordebau a ffrindiau eich hun)
- Cyfathrebu da a datrys anghytundebau'n adeiladol

6 Chwefror: Diwrnod Rhyngwladol Dim Goddefgarwch i Anffurfio Organau Cenedlu Benywod (FGM)

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!

Thema 2026: **#MaeEiLlaisYnBwysig** yn y mudiad byd-eang i roi diwedd ar FGM.

17 Chwefror: Blwyddyn Newydd Lunar (Blwyddyn Newydd Tsieineaidd)

Yn 2026, mae'n nodi **Blwyddyn y Ceffyl Tân**, symbol o angerdd, penderfyniad ac antur.

17 Chwefror: Dydd Mawrth Ynyd (Diwrnod Crempogau)

Yn nodi'r diwrnod olaf ar gyfer bwydydd cyfoethog fel crempogau cyn dechrau'r Grawys ar Ddydd Mercher y Llundw.

20 Chwefror: Diwrnod y Byd dros Gyfiawnder Cymdeithasol

Hyrwyddo cydraddoldeb, cynhwysiant a hawliau dynol er mwyn lleihau tlodi ac anghydraddoldeb.

28 Chwefror: Diwrnod Clefydau Prin

Codi ymwybyddiaeth a chefnogaeth i gleifion, teuluoedd a gofalmwyr ledled y byd sy'n byw gyda chlefydau prin.