

| January 1989 | | February 1989 | | March 1989 | | April 1989 | | May 1989 | | June 1989 | |
|----------------------|------------------|------------------|--------------------|------------|--------------------------|------------|------|----------|--|-----------|--|
| S 1 | W 1 | W 1 | S 1 | M 1 | May Day Bank Holiday 18 | T 1 | | | | | |
| M 2 New Year's Day 1 | T 2 | T 2 | S 2 | T 2 | | F 2 | | | | | |
| T 3 | F 3 | F 3 | M 3 | 14 | W 3 | S 3 | | | | | |
| W 4 | S 4 | S 4 | T 4 | | T 4 | S 4 | | | | | |
| T 5 | S 5 | S 5 | W 5 | | F 5 | M 5 | 23 | | | | |
| F 6 | M 6 | 6 | M 6 | 10 | T 6 | S 6 | | | | | |
| S 7 | T 7 | T 7 | F 7 | | S 7 | W 7 | | | | | |
| S 8 | W 8 | W 8 | S 8 | | M 8 | 19 | T 8 | | | | |
| M 9 | 2 | T 9 | T 9 | | S 9 | F 9 | | | | | |
| T 10 | F 10 | F 10 | M 10 | 15 | W 10 | S 10 | | | | | |
| W 11 | S 11 | S 11 | T 11 | | T 11 | S 11 | | | | | |
| T 12 | S 12 | S 12 | W 12 | | F 12 | M 12 | 24 | | | | |
| F 13 | M 13 | 7 | M 13 | 11 | T 13 | S 13 | | | | | |
| S 14 | T 14 | T 14 | F 14 | | S 14 | W 14 | | | | | |
| S 15 | W 15 | W 15 | S 15 | | M 15 | 20 | T 15 | | | | |
| M 16 | 3 | T 16 | T 16 | | S 16 | F 16 | | | | | |
| T 17 | F 17 | F 17 | M 17 | 16 | W 17 | S 17 | | | | | |
| W 18 | S 18 | S 18 | T 18 | | T 18 | S 18 | | | | | |
| T 19 | S 19 | S 19 | W 19 | | F 19 | M 19 | 25 | | | | |
| F 20 | M 20 | 8 | M 20 | 12 | T 20 | S 20 | | | | | |
| S 21 | T 21 | T 21 | F 21 | | S 21 | W 21 | | | | | |
| S 22 | W 22 | W 22 | S 22 | | M 22 | 21 | T 22 | | | | |
| M 23 | 4 | T 23 | T 23 | | S 23 | F 23 | | | | | |
| T 24 | F 24 | F 24 Good Friday | M 24 | 17 | W 24 | S 24 | | | | | |
| W 25 | S 25 | S 25 | T 25 | | T 25 | S 25 | | | | | |
| T 26 | S 26 | S 26 | W 26 | | F 26 | M 26 | 26 | | | | |
| F 27 | M 27 | 9 | M 27 Easter Monday | 13 | T 27 | S 27 | | | | | |
| S 28 | T 28 | T 28 | F 28 | | S 28 | W 28 | | | | | |
| S 29 | Weeknumber.co.uk | W 29 | S 29 | | M 29 Spring Bank Holiday | 22 | T 29 | | | | |
| M 30 | | 5 | T 30 | S 30 | T 30 | F 30 | | | | | |
| T 31 | | F 31 | | W 31 | | | | | | | |

| July 1989 | | August 1989 | | September 1989 | | October 1989 | | November 1989 | | December 1989 | |
|-----------|----|--------------------------|----|----------------|----|--------------|----|------------------|----|--------------------|----|
| S 1 | | T 1 | | F 1 | | S 1 | | W 1 | | F 1 | |
| S 2 | | W 2 | | S 2 | | M 2 | 40 | T 2 | | S 2 | |
| M 3 | 27 | T 3 | | S 3 | | T 3 | | F 3 | | S 3 | |
| T 4 | | F 4 | | M 4 | 36 | W 4 | | S 4 | | M 4 | 49 |
| W 5 | | S 5 | | T 5 | | T 5 | | S 5 | | T 5 | |
| T 6 | | S 6 | | W 6 | | F 6 | | M 6 | 45 | W 6 | |
| F 7 | | M 7 | 32 | T 7 | | S 7 | | T 7 | | T 7 | |
| S 8 | | T 8 | | F 8 | | S 8 | | W 8 | | F 8 | |
| S 9 | | W 9 | | S 9 | | M 9 | 41 | T 9 | | S 9 | |
| M 10 | 28 | T 10 | | S 10 | | T 10 | | F 10 | | S 10 | |
| T 11 | | F 11 | | M 11 | 37 | W 11 | | S 11 | | M 11 | 50 |
| W 12 | | S 12 | | T 12 | | T 12 | | S 12 | | T 12 | |
| T 13 | | S 13 | | W 13 | | F 13 | | M 13 | 46 | W 13 | |
| F 14 | | M 14 | 33 | T 14 | | S 14 | | T 14 | | T 14 | |
| S 15 | | T 15 | | F 15 | | S 15 | | W 15 | | F 15 | |
| S 16 | | W 16 | | S 16 | | M 16 | 42 | T 16 | | S 16 | |
| M 17 | 29 | T 17 | | S 17 | | T 17 | | F 17 | | S 17 | |
| T 18 | | F 18 | | M 18 | 38 | W 18 | | S 18 | | M 18 | 51 |
| W 19 | | S 19 | | T 19 | | T 19 | | S 19 | | T 19 | |
| T 20 | | S 20 | | W 20 | | F 20 | | M 20 | 47 | W 20 | |
| F 21 | | M 21 | 34 | T 21 | | S 21 | | T 21 | | T 21 | |
| S 22 | | T 22 | | F 22 | | S 22 | | W 22 | | F 22 | |
| S 23 | | W 23 | | S 23 | | M 23 | 43 | T 23 | | S 23 | |
| M 24 | 30 | T 24 | | S 24 | | T 24 | | F 24 | | S 24 | |
| T 25 | | F 25 | | M 25 | 39 | W 25 | | S 25 | | M 25 Christmas Day | 52 |
| W 26 | | S 26 | | T 26 | | T 26 | | S 26 | | T 26 Boxing Day | |
| T 27 | | S 27 | | W 27 | | F 27 | | M 27 | 48 | W 27 | |
| F 28 | | M 28 Summer Bank Holiday | 35 | T 28 | | S 28 | | T 28 | | T 28 | |
| S 29 | | T 29 | | F 29 | | S 29 | | W 29 | | F 29 | |
| S 30 | | W 30 | | S 30 | | M 30 | 44 | T 30 | | S 30 | |
| M 31 | 31 | T 31 | | | | T 31 | | Weeknumber.co.uk | | S 31 | |