Preview: October, 2015

Take a minute or two to reflect on your daily reminders and flick through the pages to access a wealth of useful tips, guidance and recommendations. October material includes:

- Promoting Black History Month
- 'Race' and 'ethnicity' – do you know the difference?
- What do we mean by 'mental health'?
- Shared and multiple identities
- Personal and social identities
- Race equality good practice project

This is in addition to multi-faith, equality and health and wellbeing reminders.

Black History Month

October, 2015 (whole month)

Black History Month is a time when we highlight and celebrate the achievements of the Black community and uncover hidden history about our communities.

UK Older People's Day

Thursday 1st October, 2015

Highlights older people's contribution to society and the economy.

This day aims to celebrate the opportunities and achievements that later life can bring.

World Mental Health Day

Saturday 10th October, 2015

Since 1992 World Mental Health Day has been observed annually.

One in four of us will be affected by a Mental Health condition in our lifetimes.

Multifaith Dates – October, 2015

4th **(-6th) Shemini Atzeret / Simchat Torah (Jewish)**
A Jewish holiday marking the day after the end of Sukkot and is an extra day of celebration.

13th **(-22nd) Navaratri (Hindu)**
A nine day festival of music and dance when Hindus worship the female expression of the divine.

14th **Al-Hijra - Islamic New Year**
The first day of Muharram, the first month in the Islamic calendar, first day of the Islamic New Year.

20th **Guru Granth Sahib declared Guru for all times (Sikh)**
Guru Gobind Singh was the tenth and last living Guru of the Sikh faith.

23rd **Ashura (Islam)**
Muslims remember the martyrdom of Hussain ibn Ali, grandson of the Prophet Muhammad.

31st **All Hallows' Eve (Christian)**
Means eve of All Saints' (or Hallows') Day. 'Hallow' is an old English word for saint.

Samhain (Pagan)
Marks the Celtic New Year and the beginning of what Pagans call the Wheel of the Year.

Also this month:

1st 'Stoptober', National Cholesterol Month

5th Dyslexia Awareness Week

8th World Sight Day

11th Dyspraxia Awareness Week

23rd Wear it Pink (breast cancer campaign)

"In a multicultural, diverse society there are countless ways in which people negotiate the everyday lived experience and reality of diversity"

Randa Abdel-Fattah, Author (1979 -)

October

- Equality & Diversity Planner 2015 -

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1st	2nd	3rd	4th
5th	6th	7th	8th	9th	10th	11th
12th	13th	14th	15th	16th	17th	18th
19th	20th	21st	22nd	23rd	24th	25th
26th	27th	28th	29th	30th	31st	

- Embedding equality, driving diversity -

Thursday, 1st October 2015

Today is... 'UK Older People's Day'

Highlights older people's contribution to society and the economy. Aims to celebrate the opportunities and achievements that later life can bring. More information at www.direct.gov.uk

Today is... also the tirst day of:

Black History Month (see 2/10), Stoptober (see 6/10), Breast Cancer Awareness Month (see 7/10), National Cholesterol Month (see 8/10), Make a Difference Month (see 9/10).

Reminder - In one week: World Sight Day (8/10)

Friday, 2nd October 2015

October is... 'Black History Month' (whole month)

Black History Month has been celebrated across the UK every October for over 30 years, each year going from strength-to-strength.

Black History Month is a time when we highlight and celebrate the achievements of the Black community and uncover hidden history about our communities.

www.blackhistorymonthuk.co.uk or www.black-history-month.co.uk.

Reminder – In one month: Movember Men's Health Awareness Month

Saturday, 3rd October 2015

Sunday, 4th October 2015

Multifaith today: (-6th) **Shemini Atzeret / Simchat Torah (Jewish)**

Marks the day after the end of Sukkot and is an extra day of celebration

Monday, 5th October 2015

Today is... The first day of 'Dyslexia Awareness Week' (-11th Oct)

Raising awareness and showcasing the amazing achievements that people with dyslexia have made. The theme for 2015 has been announced as 'Making Sense of Dyslexia' and will look at how much of an impact the right support and interventions now can have on the future for people with dyslexia.

Reminders:

This Saturday - World Mental Health Day (10/10)
In approximately one week:
The start of Face Your Fears Week (12th – 18th)
The start of Dyspraxia Awareness Week (11th – 17th)
In one month - National Stress Awareness Day (4/11)

Tuesday, 6th October 2015

This month... 'Stoptober'

'Stoptober' is an NHS campaign which will encourage smokers across England to stop smoking for 28 days during October. If smokers can stay smokefree for this time, they are five times more likely to stop for good. During Stoptober, there will be lots of support to help people on their quitting journey including a Stoptober pack, a text support service and even an app for real-time support.

More information at: http://smokefree.nhs.uk/stoptober/

Wednesday, 7th October 2015

Mental health awareness - 'Bipolar'

Bipolar – sometimes known as manic depression – is a severe mental health illness characterised by significant mood swings including manic highs and depressive lows. The majority of individuals with bipolar experience alternating episodes of mania and depression.

More info at: http://www.bipolaruk.org.uk/

This month... 'Breast Cancer Awareness Month'

While most people are aware of breast cancer, many forget to take the steps to have a plan to detect the disease in its early stages and encourage others to do the same. We have made a lot of progress but still have a long way to go and need your help!

http://www.nationalbreastcancer.org/breast-cancer-awareness-month

Thursday, 8th October 2015

Today is... 'World Sight Day'

An international day of awareness, held annually on the second Thursday of October to focus attention on the global issue of avoidable blindness and visual impairment. It is an initiative of Vision 2020, the global campaign whose vision is to eliminate avoidable blindness by the year 2020.

More info at: http://www.v2020.org/

This month... 'National Cholesterol Month'

Continuing with the theme "The Great Cholesterol Challenge". Treat your heart by pledging to adopt a new healthy habit and raise funds for HEART UK at the same time! It's easy to get involved, just choose your own activity - from walking to running, cycling or even a pledge to lose weight.

http://heartuk.org.uk/get-involved/national-cholesterol-month

Friday, 9th October 2015

This month… 'Make a Difference Month'

A campaign that provides thousands of people across the country with the opportunity to try out volunteering. This year Make a Difference Day will highlight how volunteers can tackle loneliness and isolation.

More info at: http://www.csv.org.uk/campaigns/csv-make-difference-day

Reminder – In one week: World Food Day (16/10)

Saturday, 10th October 2015

Today is... 'World Mental Health Day'

Since 1992 World Mental Health Day has been observed annually on 10th October. One in four of us will be affected by a Mental Health condition in our lifetimes.

Useful links www.mentalhealth.org.uk or www.who.int or mhfe.org.uk.

Sunday, 11th October 2015

Today is... The start of 'Dyspraxia Awareness Week' (see 13/10)

Monday, 12th October 2015

This week is... 'Face Your Fears Week' (-17th)

Whatever your fear is, now's your chance to face it. For one week in October, Changing Faces is asking everybody in the UK to face their fears and raise money at the same time. Visit http://www.faceyourfears.org.uk/

Reminder: In approximately one month - Armistice Day (11/11)

Tuesday, 13th October 2015

Multifaith today: (-22nd) **Navaratri (Hindu)**

Nine day festival of music and dance, Hindus worship the female expression of the divine

This week is... 'Dyspraxia Awareness Week' (11th – 17th)

The Dyspraxia Foundation is calling on families to be alert to the early signs of the condition in their awareness week campaign. Dyspraxia, a form of developmental coordination disorder (DCD) is a common disorder affecting fine and/or gross motor coordination in children and adults. It may also affect speech.

More details at: http://www.dyspraxiafoundation.org.uk/

Wednesday, 14th October 2015

Multifaith today: **Al-Hijra - Islamic New Year**

First day of Muharram, first month in the Islamic calendar, first day of the Islamic New Year

What are you doing to celebrate Black History Month in 2015?

Although we should promote equality and celebrate diversity all year round, October is a great time to place the spotlight on race equality and black history. Black History Month is held every October in Britain. The aims are to:

- Promote knowledge of the black history, culture and heritage
- Disseminate information on positive black contributions to British society
- Heighten the confidence and awareness of black people to cultural heritage

Reminder – In one month: World Diabetes Day (14/11)

Thursday, 15th October 2015

What are you doing to celebrate Black History Month? Here are a few ideas...

- Displays in social areas, preferably interactive and a range of formats
- Drive to cover ethnicity and race equality in teaching
- Support or take advantage of community events
- Learner competitions or challenges
- Ask learners to lead on sessions on this theme
- Ask staff members for their ideas and contributions, share the work!
- Circulate a list of activities so all stakeholders can benefit

Friday, 16th October 2015

Today is... 'World Food Day'

This day, declared by the UN General Assembly, aims to heighten public awareness of world food problems and strengthen solidarity in the struggle against hunger, malnutrition and poverty. You can find out more about it, and check the theme for 2015, from the World Food Day web pages:

http://www.fao.org/world-food-day/home/en/

Reminders:

In one week - Wear it Pink (23/10)
In one month - Anti-bullying Week (16/11), Alcohol Awareness Week (16/11), International Day for Tolerance (16/11)

Saturday, 17th October 2015

Sunday, 18th October, 2015

Monday, 19th October 2015

Race equality terms – do you know what to use and when to challenge?

It can be difficult to keep track of the terms that are acceptable or not acceptable to use. Some descriptions that were widely used twenty or thirty years ago can be deemed offensive today.

'Coloured' and 'half-caste' are terms which are not widely acceptable today although may still be used by some people, particularly older generations.

Reminder: In one month - International Men's Day (19/11)

Tuesday, 20th October 2015

Multifaith today: **Guru Granth Sahib declared Guru for all times (Sikh)**

Guru Gobind Singh was the tenth and last living Guru of the Sikh faith

'Race' and 'ethnicity' – do you know the difference?

'Race' refers to the major divisions of humankind, having distinct physical characteristics.

'Ethnicity' refers to the fact or state of belonging to a social group that has a common national or cultural tradition.

Reminder - In one month:

International Day of Transgender Remembrance (20/11)

Wednesday, 21st October 2015

What do we mean by "mental health"?

Everyone has a mental health. It refers to someone's mental well-being, whether it is 'high' or 'low'. Someone with a mental health impairment cannot always maintain 'good' mental health.

Mental health problems can, at first, appear very subtle but then develop into something more serious - working their way into many life situations. They can be devastating, destroying individuals' effective functioning in life, as well as affecting their families and the people surrounding them.

A web-site has been developed for anyone with an interest in mental health in further education http://mhfe.org.uk/

Thursday, 22nd October 2015

The facts and figures around Mental Health are alarming...

- About a quarter of the population will experience some kind of mental health problem in the course of a year, with mixed anxiety and depression the most common mental disorder in Britain
- Women are more likely to have been treated for a mental health problem than men
- Depression affects 1 in 5 older people
- Suicides rates show that British men are three times as likely to die by suicide than British women and self-harm statistics for the UK show one of the highest rates in Europe: 400 per 100,000 population
- Only 1 in 10 prisoners has no mental disorder

For more information visit http://www.mentalhealth.org.uk/

Friday, 23rd October 2015

Multifaith today: **Ashura (Islam)**

Muslims remember the martyrdom of Hussain ibn Ali, grandson of the Prophet Muhammad

Today is... 'Wear it Pink'

Raising awareness events across the UK. Breast Cancer Campaign uses all wear it pink donations to fund innovative, world-class research throughout the UK and Ireland to understand how breast cancer develops, leading to improved diagnosis, treatment, prevention and cure.

More information at: http://www.wearitpink.co.uk/

Saturday, 24th October 2015

Sunday, 25th October 2015

Monday, 26th October 2015

Shared and multiple identities

The diversity of UK people is clear to see. However, we should not be defined by one characteristic alone, we share parts of our identity with many others. This is what we mean by 'shared' or 'multiple' identities. Ultimately, of course, the combination of all these different characteristics means we are all unique!

Reminder – In one week: 'Movember' Men's Health Awareness Month

Tuesday, 27th October 2015

Aspects of identity - 'Personal Identity'...

... Is about understanding how we are different to other people, including how we see and feel about ourselves. As individuals we have a number of characteristics or traits that are specific to us. We all have an age and ethnicity for example, and we may have these particular things in common with other people. Part of developing our own identity as well as our wider social and shared identity is being open to change.

Wednesday, 28th October 2015

Aspects of identity - 'Social Identity'...

Our 'social identity' is the way in which we are associated or linked to particular groups. This can be seen through everyday things such as clothing, hairstyles, material belongings, flags, and the rituals of a country. Our identity is also shaped through our experiences and the activities that we undertake. Identity is a process that evolves through the people and experiences we come into contact with over time.

Reminder - In one week: National Stress Awareness Day (4/11)

Thursday, 29th October 2015

Activity – identity

Ask learners to consider different aspects of your own personal and social identity. You may find it helpful to think in terms of physical characteristics, likes and dislikes, talents, aspirations and experiences that have shaped who you are. This exercise will quickly show unique we really are!

Friday, 30th October 2015

Race equality good practice project – 'The Reach Out Theatre Collective: Inspiring Innovating Inclusive' (Stratford upon Avon College)

The Reach Out Theatre Collective aimed to break down the perceived and real barriers that have led to a lack of access to the performing arts for black, Asian and minority ethnic learners. Participants took part in weekly workshops with a range of arts practitioners. This served to create a thriving community of theatre makers drawn from the wider community of the area.

For more details on this project and others visit The Equalities Toolkit website:

http://www.equalitiestoolkit.com/content/reach-out-theatre

Saturday, 31st October 2015

Multifaith today:

All Hallows' Eve (Christian)
Means eve of All Saints' (or Hallows') Day. 'Hallow' is an old English word for saint

Samhain (Pagan)
Marks the Celtic New Year and the beginning of what Pagans call the Wheel of the Year

My notes:

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