



**Sheffield Teaching Hospitals**  
NHS Foundation Trust

# INCLUSION CALENDAR 2024

**A COLLABORATION BETWEEN SHEFFIELD  
TEACHING HOSPITALS'  
CHAPLAINCY SERVICE, STAFF NETWORK GROUPS  
AND EDI TEAM**

2024 JANUARY

CERVICAL HEALTH AWARENESS\*; CELEBRATION OF LIFE; DRY JANUARY; THYROID AWARENESS

MON	TUE	WED	THU	FRI	SAT	SUN
1 <u>NEW YEAR'S DAY</u>	2	3	4 <u>WORLD BRAILLE DAY</u>	5 <u>TWELFTH NIGHT</u> (CHRISTIAN)	6 <u>EPIPHANY</u> (CHRISTIAN)	7 <u>FEAST OF THE NATIVITY</u> (ORTHODOX CHRISTIAN)
8 <u>SEIJIN NO HI (COMING OF AGE DAY)</u> (SHINTO)	9	10	11	12	13 <u>LOHRI/MAGHI</u> (HINDU/SIKH)	14
15 <u>MAKAR SANKRANTI</u> (HINDU)	16	17 <u>BIRTHDAY OF GURU GOBIND SINGH</u> (SIKH)	18	19	20 <u>TIMKAT</u> (ETHIOPIAN ORTHODOX CHRISTIAN)	21 <u>WORLD RELIGION DAY</u>
22	23	24 <u>INTERNATIONAL DAY OF EDUCATION*</u>	25 <u>MAHAYANA NEW YEAR</u>	26 <u>INDIAN REPUBLIC DAY</u>	27 <u>HOLOCAUST MEMORIAL DAY*</u>	28
29	30	31 <u>BIRTHDAY OF GURU HAR RAI</u> (SIKH)				

- EVENTS
- 1ST - GANTAN-SAI (NEW YEAR) (SHINTO)

GLOBAL FAMILY DAY

REVOLUTION DAY - CUBA
- 6TH - FEAST OF THEOPHANY (ORTHODOX CHRISTIAN)
- 15TH-18TH - PONGAL (HINDU)

BLUE MONDAY
- MARTIN LUTHER KING DAY\*
- 24TH - TU BISHVAT (JEWISH)
- 25TH - CONVERSION OF ST PAUL (CHRISTIAN)
- 26TH - AUSTRALIA DAY

## Spotlight on January

**Martin Luther King Day (15th January)** - this day commemorates the life and work of Dr King, who was a Baptist minister and a prominent leader in the American civil rights movement. People are encouraged to use the day to 'reflect on the principles of racial equality and non-violent social change espoused by Dr King'.



**Cervical Cancer Awareness Month (all month)** - raises awareness of cervical cancer, including warning signs, tests and treatment.

**Holocaust Memorial Day (27th January)** - encourage remembrance in a world scarred by genocide. This day remembers the six million Jews murdered during the Holocaust, alongside the millions of other people, including disabled, LGBTQ+ and Romani communities, amongst others, killed under Nazi persecution and in more recent genocides in Cambodia, Rwanda, Bosnia and Darfur. HMD is for everyone. Together we bear witness for those who endured genocide, and honour the survivors and all those whose lives were changed beyond recognition.



**International Day of Education (24th January)** is created to campaign for better education reforms and improve access to education for all.

2024 FEBRUARY

LGBT HISTORY MONTH\*; UK NATIONAL HEART MONTH

MON	TUE	WED	THU	FRI	SAT	SUN
			1 <u>WORLD HIJAB DAY</u>	2 <u>CANDLEMAS</u> (CHRISTIAN)	3 <u>SETSUBUN-SAI</u> (SHINTO)	4 <u>WORLD CANCER DAY</u>
5 <u>UK RACE EQUALITY WEEK*</u> (TO 11TH)	6	7 <u>LAILAT AL MIRAJ</u> (ISLAM)	8	9	10 <u>CHINESE NEW YEAR</u>	11 <u>INTERNATIONAL DAY OF WOMEN AND GIRLS IN SCIENCE*</u>
12 <u>RED HAND DAY FOR CHILD SOLDIERS</u>	13 <u>SHROVE TUESDAY</u>	14 <u>SAINT VALENTINE'S DAY</u>	15 <u>INTERNATIONAL CHILDHOOD CANCER DAY</u>	16 <u>LITHUANIA INDEPENDENCE DAY</u>	17 <u>WORLD HUMAN SPIRIT DAY</u>	18 <u>ZACCHAEUS SUNDAY</u>
19	20 <u>WORLD DAY OF SOCIAL JUSTICE</u>	21	22	23 <u>INTERNATIONAL STAND UP TO BULLYING DAY</u>	24 <u>MAGHA PUJA</u> (BUDDHIST)	25 <u>LAILAT AL BARA'AH</u> (ISLAM)
26 <u>INTERCALARY DAYS BEGIN</u> (TO 29TH)	27	28	29			

- EVENTS
- 1ST - IMBOLC/ LUGHNASSADH  
(WICCA/PAGAN)
- 4TH - SRI LANKAN INDEPENDENCE DAY
- 11TH - WORLD DAY OF THE SICK ANNIVERSARY OF THE ISLAMIC REVOLUTION (IRAN)  
AUTISM SUNDAY
- 14TH - ASH WEDNESDAY  
(CHRISTIAN)
- 15TH - SERBIA NATIONAL DAY
- 24TH - ESTONIA INDEPENDENCE DAY
- 24TH-25TH - LAILAT AL BARA'AH
- 25TH - TRIODION BEGINS (ORTHODOX CHRISTIAN)

## Spotlight on February



LGBT History Month (all month) - the overall aim of LGBT History Month is to promote equality and diversity for the benefit of the public. This includes raising awareness and promoting the welfare of LGBT people and communities. February is a poignant month in LGBT history: it was chosen to coincide with the abolition of Section 28 in 2003, a policy that prohibited the 'promotion' of homosexuality.

UK Race Equality Week (5th - 11th February) - Race Equality Week is a UK-wide initiative uniting thousands of organisations and individuals to address race equality barriers in the workplace. The events of 2020, including the Black Lives Matter movement and the disproportionate impact of COVID-19 on ethnic minority communities, has heightened public consciousness of race inequality.



International Day of Women and Girls in Science (11th February) - aims to promote the full and equal access and participation of females in Science, Technology, Engineering and Mathematics fields.



2024 MARCH

PROSTATE CANCER AWARENESS; OVARIAN CANCER AWARENESS; MARIE CURIE CANCER CARE

MON	TUE	WED	THU	FRI	SAT	SUN
				1 ZERO DISCRIMINATION DAY	2	3 WORLD HEARING DAY*
4	5	6 GHANA INDEPENDENCE DAY	7	8 INTERNATIONAL WOMEN'S DAY	9	10 RAMADAN BEGINS* (ISLAM)
11 RAMAKRISHNA JAYANTI (HINDU)	12	13	14	15 INTERNATIONAL DAY TO COMBAT ISLAMAPHOBIA	16	17 GLOBAL RECYCLING DAY
18 GREAT LENT BEGINS	19 ST JOSEPH'S DAY	20 INTERNATIONAL DAY OF HAPPINESS	21 INTERNATIONAL DAY FOR THE ELIMINATION OF RACIAL DISCRIMINATION	22 WORLD WATER DAY	23	24 HOLY WEEK BEGINS (CHRISTIAN)
25 INTERNATIONAL DAY OF REMEMBRANCE OF THE VICTIMS OF SLAVERY AND THE TRANSATLANTIC SLAVE TRADE	26 INDEPENDANCE DAY OF BANGLADESH	27 HOLA MOHALLA (SIKH)	28	29 GOOD FRIDAY (CHRISTIAN)	30 WORLD BIPOLAR DAY	31 INTERNATIONAL TRANSGENDER DAY OF VISIBILITY*

EVENTS

1ST - INTERNATIONAL WHEELCHAIR DAY  
SELF-INJURY AWARENESS DAY  
NINETEEN DAY FAST BEGINS (BAHA'I)  
ST. DAVID'S DAY

8TH - MAHA SHIVRATI (HINDU)

17TH- ST PATRICK'S DAY

19TH - SPRING EQUINOX OSTARA  
(WICCA/PAGAN)

20ST - NOWRUZ (PERSIAN)

21ST - WORLD DOWN SYNDROME DAY

24TH - HOLIKA DAHAN (HINDU)

25TH - ANNUNCIATION TO THE THEOTOKOS (ORTHODOX CHRISTIAN)  
GREEK INDEPENDENCE DAY  
HOLI (HINDU)

31ST - EASTER SUNDAY (CHRISTIAN)

## Spotlight on March



**World Hearing Day (3rd March)** - aims to raise awareness on how to prevent deafness and hearing loss and promote ear and hearing care across the world. The 2023 theme highlights the importance of integrating ear and hearing care within primary care, as an essential component of universal health coverage.

**Ramadan (begins 10th March)** - The holiest month of the year where Muslims fast for 30 days, from sunrise to sunset.

For outpatients, avoid scheduling early morning appointments as many will be praying until the early hours of the morning, and avoid scheduling home visits near to sunset where they may be preparing to open their fast.

Some inpatients may still wish to fast even though they are exempt due to ill health and a review of medications may be required to take this into account.

Staff may wish to arrange their working day to accommodate timing of the fast and they may also require access to a prayer room.



**International Transgender Day of Visibility (31st March)** - is a time to celebrate trans and non-binary people and the courage it takes to live openly and authentically, while also raising awareness about the discrimination that trans people continue to face in their daily lives.



# 2024 APRIL

## NATIONAL AUTISM AWARENESS; STRESS AWARENESS

MON	TUE	WED	THU	FRI	SAT	SUN
1	2 <u>WORLD AUTISM AWARENESS DAY*</u>	3	4	5	6 <u>LAILAT AL-QADR (ISLAM)</u>	7 <u>WORLD HEALTH DAY</u>
8 <u>INTERNATIONAL ROMANI DAY</u>	9 <u>EID AL FITR* (EXPECTED DATE) (ISLAM)</u>	10	11	12	13 <u>BIRTH OF THE KHALSA (VAISAKHI) (SIKH)</u>	14 <u>VISHU (HINDU)</u>
15	16	17 <u>RAMA NAVAMI (HINDU)</u>	18	19	20	21 <u>FIRST DAY OF RIDVAN (BAHA'I)</u>
22 <u>PASSOVER* (UNTIL 30TH) (JUDAISM)</u>	23 <u>HANUMAN JAYANTI (HINDU)</u>	24 <u>MAHAVIR JAYANTI (JAIN)</u>	25	26 <u>LESBIAN VISIBILITY DAY*</u>	27 <u>SOUTH AFRICAN FREEDOM DAY</u>	28 <u>WORLD DAY FOR HEALTH AND SAFETY AT WORK</u>
29	30					

### EVENTS

2ND - WORLD AUTISM AWARENESS WEEK (UNTIL 8TH)

17TH - SYRIA INDEPENDENCE DAY  
RAMAYANA BEGINS (HINDU)

22ND - EARTH DAY

23RD - ST GEORGE'S DAY

27TH - NETHERLANDS KONINGS DAG

## Spotlight on April

Eid al Fitr (9th April) - the exact date is determined by the moon sighting, which may vary according to the mosque that people attend.

Eid al Fitr is a two-day celebration marking the end of fasting, where 'Eid Mubarak' greetings are sent.

Avoid scheduling appointments on Eid and the day after and expect that inpatients may want to dress up and have visitors who bring special food. Staff may also request at least two days off.



Autism Awareness Day (2nd April) - Every year, World Autism Month includes celebrating World Autism Awareness Day. The autism spectrum wheel is often used to help people to understand ASD. People may fall differently on the autism spectrum wheel day to day, and different people will experience this differently.

ASD can be characterised by challenges with social skills, repetitive behaviours, focussed interests or hobbies, sensitivity to senses, such as light, sounds, taste and touch, and communication difficulties, and people living with ASD may need significant support in their daily lives, or none at all.



Lesbian Visibility Day (26th April) - is meant to celebrate, recognise and bring visibility to lesbians. It's also about honouring a community that has historically been overlooked due to the intersection of being women and gay.

Passover (22nd - 30th April) - there will be Sabbath-like restrictions on the first two days, followed by few restrictions in the following days.



2024 MAY

ACTION ON STROKE; UK NATIONAL WALKING MONTH; COELIAC AWARENESS

MON	TUE	WED	THU	FRI	SAT	SUN	EVENTS
		1 <u>DEAF AWARENESS WEEK*</u> (UNTIL 7TH)	2	3 <u>POLAND CONSTITUTION DAY</u>	4 <u>BIRTHDAY OF GURU AMAR DAS</u> (SIKH)	5 <u>PASCHA (EASTER DAY)</u> (ORTHODOX CHRISTIAN)	<u>1ST - BELTANE (WICCA/PAGAN)</u> <u>INTERNATIONAL WORKERS' DAY</u>
6	7	8 <u>WORLD RED CROSS CRESCENT DAY</u>	9 <u>EUROPE DAY</u>	10	11	12 <u>INTERNATIONAL NURSES DAY*</u>	<u>8TH - NATIONAL DAY FOR STAFF NETWORKS*</u>  <u>9TH - ASCENSION OF JESUS (CHRISTIAN)</u>
13 <u>MENTAL HEALTH AWARENESS WEEK*</u> (UNTIL 19TH)	14	15 <u>INTERNATIONAL DAY OF FAMILIES*</u>	16 <u>GLOBAL ACCESSIBILITY AWARENESS DAY</u>	17 <u>INTERNATIONAL DAY AGAINST HOMOPHOBIA, BIPHOBIA, INTERSEXPHOBIA AND TRANSPHOBIA*</u>	18	19 <u>PENTECOST</u> (CHRISTIAN)	<u>13TH - INDEPENDENCE DAY OF ISRAEL</u>  <u>17TH - NORWAY CONSTITUTION DAY</u>
20 <u>LEARNING AT WORK WEEK</u> (UNTIL 26TH)	21 <u>WORLD DAY FOR CULTURAL DIVERSITY FOR DIALOGUE AND DEVELOPMENT</u>	22 <u>DECLARATION OF THE BAB</u> (BAHA'I)	23	24	25 <u>GEORGE FLOYD ANNIVERSARY</u>	26	<u>25TH - ARGENTINA REVOLUTION DAY</u> <u>JORDAN INDEPENDENCE DAY</u>
27	28 <u>DERG DOWNFALL DAY</u> (ETHIOPIA)	29 <u>ASCENSION OF BAHA'U'LLAH</u> (BAHA'I)	30 <u>WORLD MS DAY</u>	31 <u>WORLD NO TOBACCO DAY</u>			

## Spotlight on May

National Day for Staff Networks (8th May) - Recognising the added value of Staff Network Groups. Here at STH we have four: Race Equality and Inclusion Network (REIN); Women's; LGBTQ+ PROUDER and DAWN.



International Nurses Day (12th May) - celebrated to coincide with Florence Nightingale's birth date, this gives us all a chance to celebrate the incredible difference that nursing staff make to patient's lives.



Mental Health Awareness Week (13th - 19th May) - open to everyone to start conversations about mental health and the things in our lives that can impact on this.



International Day of Families (15th May) - is to raise awareness and understanding of the importance of families and their values in shaping the world.



International Day Against Homophobia, Biphobia, Intersexphobia and Transphobia (17th May) - gives a platform to make a statement to demand improvements for LGBTQ+ people and highlight the discrimination they can face.

Deaf Awareness Week (1st - 7th May) - the aim of this week is to highlight the impact of hearing loss on everyday life and increase visibility and inclusion of Deaf people.  
Every Deaf person is different. Levels of hearing loss, communication methods and use of hearing technology can vary. It's important to remember this and find out individual needs so you can make sure everyone is suitably included.

MOTOR NEURONE DISEASE AWARENESS; STILLBIRTH AND NEONATAL DEATH AWARENESS; LGBTQ+ PRIDE\*; MEN’S HEALTH AWARENESS; GYPSY, ROMA AND TRAVELLER HISTORY\*

2024 JUNE

MON	TUE	WED	THU	FRI	SAT	SUN
					1 GLOBAL DAY OF PARENTS	2 ITALY REPUBLIC DAY
3	4	5 WORLD ENVIRONMENT DAY*	6 ASCENSION OF THE LORD (ORTHODOX CHRISTIAN)	7	8	9
10 MEN'S HEALTH AWARENESS WEEK (UNTIL 16TH)	11 SHAVUOT (JUDAISM)	12 LONELINESS AWARENESS WEEK (UNTIL 18TH)	13	14 HAJJ (UNTIL 19TH) (ISLAM)	15 WORLD ELDER ABUSE DAY	16 FATHER'S DAY
17 REFUGEE WEEK (UNTIL 23RD)	18 AUTISTIC PRIDE DAY	19	20 WORLD REFUGEE DAY	21 WORLD HUMANIST DAY	22 UK WINDRUSH DAY	23
24 PENTECOST (ORTHODOX CHRISTIAN)	25 CROATIA INDEPENDENCE DAY	26 WORLD WELLBEING WEEK (UNTIL 30TH JUNE)	27	28 ANNIVERSARY OF THE STONEWALL RIOTS	29	30

EVENTS

6TH - FLAG DAY (SWEDEN)

10TH - PORTUGAL DAY  
NATIONAL CARERS WEEK\*

12TH - THE FAST OF THE HOLY APOSTLES (ORTHODOX CHRISTIAN)  
PHILIPPINES INDEPENDENCE DAY

14TH - WORLD BLOOD DONOR DAY

16TH - WAQF AL ARAFA (ISLAM)  
EID AL ADHA (UNTIL 20TH JUNE)

17TH - ICELAND INDEPENDENCE DAY  
LEARNING DISABILITY WEEK (UNTIL 23RD JUNE)

21ST - SUMMER SOLSTICE (WICCA/PAGAN)

25TH - SLOVENIA STATEHOOD DAY

## Spotlight on June



Gypsy, Roma and Traveller History Month (all month) - aims to educate on the culture and lifestyle of these communities. With the combination of celebration, education and raising awareness of the histories and experiences of Gypsy, Roma and Traveller people, the aim is to tackle prejudice, challenge myths and amplify the voices of these communities.

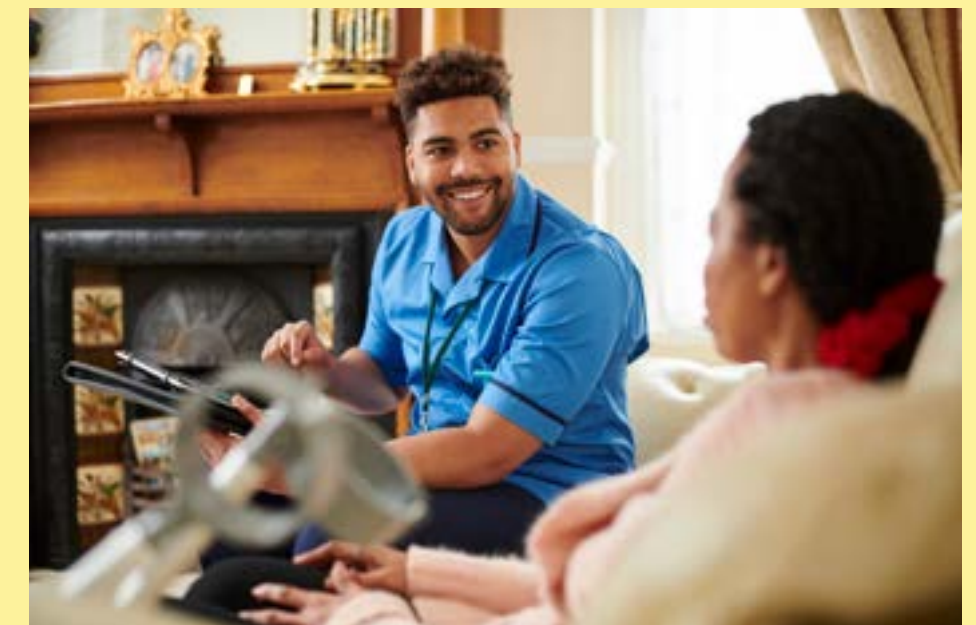


LGBTQ+ Pride Month (all month) - celebrated annually in June to honour the 1969 Stonewall Uprising in Manhattan, which was the tipping point in the creation of the Gay Liberation Movement in the United States and the consequent Pride events held across the globe.

In 1972, the UN General Assembly designated 5 June as World Environment Day (WED). WED has developed as a platform to raise awareness on the problems facing our environment such as air pollution, plastic pollution, illegal wildlife trade, sustainable consumption, sea-level increase, and food security, among others.



National Carers Week (8th June, date TBC) - is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognition the contribution they make to families and communities throughout the UK. It also helps people to identify as carers and access much-needed support.



DISABILITY PRIDE MONTH; MAKE A DIFFERENCE TO CHILDREN; INTERNATIONAL WOMEN WITH ALOPECIA; ETHNIC MINORITIES CANCER AWARENESS

2024 JULY

MON	TUE	WED	THU	FRI	SAT	SUN
1 <u>BURUNDI INDEPENDENCE DAY</u>	2	3	4 <u>USA INDEPENDENCE DAY</u>	5 <u>BIRTHDAY OF GURU HARGOBIND (SIKH)</u>	6 <u>AL-HIJRA/ MUHARRAM* (NEW YEAR) (ISLAM)</u>	7
8	9 <u>MARTYRDOM OF THE BAB (BAHA'I)</u>	10	11 <u>WORLD POPULATION DAY</u>	12	13	14 <u>INTERNATIONAL NON-BINARY PEOPLE'S DAY*</u>
15 <u>WORLD YOUTH SKILLS DAY</u>	16 <u>ASHURA* (ISLAM) (UNTIL 17TH)</u>	17 <u>WORLD DAY FOR INTERNATIONAL JUSTICE</u>	18 <u>SOUTH ASIAN HERITAGE MONTH BEGINS* (UNTIL 17TH AUGUST)</u>	19	20	21 <u>ASALHA PUJA (DHARMA DAY) 2024</u>
22 <u>FEAST OF SAINT MARY MAGDALENE (CHRISTIAN)</u>	23 <u>BIRTHDAY OF EMPEROR HAILE SELASSIE (RASTAFARI)</u>	24 <u>THE BIG LISTEN - SAMARITANS AWARENESS DAY*</u>	25	26	27	28 <u>WORLD HEPATITIS DAY</u>
29	30 <u>INTERNATIONAL DAY OF FRIENDSHIP*</u>	31				

EVENTS

1ST - CANADA DAY

3RD - BELARUS INDEPENDENCE DAY

14TH - FRANCE NATIONAL DAY  
BIRTHDAY OF GURU HARKRISHAN

18TH - NELSON MANDELA INTERNATIONAL DAY

23RD - EGYPT REVOLUTION DAY

30TH - WORLD DAY AGAINST TRAFFICKING PERSONS  
MOROCCO THRONE DAY

## Spotlight on July

**Al-Hijra (Islamic New Year) (6th July) -** marks the migration of the Prophet Muhammad and his followers from Mecca to Medina. Avoid scheduling early morning appointments as many people will spend the night before in prayer. Be aware that inpatients may want to fast on this day.

**Ashura (16th July) -** 10th day of the Islamic New Year. An optional 1 to 3-day fast recognising Moses's fasting in gratitude to God for liberation. Avoid scheduling appointments for Shia Muslims. Be aware that some inpatients may wish to pray and fast, and all genders may wish to dress in black.



**International Non-Binary People's Day (14th July) -** aims to raise awareness and educate around issues faced by non-binary people around the world. The 14th July was chosen as it is precisely between International Women's Day and International Men's Day.



**International Day of Friendship (30th July) -** aims to encourage friendship between peoples, countries, cultures and individuals, to inspire peace efforts and build bridges between communities.

**The Big Listen - Samaritans Awareness Day (24th July) -** celebrated on 24/7 to highlight the constant nature of Samaritan's work, this day aims to raise awareness for all that the Samaritan's do, including the services they offer in local communities.



**South Asian Heritage Month (18th July to 17th August) -** seeks to commemorate, mark and celebrate South Asian cultures, histories and communities. It also aims to understand the diverse heritage and cultures that continue to link the UK with South Asia.

2024 AUGUST

PSORIASIS AWARENESS; BLACK BUSINESS MONTH\*

MON	TUE	WED	THU	FRI	SAT	SUN
			1 WORLD BREASTFEEDING WEEK* (UNTIL 7TH)	2	3	4
5	6 JAMAICA INDEPENDENCE DAY	7 COTE D'IVOIRE INDEPENDENCE DAY	8	9 INTERNATIONAL DAY OF THE WORLD'S INDIGENOUS PEOPLES	10	11
12 TISH'A B'AV 2024	13 OBON* (BUDDHIST)	14	15 INDIAN INDEPENDENCE DAY*	16	17 GABON INDEPENDENCE DAY	18
19 RAKSHA BANDHAN (HINDU)	20	21	22 INTERNATIONAL DAY COMMEMORATING THE VICTIMS OF ACTS OF VIOLENCE BASED ON RELIGION OR BELIEF*	23	24 UKRAINE INDEPENDENCE DAY	25 URUGUAY INDEPENDENCE DAY
26	27	28	29	30	31	

EVENTS
1ST - LAMMAS (CHRISTIAN) YORKSHIRE DAY LUGHNASADH (WICCA/PAGAN) FOUNDATION OF CONFEDERATION (SWITZERLAND)
6TH - FEAST OF TRANSFIGURATION OF OUR LORD (ORTHODOX CHRISTIAN)
12TH - INTERNATIONAL YOUTH DAY
15TH - ASSUMPTION OF BLESSED VIRGIN MARY (CATHOLIC)
17TH - <u>INDONESIAN INDEPENDENCE DAY</u>
19TH - <u>AFGHANISTAN INDEPENDENCE DAY</u> WORLD HUMANITARIAN DAY*

# Spotlight on August

World Breastfeeding Week (1st until 7th August) - focusses on how we can all protect, promote and support breastfeeding across all levels of society.



Obon (13th August) - is a Buddhist event for commemorating one's ancestors, whose spirits are believed to temporarily return to this world in order to visit their relatives. Customs vary strongly from region to region, but traditionally lanterns are hung in front of houses to guide ancestors' spirits, dances and food offerings are made.



Black Business Month (whole month) - a time to acknowledge and appreciate blackowned businesses across the national and all that they represent as the country continues to aim for equality, diversity and inclusion.



International Day Commemorating the Victims of Acts of Violence Based on Religion or Belief (22nd August) - acknowledging that there continues to be acts of intolerance and violence based on religion or belief against individuals or groups. This day condemns acts of violence and acts of terrorism against individuals or groups based on their religion or belief.



Indian Independence Day (15th August) - a reminder of the battle for liberation from the British Empire, championed by leaders like Mahatma Gandhi and Jawaharlal Nehru.

World Humanitarian Day (19th August) - is a global celebration that focusses on bringing together partners from across the humanitarian system to advocate for the survival, wellbeing and dignity of people affected by crises.



2024 SEPTEMBER

MENOPAUSE AWARENESS; SICKLE CELL AWARENESS; CHILDHOOD CANCER AWARENESS; INTERNATIONAL BLOOD CANCER AWARENESS; WORLD ALZHEIMER’S MONTH

MON	TUE	WED	THU	FRI	SAT	SUN
						1 SLOVAKIA CONSTITUTION DAY
2	3	4	5 INTERNATIONAL DAY OF CHARITY	6	7 BRAZIL INDEPENDENCE DAY	8
9	10 WORLD SUICIDE PREVENTION DAY*	11 YOM KIPPUR* (UNTIL 12TH) (JUDAISM)	12	13 WORLD SEPSIS DAY	14 HOLY CROSS DAY	15 INTERNATIONAL DAY OF DEMOCRACY
16 BI VISIBILITY WEEK (UNTIL 23RD SEPTEMBER)	17	18	19	20	21 INTERNATIONAL DAY OF PEACE	22 MALI INDEPENDENCE DAY
23 BI VISIBILITY DAY*	24 MIGRAINE AWARENESS WEEK (UNTIL 30TH)	25	26	27 WORLD'S BIGGEST COFFEE MORNING WITH MACMILLAN (DATE TBC)	28	29
30						

EVENTS

5TH - FAST OF GEDALIAH  
(JUDAISM)  
ONAM (UNTIL 17TH)  
(HINDU)

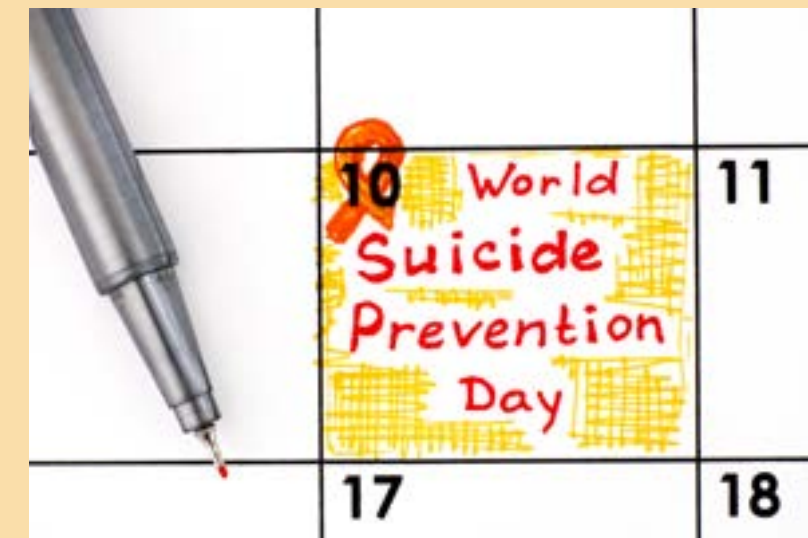
16TH - MEXICO INDEPENDENCE  
DAY

21ST - ARMENIA INDEPENDENCE  
DAY

23RD - NATIONAL INCLUSION  
WEEK\* (UNTIL 29TH)

## Spotlight on September

World Suicide Prevention Day (10th September) - is organised by the International Association for Suicide Prevention and the World Health Organisation, to promote worldwide commitment and action to prevent suicides.



National Inclusion Week (23rd - 29th September) - is a week dedicated to celebrating inclusion and taking action to create inclusive workplaces.



Bi Visibility Day (23rd September) - celebrated at the end of Bi Visibility Week, Bi Visibility Day raises Bi awareness and challenges bisexual and biromantic erasure.

Yom Kippur (11th - 12th September) - is the most solemn day of the Jewish year. Yom Kippur involves a 25 hour fast, where no food or drink is consumed from sundown until sunset. Avoid scheduling appointments for outpatients and expect Sabbath-like restrictions for inpatients. This may include keeping a full or limited fast despite medical advice, restrictions against washing and wearing leather clothes. Staff may request the day off. You can consult a member of the Chaplaincy Team if needed.



2024 OCTOBER

ADHD AWARENESS MONTH; BREAST CANCER AWARENESS; DOWN SYNDROME AWARENESS\*; BLACK HISTORY\*; LUPUS AWARENESS; GLOBAL DIVERSITY AWARENESS; WORLD BLINDNESS AWARENESS MONTH

MON	TUE	WED	THU	FRI	SAT	SUN
	1 INTERNATIONAL DAY OF OLDER PERSONS	2 WORLD DYSLEXIA AWARENESS WEEK* (UNTIL 8TH OCTOBER)	3 DAY OF GERMAN UNITY	4 FEAST OF ST FRANCIS OF ASSISI (CHRISTIAN)	5	6
7	8	9 BABY LOSS AWARENESS WEEK (UNTIL 15TH)	10 WORLD MENTAL HEALTH DAY	11 NATIONAL COMING OUT DAY	12 DUSSHERA (HINDU)	13
14 EQUAL PAY DAY AT STH (DATE TBC)	15	16 INTERNATIONAL PRONOUNS DAY*	17 INTERNATIONAL DAY FOR THE ERADICATION OF POVERTY	18 WORLD MENOPAUSE DAY	19	20
21	22 INTERNATIONAL STAMMERING AWARENESS DAY	23	24 SHEMINI ATZERET AND SIMCHAT TORAH (JUDAISM) (UNTIL 25TH)	25	26 INTERSEX AWARENESS DAY	27
28	29 WORLD STROKE DAY	30	31 HALLOWEEN			

EVENTS

- 1ST - NATIONAL DAY  
OF THE PEOPLE'S  
REPUBLIC OF CHINA  
NIGERIA  
INDEPENDENCE DAY
- 2ND -  
INTERNATIONAL DAY  
OF NON-VIOLENCE  
GUINEA  
INDEPENDENCE DAY  
ROSH HASHANAH\*  
(JUDAISM) (UNTIL  
4TH)
- 4TH - NAVARATRI  
(HINDU) (UNTIL 13TH)
- 9TH - BIRTH OF  
GURU RAM DAS  
(SIKH)
- 10TH - WORLD SIGHT  
DAY
- 12TH - BANDHI  
CHHOR DIVAS (SIKH)
- 16TH - SUKKOT  
(UNTIL 23RD  
OCTOBER) (JUDAISM)
- 18TH - ANTI-SLAVERY  
DAY
- 24TH - ZAMBIA  
INDEPENDENCE DAY

## Spotlight on October



Rosh Hashanah (2nd - 4th October) - is a two-day festival celebrating the creation of the world and is the Jewish New Year. During this time, there is a focus on reflecting on the past year and looking forward to the next year. This is a serious holiday, with Sabbath-like restrictions and time spent in prayer. Avoid scheduling appointments for outpatients and many staff may want to take this day off, as work is not permitted for the duration of the festival.

World Dyslexia Awareness Week (2nd - 8th October) - is an annual event to raise awareness of Dyslexia, including issues such as early identification and reasonable adjustments.

You can contact our Dyslexia Assessor Team ([sth.equalityanddiversity@nhs.net](mailto:sth.equalityanddiversity@nhs.net)) at if you would like more information.



Black History Month (all month) - is a month to learn, honour and celebrate the achievements of Black people throughout history and has been marked in the UK for 30+ years. It is held to celebrate and highlight the achievements, contributions and importance of the Black Community. This month is specifically set aside to celebrate this as, so often in the past, contributions made by Black people in the UK were ignored because of the colour of their skin. It aims to address this unfairness, by being a celebration of achievements past, present and future.

International Pronouns Day (16th October) - seeks to make respecting, sharing and educating about personal pronouns commonplace. Referring to people by the pronouns they determine for themselves is basic to human dignity. Together, we can transform society to celebrate people's multiple, intersecting identities.



Down Syndrome Awareness Month (all month) - is to celebrate Down syndrome and let everyone know our abilities and that we are capable of anything we set our minds to.

# 2024 NOVEMBER

LUNG CANCER AWARENESS; PANCREATIC CANCER AWARENESS; MOUTH CANCER ACTION; COPD AWARENESS; MOVEMBER  
MEN’S HEALTH AWARENESS; UK DISABILITY HISTORY; ISLAMOPHOBIA AWARENESS

MON	TUE	WED	THU	FRI	SAT	SUN
				1 DIWALI* (SIKH/HINDU)	2 ALL SOULS' DAY (CHRISTIAN)	3
4	5 GUY FAWKES DAY (BONFIRE NIGHT)	6	7	8	9 CAMBODIA INDEPENDENCE DAY	10 REMEMBRANCE SUNDAY
11 ARMISTICE DAY*	12 INTERFAITH WEEK (UNTIL 19TH NOVEMBER)	13 TRANSGENDER AWARENESS WEEK (UNTIL 19TH)	14 WORLD DIABETES DAY	15 BIRTHDAY OF GURU NANAK DEV (SIKH)	16 DISABILITY HISTORY MONTH (UNTIL 16TH DECEMBER)	17
18 LATVIA INDEPENDENCE DAY	19 INTERNATIONAL MEN'S DAY*	20 TRANSGENDER DAY OF REMEMBRANCE*	21	22 LEBANON INDEPENDENCE DAY	23	24 MARTYRDOM OF GURU TEGH BAHADUR (SIKH)
25 INTERNATIONAL DAY FOR THE ELIMINATION OF VIOLENCE AGAINST WOMEN	26	27	28 ALBANIA INDEPENDENCE DAY	29	30 ST ANDREW'S DAY	

- EVENTS
- 1ST - ALGERIA REVOLUTION DAY  
ALL SAINTS DAY  
(CHRISTIAN)  
KERALA DAY
- 11TH - POLAND INDEPENDENCE DAY
- 13TH - WORLD KINDNESS DAY  
ANTI-BULLYING WEEK  
(UNTIL 17TH, DATE TBC)
- 15TH INDEPENDENCE DAY OF PALESTINE
- 20TH - UNIVERSAL CHILDREN'S DAY

## Spotlight on November

Diwali (1st November) - celebrates Guru Hargobind's, the sixth guru, release from prison, alongside 52 other princes. Traditionally, Diwali is a one day celebrating held in the Gurduwara, which involves lighting lamps - this is why Diwali is also known as 'the festival of lights'. Avoid scheduling appointments for outpatients where possible. Inpatients may have visitors, want to wear celebratory clothing and visit the Chapel to perform communal prayer. Staff may wish to have time off in the evening to visit the Gurduwara, and may also request time off the following weekend to participate in activities.



Armistice Day (11th November) - This is the date (in 1918) that World War One came to an end. Today, this anniversary is used to remember everyone who has died while at war, including World War Two, the Falklands War and ongoing conflicts across the world.

Transgender Day of Remembrance (20th November) - TDoR is an annual event on 20th November that honours the memory of the transgender people whose lives were lost in acts of anti-transgender violence.



Disability History Month (16th November - 16th December) established in 2010. It is an annual event and is supported by a wide range of disability groups, unions and voluntary groups. This is an opportunity to celebrate the achievements and the contributions of people with disabilities and raise awareness of the challenges that they face.



International Men's Day (19th November) - highlights the worldwide positive contributions of men and boys. It is an occasion to celebrate boy's and men's lives and achievements. The broader and ultimate aim of the event is to promote basic awareness towards men's issues.

2024 DECEMBER

UNIVERSAL MONTH FOR HUMAN RIGHTS; DECEMBEARD

MON	TUE	WED	THU	FRI	SAT	SUN
						1 WORLD AIDS DAY*
2 INTERNATIONAL DAY FOR THE ABOLITION OF SLAVERY*	3 INTERNATIONAL DAY OF PERSON'S WITH DISABILITIES*	4	5	6 ST NICHOLAS'S DAY (CHRISTIAN)	7	8 BODHI DAY (BUDDHIST)
9	10 HUMAN RIGHTS DAY*	11	12	13	14	15 DHANU SANKRANTI (HINDU)
16	17	18 INTERNATIONAL MIGRANTS DAY	19	20 INTERNATIONAL HUMAN SOLIDARITY DAY	21 WINTER SOLSTICE	22
23	24 CHRISTMAS EVE (CHRISTIAN)	25 CHRISTMAS DAY* (CHRISTIAN)	26 BOXING DAY (CHRISTIAN)	27	28	29
30	31 NEW YEAR'S EVE					

- EVENTS
- 1ST - ROMANIA UNIFICATION DAY  
FIRST SUNDAY OF ADVENT  
(CHRISTIAN)
- 2ND - UAE NATIONAL DAY
- 24TH - LIBYA INDEPENDENCE DAY
- 25TH - FIRST DAY OF HANUKKAH\* (JUDAISM) (UNTIL 2ND JANUARY 2025)
- 26TH - ST STEPHEN'S DAY

## Spotlight on December



Christmas Day (25th December) - is when Western Christians celebrate the birth of Jesus Christ. Often celebrated through prayer and song in Church and gifts are often given, to represent the gifts Jesus received from the three Kings. Avoid scheduling outpatient appointments. Inpatients may have visitors, eat special foods and want to attend a service.

International Day of People's with Disabilities (3rd December) - promotes an understanding of people with disability and encourage support for their dignity, rights and wellbeing.



Hannukah (25th - 2nd January 2025) - is the festival of lights, involving the lighting of the Menorah (a nine candle candelabra) over eight nights. There should be no specific impact on outpatient appointments, although evening appointments should be avoided. Inpatients may wish to light an electric candle or visit a menorah lighting, if one is available.

World AIDS Day (1st December) - shows support for people living with HIV and to commemorate people who have died.

Human Rights Day (10th December) - is celebrated to raise awareness of the inalienable right that everyone is entitled to be a human being - regardless of race, colour, religion, sex, language, political or other opinion, national or social origin, property, birth or other status.

International Day for the Abolition of Slavery (2nd December) - To reflect on the troubling issue of contemporary forms of slavery, such as human trafficking, sexual exploitation, child labour and forced labour, among others.

