



THE INCLUSION CALENDAR 2023/2024



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October 2023

The Jigsaw of Inclusion.

As we travel through the difficult times ahead, we can all help and support each other. At an interpersonal level we have to be more mindful of each other and more thoughtful in our language and actions, for we do not know what others may be struggling with.

Our calendar this year shines a light on some of the positive pieces that when put together, help to create and build a jigsaw of inclusion. We can all reach out and treat others as we would like them to treat us, with kindness at the heart of our organisations.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 39.					0		
Week 40.	2	3	4	5	6	7	8
Week 41.	9	10	11	12	13	14	15
Week 42.	16	17	18	19	20	21	22
Week 43.	23	24	25	26	27	28	29
Week 44.	30	31					
	October is Bre Black History <i>N</i>	east Cancer A Month (UK) C	wareness Month Global Diversity A	Down Syndro wareness Mont	ome Awareness h Menopause	Month Stopto e Awareness Mo	ober onth
	2	Loot Quarter	Now Moo	•	ret Quarter 1	Cull Moon	

Special Days

- International Day of Older Persons.
- 2nd Feast of the Guardian Angels Christian, International Day of Non-Violence.
- 4th Blessing of the Animals Christian. **Saint Francis' Day** – Christian.
- 6th World Cerebral Palsy Day.
- 7th Shemini Atzeret Judaism.
- 8th Simchat Torah Judaism. International Lesbian Day.
- 9th Birthday of Guru Ram Das Sikh.
- 10th World Homeless Day, World Mental Health Day.
- 11th International Day of the Girl Child, Coming Out Day.
- 12th World Sight Day.
- 14th Hate Crime Awareness Week begins.
- 15th Sharad Navratri begins Hindu, International Day of Rural Women.
- **16th Birth of the Báb** Baha'i. World Food Day.
- 17th Birth of Baha'u'llah Baha'i, International Day for the Eradication of Poverty.
- 18th Feast of Saint Luke Christian. International Pronouns Day, World Menopause Day.
- 24th Dussehra Dasara Hindu, United Nations Day.
- 26th Intersex Awareness Day.
- 28th Feast of Saints Simon and Jude - Christian.
- 29th World Stroke Day, British Summer Time ends.
- 30th Bank Holiday ROI.
- 31st All Hallows' Eve Christian, **Reformation Day** – Protestant Christian, Samhain (Halloween) – Beltane
 - Wicca/Pagan Northern and Southern hemispheres.



C Last Quarter New Moon First Quarter C Full Moon



November 2023

Inclusive Teams.

"Kindness is more than deeds. It is an attitude, an expression, a look, a touch. It is anything that lifts a person up."

The process of working with others is important because it enables us to step outside of our own fixed organisational role and look at becoming part of something bigger and something that matters to others. We develop new relationships and build the fabric of understanding across our community.

Inclusive teams encourage individuals to become more outward looking to those we are trying to help, to addressing key needs, to making an impact, to looking for opportunities for growth and so extending the reach of the organisation.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 44.			1	2	3	4	5
Week 45.	6	7	8	9	10	11	12
Week 46.	13	14	15	16	17	18	19
Week 47.	20 °	21	22	23	24	25	26
Week 48.	27 °	28	29	30			





Contract Contract





O Full Moon

Special Days

- 1st All Saints' Day Christian, World Vegan Day, National Stress Awareness Day.
- 2nd All Souls' Day Christian,
 Anniversary of the Crowning of Haile
 Selassie Rastafari.
- 8th Intersex Day of Solidarity.
- 9th Dedication of the Lateran Basilica Catholic Christian.
- 11th Armistice Day.
- 12th Diwali Deepavali Hindu, Sikh, Jain, Bandi Chhor Divas – Sikh, Remembrance Sunday, UK Interfaith Week begins.
- 13th World Kindness Day, Transgender Awareness Week begins, Self Care Week begins.
- 14th World Diabetes Day.
- 15th Nativity Fast begins Orthodox Christian.
- 16th International Day for Tolerance, UK Disability History Month begins.
- 17th International STAND UP to Bullying Day, International Students' Day, Children in Need.
- 19th International Men's Day.
- 20th Transgender Day of Remembrance, Universal Children's Day.
- 23rd US Thanksgiving.
- **24th Martyrdom of Guru Tegh Bahadur** Sikh.
- 25th International Day for the Elimination of Violence against Women.
- 26th Day of the Covenant Baha'i, Feast of Christ the King – Christian.
- **27th Birthday of Guru Nanak Dev** Sikh.
- 28th Ascension of Abdu'l-Bahá Baha'i.
- 30th Saint Andrew's Day Christian, Bank Holiday – Scotland.



December 2023

Empowerment.

"Kindness in words creates confidence, kindness in thinking creates profoundness, kindness in giving creates love." Lao Tzu.

We have to encourage everyone so that they feel motivated and able to play a full and equal part in the process of building inclusion. This is the purpose of empowerment.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Week 4	8.	C)			2	3
Week 4	9. 4	5	6	7	8	9	10
Week 50	0. 11	12	13	14	15	16	17
Week 5	1. 18	19	20	21	22	23	24
Week 5:	2. 25	26	27	28	29	30	31
	De	e cember is Univ	versal Month for F Decembeard S	Human Rights Spiritual Literac	AIDS Awarene: y Month	ss Month	



1st World AIDS Day.

2nd International Day for the Abolition of

National Grief Awareness Week begins.

3rd Advent Sunday – Christian, International Day of Persons with Disabilities.

5th International Volunteer Day,

8th Rohatsu (Bodhi Day) – Buddhist,

Feast of the Immaculate Conception

- Christian.

Chanukah begins – Judaism, Christmas Jumper Day.

10th Human Rights Day.

12th International Universal Health Coverage

14th EHU Staff Mince Pies Event.

18th International Migrants Day.

20th International Human Solidarity Day.

22nd Winter Solstice,

Yule - Litha - Wicca/Pagan Northern and Southern hemispheres.

24th Christmas Eve – Christian.

25th Christmas Day – Christian,

Feast of the Nativity – Orthodox Christian, Bank Holiday - England, Wales, Scotland, Northern Ireland and ROI.

26th Saint Stephen's Day - Christian.

Zarathosht no diso (Death of Prophet

Zarathustra) – Zoroastrian,

Boxing Day,

Kwanzaa begins,

Bank Holiday - England, Wales, Scotland, Northern Ireland and ROI.

28th Holy Innocents – Christian.

31st Feast of the Holy Family – Catholic Christian,

Watch Night – Christian,

New Year's Eve/Hogmanay.

EHU Christmas Carol Service TBC - dates will be communicated.











January 2024

Multi and Inter-Generational Working.

"When I was young, I admired clever people. Now that I am old, I admire kind people."

Abraham Joshua Heschel.

The mix of multi-generations now woven through our communities presents exciting opportunities for creativity, innovation and productivity due to the dynamic fusion of skills, knowledge, ideas and perspectives.

By making positive interpersonal connections and building relationships through inter-generational working, we become more effective together and more valuable as we create collaborative and productive groups.

Effective inter-generational working enables individual expertise and experience to be gathered up and focussed on the key needs and opportunities that we all share.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1.	1	2	3	4	5	6	7
Week 2.	8	9	10	11	12	13	14
Week 3.	15	16	17	18	19	20	21
Week 4.	22	23	24	25	26	27	28
Week 5.	29	30	31				
	Jai		al Health Awarer ange UK Dry Jan				
	0	Last Quarter	New Mod	on O Fi	rst Quarter	O Full Moon	

Special Days

- 1st Mary, Mother of God Catholic Christian, Gantan-sai (New Year) – Shinto, Global Family Day, New Year's Day/Hogmanay, Bank Holiday – England, Wales,
- Scotland, Northern Ireland and ROI.

 2nd Bank Holiday Scotland.
- 4th World Braille Day.
- 5th Twelfth Night Christian.
- 6th Epiphany Christian, Feast of the Theophany – Orthodox Christian.
- 7th Baptism of the Lord Jesus Christian, Feast of the Nativity – Orthodox Christian.
- 8th Seijin no hi (Coming of Age Day) Shinto.
- 14th Lohri/Maghi Hindu, Sikh,
- Old New Year Orthodox Christian.

 15th Makar Sankranti Hindu,
- Pongal Hindu, Blue Monday,
- Martin Luther King Junior Day.

 17th Birthday of Guru Gobind Singh Sikh.
- 18th Week of Prayer for Christian Unity begins

 Christian.
- **20th Timkat** Ethiopian Orthodox Christian.
- 21st World Religion Day.
- 24th International Day of Education.
- 25th Mahayana New Year begins Buddhist, Conversion of Saint Paul – Christian,
 - Thaipusam Hindu, Tu BiShvat – Judaism,
 - Robert Burns Night (Burns Night).
- 27th Holocaust Memorial Day.
- 28th Data Privacy Day.
- 31st Birthday of Guru Har Rai Sikh.



February

2024

Personal Responsibility.

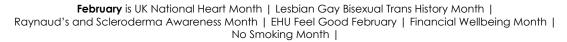
"Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world."

Desmond Tutu.

We all have a personal responsibility for making our communities more inclusive. Our individual mindsets, attitudes and behaviours directly impact on the lives of others and help shape our environment and society. We must be proactive and reach out at an interpersonal level to others, especially those who we do not know or would not normally work or study with.

We can help to influence and shape our policies, strategies and goals around equality, diversity and inclusion - and so ensure that effective training and support is available for all.

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





Last Quarter

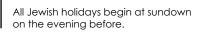






Special Days

- 1st World Hijab Day, Imbolc - Lughnasadh - Wicca/Pagan Northern and Southern hemispheres. World Interfaith Harmony Week begins, Time to Talk Day.
- **2nd Candlemas** Christian.
- 3rd Setsubun-sai Shinto.
- 4th World Cancer Day.
- 5th Bank Holiday ROI, UK Race Equality Week begins.
- 6th Safer Internet Day.
- 8th Lailat al Miraj Islam, Mela Celebration.
- 10th Chinese New Year Confucian, Daoist, Buddhist.
 - **Losar** Tibetan New Year.
- 11th Autism Sunday, International Day of Women and Girls in Science,
- World Day of the Sick. 12th Red Hand Day for Child Soldiers.
- 13th Shrove Tuesday Christian.
- 14th Ash Wednesday Christian. Vasant Panchami – Hindu, Saint Valentine's Day.
- 15th International Childhood Cancer Day, Parinirvana Day/Nirvana Day – Buddhist.
- 17th World Human Spirit Day, Random Acts of Kindness Day.
- **18th Zacchaeus Sunday** Orthodox Christian.
- 20th World Day of Social Justice.
- 23rd International STAND UP to Bullying Day.
- 24th Magha Puja (Sangha Day) Buddhist.
- 25th Lailat al Bara'ah Islam.
- **Triodion begins** Orthodox Christian. 26th Intercalary Days begin - Baha'i.
- 29th Intercalary Days end Baha'i.







March

Collaboration.

"When you are kind to others, it not only changes you, it changes the world." Harold S. Kushner.

Collaborative working is key for building inclusivity in our community.

Collaboration is not just the joining together of our work efforts. It is when two or more of us come together to create, build and develop a new interpersonal entity. It is this entity which holds potential way beyond the initial task that we envisaged, because it is built around who we are, rather than what we are planning to do.

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



March is Prostate Cancer Awareness Month | Ovarian Cancer Awareness Month | Women's History Month |

O Last Quarter New Moon



First Quarter

O Full Moon

Special Days

1st Nineteen Day Fast begins – Baha'i, Saint David's Day – Christian, International Wheelchair Day, Self-Injury Awareness Day, Zero Discrimination Day.

3rd Sunday of the Prodigal Son – Orthodox Christian, World Hearing Day.

4th National Careers Week begins.

th Maha Shivaratri – Hindu, International Women's Day.

10th Meatfare Sunday – Orthodox Christian, Mothering Sunday.

11th Ramadan begins – Islam.

12th Ramakrishna Jayanti – Hindu.

14th Nanakshahi (New Year) – Sikh, University Mental Health Day.

15th International Day to Combat Islamophobia,
World Sleep Day.

17th Saint Patrick's Day – Christian, Cheesefare Sunday – Orthodox Christian,

Red Nose Day.

18th Great Lent begins – Orthodox Christian,
Global Recycling Day,

Bank Holiday – Northern Ireland and ROI, Neurodiversity Celebration Week begins.

19th Saint Joseph's Day – Christian.

20th Naw-Rúz (New Year) – Baha'i, Norooz (New Year) – Persian/Zoroastrian, Ostara – Mabon – Wicca/Pagan Northern and Southern hemispheres, International Day of Happiness

International Day of Happiness, Spring Equinox.

21st International Day for the Elimination of Racial Discrimination,
World Down Syndrome Day.

24th Palm Sunday - Christian, Holika Dahan - Hindu, Purim - Judaism, Sunday of Orthodoxy - Orthodox Christian.

25th Holi - Hindu.

26th Hola Mohalla begins – Sikh, Khordad Sal (Birth of Prophet Zarathustra)

– Zoroastrian, **Purple Day.**

28th Maundy Thursday – Christian, EHU Hot Cross Buns Event.

29th Good Friday – Christian, Bank Holiday – England, Wales, Scotland and Northern Ireland.

30th World Bipolar Day,

31st Easter Sunday – Christian, International Transgender Day of Visibility British Summer Time begins.



April 2024

Building Community.

"A single act of kindness throws out roots in all directions and the roots spring up and make new trees."

Amelia Earhart.

Once we start to link up with others we begin to build and extend our community. Our personal community grows outwards from us, and we become drivers of inclusion.

Organisations now recognise the importance of building community from within as they offer new ways of bringing people together, establishing greater connections and creating a sense of belonging in the workplace.

Inclusion is integral to this approach, encouraging people to link up, support each other, give back and pay it forward, resulting in a kinder community.

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







O Full Moon

Special Days

1st Easter Monday – Christian,
April Fool's Day,
Bank Holiday – England, Wales, Northern
Ireland and ROI.

2nd World Autism Awareness Day.

6th Lailat al-Qadr – Islam, International Asexuality Day.

7th World Health Day.

8th International Romani Day.

9th Chaitra Navratri begins – Hindu, Ramayana begins – Hindu, Ugadi New Year – Hindu.

10th Eid al Fitr – Islam.

13th Songkran (Thai New Year) – Buddhist, Birth of the Khalsa (Vaisakhi) – Sikh.

14th Tamil New Year.

17th Rama Navami – Hindu.

18th Birthday of Guru Angad Dev – Sikh,
Birthday of Guru Tegh Bahadur – Sikh.

20th First Day of Ridvan – Baha'i.

21st Mahavir Jayanti - Jain.

22nd Earth Day.

23rd Theravada New Year – Buddhist, Saint George's Day – Christian, Hanuman Jayanti – Hindu,

Passover – Judaism.

24th Lord's Evening Meal – Jehovah's Witness.

25th Feast of Saint Mark the Evangelist – Christian

26th Lesbian Visibility Day.

27th Lazarus Saturday - Orthodox Christian.

28th Ninth Day of Ridvan – Baha'i, Palm Sunday – Orthodox Christian, World Day for Health & Safety at Work.



May 2024

Supporting Mental Health and Wellbeing.

"Kindness begins with the understanding that we all struggle."

Charles Glassman.

We know that as humans we need interaction, encouragement, positive support, camaraderie, friendship and joy. It is not surprising that mental health and well-being have become so prevalent as we have left so many people to fend for themselves.

We can all support the implementation of a wellbeing approach which also recognises the neurodiversity and mental health issues that many people are facing. We can build a new fabric of collaboration and contribution to meet the emotional wellbeing needs of all of us.

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

May is Action on Stroke Month | Hepatitis Awareness Month | UK National Walking Month | Celiac Awareness Month |











Special Days

- 1st Twelfth Day of Ridvan Baha'i, Beltane – Samhain – Wicca/Pagan Northern and Southern hemispheres.
- 2nd Birthday of Guru Arjan Dev Sikh.
- 3rd Feast of Saints Philip and James

 Christian,
 - Holy Friday Orthodox Christian, World Press Freedom Day.
- 4th International Firefighters Day.
- 5th Pascha (Easter) Orthodox Christian.
- 6th Yom Ha\$hoah Judaism,
 Bank Holiday England, Wales,
 Scotland, Northern Ireland and ROI.
- 8th UK National Day for Staff Networks. World Red Cross and Red Crescent Day.
- 9th Ascension Day Christian.
- **10th Akshaya Tritiya** Hindu, Jain.
- 12th International Nurses Day.
- 13th Yom HaZikaron Judaism, TBC Mental Health Awareness Week beains.
- 14th Yom Ha'Atzmaut Judaism.
- 15th International Day of Families.
- 16th Global Accessibility Awareness Day.
- 17th International Day Against Homophobia, Transphobia and Biphobia.
- 19th Pentecost Christian.
- 21st World Day for Cultural Diversity for Dialogue and Development.
- 22nd International Day for Biological Diversity.
- 23rd Declaration of the Báb Baha'i, Vesak/Visakha Puja – Buddhist, Birthday of Guru Amar Das – Sikh.
- **26th Trinity Sunday** Christian, **Lag BaOmer** Judaism.
- **27th Bank Holiday** England, Wales, Scotland and Northern Ireland.
- 28th Ascension of Baha'u'llah Baha'i.
- 29th International Day of United Nations Peacekeepers.
- **30th Corpus Christi** Catholic Christian.
- 31st Visitation of the Blessed Virgin Mary

 Catholic Christian,

 World No Tohanon Park

World No Tobacco Day.





June 2024

Positive and Inclusive Language.

"When words are both true and kind, they can change the world". Buddha.

Language is powerful. When used well, it helps to form relationships and connections. When used carelessly, it can create division.

When we encourage and help each other, we free up our brain to explore more, to take on new challenges and empower others to work together in new ways. All of this in turn unlocks our own thinking and the ideas of others.

Inclusive language is communication that proactively uses words, expressions and phrases that are kind, positive and welcoming. It acknowledges diversity and conveys respect to everyone.

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

June is Motor Neurone Disease Awareness Month | Stillbirth & Neonatal Death Awareness Month | LGBT Pride Month | Gypsy, Roma and Traveller History Month |

New Moon

C Last Quarter





Special Days

- 1st Global Day of Parents, Volunteers' Week begins.
- 3rd Bank Holiday ROI.
- 4th International Day of Innocent Children Victims of Aggression.
- 5th Yom Yerushalayim Judaism, World Environment Day.
- **7th** Sacred Heart of Jesus Catholic Christian.
- 8th Global Wellness Day.
- 9th Race Unity Day.
- 10th Men's Health Week begins, Carers Week begins.
- 12th Shavuot Judaism,
 World Day against Child Labour.
- 13th Shavuot Judaism, Ascension of the Lord – Orthodox Christian.
- 14th Hajj Islam,
 - World Blood Donor Day.
- 15th Waqf al Arafa Islam,
 - World Elder Abuse Awareness Day.
- 16th Eid al Adha Islam, Martyrdom of Guru Arjan Dev – Sikh, Father's Day.
- 17th World Day to Combat Desertification and Drought.
- 18th Autistic Pride Day,
 International Day for Countering Hate
 Speech.
- **20th Litha Yule** Wicca/Pagan Northern and Southern hemispheres,
 - Summer Solstice, World Refugee Day.
- 21st World Humanist Day.
- 22nd UK Windrush Day.
- **23rd Pentecost** Orthodox Christian.
- **24th Nativity of Saint John the Baptist** Christian.
- 25th National Breastfeeding Week begins.
- **29th Feast of Saints Peter and Paul** Christian.
- **30th All Saints Day** Orthodox Christian.



July 2024

Inclusive Leadership.

"Kindness is igniting a light in someone else for no reason other than to watch them enjoy the glow." RAKtivist.

Investing time in building aenuine relationships helps people feel respected, valued and appreciated. Quality relationships promote open communication and support an environment of inclusivity.

An inclusive leader sets the tone and behaviours to create a place where each person is recognised, valued, respected and able to contribute. In short, where people feel they belong and are included.

This is about each of us having a personal growth mindset, being our own leader and creating possibilities with all those we meet.

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



July is UV Safety Month | Make a Difference to Children Month | International Women with Alopecia Month | Disability Pride Month |

C Last Quarter New Moon



C Full Moon

Special Days

- The Fast of the Holy Apostles Orthodox Christian.
- 4th US Independence Day
- 5th Birthday of Guru Hargobind Sikh.
- 7th Al-Hijra/Muharram New Year Islam.
- 9th Martyrdom of the Báb Baha'i.
- 11th World Population Day.
- 12th Orangemen's Day,
 - **Bank Holiday** Northern Ireland.
- 14th International Non-Binary People's Day.
- **15th Saint Vladimir the Great Day** Orthodox Christian.
 - World Youth Skills Day.
- 16th Ashura Islam.
- 17th World Day for International Justice, Learning Disability Week begins.
- 18th Nelson Mandela International Day, South Asian Heritage Month begins.
- 21st Asalha Puia (Dharma Day) Buddhist.
- 22nd Feast of Saint Mary Magdalene
 - Christian.
- 23rd Birthday of Emperor Haile Selassie Rastafari.
 - **Birthday of Guru Har Krishan** Sikh.
- 24th Pioneer Day Mormonism. 24/7 Samaritans Awareness Day (The Big Listen).
- 25th Saint James the Great Day Christian.
- 28th World Hepatitis Day.
- 30th International Day of Friendship. World Day against Trafficking Persons.

TBC EHU Staff BBQ – dates will be communicated.



August 2024

Inclusion Imperative.

"We want the world our children inherit to be defined by the values enshrined in the UN Charter, peace, justice, respect, human rights, tolerance and solidarity." UN Secretary-General Antonio Guterres.

The 2030 Agenda for Sustainable Development is a global inclusion framework of seventeen Sustainable Development Goals that we and all our organisations are part of.

There are five central points. People – to end poverty and hunger. Planet – to protect our world. Prosperity – ensuring all human beings can enjoy prosperous and fulfilling work. Peace – to foster peaceful, just and inclusive societies, free from fear and violence. Partnership – based on a spirit of solidarity focussing particularly on the needs of those most vulnerable.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 30.				1	2	3	4
Week 31.	5	6	7	8	9	10	11
Week 32.	12	13	14	15	16	17	18
Week 33.	19	20	21	22	23	24	25
Week 34.	26	27	28	29	30	31	
	Ch	August is He hildren's Eye H	ealth & Safety Mo Health & Safety N	onth Psoriasis / Month MedicA	Awareness Mo lert Awarenes:	nth s Month	
	O La	ast Quarter	New Moc	on O Fir	st Quarter	O Full Moon	

Special Days

- 1st Lammas Christian, Fast in honour of Holy Mother of Lord Jesus – Orthodox Christian, Lughnasadh – Imbolc – Wicca/Pagan Northern and Southern hemispheres.
- **5th Summer Bank Holiday** Scotland and ROI.
- 6th Feast of Transfiguration of Our Lord
 Christian,
 Transfiguration of the Lord Orthodox
 Christian.
- 9th International Day of the World's, Indigenous Peoples.
- 10th Feast of Saint Lawrence Christian.
- 12th International Youth Day.
- 13th Tish'a B'av Judaism.
- 15th Assumption of Blessed Virgin Mary

 Catholic Christian,

 Dormition of the Theotokos Orthodox
 Christian
- 19th Raksha Bandhan Hindu, World Humanitarian Day.
- 22nd Queenship of Mary Catholic Christian, International Day Commemorating the Victims of Acts of Violence based on Religion or Belief.
- 23rd International Day for the Remembrance of the Slave Trade and its Abolition.
- **24th** Feast of Saint Bartholomew the Apostle Christian.
- 26th Krishna Janmashtami Hindu, Summer Bank Holiday – England, Wales and Northern Ireland.
- **29th Beheading of Saint John the Baptist** Christian.
- 31st International Day for People of African
 Descent,
 Paryushana Parvarambha begins Jain.





September 2024

Kindness as a doorway to inclusion.

"Remember, there's no such thing as a small act of kindness. Every act creates a ripple with no logical end."

Scott Adams.

When we interact with someone with a spirit of kindness, we have an immediate impact on them and potentially others. The impact for that person can be significant and may be seen in their subsequent interactions with others.

To grow and build kindness as a force for good we must be explicit about the goodness we share. We must be kind to others and also encourage them to use their own stock of kindness acts. We have to ensure that the person that we help continues a 'chain reaction' and become part of the Mexican Wave of kindness, passing the behaviours and benefits onto others.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 34.							1
Week 35.	2	3	4	5	6	7	8
Week 36.	9	10	11	12	13	14	15
Week 37.	16	17	18	19	20	21	22
Week 38.	23	24	25	26	27	28	29
Week 39.	30						
В			ell Awareness Mo nth World Alzhe				Month
	O	_ast Quarter	New Moore	n O Fi	rst Quarter (Tull Moon	

Special Days

- 5th International Day of Charity.
- 6th Colour Blind Awareness Day.
- 7th Ganesh Chaturthi Hindu, Samvatsari – Jain.
- 8th Nativity of Virgin Mary Christian, Nativity of the Theotokos – Orthodox Christian,
 - International Literacy Day.
- 10th World Suicide Prevention Day.
- 14th Triumph of the Cross Christian, Exaltation of the Cross – Orthodox Christian.
- 15th Mawlid al-Nabi Islam, International Day of Democracy.
- 17th Anant Chaturdashi Hindu, World Patient Safety Day.
- 18th International Equal Pay Day.
- 21st Feast of Saint Matthew Christian, International Day of Peace, World Alzheimer's Day.
- 22nd Autumn Equinox,
 - **Mabon Ostara** Wicca/Pagan Northern and Southern hemispheres.
- 23rd Bi Visibility Day,
 - International Day of Sign Languages.
- **27th Meskel** Ethiopian Orthodox Christian.
- 28th International Right to Know Day.
- 29th Michaelmas Saint Michael and All
 - Angels Christian,
 - World Deaf Day, World Heart Day.
 - mona noan bay.

TBC UK National Inclusion Week begins.



Edge Hill University