## THE INCLUSION CALENDAR 2022







Holocaust Memorial Day – 27 January

### January 2022

The World Summit for Social Development established the concept of social inclusion to create an inclusive society where every individual, each with rights and responsibilities, has an active role to play in an environment that is stable. safe, just and tolerant, respects diversity, culture and equality of opportunity.

As we continue to deal with one of the greatest challenges for generations, it is a pivotal moment to help and support one another and to be actively inclusive. In difficult times people get anxious so inclusion can create opportunities for a sense of belonging, strength, encouragement, consideration, kindness and support with wellbeing at the core.

In this year's calendar we look to key actions to drive equality, diversity and inclusion and help mitigate the adverse impact challenging times can have on everyone.

|          | Monday | Tuesday                    | Wednesday                              | Thursday                              | Friday                               | Saturday    | Sunday |
|----------|--------|----------------------------|----------------------------------------|---------------------------------------|--------------------------------------|-------------|--------|
| Week 52. |        |                            |                                        |                                       |                                      | 1           | 2      |
| Week 1.  | 3      | 4                          | 5                                      | 6                                     | 7                                    | 8           | 9      |
| Week 2.  | 10     | 11                         | 12                                     | 13                                    | 14                                   | 15          | 16     |
| Week 3.  | 17°    | 18                         | 19                                     | 20                                    | 21                                   | 22          | 23     |
| Week 4.  | 24     | 25                         | 26                                     | 27                                    | 28                                   | 29          | 30     |
| Week 5.  | 31     |                            |                                        |                                       |                                      |             |        |
|          | J      | lanuary is Cerv<br>Alcohol | vical Health Award<br>Concern Dry Jani | eness Month   Ce<br>uary   Thyroid Av | elebration of Life<br>vareness Month | Month       |        |
|          | 0 L    | ast Quarter                | New Mod                                | on <b>O</b> Fi                        | rst Quarter (                        | 🔿 Full Moon |        |

#### **Special Days**

| 1st  | Mary, Mother of God – Catholic Christian,   |
|------|---------------------------------------------|
| 101  | Gantan-sai (New Year) – Shinto,             |
|      | Global Family Day,                          |
|      | New Year's Day/Hogmanay,                    |
| 3rd  | Bank Holiday – England, Wales,              |
| 0.0  | Scotland, Northern Ireland and ROI.         |
| 4th  | World Braille Day,                          |
|      | Bank Holiday – Scotland,                    |
| 5th  | Twelfth Night – Christian,                  |
| 6th  | Epiphany – Christian,                       |
| •••• | Feast of the Theophany – Orthodox           |
|      | Christian.                                  |
| 7th  | Feast of the Nativity – Orthodox Christian, |
| 9th  | Baptism of the Lord Jesus – Christian,      |
|      | Birthday of Guru Gobind Singh – Sikh,       |
| 10th | Seijin no hi (Coming of Age Day)            |
|      | – Shinto.                                   |
| 13th | Lohri/Maghi – Hindu, Sikh,                  |
| 14th | Makar Sankranti – Hindu,                    |
|      | Pongal – Hindu,                             |
|      | Old New Year – Orthodox Christian,          |
| 16th | World Religion Day,                         |
| 17th | Tu BiShvat – Judaism,                       |
|      | Martin Luther King Jr Day,                  |
| 18th | Thaipusam – Hindu,                          |
|      | Mahayana New Year (3 days from the first    |
|      | full moon) – Buddhist,                      |
|      | Week of Prayer for Christian Unity begins   |
|      | – Christian,                                |
| 19th | Timkat – Ethiopian Orthodox Christian,      |
|      | International Day of Education,             |
| 25th | Conversion of Saint Paul – Christian,       |
|      | Robert Burns Night (Burns Night),           |
|      | Holocaust Memorial Day,                     |
|      | Data Privacy Day,                           |
| 31st | Birthday of Guru Har Rai – Sikh.            |
|      |                                             |
|      |                                             |
|      |                                             |
|      |                                             |

All Jewish holidays begin at sundown on the evening before.





Lunar New Year – 01 February

### February 2022

#### Race Equality

"The ultimate measure of a person is not where one stands in moments of comfort and convenience, but where one stands in times of challenge and controversy." Martin Luther King.

The disproportionate impact of coronavirus on Black. Asian and Minority Ethnic (BAME) people to die from the disease highlighted and exacerbated continuing inequalities in education, health, incomes, employment and housing.

Now more than ever it is vital for organisations to review and strengthen their Race Equality Strategy and ensure this is supported by a comprehensive Action Plan. It is important to act decisively around race equality and inclusion.

|         | Monday      | Tuesday     | Wednesday                            | Thursday        | Friday        | Saturday    | Sunday |
|---------|-------------|-------------|--------------------------------------|-----------------|---------------|-------------|--------|
| Week 5. |             | 1           | 2                                    | 3               | 4             | 5           | 6      |
| Week 6. | 7           | 8           | 9                                    | 10              | 11            | 12          | 13     |
| Week 7. | 14          | 15          | 16                                   | 17              | 18            | 19          | 20     |
| Week 8. | 21          | 22          | °23                                  | 24              | 25            | 26          | 27     |
| Week 9. | 28          |             |                                      |                 |               |             |        |
|         |             |             |                                      |                 |               |             |        |
|         |             |             | onal Heart Month<br>y Month   Raynau |                 |               |             |        |
|         | <b>O</b> La | ast Quarter | New Moor                             | n <b>()</b> Fir | rst Quarter ( | D Full Moon |        |

#### **Special Days**

- Chinese New Year Confucian, Daoist, 1st Buddhist. Imbolc – Lughnassadh – Wicca/Pagan Northern and Southern hemispheres, World Hijab Day, World Interfaith Harmony Week begins,
- 2nd Candlemas (Presentation of Christ in the Temple) - Christian,
- 3rd Setsubun-sai Shinto,
- 4th World Cancer Day.
- 5th Vasant Panchami Hindu,
- 6th Zacchaeus Sunday Orthodox Christian, Time to Talk Day,
- 7th UK Race Equality Week begins,
- 8th Safer Internet Day,
- 11th International Day of Women and Girls in Science, World Day of the Sick,
- 12th Red Hand Day for Child Soldiers,
- 13th Triodion begins Orthodox Christian, Autism Sunday.
- 14th Saint Valentine's Day,
- 15th Parinirvana Day/Nirvana Day Buddhist, International Childhood Cancer Day,
- 16th Magha Puja (Sangha Day) Buddhist,
- 17th World Human Spirit Day,
- **20th Sunday of the Prodigal Son** Orthodox Christian,
  - World Day of Social Justice,
- 25th Intercalary Days begin Baha'i, International STAND UP to Bullying Day,
- 27th Meatfare Sunday Orthodox Christian,
- 28th Lailat al Miraj Islam.

All Jewish holidays begin at sundown on the evening before.





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International Women's Day – 08 March

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## *March* 2022

#### Gender Equality

"We need to do a better job of putting ourselves higher on our own 'to do' list." Michelle Obama.

Likened to a shadow pandemic is the rapidly unravelling precious progress that has been made towards gender equality. Women's jobs are more vulnerable in this crisis and together with the spike in domestic violence, rapid increase in unpaid domestic and care work and the risk shouldered by the world's nurses, predominately women, means the social and economic toll will be paid disproportionately by girls and women.

We cannot underestimate the extraordinary and indispensable contributions of women across all sectors. Women need to be given equal opportunities in leadership and decision-making roles and efforts must be made to reduce gender inequality.

> Durham University

|          | Monday | Tuesday                     | Wednesday                               | Thursday                                 | Friday                        | Saturday    | Sunday |
|----------|--------|-----------------------------|-----------------------------------------|------------------------------------------|-------------------------------|-------------|--------|
| Week 9.  |        | 1                           | 2                                       | 3                                        | 4                             | 5           | 6      |
| Week 10. | 7      | 8                           | 9                                       | о<br>10                                  | 11                            | 12          | 13     |
| Week 11. | 14     | 15                          | 16                                      | 17                                       | <b>18</b> °                   | 19          | 20     |
| Week 12. | 21     | 22                          | 23                                      | 24                                       | 25                            | 26          | 27     |
| Week 13. | 28     | 29                          | 30                                      | 31                                       |                               |             |        |
|          |        |                             |                                         |                                          |                               |             |        |
|          | Marc   | h is Prostate C<br>UK Marie | ancer Awareness I<br>e Curie Cancer Cai | Month   Ovarian C<br>re Great Daffodil A | ancer Awarene<br>Appeal Month | ss Month    |        |
|          | O La   | ast Quarter                 | New Moon                                | O First                                  | Quarter C                     | ) Full Moon |        |

#### | Special Days

|   | Οp    | oolal Dayo                                   |
|---|-------|----------------------------------------------|
|   | 1st   | Intercalary Days (end) – Baha'i,             |
|   |       | Saint David's Day – Christian,               |
|   |       | Shrove Tuesday – Christian,                  |
|   |       | Maha Shivaratri – Hindu,                     |
|   |       | International Wheelchair Day,                |
|   |       | Self Injury Awareness Day (SIAD),            |
|   |       | Zero Discrimination Day,                     |
|   | 2nd   |                                              |
|   |       | Ash Wednesday – Christian,                   |
|   | 3rd   | World Hearing Day,                           |
|   |       | Cheesefare Sunday – Orthodox Christian,      |
|   | 7th   | Great Lent begins – Clean Monday             |
|   |       | – Orthodox Christian.                        |
|   | 8th   |                                              |
|   |       | Sunday of Orthodoxy – Orthodox               |
|   |       | Christian.                                   |
|   | 14th  | Nanakshahi (New Year) – Sikh,                |
|   | 15th  | Lord's Evening Meal – Jehovah's Witness,     |
|   | 17th  | Saint Patrick's Day – Christian,             |
|   |       | Holika Dahan – Hindu,                        |
|   |       | Purim – Judaism,                             |
|   |       | Bank Holiday – Northern Ireland and ROI,     |
|   | 18th  | Holi – Hindu.                                |
|   |       | Lailat al Bara'ah – Islam.                   |
|   |       | Global Recycling Day,                        |
|   | 19th  |                                              |
|   |       | Hola Mohalla – Sikh.                         |
|   | 20th  | Spring Equinox,                              |
|   |       | Ostara – Mabon – Wicca/Pagan                 |
|   |       | Northern and Southern hemispheres,           |
|   |       | International Day of Happiness,              |
|   | 21st  |                                              |
|   |       | Norooz (New Year) – Persian/Zoroastrian,     |
|   |       | International Day for the Elimination of     |
|   |       | Racial Discrimination.                       |
|   |       | World Down Syndrome Day,                     |
|   | 25th  |                                              |
|   |       | – Christian.                                 |
|   |       | Annunciation to the Theotokos                |
|   |       | – Orthodox Christian,                        |
|   |       | International Day of Remembrance             |
|   |       | of the Victims of Slavery and the            |
|   |       | Transatlantic Slave Trade,                   |
|   | 26th  | Khordad Sal (Birth of Prophet                |
|   |       | Zarathushtra) – Zoroastrian,                 |
|   | 27th  | Mothering Sunday,                            |
|   |       | British Summer Time begins,                  |
|   | 30th  | World Bipolar Day,                           |
|   |       | International Transgender Day of Visibility. |
|   |       | wish holidays begin at sundown               |
|   |       | e evening before.                            |
| ' | Un li | e evening belore.                            |



Ramadan – 02 April to 01 May

## **April** 2022

#### Use of Inclusive Language

"Language changes... But we need to be aware that as our language changes, so does our theology change...This is what is happening with our attempts at inclusive language, which thus far have been inconclusive and unsuccessful." Madeline L'Engle.

It is important to recognize that language has the ability to build relationships and forge connections, but it's equally liable for creating barriers and impacting on someone's sense of belonging.

Inclusive language avoids jargon, acronyms, biases, slang, or expressions that discriminate. Being inclusive requires us to be welcoming, positive, encouraging and to reach out to others in our language, writing and actions.

|          | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|--------|---------|-----------|----------|--------|----------|--------|
| Week 13. |        |         |           |          | 1      | 2        | 3      |
| Week 14. | 4      | 5       | 6         | 7        | 8      | 9<br>0   | 10     |
| Week 15. | 11     | 12      | 13        | 14       | 15     | 16       | 17     |
| Week 16. | 18     | 19      | 20        | 21       | 22     | 23       | 24     |
| Week 17. | 25     | 26      | 27        | 28       | 29     | 30       |        |
|          |        |         |           |          |        |          |        |

April is Autism Awareness Month | Stress Awareness Month | Bowel Cancer Awareness Month | Parkinson's Awareness Month |





#### Special Days

| 1st<br>2nd |                                                                 |
|------------|-----------------------------------------------------------------|
| Znu        | Ugadi/Telugu New Year – Hindu,                                  |
|            | Ramadan begins – Islam,                                         |
|            | World Autism Awareness Day,                                     |
| 6th        | International Asexuality Day,                                   |
| 6th<br>7th | World Health Day,                                               |
|            | International Romani Day,                                       |
| 10th       | Palm Sunday – Christian,                                        |
|            | Rama Navami – Hindu,                                            |
| 13th       | Songkran (Thai New Year) - Buddhist                             |
| 14th       | Maundy Thursday – Christian,                                    |
|            | Mahavir Jayanti – Jain,                                         |
|            | Birth of the Khalsa (Vaisakhi) - Sikh,                          |
|            | Tamil New Year,                                                 |
| 15th       | Good Friday – Christian,                                        |
|            | Bank Holiday - England, Wales, Scotl                            |
|            | and Northern Ireland,                                           |
| 16th       |                                                                 |
|            | Hanuman Jayanti – Hindu,                                        |
|            | Passover – Judaism,                                             |
| 4741       | Lazarus Saturday – Orthodox Christia                            |
| 17th       |                                                                 |
| 4046       | Palm Sunday – Orthodox Christian,<br>Easter Monday – Christian, |
| Touri      | Birthday of Guru Angad Dev – Sikh,                              |
|            | Birthday of Guru Tegh Bahadur – Siki                            |
|            | Bank Holiday – England, Wales, North                            |
|            | Ireland and ROI,                                                |
| 21st       | First Day of Ridvan – Baha'i,                                   |
| 22nd       | Holy Friday – Orthodox Christian,                               |
|            | Earth Day,                                                      |
|            | Stephen Lawrence Day,                                           |
| 23rd       | Saint George's Day – Christian,                                 |
|            | Pascha (Easter) - Orthodox Christian,                           |
| 25th       | Feast of Saint Mark the Evangelist                              |
|            | – Christian,                                                    |
| 26th       | Lesbian Visibility Day,                                         |
| 28th       | Lailat al-Qadr – Islam,                                         |
|            | Yom HaShoah – Judaism,                                          |
|            | World Day for Health & Safety at Wo                             |
|            | Ninth Day of Ridvan – Baha'i,                                   |
| 30th       | Saint James the Great's Day - Orthod                            |
|            | Christian.                                                      |

All Jewish holidays begin at sundown on the evening before.

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Mental Health Awareness Week – 10-16 May

## **May** 2022

#### Well-being

"Your well-being must never become an afterthought. It must be your first act." Rasheed Ongunlaru.

Good mental health and wellbeing is an asset. However due to the pandemic there has been a significant impact to mental health through increased exposure to all kinds of stressors. This has resulted in increased levels of anxiety, worry, stress and fear.

Workplace well-being has taken on a whole new meaning and managers will need to be compassionate and understanding that many people will need time to re-adjust when working life returns to some sort of normality. Ensuring wellbeing requires all staff to be observant, to ask, to listen and to be proactive in engaging with others.

|          | Monday               | Tuesday     | Wednesday                               | Thursday       | Friday      | Saturday        | Sunday    |
|----------|----------------------|-------------|-----------------------------------------|----------------|-------------|-----------------|-----------|
| Week 17. |                      |             |                                         |                |             |                 | 1         |
| Week 18. | 2                    | 3           | 4                                       | 5              | 6           | 7               | 8         |
| Week 19. | o<br>9               | 10          | 11                                      | 12             | 13          | 14              | 15        |
| Week 20. | <b>16</b> °          | 17          | 18                                      | 19             | 20          | 21              | <b>22</b> |
| Week 21. | 23                   | 24          | 25                                      | 26             | 27          | 28              | 29        |
| Week 22. | 30                   | 31          |                                         |                |             |                 |           |
|          | <b>May</b> is Action |             | lonth   Mental Hea<br>tional Walking Mo |                |             | Awareness Month | 1         |
|          | O L                  | ast Quarter | New Moc                                 | on <b>O</b> Fi | rst Quarter | 🔿 Full Moon     |           |

#### Special Days

| 1st  | Beltane – Samhain – Wicca/Pagan North-                         |
|------|----------------------------------------------------------------|
|      | ern and Southern hemispheres,                                  |
| 2nd  | Twelfth Day of Ridvan – Baha'i,                                |
|      | Eid al Fitr – Islam,                                           |
|      | Birthday of Guru Arjan Dev – Sikh,                             |
|      | Bank Holiday – England, Wales,                                 |
|      | Scotland, Northern Ireland and ROI,                            |
| 3rd  | Feast of Saints Philip and James                               |
|      | – Catholic Christian,                                          |
|      | Akshaya Tritiya – Hindu, Jain,                                 |
|      | World Press Freedom Day,                                       |
| 4th  | Yom HaZikaron – Judaism,                                       |
|      | International Firefighters Day,                                |
| 5th  |                                                                |
| 8th  |                                                                |
|      | Mental Health Awareness Week begins,                           |
|      | International Nurses Day,                                      |
|      | International Day of Families,                                 |
|      | Vesak – Buddhist,                                              |
| 17th | International Day Against Homophobia,                          |
|      | Transphobia and Biphobia,                                      |
| 19th | Lag BaOmer – Judaism,                                          |
|      | Global Accessibility Awareness Day,                            |
| 21st | World Day for Cultural Diversity for                           |
|      | Dialogue and Development,                                      |
|      | International Day for Biological Diversity,                    |
|      | Birthday of Guru Amar Das – Sikh,                              |
|      | Declaration of the Báb – Baha'i,                               |
|      | Ascension Day – Christian,                                     |
| 29th | Ascension of Baha'u'llah – Baha'i,                             |
|      | Yom Yerushalayim – Judaism,                                    |
|      | International Day of United Nations                            |
| 24-4 | Peacekeepers,                                                  |
| 3151 | Visitation of the Blessed Virgin Mary<br>– Catholic Christian. |
|      | World No Tobacco Day.                                          |
|      | World No TODACCO Day.                                          |
|      |                                                                |
|      |                                                                |
|      |                                                                |
|      |                                                                |

All Jewish holidays begin at sundown on the evening before.





# **June** 2022

#### LGBTQ+

"Never be bullied into silence. Never allow yourself to be made a victim. Accept no one's definition of your life; define yourself." Harvey Fierstein.

Though challenging for everyone, for some LGBTQ+ people the pandemic came with added hardships. Abuse and non-acceptance whilst isolating with their families, a loss of friends, support networks and susceptibility to mental health issues due to discrimination has resulted in a more anxious and traumatic experience.

Organisations should continue efforts to advance LGBTQ+ inclusion and play a pivotal role in shaping the lives and wellbeing of LGBTQ+ employees and their families. Robust LGBTQ+ inclusive policies and practices will ensure the safety and security of LGBTQ+ staff and their representatives.

|          | Monday                       | Tuesday                         | Wednesday                          | Thursday                                 | Friday                           | Saturday                           | Sunday     |
|----------|------------------------------|---------------------------------|------------------------------------|------------------------------------------|----------------------------------|------------------------------------|------------|
| Week 22. |                              |                                 | 1                                  | 2                                        | 3                                | 4                                  | 5          |
| Week 23. | 6                            | 7                               | 8                                  | 9                                        | 10                               | 11                                 | 12         |
| Week 24. | 13                           | 14                              | 15                                 | 16                                       | 17                               | 18                                 | 19         |
| Week 25. | 20                           | 21                              | 22                                 | 23                                       | 24                               | 25                                 | 26         |
| Week 26. | 27                           | 28                              | 29                                 | 30                                       |                                  |                                    |            |
|          |                              |                                 |                                    |                                          |                                  |                                    |            |
|          | June is Motor<br>LGBTQ Pride | r Neurone Dise<br>Month   Men's | ase Awareness M<br>Health Awarenes | lonth   Stillbirth &<br>s Month   Gypsy, | Neonatal Death<br>Roma and Trave | Awareness Mon<br>eller History Mon | th  <br>th |

**O** Last Quarter

New Moon

First Quarter

O Full Moon

#### Special Days

1st Global Day of Parents,

| 2nd  | Ascension of the Lord – Orthodox                              |
|------|---------------------------------------------------------------|
|      | Christian,                                                    |
|      | Bank Holiday – England, Wales, Scotland and Northern Ireland. |
| 3rd  | Platinum Jubilee Bank Holiday – England,                      |
| Siu  | Wales, Scotland and Northern Ireland,                         |
| 4th  | International Day of Innocent Children                        |
| 400  | Victims of Aggression,                                        |
| 5th  | Pentecost – Christian.                                        |
| oun  | Shavuot – Judaism.                                            |
|      | World Environment Day,                                        |
| 6th  | Bank Holiday – ROI,                                           |
|      | Global Wellness Day,                                          |
|      | Race Unity Day – Baha'i,                                      |
|      | Trinity Sunday – Christian,                                   |
|      | Pentecost – Orthodox Christian,                               |
|      | World Day against Child Labour,                               |
|      | World Blood Donor Day,                                        |
|      | World Elder Abuse Awareness Day,                              |
| 16th | Corpus Christi – Catholic Christian                           |
|      | Martyrdom of Guru Arjan Dev – Sikh,                           |
| 17th | World Day to Combat Desertification and                       |
|      | Drought,                                                      |
|      | Autistic Pride Day,                                           |
|      | Father's Day,                                                 |
| 20th | The Fast of the Holy Apostles – Orthodox                      |
|      | Christian,<br>World Refugee Day,                              |
| 21et | Summer Solstice,                                              |
| 2131 | Litha – Yule – Wicca/Pagan Northern and                       |
|      | Southern hemispheres,                                         |
|      | World Humanist Day,                                           |
| 22nd | I UK Windrush Day,                                            |
|      | Sacred Heart of Jesus – Catholic                              |
|      | Christian,                                                    |
|      | Nativity of Saint John the Baptist                            |
|      | – Christian,                                                  |
| 29th | Feast of Saints Peter and Paul – Christian.                   |
|      |                                                               |
|      |                                                               |
|      |                                                               |
|      | ewish holidays begin at sundown                               |
|      |                                                               |

on the evening before.





South Asian Heritage Month – 18 July to 17 August

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### July 2022

#### **Religion and Belief**

"We may have different religions, different languages, different coloured skin, but we all belong to one human race." Kofi Annan.

The pandemic has slowed everyone down and destabilised regular routine. It's become an exploratory time with people developing new interests, hobbies and pastimes and a period of reflection, finding new ways of living. Many faith groups have discovered innovative ways of connecting with people and unlocking new audiences.

Religious coping is positively associated with mental health outcomes in terms of quality of life, sense of meaning, source of comfort, acceptance and hope. Organisations should continue promoting a work environment where religion, belief and spirituality are seen as opportunities for positive enquiry and everyone is treated with respect.

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|---------------|
| <b>Durham</b> |
| University    |

|          | Monday | Tuesday | Wednesday                                | Thursday | Friday | Saturday | Sunday | Special Days                                                                                 |
|----------|--------|---------|------------------------------------------|----------|--------|----------|--------|----------------------------------------------------------------------------------------------|
| Week 26. |        |         |                                          |          | 1      | 2        | 3      |                                                                                              |
|          |        |         |                                          | 0        |        |          |        |                                                                                              |
| Week 27. | 4      | 5       | 6                                        | 7        | 8      | 9        | 10     | 4th US Independence Da<br>5th Birthday of Guru Ha                                            |
|          |        |         | 0                                        |          |        |          |        | 7th Hajj – Islam,<br>8th Waqf al Arafa – Islam<br>9th Eid al Adha – Islam,                   |
| Week 28. | 11     | 12      | 13                                       | 14       | 15     | 16       | 17     | 10th Martyrdom of the Bá<br>11th World Population Da<br>12th Orangemen's Day,                |
|          |        |         |                                          |          |        |          |        | Bank Holiday – North<br>13th Asalha Puja (Dharma<br>14th International Non Bi                |
|          | 4.0    | 10      | 0                                        | 04       | 22     | 00       | 24     | 15th Saint Vladimir the G<br>Christian,<br>World Youth Skills D<br>17th World Day for Intern |
| Week 29. | 18     | 19      | 20                                       | 21       | 22     | 23       | 24     | 18th Nelson Mandela Inte<br>South Asian Heritag<br>22nd Feast of Saint Mary                  |
|          |        |         |                                          | •        |        |          |        | – Christian,<br>23rd Birthday of Emperor<br>– Rastafari,                                     |
| Week 30. | 25     | 26      | 27                                       | 28       | 29     | 30       | 31     | Birthday of Guru Ha<br>24th Pioneer Day – <i>Morm</i><br>25th Saint James the Gre            |
|          |        |         |                                          |          |        |          |        | 28th World Hepatitis Day,<br>30th Al-Hijra/Muharram –<br>International Day of                |
|          |        |         |                                          |          |        |          |        | World Day against T                                                                          |
|          |        |         |                                          |          |        |          |        |                                                                                              |
|          | Inte   |         | Safety Month   Ma<br>nen with Alopecia I |          |        |          |        |                                                                                              |

**O** Last Quarter

New Moon

First Quarter

O Full Moon

| th   | US Independence Day,                                            |
|------|-----------------------------------------------------------------|
| th   | Birthday of Guru Hargobind – Sikh,                              |
| th   | Hajj – Islam,                                                   |
| th   | Waqf al Arafa – Islam,                                          |
| th   | Eid al Adha – Islam,                                            |
|      | Martyrdom of the Báb – Baha'i,                                  |
|      | World Population Day,                                           |
| 2th  | Orangemen's Day,                                                |
| •    | Bank Holiday – Northern Ireland,                                |
|      | Asalha Puja (Dharma Day) – Buddhist,                            |
|      | International Non Binary People's Day,                          |
| ธุณ  | Saint Vladimir the Great Day – Orthodox                         |
|      | Christian,                                                      |
| 746  | World Youth Skills Day,<br>World Day for International Justice, |
|      | Nelson Mandela International Day,                               |
| oun  | South Asian Heritage Month begins,                              |
| and  | Feast of Saint Mary Magdalene                                   |
| znu  | – Christian.                                                    |
| 2rd  | Birthday of Emperor Haile Selassie                              |
| JIU  | – Rastafari.                                                    |
|      | Birthday of Guru Har Krishan – Sikh.                            |
| 4th  | Pioneer Day – Mormonism,                                        |
|      | Saint James the Great Day – Christian.                          |
|      | World Hepatitis Day,                                            |
|      | Al-Hijra/Muharram – New Year – Islam,                           |
| •••• | International Day of Friendship,                                |
|      | World Day against Trafficking Persons.                          |
|      |                                                                 |
|      |                                                                 |
|      |                                                                 |
|      |                                                                 |
|      |                                                                 |
|      |                                                                 |



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# **August** 2022

#### Working Lives

"Remote work is this incredible invitation to really get good at building inclusive cultures." Shane Metcalfe.

The working world is in transition as we adapt to new work norms. Home working with family responsibilities, isolation and well-being concerns, offers new challenges for individuals. Businesses are addressing work systems, accountability and teamwork challenges. Efficiencies of cost and time savings with remote working are asking new questions of all of us.

Inclusion, trust and responsibility must be at the heart of our new and adapting working arrangements. In many cases they can offer us the opportunity to design afresh rather than revise the old.

|                                                                                                                                                                | Monday | Tuesday | Wednesday | Thursday | Friday      | Saturday | Sunday |  |  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|---------|-----------|----------|-------------|----------|--------|--|--|
| Week 31.                                                                                                                                                       | 1      | 2       | 3         | 4        | 。<br>5      | 6        | 7      |  |  |
| Week 32.                                                                                                                                                       | 8      | 9       | 10        | 11       | <b>12</b> ° | 13       | 14     |  |  |
| Week 33.                                                                                                                                                       | 15     | 16      | 17        | 18       | 19          | 20       | 21     |  |  |
| Week 34.                                                                                                                                                       | 22     | 23      | 24        | 25       | 26          | 27       | 28     |  |  |
| Week 35.                                                                                                                                                       | 29     | 30      | 31        |          |             |          |        |  |  |
|                                                                                                                                                                |        |         |           |          |             |          |        |  |  |
| August is Health & Safety Month   Psoriasis Awareness Month   Black Business Month (US)  <br>Children's Eye Health & Safety Month   MedicAlert Awareness Month |        |         |           |          |             |          |        |  |  |
|                                                                                                                                                                | -      |         | •         | ~        |             | _        |        |  |  |

Last Quarter

New Moon

**O** First 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, Summer Bank Holiday – Scotland and ROI,
   6th Feast of Transfiguration of Our Lord
- Christian, **Transfiguration of the Lord** – Orthodox Christian,
- 7th Tish'a B'av Judaism,
- 8th Ashura Islam,
- 9th International Day of the World's Indigenous Peoples,
- 10th Feast of Saint Lawrence Christian,
- 11th Raksha Bandhan Hindu,
- 12th International Youth Day,
- 13th Obon 3 Day Festival begins,
  15th Assumption of Blessed Virgin Mary

  Catholic Christian,

  Dormition of the Theotokos Orthodox Christian,
- 18th Krishna Janmashtami Hindu,
- 19th World Humanitarian Day,
- 22nd Queenship of Mary *Catholic Christian,* International Day Commemorating the Victims of Acts of Violence based on Religion or Belief,
- 23rd Paryushana Parvarambha begins *Jain*, International Day for the Remembrance of the Slave Trade and its Abolition,
- 24th Feast of Saint Bartholomew the Apostle *Christian,*
- **29th Beheading of Saint John the Baptist** *Christian,* 
  - Summer Bank Holiday England, Wales and Northern Ireland,
- **31st Ganesh Chaturthi** *Hindu,* **Samvatsari** *Jain.*

All Jewish holidays begin at sundown on the evening before.





Rosh Hashanah – 25-27 September

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| <b>September</b><br>2022                                                                                                                                                                                                                                                                                                                |          | Monday    | Tuesday | Wednesday                              | Thursday       | Friday         | Saturday                                          | Sunday       | Special Days                                                                                                                                                                                                                                                                                                                                                                                          |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|-----------|---------|----------------------------------------|----------------|----------------|---------------------------------------------------|--------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Acknowledge holidays<br>of all religions and<br>cultures                                                                                                                                                                                                                                                                                | Week 35. |           |         |                                        | 1              | 2              | 3                                                 | 4            |                                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>"The essence of all<br/>religions is one. Only their<br/>approaches are different."</b><br>Mahatma Gandhi.                                                                                                                                                                                                                           | Week 36. | 5         | 6       | 7                                      | 8              | 9              | 10                                                | 11           | <ul> <li>5th International Day of Charity,</li> <li>6th Colour Blind Awareness Day,</li> <li>8th Nativity of Virgin Mary – Christian,</li> <li>Nativity of the Theotokos – Orthodox Christian,</li> </ul>                                                                                                                                                                                             |
| Events to mark important<br>religious festivals and<br>celebrations have been curtailed<br>or restricted by the pandemic.<br>Holidays usually spent with<br>family, friends and community<br>were celebrated very differently.                                                                                                          | Week 37. | 12        | 13      | 14                                     | 15             | 16             | 0<br>17                                           | 18           | <ul> <li>International Literacy Day,</li> <li>9th Anant Chaturdashi – Hindu,</li> <li>10th World Suicide Prevention Day,</li> <li>14th Triumph of the Cross – Christian,<br/>Exaltation of the Cross – Orthodox<br/>Christian,</li> <li>15th International Day of Democracy,</li> <li>18th International Equal Pay Day,</li> <li>21st Feast of Saint Matthew – Christian.</li> </ul>                  |
| With staff now at home,<br>organisations were unable to<br>mark or acknowledge religious<br>celebrations or holidays.                                                                                                                                                                                                                   | Week 38. | 19        | 20      | 21                                     | 22             | 23             | 24                                                | 25           | <ul> <li>21st Found for the matching of Peace,<br/>World Alzheimer's Day,</li> <li>23rd Autumn Equinox,<br/>Mabon – Ostara – Wicca/Pagan<br/>Northern and Southern hemispheres,</li> </ul>                                                                                                                                                                                                            |
| To build awareness of diversity<br>and foster greater inclusivity<br>organisations can highlight<br>and acknowledge the variety<br>of upcoming religious festivals<br>and cultural holidays. This can<br>be done through an inclusion<br>calendar, company intranet or<br>website, staff networks, training,<br>celebration events etc. | Week 39. | 26        | 27      | 28                                     | 29             | 30             |                                                   |              | Bi Visibility Day,<br>International Day of Sign Languages,<br>25th World Deaf Day,<br>26th Rosh Hashanah – Judaism,<br>Navaratri begins – Hindu,<br>UK National Inclusion Week begins,<br>27th Meskel – Ethiopian Orthodox Christian,<br>28th Fast of Gedaliah – Judaism,<br>International Right to Know Day,<br>29th Michaelmas – Saint Michael and All An-<br>gels – Christian,<br>World Heart Day. |
| Durham<br>University                                                                                                                                                                                                                                                                                                                    |          | Blood Can |         | e Cell Awareness<br>Month   World Alzl | neimer's Month | World Dementia | eness Month  <br>a Awareness Monti<br>O Full Moon | <i>י</i> ן א | All Jewish holidays begin at sundown on the evening before.                                                                                                                                                                                                                                                                                                                                           |



Black History Month

### October 2022

#### Ageism

"Aging is not lost youth but a new stage of opportunity and strength." Betty Friedan.

The pandemic highlighted the challenges faced by older people, especially around the care and support they received, their ability to stay socially connected and the anxiety and fear of illness and death.

It reminds us that different cultures treat older people differently. Many Eastern societies associate old age with wisdom and so value old age much more than their Western counterparts.

All of us can become more inclusive in our thinking so that we don't just tolerate older people. We can reach out, engage and learn. We can embrace a level of experience and understanding that only comes with age.

|          | Monday           | Tuesday                                   | Wednesday                                         | Thursday                                            | Friday           | Saturday                      | Sunday |
|----------|------------------|-------------------------------------------|---------------------------------------------------|-----------------------------------------------------|------------------|-------------------------------|--------|
| Week 39. |                  |                                           |                                                   |                                                     |                  | 1                             | 2      |
| Week 40. | о<br>З           | 4                                         | 5                                                 | 6                                                   | 7                | 8                             | 9      |
| Week 41. | 10               | 11                                        | 12                                                | 13                                                  | 14               | 15                            | 16     |
| Week 42. | 17               | 18                                        | 19                                                | 20                                                  | 21               | 22                            | 23     |
| Week 43. | 24               | 25                                        | 26                                                | 27                                                  | 28               | 29                            | 30     |
| Week 44. | 31               |                                           |                                                   |                                                     |                  |                               |        |
|          | Octo<br>Black Hi | <b>ber</b> is Breast C<br>story Month (Ul | ancer Awareness<br>K)   Lupus Awarer<br>Menopause | Month   Down S<br>ness Month   Glo<br>Awareness Mon | bal Diversity Aw | ness Month  <br>areness Month |        |
|          | <b>0</b> L       | ast Quarter                               | New Moo                                           | n <b>O</b> Fi                                       | rst Quarter      | 🔘 Full Moon                   |        |

#### **Special Days**

International Day of Older Persons, 1st

- 2nd Feast of the Guardian Angels Christian, International Day of Non-Violence,
- 4th Blessing of the Animals Christian, Saint Francis' Day – Christian,
- 5th Yom Kippur Judaism. Dussehra – Dasara – Hindu,
- 6th World Cerebral Palsy Day,
- 8th Mawlid al-Nabi Islam,
- 9th Birthday of Guru Ram Das Sikh,
- 10th Sukkot begins Judaism. World Homeless Day, World Mental Health Day,
- 11th International Day of the Girl Child,
- 13th World Sight Day,

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- 15th International Day of Rural Women,
- 16th World Food Day,
- 17th Shemini Atzeret Judaism, International Day for the Eradication of Poverty,
- 18th Feast of Saint Luke Christian. Simchat Torah – Judaism. World Menopause Day,
- 19th International Pronouns Day,
- 24th Diwali Deepavali Hindu, Sikh, Jain, Bandi Chhor Divas – Sikh United Nations Day,
- 26th Birth of the Báb Baha'i. Intersex Awareness Day
- 27th Birth of Baha'u'llah Baha'i.
- 28th Feast of Saints Simon and Jude - Christian.
- 29th World Stroke Day,
- 30th British Summer Time ends,
- 31st All Hallows' Eve Christian. **Reformation Day** – Protestant Christian, Samhain (Halloween) - Beltane - Wicca/ Pagan Northern and Southern hemispheres. Bank Holiday - ROI.

All Jewish holidays begin at sundown on the evening before.





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Interfaith Week – 13-20 November

# November 2022

#### **Building Community**

"The greatness of a community is most accurately measured by the compassionate actions of its members." Coretta Scott King.

The Covid pandemic showed us that collaboration and inclusion are a priority. As a result, we are learning to build community from within our organisations, reaching out not only to staff and customers, but also to our wider connections of family and the world at large.

Building community is now a development priority for many organisations. It offers new ways of bringing people together to leverage their collective experience, address priority issues, tackle poverty and disadvantage, and build all that matters to us.

|                                                                                                                                                                              | Monday                                                    | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |  |  |  |  |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------|---------|-----------|----------|--------|----------|--------|--|--|--|--|
| Week 44.                                                                                                                                                                     |                                                           | 1       | 2         | 3        | 4      | 5        | 6      |  |  |  |  |
| Week 45.                                                                                                                                                                     | 7                                                         | 8       | 9         | 10       | 11     | 12       | 13     |  |  |  |  |
| Week 46.                                                                                                                                                                     | 14                                                        | 15      | 16        | 17       | 18     | 19       | 20     |  |  |  |  |
| Week 47.                                                                                                                                                                     | 21                                                        | 22      | 23        | 24       | 25     | 26       | 27     |  |  |  |  |
| Week 48.                                                                                                                                                                     | 28                                                        | 29      | 30        |          |        |          |        |  |  |  |  |
|                                                                                                                                                                              |                                                           |         |           |          |        |          |        |  |  |  |  |
| November is Lung Cancer Awareness Month   Pancreatic Cancer Awareness Month  <br>Mouth Cancer Action Month   COPD Awareness Month  <br>Movember Men's Health Awareness Month |                                                           |         |           |          |        |          |        |  |  |  |  |
|                                                                                                                                                                              | 🚺 Last Quarter 🛛 🔍 New Moon 🔹 🔘 First Quarter 💦 Full Moon |         |           |          |        |          |        |  |  |  |  |



All Jewish holidays begin at sundown on the evening before.

**Special Days** 

**1st** All Saints' Day – Christian,

2nd All Souls' Day - Christian,

- Catholic Christian.

13th Remembrance Sunday,

14th World Diabetes Day,

World Kindness Day,

UK Interfaith Week begins,

16th International Day for Tolerance,

17th International Students' Day,

19th International Men's Day,

US Thanksgiving,

Christian.

15th Nativity Fast begins – Orthodox Christian,

18th International STAND UP to Bullying Day, UK Disability History Month begins,

Transgender Day of Remembrance,

**21st Presentation of the Theotokos** – Orthodox

24th Martyrdom of Guru Tegh Bahadur - Sikh,

25th International Day for the Elimination of

**20th Feast of Christ the King** – Christian,

Universal Children's Day,

Violence against Women, 26th Day of the Covenant – Baha'i, 27th Advent Sunday – Christian, 28th Ascension of Abdu'l-Bahá – Baha'i, 30th Saint Andrew's Day – Christian, Bank Holiday – Scotland.

- Rastafari,

11th Armistice Day,

**Coronation of Emperor Haile Selassie I** 

8th Birthday of Guru Nanak Dev – Sikh.

Intersex Day of Solidarity, 9th Dedication of the Lateran Basilica



# December 2022

Disability Champions

"So many of our dreams at first seem impossible, then they seem improbable, and then, when we summon the will, they soon become inevitable." Christopher Reeve.

People living with disabilities have been disproportionately impacted by Covid and have faced many barriers such as a potentially higher risk of contracting the virus due to underlying conditions or have difficulty engaging in preventative measures or experienced disruptions to health and social services they normally rely on.

Appointing Disability Champions can be a key strategy towards achieving disability inclusion. They can ensure that the inclusion of people with disability always remains on the agenda, particularly during challenging transitional periods.

|          | Monday | Tuesday         | Wednesday        | Thursday       | Friday  | Saturday | Sunday |
|----------|--------|-----------------|------------------|----------------|---------|----------|--------|
| Week 48. |        |                 |                  | 1              | 2       | 3        | 4      |
| Week 49. | 5      | 6               | 7                | 8              | 9       | 10       | 11     |
| Week 50. | 12     | 13              | 14               | 15             | ہ<br>16 | 17       | 18     |
| Week 51. | 19     | 20              | 21               | 22             | 23      | 24       | 25     |
| Week 52. | 26     | 27              | 28               | 29             | 30      | 31       |        |
|          |        |                 |                  |                |         |          |        |
|          |        | December is //r | ivered Menth for | Human Diabta I |         | 10000    |        |

December is Universal Month for Human Rights | AIDS Awareness Month | Decembeard | Spiritual Literacy Month |



Last Quarter 

New Moon

O First Quarter O Full Moon

Special Days

- 1st World AIDS Day,
  2nd International Day for the Abolition of Slavery,
  2nd International Day of Paragene with
- 3rd International Day of Persons with Disabilities,
- 5th International Volunteer Day,
- 8th Rohatsu (Bodhi Day) Buddhist, Feast of the Immaculate Conception – Christian,
- 10th Human Rights Day,
- 12th International Universal Health Coverage Day,
- 18th International Migrants Day,
- 19th Chanukah begins Judaism,
- 20th International Human Solidarity Day,
- 21st Winter Solstice, Yule – Litha – Wicca/Pagan Northern and Southern hemispheres.
- 24th Christmas Eve Christian,
- 25th Christmas Day Christian, Feast of the Nativity – Orthodox Christian,
- 26th Saint Stephen's Day Christian, Zarathosht Diso (Death of Prophet Zarathushtra) – Zoroastrian, Boxing Day, Kwanzaa begins, Bank Holiday – England, Wales,
- Scotland, Northern Ireland and ROI,
- 27th Bank Holiday England, Wales, Scotland, Northern Ireland and ROI,
- 28th Holy Innocents Christian,
- **30th Feast of the Holy Family** *Catholic Christian,*
- 31st Watch Night Christian, New Year's Eve/Hogmanay.

All Jewish holidays begin at sundown on the evening before.



Our standard online PDF calendar is now designed and produced in a format which allows universal access so that content can be used by as many people as possible including people with disabilities or vision impairment. It makes it easier for people with disabilities to access the calendar with the aid of assistive technology software and devices like screen magnifiers, screen readers, speech-recognition software, text-to-speech software, alternative input devices and refreshable Braille displays.

This is also offered as an option in our Bespoke online PDF calendars as well.

The main benefits of an accessible calendar include:

- Reaching a wider audience
- Increased inclusion
- Improved organisational image and profile
- Better engagement
- Increased usability
- Provides greater participation and sense of belonging for many staff
- Complements and brings greater value to overall equality, diversity and inclusion activities





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### THE INCLUSION CALENDAR 2022



