

Equality and Diversity Update

Issue 31: June 2017

Gypsy, Roma, Traveller History Month



2008 was the first year that the British government backed June as the dedicated Gypsy, Roma and Traveller History Month. Since then it has grown from a handful of events to a true nationwide celebration of Gypsy, Roma and Traveller culture with events from Cumbria to Cornwall.

From Pavee (Irish Traveller) Ceilidhs to exhibitions on the Romany holocaust, every aspect has been actively celebrated and remembered. During the holocaust hundreds of thousands of Gypsies and Travellers were exterminated in the concentration camps and many more died defending freedom in the battlefields of France

NBT has a good relationship with the Gypsy, Roma, Traveller community having developed some innovative work in the community as part of the Women's and Children's community remit and elsewhere in the Trust.

Yet the health of this group of people is far worse than any other, including lowest life expectancy in the UK and high infant mortality rates. This report outlines what is known about the health needs of Gypsy, Roma, Traveller people in the West of England

<https://www.whatdotheyknow.com/request/111704/response/276603/attach/3/ml.01402%20WofE%20Gypsy%20Travellers%20health%20assessment%202.pdf>



Phil Hedges, Lead Rep for Unite at his retirement event after 27 years. Phil has supported the equality agenda as a member of the Staff Equality Group.

Eid-al-Fitr

There will be an event to mark Eid on 11 July in the Sanctuary from 12 – 2 p.m. Everyone is welcome to attend to join in the celebration and find out more about Eid and Islam.

Muslims across the world will greet each other by saying "Eid Mubarak" in June, when the month-long fast of Ramadan comes to a close.

Eid-al-Fitr is an Arabic name that translates as 'festival of the breaking of the fast' in English.

Muslim prayers are conducted every Friday at 1 pm in the Sanctuary. For more details contact Mobin Malik.

Email: Mobin.Malik@nbt.nhs.uk
Telephone: 0117 414 8651
Extension: 48651

Harassment and Bullying Advice Line
New Number 0117 414 5599, Ext: 45599



You got a Hazardous Waist?

Men's Health Week 2017 - which runs from June 12-18 – is about abdominal obesity – better known as 'belly fat'. The message is: **Move more, eat well, watch the booze.**

Belly fat is a problem because it lurks not just beneath the surface but also gets down deep and surrounds your vital organs. Regardless of your overall weight, a large amount of belly fat increases your risk of:

- **Cardiovascular disease**
- **Insulin resistance and type 2 diabetes**
- **Colorectal cancer**
- **Sleep apnea**
- **Premature death from any cause**
- **High blood pressure**

Time to get those tape measures out. If you have a waist measurement over 37 inches (94cm), you are at increased risk of diabetes, heart disease, cancer, stroke and erection problems. If it's over 40 inches (102cm), you're a considerably increased risk of all these. The measurement is not the same as your trouser size. Measure your stomach at the belly button and think about making changes if you need to.

Men's Health Week will be a fat lot of good without your participation.

More information at:

<https://www.menshealthforum.org.uk/mhw/>

Equality Calendar

Gypsy Roma Traveller History Month	:	1 June 2017
Pentecost	:	4 June 2017
Men's Health Week	:	12 - 18 June
Summer Solstice	:	21 June 2017
EID-al-Fitr	:	25 June 2017

Schwarz Round - Wednesday 7 June **"Next please - delivering under pressure"**

A confidential space where staff can come together to reflect on the emotional impact that our work has upon us. You will hear stories from three colleagues based on the topic. Light lunch available but be early for this.

Cabot room, Level 5, Brunel building, 12.45pm-1.45pm All welcome.

Staff Equality Groups – Come and Join Us!

There is an overall Staff Equality Group for people who identify as BME, Disabled, Lesbian, Gay, Bisexual and Trans, for those with a religion or belief (or none) women and men and whatever age you are. There are also two main groups, 1 for Career Development for Black and Ethnic Minority staff and the other for Disabled staff.

Action plans have been drawn up and these have been incorporated into the Trust's Equality Objectives, the equality groups have been involved in these and the equality events.

The equality agenda is crucial to NBT as it improves the culture for all staff and in turn it increases the quality of our service delivery for patients.

The next meeting will be on Monday 11 July from 2pm - 4.30pm. Do contact me for more details.

Address Christopher Hancock Building, Southmead Hospital,
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