

# Equality and Diversity Update

Issue 30: May 2017

## “You too are only human”

**International Women’s Day 2017 at NBT looked at how women manage at work, that while we might all feel down on occasion that it is OK to feel that way sometimes. Do read Jenny’s poem as this offers a real insight into how we can deal with it.**

You too are only human  
And it’s quite all right to say  
You’re feeling pretty weary  
And you’ve had enough today

Your working days are stressful  
And things are really tough  
And though you do your damndest  
It never seems enough

Step back and look again to see  
You tried your very best  
It’s all that anyone can do  
When they’re put to the test

Think too about the good you’ve done  
Those tasks you did get through  
You’re here, you make a difference!  
And you do some great things too!

If life was always easy  
We wouldn’t learn or grow  
Or test our own resilience  
And true selves come to know

It’s always good to talk things through  
To open up and share  
To realise you’re not alone  
That other people care



**Jenny Wilson, Trainer /Facilitator Staff Development Department responded to the International Women’s Day discussion with this poem.**

Look after you – you’re precious  
To a family you belong  
You owe it to yourself and them  
To make sure you stay strong

What’s in and out of your control?  
What’s out? - then let it go  
Re-harness all your passion  
For the things you love and know

Then focus all your energy  
On things that you can do  
And know that if you persevere  
You can and will get through

Yes you are only human  
And it’s quite all right to say  
Though things are tough you will be back  
To face another day

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



### More looking after yourself

If poetry is not your thing try this song by Rag'n Bone Man. It is called: "I'm only Human After All."

<https://www.youtube.com/watch?v=L3wKzyIN1yk>

### LGBT Health Matters – online video resource for health care professionals

The purpose of the film is to increase awareness of Lesbian, Gay, Bisexual and Trans (LGBT) people's experiences when using health care and to increase access to these services. .

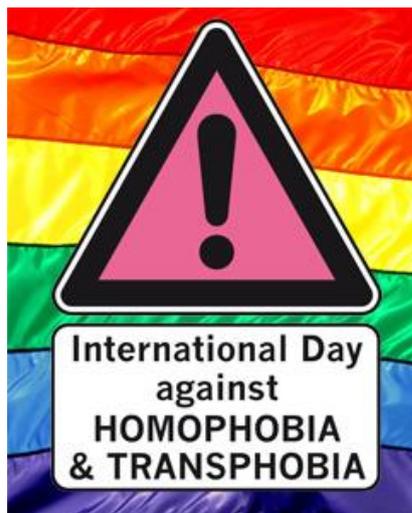
The film has been commissioned by CVS South Gloucestershire, working in partnership with the Diversity Trust, and the Therapeutic Media Company.

"This is such a well-made and useful film. I will definitely use it with, and recommend it to, my social work students as the messages cut across many professions." Independent Social Worker and Teacher/Trainer

<https://youtu.be/pD9MSNuhg0E>

### Equality Calendar

Beltane (Wiccan)	:	1 May 2017
International Day of Families	:	15 May 2017
IDAHOT Day	:	17 May 2017
World Day for Cultural Diversity: Dialogue and Development	:	21 May 2017
Ramadan starts	:	26 May 2017



**International Day Against Homophobia, Transphobia and Biphobia (IDAHOT)**

**17 May 2017**

The day aims to co-ordinate international events that raise awareness of violations against and stimulate interest in LGBT rights at work worldwide. This has grown so that in 2013 commemorations took place in almost 120 countries, in all world regions.

### Ramadan

This year Ramadan begins on 26 May 2017 and is due to end at 24 June 2017. See the Equality web page for further information:

<http://nbsvr16/sites/askhr/EqualityandDiversity/Pages/default.aspx>



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