



Ramadan celebrates when the Quran was first revealed to the Prophet Muhammad in AD 610. During the month, Muslims are called to renew their spiritual commitment through daily fasting, prayer, and acts of charity. It is a time to purify the soul, refocus attention on Allah and practice self-discipline and self-sacrifice.

For information on what you can expect from NBT if you are observing Ramadan and how to support Muslim staff visit the intranet page:

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

Thank you Maria

Maria Smith is one of the back room team and has provided invaluable support to the Equality and Diversity unit and many others. You may know her name as the person to contact to book a place on events, which she has been instrumental in organising. She has ensured we are updated with career development opportunities. After 15 years of dedicated service, Maria retired at the end of April, we wish her well in the future and know that we will all miss her greatly.



£5 Costa Gift Card draw

Your feedback is required. We are reviewing the Equality, Diversity and Inclusion information on the intranet and want to ensure that it meets your needs. Completing the simple form will take 2 minutes and you'll be entered into a draw with the chance to receive a £5 Costa gift card. Visit <https://forms.gle/gjsFyA8VbxhqqUgL9>. If you require the form in an accessible format please contact Katie.Allen@nbt.nhs.uk

Staff Networks at NBT

Phan will be joining the Equality, Diversity and Inclusion team on a student placement from May-July looking at staff networks and how they can be more effective. If you would like to meet with Phan or contribute to this work please email Phan c/o Katie.Allen@nbt.nhs.uk

Equality events calendar

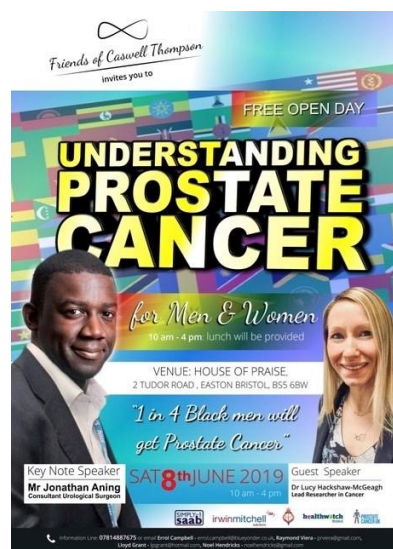
Autism Spectrum Training

Tuesday 11 June 9:30-4:30pm Seminar Room 5, L&R
Tuesday 23 July 09:30-4:30pm Seminar Room 5, L&R
Friday 25 October 09:30-4:30pm Seminar Room 4, L&R

Book on MLE or email Deborah.Mortimer@nbt.nhs.uk



Free event: Understanding prostate cancer



Taking place on Saturday 8 June 10 – 4 pm for women and men, lunch included at House of Praise, 2 Tudor Road, Easton, Bristol BS5 6BW with key note speaker Mr Jonathon Aning, Consultant Urological Surgeon at NBT.



Lesley Mansell,
Equality and Diversity
Manager

Lesley.Mansell@nbt.nhs.uk

Phone: 0117 414 5578

Ext: 45578

Deaf Awareness Week May 6-12

Boost your deaf awareness by checking out Action on Hearing Loss's [Employers Hub](#) – a one stop shop for supporting diverse talent with deafness or hearing loss, from attraction to retention. They've also put together a [Deaf Awareness Week pack](#) with some activity ideas.

Wellbeing Events

7 May Carers Support Centre event in the Vu 11-2pm

14 May Women's Health Event in the Vu 11-2pm. Theme of the menopause

16 May Mental Health Awareness Week 11-2pm launching the Mental Health First Aid Network

IDAHOT Day

Protection of LGBT+ people has greatly improved in past decades and it is progress worth celebrating.

But in many places around the world, LGBT+ people still face injustice and live in fear and danger, sometimes for their lives. For more information visit www.may17.org.



**Free confidential
Harassment and
Bullying advice line
for staff.**

**Monday – Friday
9am– 5pm**

Phone: 0117 414 5599

Ext: 45599

Equality dates

- 5 Start of Ramadan (Islam)
- 6 Buddha Day (Buddhism)
- 6-10 Deaf Awareness Week
- 7 IDAHOT Day
- 8 National Staff Networks Day
- 13-19 Mental Health Awareness Week
- 20-26 Dementia Action Week

**Please let us know
if you would like
this newsletter in a
different format.**