Equality and Diversity Update

ISSUE 46: October 2018

2018 theme: “African Americans in Times of War” commemorates the centennial of the end of the First World War in 1918. NBT recognises the contribution of our Black and Minority Ethnic (BME) staff.

Monday 1 October – Friday 31 October
Display outside the Sanctuary

Thursday 11 October
Drop-in advice sessions for BME Staff
Ujima Radio/Keep the Beat stand in the Atrium, Brunel Building.

Wednesday 17 October, 12:30 - 1:30pm
BME Staff Group Meeting

Wednesday 31 October, 12:30 - 2pm
Joan Saddler OBE  NHS England –
Motivational talk for BME staff
Booking is essential for this event as places are limited.

Email maria.smith@nbt.nhs.uk for more information or to book a place.

The Voice and Influence Partnership supports individuals, groups and communities whose voices are not always heard to have their say in shaping Bristol’s future.

You are invited to join if you are a resident of Bristol and have one or more of the following characteristics:
• Over 55
• from a faith group
• disabled – including physical impairments, mental health conditions and learning difficulties
• from a minority ethnic group, including Gypsy, Roma or Traveller
• LGBTQ

Once you have signed up you will receive updates about local consultations and information about campaigns, events and ways to get involved. Sign up here: https://bit.ly/2CTflIPN

Equality and Diversity Events  - See above
Autism Awareness  - TBA December 2018
For more information or to register your interest please email: Maria.Smith@nbt.nhs.uk
Phone: 0117 414 5580 Ext: 45580
Exceptional healthcare, personally delivered

October 1 - 5 National Work Life week.

The Working Families website has some useful tips on achieving a good work life balance including how to make a successful flexible working request. See here: https://www.workingfamilies.org.uk/.

The Trust is committed to providing all staff with the option to request to work flexibly and will ensure fairness and consistency in the way flexible working requests are considered.


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Please ask if you would like this newsletter in a different format.

Equality Calendar – October

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>1-5 October</td>
<td>National Work Life Week</td>
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<tr>
<td>1 October</td>
<td>Simchat Torah (Judaism)</td>
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<tr>
<td>9 October</td>
<td>Navarathri (Hinduism)</td>
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<tr>
<td>10 October</td>
<td>World Mental Health Day</td>
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<tr>
<td>19 October</td>
<td>Dussehra (Hinduism)</td>
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<tr>
<td>31 October</td>
<td>Samhain (Pagan)</td>
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<tr>
<td>31 October</td>
<td>All Hallows’ Eve (Christian)</td>
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World Mental Health Day October 10

Our mental health is just like our physical health: everybody has it and we need to take care of it.

Mental health problems affect around one in four people in any given year. They range from common problems, such as depression and anxiety, to rarer problems such as schizophrenia and bipolar disorder.

See tips to improve your mental health here:

https://www.mind.org.uk/information-support/tips-for-everyday-living/wellbeing/?ctaId=/get-involved/world-mental-health-day/slices/wellbeing/#.W7HpGmeouWw

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