





# Network and activity Calendar

# HOW MUCH ALCOHOL CAN YOU CUT OUT?



TRY IMPACT CALCULATOR



Sussex Community   DRY JANUARY

South West Yorkshire Partnership   
NHS Foundation Trust

DRY JANUARY



# CAN YOU STAY OFF THE BOOZE FOR 31 DAYS?

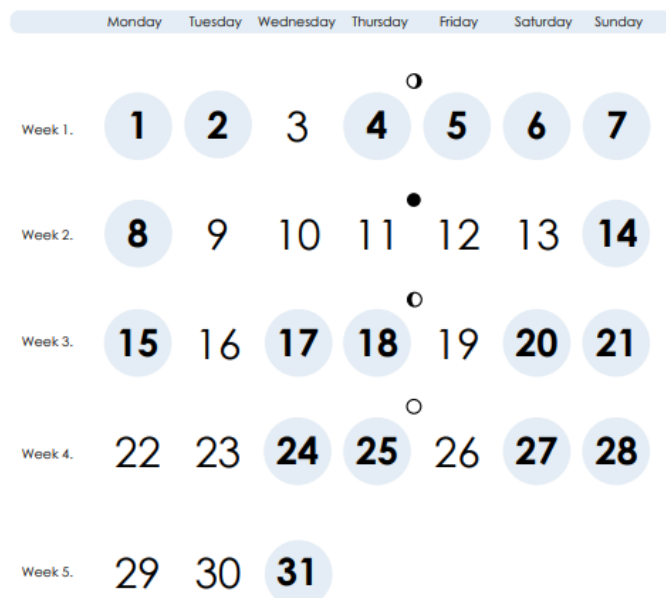
ASK INSIDE FOR FURTHER  
INFORMATION

FOR QUICK AND EASY HELP ON WHAT GOOD HEALTH  
LOOKS LIKE VISIT [WWW.SWYT.CO/CAMPAIGNS](http://WWW.SWYT.CO/CAMPAIGNS)  
OR SCAN THE QR CODE (TOP RIGHT).



With all of us in mind

# January 2024



January is Cervical Health Awareness Month, Celebration of Life Month, Alcohol Change UK Dry January, Thyroid Awareness Month.

○ Last Quarter ● New Moon ○ First Quarter ○ Full Moon

Islamic and Jewish holidays begin at sundown on the evening before.

**1st**  
Mary, Mother of God – Christian,  
Gantan-sai (New Year) – Shinto,  
Global Family Day,  
New Year's Day/Hogmanay,  
Bank Holiday – England, Wales,  
Scotland, Northern Ireland and  
ROI.

**2nd**  
Bank Holiday – Scotland.

**4th**  
World Braille Day.

**5th**  
Twelfth Night – Christian.

**6th**  
Epiphany – Christian,  
Feast of the Theophany – Orthodox  
Christian.

**7th**  
Baptism of the Lord Jesus – Christian,  
Feast of the Nativity – Orthodox  
Christian.

**8th**  
Seijin no hi (Coming of Age Day)  
– Shinto.

**14th**  
Lohri/Maghi – Hindu, Sikh,  
Old New Year – Orthodox Christian.

**15th**  
Makar Sankranti – Hindu,

Pongal – Hindu,  
Blue Monday,  
Martin Luther King Day.

**17th**  
Birthday of Guru Gobind Singh – Sikh.

**18th**  
Week of Prayer for Christian Unity  
begins – Christian.

**20th**  
Timkat – Ethiopian Orthodox  
Christian.

**21st**  
World Religion Day.

**24th**  
International Day of Education.

**25th**  
Mahayana New Year begins  
– Buddhist,  
Conversion of Saint Paul – Christian,  
Thaipusam – Hindu,  
Tu B'Shvat – Judaism,  
Robert Burns Night.

**27th**  
Holocaust Memorial Day.

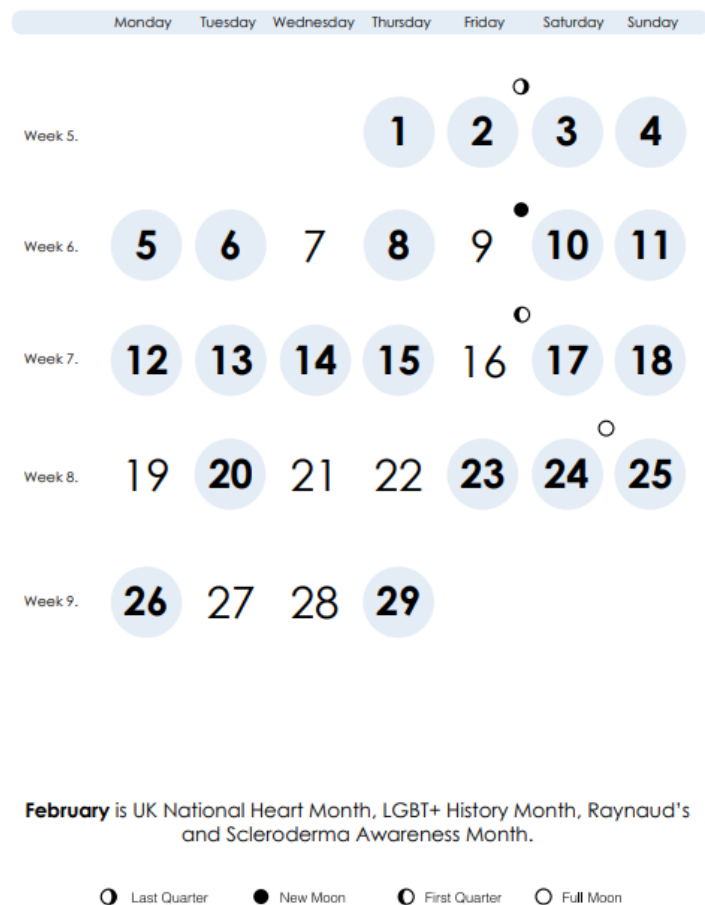
**28th**  
Data Privacy Day.

**31st**  
Birthday of Guru Har Rai – Sikh.





# February 2024



February is UK National Heart Month, LGBT+ History Month, Raynaud's and Scleroderma Awareness Month.

Islamic and Jewish holidays begin at sundown on the evening before.

- 1st**  
World Hijab Day,  
Imbolc/Lughnasadh – Pagan,  
World Interfaith Harmony Week  
begins,  
Time to Talk Day.
- 2nd**  
Candlemas – Christian.
- 3rd**  
Setsubun-sai – Shinto.
- 4th**  
World Cancer Day.
- 5th**  
Bank Holiday – ROI,  
UK Race Equality Week begins.
- 6th**  
Safer Internet Day.
- 8th**  
Lailat al Miraj – Islam.
- 10th**  
Chinese New Year – Confucian,  
Daoist, Buddhist,  
Losar – Tibetan New Year.
- 11th**  
Autism Sunday,  
International Day of Women and  
Girls in Science,  
World Day of the Sick.
- 12th**  
Red Hand Day for Child Soldiers.

- 13th**  
Shrove Tuesday – Christian.
- 14th**  
Ash Wednesday – Christian,  
Vasant Panchami – Hindu,  
Saint Valentine's Day.
- 15th**  
International Childhood Cancer Day,  
Parinivana Day/Nirvana Day  
– Buddhist.
- 17th**  
World Human Spirit Day.
- 18th**  
Zacchaeus Sunday – Orthodox  
Christian.
- 20th**  
World Day of Social Justice.
- 23rd**  
International STAND UP to Bullying  
Day.
- 24th**  
Magha Puja (Sangha Day)  
– Buddhist.
- 25th**  
Lailat al Bara'ah – Islam,  
Triodion begins – Orthodox Christian.
- 26th**  
Intercalary Days begin – Baha'i.
- 29th**  
Intercalary Days end – Baha'i.



The 2024 theme, #UnderTheScope, celebrates LGBT+ peoples' contribution to the field of Medicine and Healthcare both historically and today.

At a time when the LGBT+ community is experiencing a rise in hate crime and hate instances we also encourage you to look 'Under the Scope' and listen to LGBT+ peoples' lived experiences from LGBT+ people.

More information and resources are available here: <https://lgbtplushistorymonth.co.uk/lgbt-history-month-2024/>

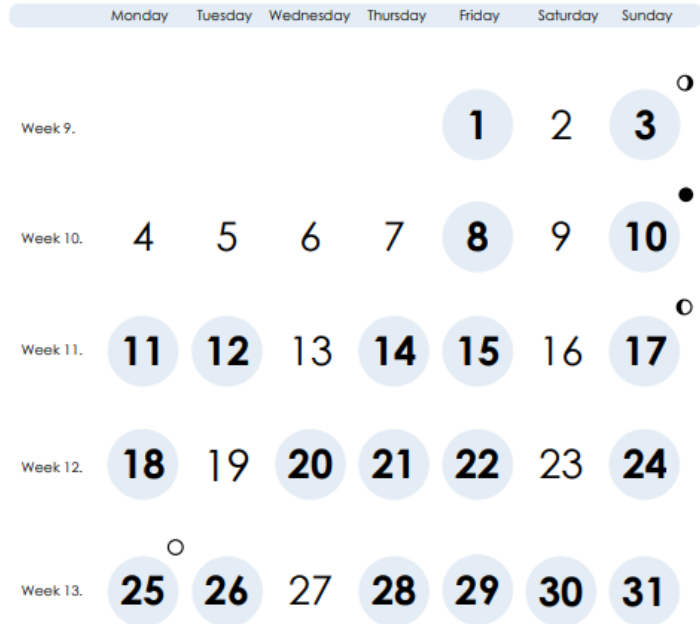


Ramadan  
Mubarak  
to you all





# March 2024



**March** is Prostate Cancer Awareness Month, Ovarian Cancer Awareness Month, Women's History Month.

○ Last Quarter ● New Moon ○ First Quarter ○ Full Moon

Islamic and Jewish holidays begin at sundown on the evening before.

**1st**  
Nineteen Day Fast begins – Baha'i,  
Saint David's Day – Christian,  
International Wheelchair Day,  
Self-Injury Awareness Day,  
Zero Discrimination Day.

**3rd**  
World Hearing Day.

**8th**  
Maha Shivaratri – Hindu,  
International Women's Day.

**10th**  
Mothering Sunday.

**11th**  
Ramadan begins – Islam.

**12th**  
Ramakrishna Jayanti – Hindu.

**14th**  
Nanakshahi (New Year) – Sikh,  
University Mental Health Day.

**15th**  
International Day to Combat  
Islamophobia.

**17th**  
Saint Patrick's Day – Christian.

**18th**  
Great Lent – Orthodox Christian,  
Bank Holiday – Northern Ireland and  
ROI.

**20th**  
Naw-Rúz (New Year) – Baha'i,  
Norooz (New Year) – Persian/  
Zoroastrian,

Ostara/Mabon – Pagan,  
International Day of Happiness,  
Spring Equinox.

**21st**  
International Day for the Elimination  
of Racial Discrimination,  
World Down Syndrome Day.

**24th**  
Palm Sunday – Christian,  
Holika Dahan – Hindu,  
Purim – Judaism.

**25th**  
Holi – Hindu.

**26th**  
Khordad Sal – Zoroastrian,  
Purple Day.

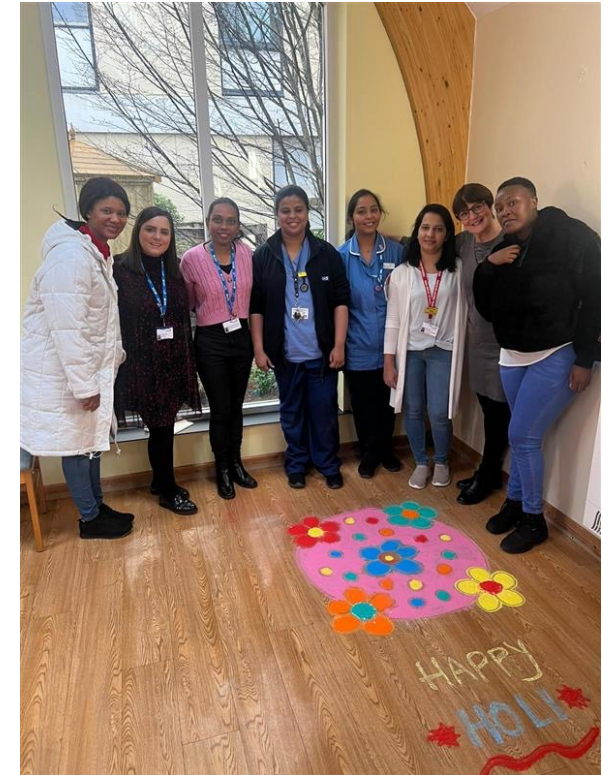
**27th**  
Hola Mohalla begins – Sikh.

**28th**  
Maundy Thursday – Christian.

**29th**  
Good Friday – Christian,  
Bank Holiday – England, Wales,  
Scotland and Northern Ireland.

**30th**  
World Bipolar Day.

**31st**  
Easter Sunday – Christian,  
International Transgender Day of  
Visibility.



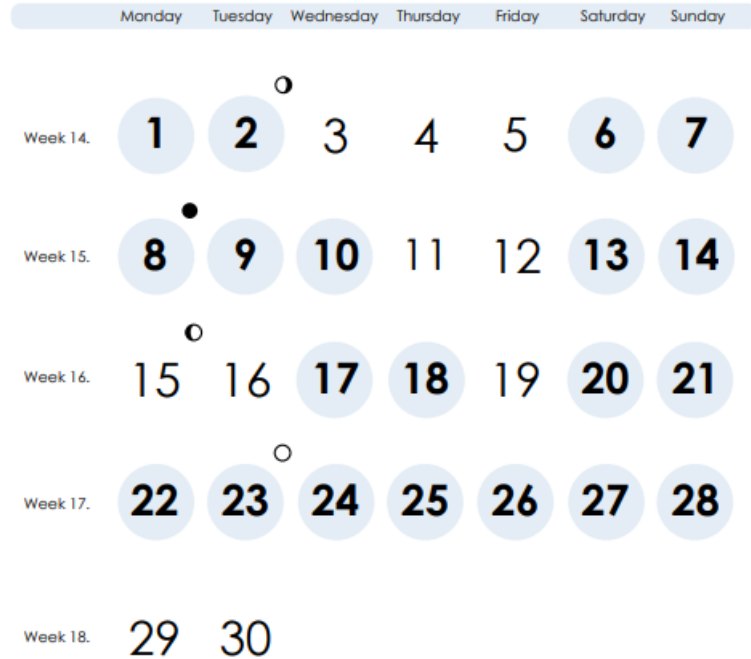
AUTISM



ALWAYS  
UNIQUE  
TOTALLY  
INTELLIGENT  
SOMETIMES  
MYSTERIOUS



# April 2024



April is Autism Awareness Month, Stress Awareness Month, Bowel Cancer Awareness Month, Parkinson's Awareness Month.

○ Last Quarter
● New Moon
○ First Quarter
○ Full Moon

Islamic and Jewish holidays begin at sundown on the evening before.

- 1st**  
Easter Monday – Christian,  
April Fool's Day,  
Bank Holiday – England, Wales,  
Northern Ireland and ROI.
- 2nd**  
World Autism Awareness Day.
- 6th**  
Lailat al-Qadr – Islam,  
International Asexuality Day.
- 7th**  
World Health Day.
- 8th**  
International Romani Day.
- 9th**  
Chaitra Navratri begins – Hindu,  
Ugadi New Year – Hindu.
- 10th**  
Eid al Fitr – Islam.
- 13th**  
Songkran (Thai New Year)  
– Buddhist,  
Birth of the Khalsa (Vaisakhi)  
– Sikh.
- 14th**  
Tamil New Year.
- 17th**  
Rama Navami – Hindu.
- 18th**  
Birthday of Guru Angad Dev  
– Sikh,
- Birthday of Guru Tegh Bahadur  
– Sikh.
- 20th**  
First Day of Ridvan – Baha'i.
- 21st**  
Mahavir Jayanti – Jain.
- 22nd**  
Earth Day.
- 23rd**  
Theravada New Year – Buddhist  
Saint George's Day – Christian,  
Hanuman Jayanti – Hindu,  
Passover – Judaism.
- 24th**  
Lord's Evening Meal – Jehovah's  
Witness.
- 25th**  
Feast of Saint Mark the Evangel  
– Christian.
- 26th**  
Lesbian Visibility Day.
- 27th**  
Lazarus Saturday – Orthodox  
Christian.
- 28th**  
Ninth Day of Ridvan – Baha'i,  
Palm Sunday – Orthodox  
Christian,  
World Day for Health & Safety at  
Work.





— WORLD —  
**NO TOBACCO**  
DAY

World [Tabacco](#) day  
31<sup>st</sup> May

The figures show the additional pressure that smoking is putting on hospitals and GP surgeries, with a £127.5 million bill to the NHS from over 1.2 million GP consultations, over 256,000 hospital admissions and outpatient visits, and 693,133 GP prescriptions every year.

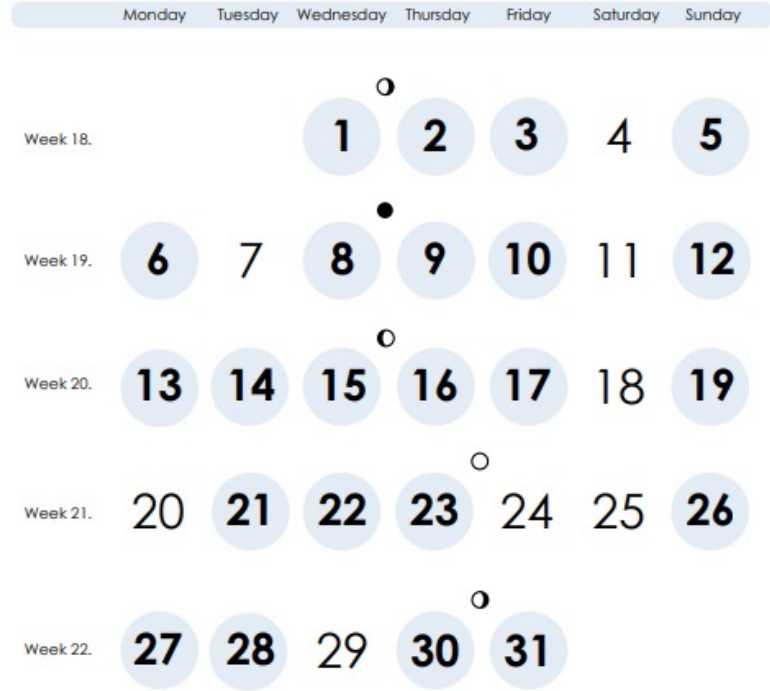
With many current and former smokers requiring care in later life as a result of smoking-related illnesses, smoking costs North East local authorities an additional £46.3m a year to fund social care, as well as individuals and families paying out £38.4m a year to fund their own social care.

The costs also include:

- 5584 early deaths from smoking every year
- A cost of £386.4m to the regional economy and businesses. This includes:
  - 6211 years of lost economic activity from early deaths costing businesses around £148.4m
  - £73.2 million due to absenteeism from smoking-related illnesses, losing around 794,000 days of lost productivity
  - £164.8 million from smoking breaks
- £15.1 million as a result of smoking related house fires
- 224 tonnes of cigarette waste annually, of which 94 tonnes is discarded as street litter which must be collected by local authorities
- Smokers spend an average of £2050 on cigarettes each year – around £757 million in total



# May 2024



May is Action on Stroke Month, Hepatitis Awareness Month, UK National Walking Month, Celiac Awareness Month.

○ Last Quarter ● New Moon ○ First Quarter ○ Full Moon

Islamic and Jewish holidays begin at sundown on the evening before.

- 1st**  
Twelfth Day of Ridvan – Baha'i, Beltane/Samhain – Pagan.
- 2nd**  
Birthday of Guru Arjan Dev – Sikh.
- 3rd**  
Feast of Saints Philip and James – Christian, Holy Friday – Orthodox Christian.
- 5th**  
Pascha (Easter) – Orthodox Christian.
- 6th**  
Yom HaShoah – Judaism, Bank Holiday – England, Wales, Scotland, Northern Ireland and ROI.
- 8th**  
UK National Day for Staff Networks.
- 9th**  
Ascension Day – Christian.
- 10th**  
Akshaya Tritiya – Hindu, Jain.
- 12th**  
International Nurses Day.
- 13th**  
Yom HaZikaron – Judaism.
- 14th**  
Yom Ha'Atzmaut – Judaism.
- 15th**  
International Day of Families.
- 16th**  
Global Accessibility Awareness Day.
- 17th**  
International Day Against Homophobia, Transphobia and Biphobia.
- 19th**  
Pentecost – Christian.
- 21st**  
World Day for Cultural Diversity for Dialogue and Development.
- 22nd**  
International Day for Biological Diversity.
- 23rd**  
Declaration of the Báb – Baha'i, Vesak/Visakha Puja – Buddhist, Birthday of Guru Amar Das – Sikh.
- 26th**  
Trinity Sunday – Christian, Lag BaOmer – Judaism.
- 27th**  
Bank Holiday – England, Wales, Scotland and Northern Ireland
- 28th**  
Ascension of Baha'u'llah – Baha'i.
- 30th**  
Corpus Christi – Christian.
- 31st**  
World No Tobacco Day.

**FACE**  
HAS THEIR FACE FALLEN ON ONE SIDE? CAN THEY SMILE?

**ARMS**  
CAN THEY RAISE BOTH ARMS AND KEEP THEM THERE?

**SPEECH**  
IS THEIR SPEECH SLURRED?

**TIME**  
TO CALL 999 IF YOU SEE ANY SINGLE ONE OF THESE SIGNS

**WHEN STROKE STRIKES, ACT F.A.S.T.**

nhs.uk/actfast • stroke.org.uk





**NHS**  
The Queen Elizabeth  
Hospital King's Lynn  
NHS Foundation Trust

**NHS**  
The Queen Elizabeth  
Hospital King's Lynn  
NHS Foundation Trust

Waffleopolis

6

**NHS**  
LGBTQ+  
NETWORK

pride  
network

LGBTQ  
NETWORK

PLAY  
NOW



# June 2024

Monday Tuesday Wednesday Thursday Friday Saturday Sunday



June is Motor Neurone Disease Awareness Month, Stillbirth & Neonatal Death Awareness Month, LGBT Pride Month, Gypsy, Roma and Traveller History Month.

○ Last Quarter ● New Moon ○ First Quarter ○ Full Moon

Islamic and Jewish holidays begin at sundown on the evening before.

- 1st** Global Day of Parents.
- 3rd** Bank Holiday – ROI.
- 4th** International Day of Innocent Children Victims of Aggression.
- 5th** Yom Yerushalayim – Judaism, World Environment Day.
- 7th** Sacred Heart of Jesus – Christian.
- 8th** Global Wellness Day.
- 9th** Race Unity Day.
- 12th** Shavuot – Judaism, World Day against Child Labour.
- 13th** Shavuot – Judaism, Ascension of the Lord – Orthodox Christian.
- 14th** Hajj – Islam, World Blood Donor Day.
- 15th** Waqf al Arafah – Islam, World Elder Abuse Awareness Day.
- 16th** Eid al Adha – Islam, Martyrdom of Guru Arjan Dev – Sikh, Father's Day, Neurodiversity Pride Day.
- 17th** World Day to Combat, Desertification and Drought.
- 18th** Autistic Pride Day, International Day for Countering Hate Speech.
- 20th** Litha /Yule – Pagan, Summer Solstice, World Refugee Day.
- 21st** World Humanist Day.
- 22nd** UK Windrush Day.
- 23rd** Pentecost – Orthodox Christian.
- 24th** Nativity of Saint John the Baptist – Christian.
- 28th** Stonewall Riots Anniversary.
- 29th** Feast of Saints Peter and Paul – Christian.





LET'S CELEBRATE!

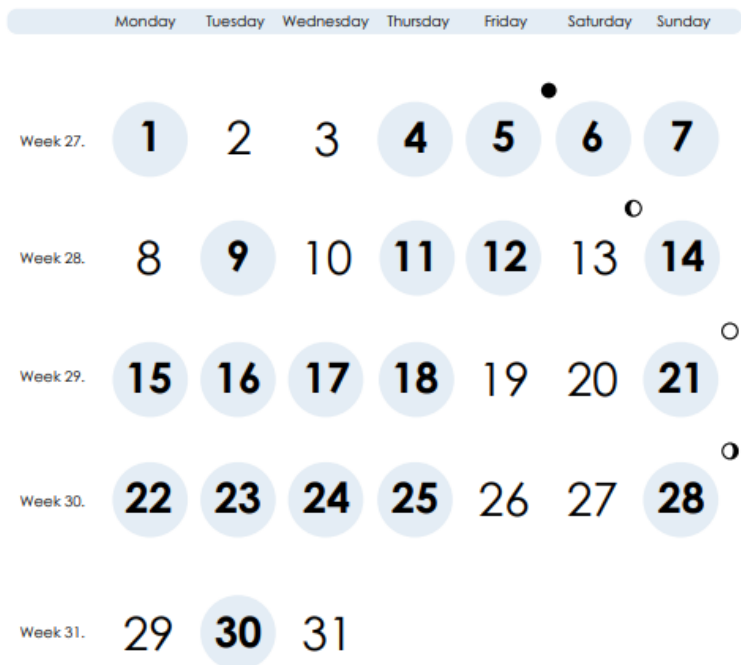
# JULY IS DISABILITY PRIDE MONTH

Disability Pride Month promotes awareness of disability as an identity, a community, a culture, & the positive pride felt by people with disabilities!

July is  
**Disability  
Pride Month**



# July 2024



July is UV Safety Month, Make a Difference to Children Month, International Women with Alopecia Month, Disability Pride Month.

○ Last Quarter ● New Moon ○ First Quarter ○ Full Moon

Islamic and Jewish holidays begin at sundown on the evening before.

- 1st** The Fast of the Holy Apostles – Orthodox Christian.
- 4th** US Independence Day.
- 5th** Birthday of Guru Hargobind – Sikh.
- 6th** Omnisexual Visibility Day.
- 7th** Al-Hijra/Muharram – New Year – Islam.
- 9th** Martyrdom of the Báb – Baha'i.
- 11th** World Population Day.
- 12th** Orangemen's Day, Bank Holiday – Northern Ireland.
- 14th** International Non-Binary People's Day.
- 15th** World Youth Skills Day.
- 16th** Ashura – Islam.
- 17th** World Day for International Justice.

- 18th** Nelson Mandela International Day, South Asian Heritage Month begins.
- 21st** Asalha Puja (Dharma Day) – Buddhist.
- 22nd** Feast of Saint Mary Magdalene – Christian.
- 23rd** Birthday of Emperor Haile Selassie – Rastafari, Birthday of Guru Har Krishan – Sikh.
- 24th** Pioneer Day – Mormonism.
- 25th** Saint James the Great Day – Christian.
- 28th** World Hepatitis Day.
- 30th** International Day of Friendship, World Day against Trafficking Persons.



**International Day of Friendship**

Friends give us support to overcome the challenges and crises we face in our lives. Tag your friends and share your stories **#FriendshipDay**



WORLD DAY FOR INTERNATIONAL JUSTICE

**LIFE'S MOST  
PERSISTENT AND  
URGENT AND  
QUESTION IS : WHAT  
ARE YOU DOING FOR  
OTHERS?**



# August 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 31.				1	2	3	4
Week 32.	5	6	7	8	9	10	11
Week 33.	12	13	14	15	16	17	18
Week 34.	19	20	21	22	23	24	25
Week 35.	26	27	28	29	30	31	

**August** is Health & Safety Month, Psoriasis Awareness Month, Children's Eye Health & Safety Month, MedicAlert Awareness Month.

○ Last Quarter ● New Moon ○ First Quarter ○ Full Moon

Islamic and Jewish holidays begin at sundown on the evening before.

## 1st

Lammas – Christian,  
Fast in honour of Holy Mother of Lord Jesus – Orthodox Christian,  
Lughnasadh/Imbolc – Pagan.

## 5th

Bank Holiday – Scotland and ROI.

## 6th

Feast of Transfiguration of Our Lord – Christian,  
Transfiguration of the Lord – Orthodox Christian.

## 9th

International Day of the World's Indigenous Peoples.

## 10th

Feast of Saint Lawrence – Christian.

## 12th

International Youth Day.

## 13th

Tish'a B'av – Judaism.

## 15th

Assumption of Blessed Virgin Mary – Christian,  
Dormition of the Theotokos – Orthodox Christian.

## 19th

Raksha Bandhan – Hindu,  
World Humanitarian Day.

## 22nd

Queenship of Mary – Christian,  
International Day  
Commemorating the Victims of Acts of Violence based on Religion or Belief.

## 23rd

International Day for the Remembrance of the Slave Trade and its Abolition.

## 24th

Feast of Saint Bartholomew the Apostle - Christian.

## 26th

Krishna Janmashtami – Hindu,  
Bank Holiday – England, Wales and Northern Ireland.

## 29th

Beheading of Saint John the Baptist – Christian.

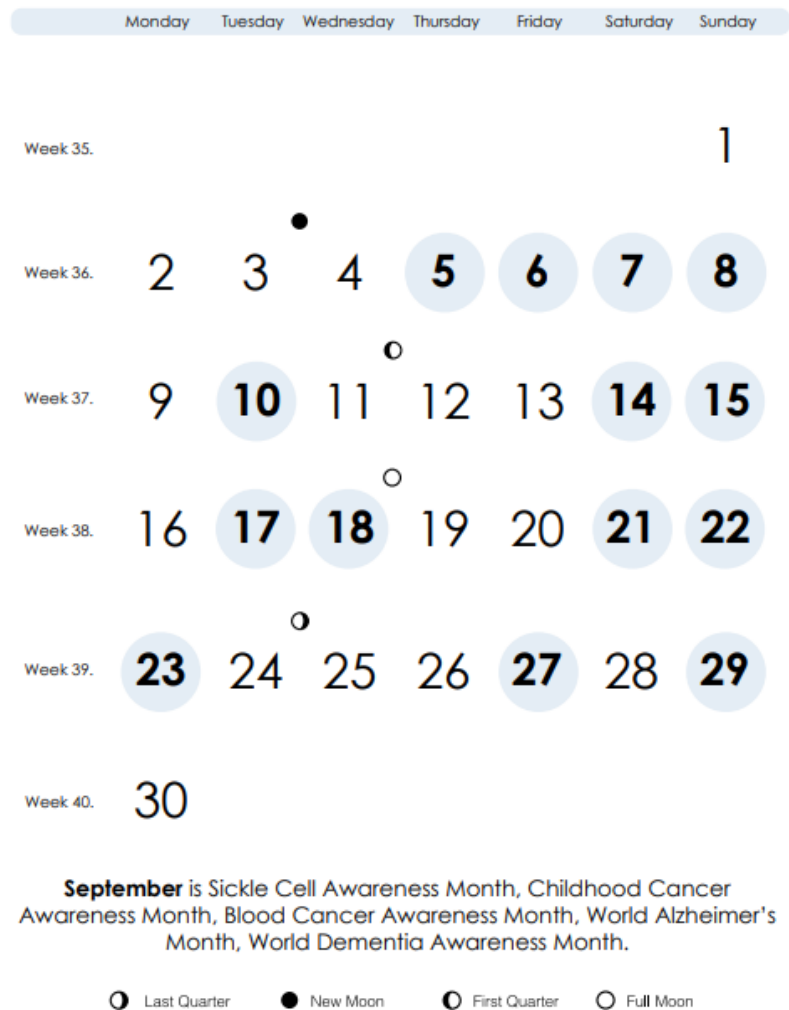
## 31st

Paryushana Parvarambha begins – Jain,  
International Day for People of African Descent.





# September 2024



**September** is Sickle Cell Awareness Month, Childhood Cancer Awareness Month, Blood Cancer Awareness Month, World Alzheimer's Month, World Dementia Awareness Month.

Islamic and Jewish holidays begin at sundown on the evening before.

**5th**  
International Day of Charity.

**6th**  
Colour Blind Awareness Day.

**7th**  
Ganesh Chaturthi – Hindu,  
Samvatsari – Jain.

**8th**  
Nativity of Virgin Mary – Christian,  
Nativity of the Theotokos  
– Orthodox Christian,  
International Literacy Day.

**10th**  
World Suicide Prevention Day.

**14th**  
Triumph of the Cross – Christian,  
Exaltation of the Cross – Orthodox  
Christian.

**15th**  
Onam – Hindu,  
Mawlid al-Nabi – Islam,  
International Day of Democracy.

**17th**  
Anant Chaturdashi – Hindu,  
World Patient Safety Day.

**18th**  
International Equal Pay Day.

**21st**  
Feast of Saint Matthew  
– Christian,  
International Day of Peace,  
World Alzheimer's Day.

**22nd**  
Autumn Equinox,  
Mabon/Ostara – Pagan.

**23rd**  
Bi Visibility Day,  
International Day of Sign  
Languages,  
UK National Inclusion Week  
begins.

**27th**  
Meskel – Ethiopian Orthodox  
Christian.

**29th**  
Michaelmas – Saint Michael and  
All Angels – Christian,  
World Deaf Day,  
World Heart Day.



## TYPES OF DEMENTIA

Dementia is an umbrella term for loss of memory and other thinking abilities severe enough to interfere with daily life.

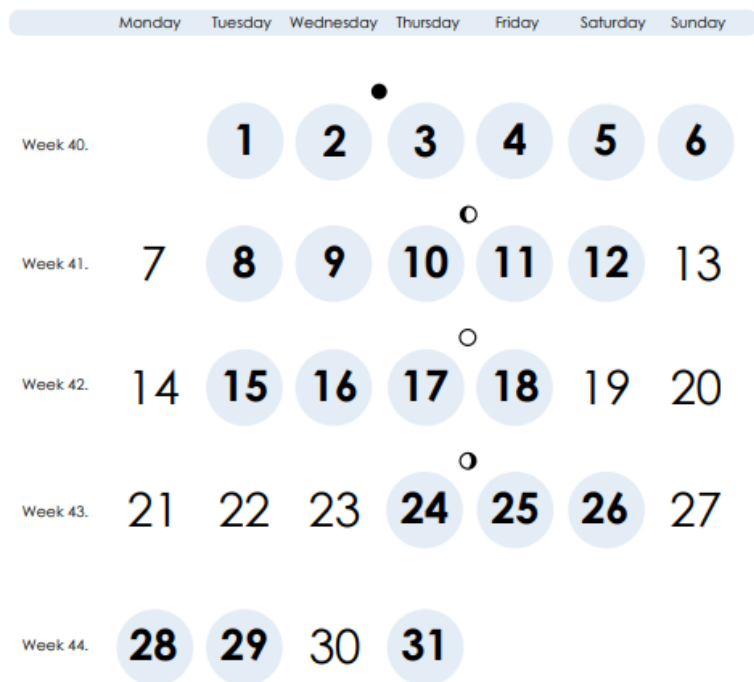
- Alzheimer's
- Vascular
- Lewy body
- Frontotemporal
- Other, including Huntington's
- \* **Mixed dementia:** Dementia from more than one cause







# October 2024



**October** is Breast Cancer Awareness Month, Down Syndrome Awareness Month, Black History Month (UK), Global Diversity Awareness Month, Menopause Awareness Month.

○ Last Quarter   ● New Moon   ◐ First Quarter   ○ Full Moon

Islamic and Jewish holidays begin at sundown on the evening before.

- 1st**  
International Day of Older Persons.
- 2nd**  
Feast of the Guardian Angels – Christian,  
International Day of Non-Violence.
- 3rd**  
Sharad Navratri begins – Hindu,  
Rosh Hashanah – Judaism.
- 4th**  
Blessing of the Animals – Christian,  
Saint Francis' Day – Christian,  
Rosh Hashanah – Judaism.
- 5th**  
World Teachers' Day.
- 6th**  
Fast of Gedaliah – Judaism,  
World Cerebral Palsy Day.
- 8th**  
International Lesbian Day.
- 9th**  
Birthday of Guru Ram Das – Sikh.
- 10th**  
World Homeless Day,  
World Mental Health Day,  
World Sight Day.
- 11th**  
International Day of the Girl Child.
- 12th**  
Dussehra - Dasara – Hindu,  
Yom Kippur – Judaism.
- 15th**  
International Day of Rural Women.
- 16th**  
International Pronouns Day,  
World Food Day.
- 17th**  
Sukkot begins – Judaism,  
International Day for the  
Eradication of Poverty.
- 18th**  
Feast of Saint Luke – Christian,  
World Menopause Day.
- 24th**  
Shemini Atzeret – Judaism,  
United Nations Day.
- 25th**  
Simchat Torah – Judaism.
- 26th**  
Intersex Awareness Day.
- 28th**  
Feast of Saints Simon and Jude  
– Christian,  
Bank Holiday – ROI.
- 29th**  
World Stroke Day.
- 31st**  
All Hallows' Eve – Christian,  
Reformation Day – Protestant  
Christian,  
Samhain (Halloween)/Beltane  
– Pagan.



[Stroke - NHS \(www.nhs.uk\)](http://www.nhs.uk)



Wear it Pink campaign, is typically observed on the last Friday of October – 25<sup>th</sup> October 2024, this colourful event will take place, allowing individuals and organisations to wear pink and participate in related activities to support the cause.

To raise awareness for the disease and to raise funds for research.





**Sally Diesto, Junior Sister - Leverington Ward**  
Sally has such a wonderful kind heart and is always sharing her positive energy and kindness to patients, families, and staff. One of our patients was feeling overwhelmed and tearful - Sally knew just what to do and after a loving hug she took her to The Hub for a hot chocolate. She's an inspirational nurse and I am so proud to be able to work alongside her

**Matt Sullivan, Digital Senior Support Officer in ICT**  
Matt is always so helpful whenever I have any networking issues. He has helped several times recently with move rounds we have had to do last minute. My job would be 100 times harder without people like you. Thank you!

"Gave up some of his Christmas day to spread some Christmas cheer (in the form of doughnuts) to his division."

### What is kindness?

According to the dictionary... kindness is defined as the quality of being friendly, generous and considerate.

**...but kindness means so much more.**

Kindness can mean different things to different people. The meaning is in how **you** choose to show it. Be it through empathy, acceptance, kind gestures, thoughtfulness, the possibilities are entirely up to you. Kindness might look like being helpful or showing empathy. It may mean doing nice things without expecting something in return.

**Kindness is a movement!**

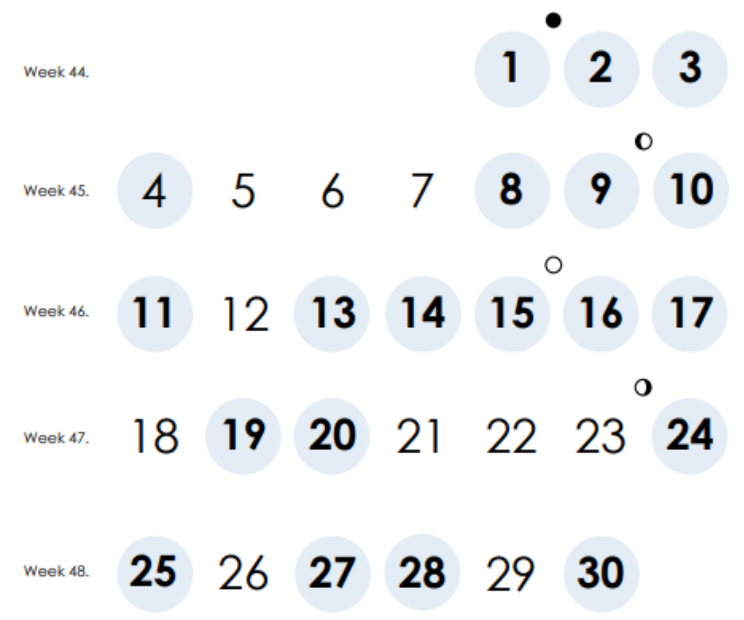
Has someone ever done something kind to you and all you wanted to do after was pay it forward? That's because kindness is a chain reaction. It's a wave that keeps rolling, and all it needs is one person to start it. One small kind act can cause a ripple effect that impacts an entire community. If we are all focussed on being kind, we are creating a movement of change. You know that famous "be the change you wish to see in the world" quote? That quote isn't just about change, and it isn't only about one person being able to change their world. It's bigger; it's about a movement that can be started from one person acting with intention.

**Caroline Gisborne, Pastoral Support Officer**

"Caroline bought me a bar of chocolate just as a little pick me up and to remind me that I am amazing at what I do. She's always looking out for me and her hugs are a massive uplift."

# November 2024

Monday Tuesday Wednesday Thursday Friday Saturday Sunday



**November** is Lung Cancer Awareness Month, Pancreatic Cancer Awareness Month, Islamophobia Awareness Month, COPD Awareness Month, Movember Men's Health Awareness Month.

○ Last Quarter ● New Moon ○ First Quarter ○ Full Moon

Islamic and Jewish holidays begin at sundown on the evening before.

- 1st**  
All Saints' Day – Christian,  
Diwali – Deepavali – Hindu, Sikh,  
Jain,  
Bandi Chhor Divas – Sikh.
- 2nd**  
Birth of the Báb – Baha'i,  
All Souls' Day – Christian,  
Anniversary of the Crowning of  
Haile Selassie – Rastafari.
- 3rd**  
Birth of Baha'u'llah – Baha'i.
- 8th**  
Intersex Day of Solidarity.
- 9th**  
Dedication of the Lateran Basilica  
– Christian.
- 10th**  
Remembrance Sunday,  
UK Interfaith Week begins.
- 11th**  
Armistice Day.
- 13th**  
World Kindness Day.
- 14th**  
World Diabetes Day.
- 15th**  
Nativity Fast begins – Orthodox  
Christian,  
Birthday of Guru Nanak Dev  
– Sikh,

- International STAND UP to Bullying  
Day.
- 16th**  
International Day for Tolerance,  
UK Disability History Month begins.
- 17th**  
International Students' Day.
- 19th**  
International Men's Day.
- 20th**  
Transgender Day of  
Remembrance,  
World Children's Day.
- 24th**  
Feast of Christ the King  
– Christian,  
Martyrdom of Guru Tegh Bahadur  
– Sikh.
- 25th**  
Day of the Covenant – Baha'i,  
International Day for the  
Elimination of Violence against  
Women.
- 27th**  
Ascension of Abdu'l-Bahá  
– Baha'i.
- 28th**  
US Thanksgiving.
- 30th**  
Saint Andrew's Day – Christian.



International  
day of [Tolerance](#)  
16<sup>th</sup> November

[Disability Month](#)  
[16 November - 16](#)  
[December 2024.](#)  
**THE QUEEN**  
**ELIZABETH**  
**PURPLE LIGHT UP**

## International Day for Tolerance Theme 2024

This theme underscores the crucial role of tolerance in building peaceful and inclusive societies. It highlights the need to address the root causes of intolerance, such as prejudice, discrimination, and stereotyping, and to promote understanding, empathy, and dialogue.

**16 November - 16 December 2024.**

### **This will include Purple Light up of the Queen Elizabeth Hospital**

A month of activity to raise awareness and support people with disabilities, a yearly event that aims to spread information and promote services that are available to help disabled people to

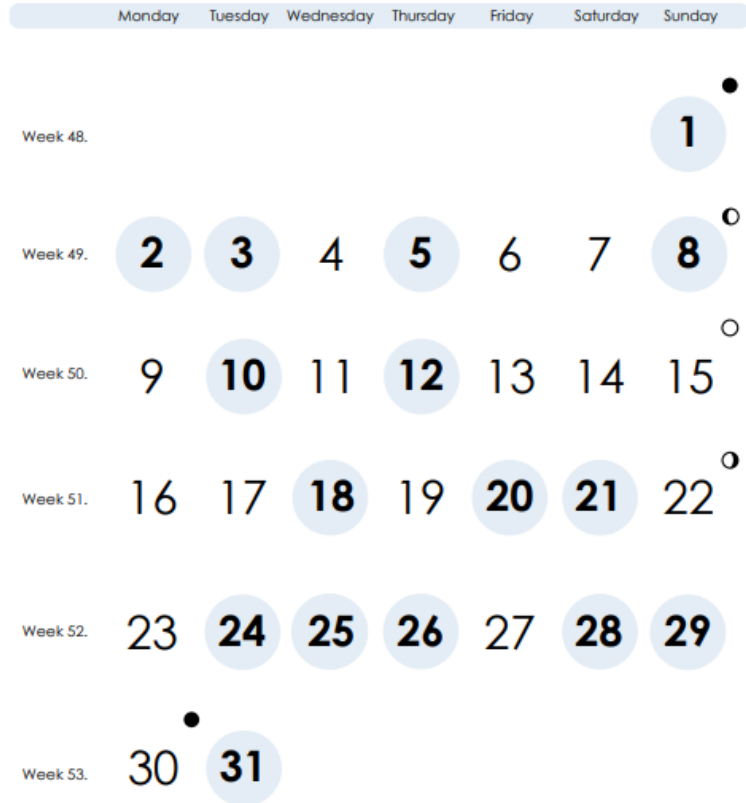






*Have a happy,  
healthy Christmas*

# December 2024



**December** is Universal Month for Human Rights, AIDS Awareness Month, Decembeard, Spiritual Literacy Month.

○ Last Quarter  
 ● New Moon  
 ◐ First Quarter  
 ◑ Full Moon

Islamic and Jewish holidays begin at sundown on the evening before.

- 1st**  
Advent Sunday – Christian,  
World AIDS Day.
- 2nd**  
International Day for the Abolition  
of Slavery,  
Bank Holiday – Scotland.
- 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.
- 20th**  
International Human Solidarity  
Day.
- 21st**  
Winter Solstice,  
Yule/Litha – Pagan.

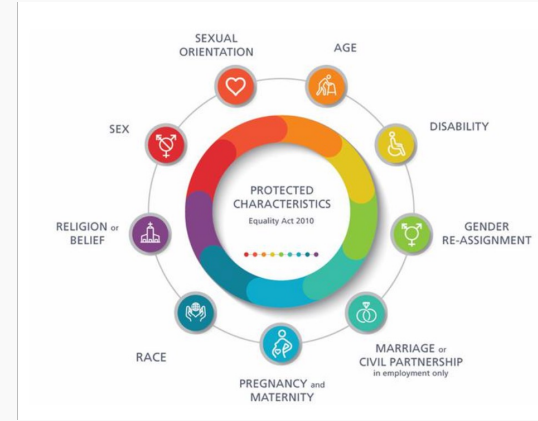
- 24th**  
Christmas Eve – Christian.
- 25th**  
Christmas Day – Christian,  
Feast of the Nativity – Orthodox  
Christian,  
Bank Holiday – England, Wales,  
Scotland, Northern Ireland and  
ROI.
- 26th**  
Saint Stephen's Day – Christian,  
Chanukah begins – Judaism,  
Zarathosht no diso – Zoroastrian,  
Boxing Day,  
Kwanzaa begins,  
Bank Holiday – England, Wales,  
Scotland, Northern Ireland and  
ROI.
- 28th**  
Holy Innocents – Christian.
- 29th**  
Feast of the Holy Family  
– Christian.
- 31st**  
Watch Night – Christian,  
New Year's Eve/Hogmanay.





World Aids Day is on 1 December when, people around the world unite to show their support for people living with HIV, raise awareness of how to get tested and commemorate those who have sadly lost their lives to AIDS.

<https://www.un.org/en/observances/world-aids-day#:~:text=Ev>



Human Rights Act (HRA)1998 establishes the principle of privacy, conferring rights on individuals to be able to operate without arbitrary interference in their affairs, by incorporating the European Convention on Human Rights (ECHR) into English law.

**Everyone has the right to respect for his private and family life, his home and his correspondence.**