



# DIVERSITY MATTERS NEWSLETTER

## JANUARY 2021

**Happy New Year** & welcome to the January 2021 edition of Diversity Matters. A round up of news and events around Equality, Diversity & Inclusion (EDI)

### COVID 19 Vaccinations

Thank you to those of you who have completed your survey; you only need to do this once and you will be sent a link to book in when we are able to invite you to make an appointment for a vaccination. At the moment in line with the government's advice and the [JCVI priority listing](#) we are focussing on the over 80's outpatients, care home workers and our clinically vulnerable staff. We are working hard to ensure all the vaccine is used and so there may be times when we call you forward for a vaccine even if you fall outside of these categories, so **please don't turn up without an appointment**, but be assured we will call all staff forward as soon as we are able to. If you have not yet completed your survey, you can do it [here](#).

Please note that when you attend the hub for your vaccine you will need to know your NHS number. [Find out your NHS Number](#) now. (see the 'How to Find your NHS Number' section). **Please do not use the PAS system to find your NHS number as this represents a breach of confidentiality and IG.**

Please remember – you must have a gap of at least 1 week between flu vaccination and COVID-19 vaccination – make sure you have had your flu vaccine now.

We recognise that the impact of COVID-19 on colleagues who are classed as at risk has been disproportionate. We are also aware that these groups may have specific concerns for us to address and may have questions; therefore, NHS England and NHS Improvement have provided the following documents in regards to vaccine information:

[NHSEI COVID-19 Vaccination Programme Communications Resource Pack \(7 Dec\)](#)



### Diversity Quote

*"Adopting the right attitude can turn a negative stress into a positive one".*

**Hans Selye.**

Contact  
[equality@stockport.nhs.uk](mailto:equality@stockport.nhs.uk)  
for more information

Colleagues who are classed as at risk should have had their risk assessments reviewed to ensure that the Trust continue to provide support and adjustments as required. We would like to provide you with the opportunity to tell us how you feel and raise any concerns confidentially. You can complete a confidential survey monkey via the following link:

<https://www.surveymonkey.co.uk/r/VBBXXWN>

The responses will be treated confidentially and analysed to see what further support can be offered to you if required.

## EDI ACTIVITIES & EVENTS

### Disability History Month 2020

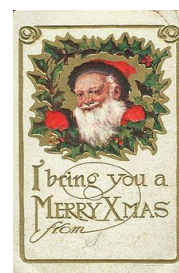
In celebration of Disability Awareness Month the Trust have launched the Sunflower Scheme, the importance of raising awareness of Disabilities and hidden Disabilities is even more paramount in the current climate. Wearing the Hidden Disabilities Sunflower discreetly indicates to people around the wearer including staff, colleagues and health professionals that they need additional support, help or a little more time.

Pin badges are available for colleagues and cards for patients, if you would like to receive a pin badge/cards please contact [equality@stockport.nhs.uk](mailto:equality@stockport.nhs.uk)

Steph (Butterfly Princess) will be linking in with the Trust to deliver her vlogging service. In celebration of Disability History Month Steph has been sharing her personal journey and lived experience through a series of vlogs via her Facebook page.  
<https://fb.watch/21c3uNtq8K/>



### Virtual Christmas carol service 2020



Owing to Covid-19 and the need to socially distance, we are unable to run the Christmas carol service. The chaplaincy put together a [virtual carol service](#) to enjoy at your leisure.

### LGBT+ History Month (Save the Date!)

The theme for LGBT+ History Month 2021 is Body, Mind, and Spirit. In collaboration with community organisations Forward Stockport, Stockport Libraries, NEXUS Stockport, Stockport Pride, People Like Us Stockport, Healthwatch, The Proud Trust, Aspiring Boldly Associates, Nationwide Stockport amongst others, it is our aim to provide a month-long calendar of events to claim our past, celebrate our present and create our future.

Due to COVID-19, the events and activities will broadly be virtual; more information on dates and events will be shared with you shortly.

# Health and Wellbeing:

Our resilience hub webinars have given advice for leaders, with Jenni Willbourn outlining practical ideas leaders can use to support the emotional wellbeing of their staff during such difficult times.

If you did not have the chance to take part in our webinars, you can catch up with the recordings:

- [Part 1](#)
- [Part 2](#)

## Wellbeing Support

If you're struggling, or you know someone who is, there are a range of resources and support available.

- **Local Helplines:** If you feel you need mental health support, urgent or otherwise, you can contact your locality helpline. They will connect you to practical support with voluntary sector and statutory health and social care services. During the festive period please check the websites to check if the line is open.
- For **mental health support** in your area [click here](#) for contacts in each locality.
- The **GM Resilience Hub** provides a central point for mental health advice and support, it also provides support for essential health and care workers, who have been impacted by the coronavirus (covid-19) outbreak, including for families and children, and bereavement support. For more information on how to look after your mental and emotional wellbeing, click [here](#) or contact: 0333 009 5071 / [GM.Help@nhs.net](mailto:GM.Help@nhs.net)
- The **Greater Manchester Bereavement Service** is available for anyone in Greater Manchester that has been bereaved or affected by a death. No one needs to feel alone as they deal with their grief.
- **SHOUT** for support in crisis. Confidential 24/7 crisis text message service available day or night, with an anonymised human conversation at the end of the phone. **Text GM to 85258**
- **Domestic Abuse during COVID-19** – #YouAreNotAlone Support Services remain available during Covid – if you are in immediate danger then ring 999. If you cannot talk either press '55' on a mobile, or wait on a landline until you are connected with the police. If you are worried that you, or someone you know may be experiencing domestic abuse, then contact the 24hr Refuge line on 0808 2000 247.
- **Stockport Wellbeing Wheel** – One document containing all the available financial, emotional, physical and career support and resources available to you.
- **Peer Support Groups** - If you are recovering from COVID-19 there is a weekly Peer Support Group that can provide you with help and support.

Contact [HealthandWellbeing@stockport.nhs.uk](mailto:HealthandWellbeing@stockport.nhs.uk) for more information.

## Staff Network Chairs

**Richard Lewis**



BAME @stockport.nhs.uk

**Gerol Williams**



**Kaymo Jammeh**



[Disability@stockport.nhs.uk](mailto:Disability@stockport.nhs.uk)

**Janet Marrs**



LGBTstaffnetwork  
@stockport.nhs.uk

### We are looking to expand our cohort of amazing Staff Network Chairs!!

If you have an interest and a passion in making a difference and supporting the Trust to make improvements in closing workforce inequalities and enhancing services to be inclusive, or if you would simply like to know more, you can either contact any of network chairs via the emails listed or contact [equality@stockport.nhs.uk](mailto:equality@stockport.nhs.uk).

Time for network roles will be protected, recognised as personal development and carried out during your working day, please ensure you speak to your manager. Terms of Reference for each network are available upon request.

### Join a Staff Network

The Trust is committed to the provision of an inclusive workplace. The Trust values the diversity of our workforce and recognises that for our workforce to reach its full potential the organisation must provide support. Colleagues are able to attend the staff networks within work time, however there are no set guidelines currently in place.

Join a staff network to help develop and influence key initiatives across the organisation. The Trust has developed networks for Black, Asian & Minority Ethnic (BAME), Lesbian Gay Bisexual Trans (LGBT+), and Disabled staff. Contact a Network Chair for more information.



# Key Dates and Events for your Diary

## January

### Dry January/Holocaust Memorial Day

- 01** New Years Day /Hogmanay
- 04** World Braille Day
- 05** Birthday of Guru Gobind Singh
- 06** Epiphany
- 07** Feast of Nativity
- 10** Baptism of the Lord Jesus
- 13** St Hilary's Day/Maghi.
- 14** Orthodox Christian New Year & Makar Sankranti
- 18** Martin Luther King Day
- 18** (8 days) week of prayer for Christian Unity.
- 21** St Agnes Day
- 27** Holocaust Memorial Day
- 28** Tu B'Shvat
- 28** Mahyana New Year



## February

### LGBT+ History Month/Chinese New Year

- 01** World Hijab Day
- 02** Candlemas Awareness Week

**01 - 07** Sexual Abuse and Violence Awareness Week/Children's Mental Health Week/GM Hate Crime

**04** World Cancer Day/Time to Talk Day

**12** Chinese New Year

**14** Autism Sunday/Zacchaeus Sunday/St Valentines Day

**15** Nirvana Day/ International Childhood Cancer Day

**16** Vasant Panchami/Shrove Tuesday

**17** Lent Begins (Ash Wednesday)

**20** World of Social Justice

**25** Ta'anit Esther (The Fast of Esther)

**25-26** Purim



## March

### Disabled Access Day/Holi/International Womens Day

**01** Zero Discrimination Day/St David's Day

**01-07** LGBT Adoption & Fostering Week

**08** International Womens Day

**08-14** International Apprenticeship Week

**12** Maha Shivararti

**14** Mothering Sunday

**15** Great Lent Begins (Orthodox Christian)

**16** Young Carers Action/Disabled Access Day

**31** New Year's Eve/Hogmanay

**17** St Patrick's Day

**19** St Joseph's Day

**20** International Day of Happiness/Spring Equinox/ Baha'i New Year

**21** Passion Sunday/International day of elimination of racial discrimination.

**21 -24** Naw Ruz Persian New Year/

**22** World Water Day

**25** The Annunciation of the Lord to the Blessed Virgin Mary.

**27** First Day of Passover

**28** Palm Sunday

**28-29** Lailat al Bara'ah

**29** Holi



**30** World Autism Week

**31** International Transgender Day of Visibility.

**Making a difference every day**

**Further information on events can be found on the HR Equality & Diversity Microsite.**