



# DIVERSITY MATTERS NEWSLETTER

## APRIL 2021

### Diversity Quote

*"The future belongs to those who prepare for it today". Malcom x*

### Vaccination Q&As – Staff Facebook session

If you missed the live session, you can [watch the recording](#) here. We're also running an ongoing Q&A session on our Staff Facebook Group. It starts on **Wednesday 31<sup>st</sup> March 12:00pm**, and will stay live for two weeks. If you join the group and post your questions under the post you will receive your answers there.

All our welcome to join in with these sessions, so if you have any queries or concerns please do join in.

#### Dr Amer Hamed COVID-19 vaccination videos

Dr Amer Hamed is both one of our cardiologists, and an imam in the religion of Islam as well. Here he appears on two very short videos, one where he explains why he has had the COVID-19 vaccination and why it is in keeping with the teachings of Islam, and one on how the risks of vaccination are tiny, and that there is no evidence the vaccine itself causes blood clotting.

[Dr Amer Hamed - why I took the COVID-19 vaccine video - YouTube](#)

[Dr Amer Hamed - vaccine risks video - YouTube](#)

#### Can I take the Covid-19 vaccine whilst fasting?

Taking the C19 vaccines currently licensed in the UK does not break/invalidate the fast, as per the opinion of the Islamic scholars. Individuals should not delay their Covid vaccinations on the account of Ramadan.

Link to the source:

<https://britishima.org/operation-vaccination/hub/statements/#FAST>  
<https://islamicportal.co.uk/fasting-in-ramadan-for-covid-19-doctors-and-nurses/>  
<https://mcb.org.uk/mcb-updates/coronavirus-guidance-for-mosques-and-madrassas/>

### COVID-19 vaccination:

#### Important update

#### Second dose Covid vaccinations at the Pinewood vaccination hub

Second dose of the vaccine for those that had the first dose at the Pinewood Covid hub are starting from Monday 15<sup>th</sup> March – please attend on the date you were given when you had your first dose.

Please bring along your:

- NHS number – [find yours here](#)
- employee number (on your payslip)
- appointment card
- Trust photo ID

The second vaccines will all be done with Pfizer BioNTech vaccine, the same manufacturer as the first vaccine.

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

# EVENT HIGHLIGHTS

## LGBT+ History Month Feb 2021

We collaborated with Forward and local partner s to celebrate LGBT History Month 2021.

The theme for LGBT+ History Month 2021 was Body, Mind, and Spirit. A month-long calendar of events to reflect claiming our past, celebrating our present and creating our future was developed. Due to COVID-19, the events and activities were virtual. Over 200 activity packs were available to collect from, community centres and libraries across the borough. These included; cupcake kit, word searches, quizzes, "The 5 Faces" factsheets, a 5 Ways to Wellbeing activity sheet, calendar of events.

The month long calendar of events included guest speakers, virtual events such as mindfulness, baking, quiz night, fitness instructor etc. Colleagues were also involved in promoting services and speaking about Health and Wellbeing initiatives for colleagues and patients.

Highlights from the events can be viewed via the link:

<https://wettransfer.com/downloads/cdf7491fd8eace6127841999483714a220210311120624/a98c6355345661f0007a0a1fa1b1df2420210311120641/58b568>

## Hate Crime Awareness Week Feb 2021



As part of Hate Crime Awareness Week we took the opportunity to further promotes the Trust Zero Tolerance Policy, this included:

**Social Media Campaign**  
<https://we.tl/t-VMQFMX9doO>  
(download link)

**Dedicated Hate Crime Microsite** –  
<http://intranet/Business/Intranet/Microsites/ViewSite.aspx?siteid=1593>

**Managing Patients/public who are Violent and/Or Abusive (Yellow & Red Card Policy) -**  
<http://intranet/business/intranet/Documents/DocManViewer.aspx?d=99816>

**Red/Yellow Card Training sessions.** Book via My ESR for sessions on the 19th & 28th April.

**Recruitment of Respect Ambassadors.**

**Zero Tolerance Posters:**

If you have not received a poster for your area of work or would like more information please email [equality@stockport.nhs.uk](mailto:equality@stockport.nhs.uk)

Hate Crime Awareness freebies were also included in the LGBT+ goody bags.

## Race Equality Week Feb 2021

In celebration of Race Equality Week and other national events over the month of February we recognised the importance of celebrating intersectionality.

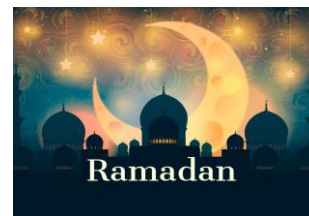
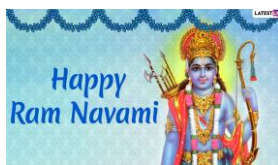
We organised a confidential Safe Space session inviting colleagues to talk about pertinent issues in the light of the pandemic. The session was in attendance of the Trust Chair Adrian Belton and Marisa Logan-Ward Board Non-Executive Director and BAME Staff Network sponsor.

The LGBT+ celebrations included virtual events on intersectionality and interfaith discussions.

Please email [equality@stockport.nhs.uk](mailto:equality@stockport.nhs.uk) for further information.



## KEY APRIL EVENTS



**April 2021 will be an important month for Christians, Muslims and Hindus who will be observing/celebrating Easter, Ramadan and Rama Navami.**

Easter is the most important festival in the Christian calendar. It celebrates Jesus rising from the dead, three days after he was executed. Orthodox Easter will be observed and celebrated on Sunday May 2<sup>nd</sup> in accordance to the Julian calendar by a significant number of people originating mainly from the Eastern countries like Bulgaria, Greece, Romania, Russia, Ukraine, Serbia, Belarus, Georgia but also Coptic Christians from Egypt and Ethiopia. Ramadan (or Ramzan) is the ninth month in the Islamic Calendar. Ramadan lasts for 29 or 30 days depending on the sighting of the moon. During this period, Muslims fast from dawn until sunset, meaning they do not consume food or drink, fasting is obligatory for adult Muslims. Rama Navami is a spring Hindu festival that celebrates the birthday of the Hindu God Lord Rama.

### **Chaplaincy - Good Friday and Easter Reflections**

Many of you have been following the 40 Acts of Kindness for Lent and we hope that they have been helpful. If you want to discover more about the Easter story of Hope, please tune in to our Good Friday, 2<sup>nd</sup> April and Easter Sunday, 4<sup>th</sup> April fifteen minute video reflections, the links to you tube will be available from Thursday 1<sup>st</sup> April on the Communications Bulletin and the Staff Facebook Page. Paper copies will be available in the Chaplaincy Centre. These are also suitable to offer to patients on the wards if they request it.

### **\*\*Palm Crosses will be available in the chapel from Palm Sunday 28<sup>th</sup> March.**

The Chapel is open daily 7am – 9pm including over the Easter bank holidays, during Ramadan the chapel will also be open overnight for prayer/contemplation

To support adhering to social distancing guidelines additional Prayer/Contemplation facilities have been made available as follows:

12pm – 2.30pm

- Friday 16/4 Estates conference room
- Friday 23/4 F17 Pinewood (max 10)
- Friday 30/4 F17 Pinewood from 12:15
- Friday 07/5 Estates conference room

### **\*\*Food Donations GMCA**

Greater Manchester Chattogram Association (GMCA) are kindly donating 60 meals for night staff colleagues fasting, the Trust catering department will be supplying bottled water to go with the meals. If you would like to reserve a meal please contact [equality@stockport.nhs.uk](mailto:equality@stockport.nhs.uk).

- 14th April - Rice and vegetarian or meat curry: Collection Oak, House, 7.30pm -10.00pm.
- 6<sup>th</sup> May - Rice and vegetarian or meat curry: Collection: Oak House, 8.30pm – 10.30pm

Further information on how you can support colleagues and patients during April can be found via the following links:

[Colleague & Patient Considerations April 2021](#)

[Ramadan Briefing 2021](#)

[Ramadan Nutrition Guidance](#)

*We wish all our colleagues, patients and visitors a blessed month of April.*

# Staff Network Chairs

**NHS**  
Stockport

## Inspire & Influence

Richard Lewis



BAME @stockport.nhs.uk

Gerol Williams



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

Kaymo Jammeh



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 enhancing services to make our organisation the best place to work and visit, 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.

*"Being Chair of the Disability Staff Network has allowed me to make real change to the working lives of staff that have a Disability; it gives me the opportunity to widen my perspective of the issues faced and work with colleagues to overcome these".*

*(Kaymo Jammeh Disability Staff Network Chair)*

### Join a Staff Network

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

**COMING SOON!!!!**

**Carers Network if you have caring responsibilities (family member e.g. child or a sick, elderly, or disabled person) email [carers@stockport.nhs.uk](mailto:carers@stockport.nhs.uk) for more information.**

# Key Dates and Events for your Diary

**Daljet Singh – Pure Innovations Lead**



*"It makes me proud when I see others, see the young adults as a people and the capabilities they have and not their disabilities, I like to see the journey of the young adults at start of their programme and see the end goal and vision when they achieve their goal of getting a job as I say anything is possible with the right mind-set and focus." Daljet Singh*

## April

### Rama Navami/Easter Sunday/Ramadan/Stress Awareness Month

- 01 Maundy Thursday
- 02 Good Friday
- 04 Easter Sunday
- 05 Easter Monday
- 07 World Health Day
- 08 Yom HaShoah
- 10 - 11 Isra & Miraj Night.
- 12 Ramadan Start
- 13 Hindi New Year
- 13-21 Ramayana
- 14 Baisakhi
- 18 Birthday of Guru Angad Dev
- 21 Rama Navami
- 22 Stephen Lawrence Day



- 23 St. Georges Day/Shakespeare Day
- 30 Lag Bloomer/Good Friday

## May

### IDAHOBIT/Staff Network Day/Deaf Awareness Week

- 02 Pascha
- 03 May Day Bank Holiday
- 13-09 Deaf Awareness Week
- 09 L'aylat al Qadar
- 10 – 23 Foster Care Fortnight
- 11 Ramadan Ends
- 12 National Day for Staff Networks
- 12-13 Eid Ul Fitr
- 13 Ascension Day
- 15 International Day of Families.



- 16-22 Mental Health Awareness Week
- 16-18 Shavuot
- 16 National Children's Day
- 17 International Day Against Homophobia, Biphobia & Transphobia

## 23 Pentecost

- 26 Buddha Day
- 30 Trinity Sunday
- 31 Spring Bank Holiday/The visitation of Mary to Elizabeth.

## June

### Carers/Men's Health/Learning Disability Week

- 03-10 Child Safety Week
- 03 Corpus Christi
- 08-13 Carers Week
- 10 Ascension Day
- 14-20 Men's Health Week/Refugee Week
- 16 Guru Arjan Dev Martyrdom
- 20 Father's Day/Pentecost
- 21 Summer Solstice
- 22 Windrush Day
- 23 Reserves Day
- 21 -27 Learning Disabilities Week
- 24-30 Deaf Blind Awareness Week
- 26 Armed Forces Day

**Making a difference every day**

Further information on events can be found on the [HR Equality & Diversity Microsite](#).