





September 2021

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

"These so-called bleak times are necessary to go through in order to get to a much, much better place." David Lynch



In this year's calendar we continue our inclusion theme but cannot disregard the immense impact the coronavirus has had right across the entire World. Coronavirus does not discriminate; anyone can get the virus.

During this challenging time, people are coming together and are supporting one another. We are showing that, even in some of the most difficult and tough times, we can all choose to be kind. Helping each other has been shown to be good for our own mental health, helping to reduce stress and improving overall wellbeing.

Week 35			1	2	3	4	5
Week 36	6	7	8	9	10	11	12
Week 37	13°	14	15	16	17	18	19
Week 38	20°	21	22	23	24	25	26
Week 39	27	28	29°	30			
	Intern	e r is Sickle Cell A national Blood C W ast Quarter	wareness Monti ancer Awarene Vorld Dementia • New Moon	ess Month Wo Awareness Mo	orld Alzheimer's onth	ness Month Month) Full Moon	

Special Days

- 4th Paryushana Parvarambha begins
- 5th International Day of Charity
- **7th** Rosh Hashanah Judaism
- 8th Nativity of Virgin Mary Christian Nativity of the Theotokos – Orthodox Christian
 - International Literacy Day
- 10th Ganesh Chaturthi Hindu World Suicide Prevention Day
- 11th Samvatsari Jain
- **14th Triumph of the Cross** Christian
- 15th International Day of Democracy
- **16th Yom Kippur** Judaism
- 19th Anant Chaturdashi Hindu
- 21st Sukkot Judaism
 Feast of Saint Matthew Christian
 International Day of Peace
 World Alzheimer's Day
- 22nd Autumn Equinox
 Mabon Ostara Wicca/Pagan
 Northern and Southern hemispheres
- 23rd Bi Visibility Day International Day of Sign Languages
- 26th World Deaf Day
- 27th UK National Inclusion Week begins
- 28th Shemini Atzeret Judaism International Right to Know Day
- 29th Michaelmas Saint Michael and All Angels – Christian Simchat Torah – Judaism World Heart Day



October 2021

"We should take comfort that while we may have more still to endure, better days will return: we will be with our friends again; we will be with our families again; we will meet again." HRH, Queen Flizabeth



Random Act of Kindness

Reach out to spend time with a friend, family member or neighbour who is experiencing loneliness.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
Week 39					1	2	3			
Week 40	4	5	6	7	8	9	10			
Week 41	11	12	13°	14	15	16	17			
Week 42	18	19	20°	21	22	23	24			
Week 43	25	26	27	28	29	30	31			
October is Breast Cancer Awareness Month Down Syndrome Awareness Month Black History Month Lupus Awareness Month Global Diversity Awareness Month Menopause Awareness Month										
	O La	ast Quarter	New Moon	New Moon First Quarter Full Moon						

Special Days

- 1st International Day of Older Persons
- 2nd International Day of Non-Violence Feast of the Guardian Angels — Christian
- 4th Saint Francis' Day Christian
 Blessing of the Animals Christian
- 6th Navaratri begins Hindu World Cerebral Palsy Day
- 9th Birthday of Guru Ram Das Sikh
- 10th World Mental Health Day
- 11th International Day of the Girl Child
- 14th World Sight Day
- 15th International Day of Rural Women Dussehra – Dasara – Hindu Global Handwashing Day
- 16th World Food Day
- 17th International Day for the Eradication of Poverty
- 18th Feast of Saint Luke Christian World Menopause Day
- 19th Mawlid al-Nabi Islam
- 24th United Nations Day
- 25th Bank Holiday ROI
- 26th Intersex Awareness Day
- 28th Feast of Saints Simon and Jude
 - Christian
- 29th World Stroke Day
- 31st All Hallows' Eve Christian
 - Samhain (Halloween) Beltane
 - Wicca/Pagan Northern and Southern hemispheres

Reformation Day – Protestant Christian British Summer Time ends



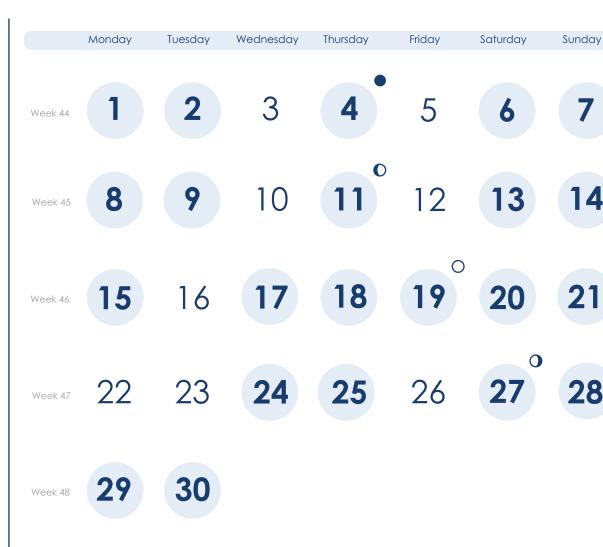
November 2021

"It is only in our darkest hours that we may discover the true strength of the brilliant light within ourselves that can never, ever, be dimmed." Doe Zantamata



Random Act of Kindness

Leave a bouquet of flowers at the hospital, the nurses will know who needs it the most.



November is Lung Cancer Awareness Month | Pancreatic Cancer Awareness Month |
Mouth Cancer Action Month | COPD Awareness Month |
Movember Men's Health Awareness Month











Special Days

- 1st All Saints' Day Christian
- 2nd All Souls' Day Christian
 Coronation of Emperor Haile
 Selassie I Rastafari
- 4th Diwali Deepavali Hindu, Sikh, Jain Bandi Chhor Divas Sikh
- 6th Birth of the Báb Baha'i
- 7th Birth of Baha'u'llah Baha'i
- 8th Intersex Day of Solidarity
- 9th Dedication of the Lateran Basilica

 Catholic Christian
- 11th Armistice Day Interfaith
- 13th World Kindness Day
- 14th Remembrance Sunday 14–21 UK Interfaith Week World Diabetes Day
- **15th Nativity Fast begins** Orthodox Christian
- 17th International Students' Day
- 18th UK Disability History month begins
- 19th International Men's Day
 Birthday of Guru Nanak Dev Sikh
- 20th Universal Children's Day Transgender Day of Remembrance
- 21st Presentation of the Theotokos

 Orthodox Christian
 - Feast of Christ the King Christian
- **24th Martyrdom of Guru Tegh Bahadur** Sikh
- 25th International Day for the Elimination of Violence against Women
 Day of the Covenant Baha'i
 Thanksgiving USA
- 27th Ascension of Abdu'l-Bahá Baha'i
- 28th Advent Sunday Christian
- 29th Chanukah Judaism
- 30th Saint Andrew's Day Christian Bank Holiday Scotland





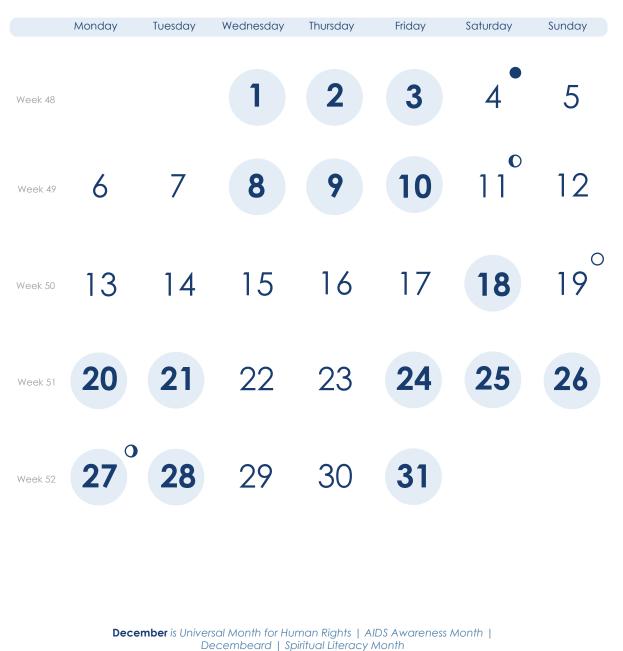
December 2021

"Pandemics are an especially demanding test... because we are not just trying to protect people we know, but also people we do not know or even, possibly, care about". Nicholas Christakis. Yale University



Random Act of Kindness

Offer to help wrap presents for elderly neighbours, friends or family.



Special Days

- **World AIDS Day**
- 2nd International Day for the Abolition
- 3rd International Day of Persons with **Disabilities**
- Feast of the Immaculate Conception - Christian
 - Rohatsu (Bodhi Day) Buddhist
- 9th International Anti-Corruption Day
- 10th Human Rights Day
- 18th International Migrants Day
- 20th International Human Solidarity Day
- 21st Winter Solstice
 - **Yule Litha** Wicca/Pagan Northern and Southern hemispheres
- 24th Christmas Eve Christian
- 25th Christmas Day Christian Feast of the Nativity – Orthodox Christian
- 26th Saint Stephen's Day Christian **Boxing Day**
 - Feast of the Holy Family Catholic Christian
 - **Zarathosht Diso (Death of Prophet Zarathushtra)** – Zoroastrian
- 27th Bank Holiday England, Wales, Scotland, Northern Ireland and ROI
- 28th Bank Holiday England, Wales, Scotland, Northern Ireland and ROI Holy Innocents – Christian
- 31st New Year's Eve/Hogmanay Watch Night – Christian



Last Quarter









January 2022

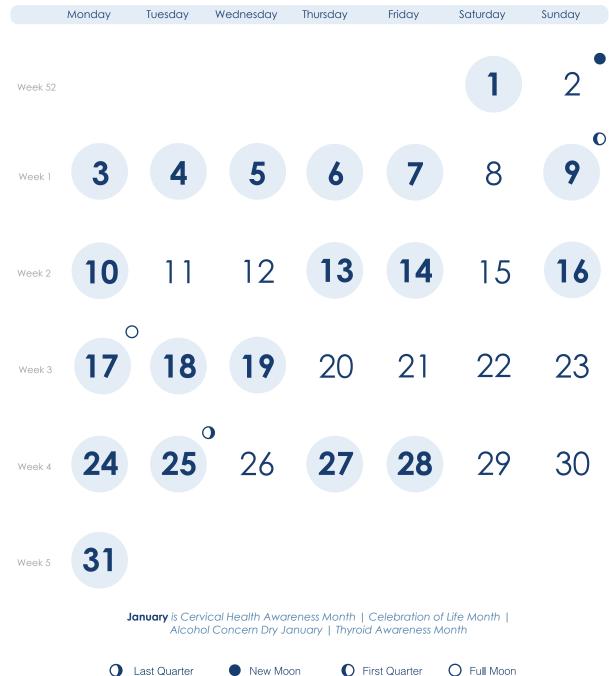
"We are all navigating this new normal together. As we lock arms virtually and try to help one another in the ways we can, our vast world suddenly feels a little smaller and a lot more connected. And for that, we are grateful."Michael Dell, CEO of Dell



Random Act of Kindness

Check in with your colleagues and ask how they are feeling with the change in working routine.





Special Days

- Mary, Mother of God Catholic Christian Gantan-sai (New Year) – Shinto New Year's Day/Hogmanay **Global Family Day**
- 3rd Bank Holiday England, Wales, Scotland, Northern Ireland and ROI
- 4th World Braille Day Bank Holiday - Scotland
- 5th Twelfth Night Christian
- **Epiphany** Christian Feast of the Theophany – Orthodox Christian
- 7th Feast of the Nativity Orthodox Christian
- 9th Baptism of the Lord Jesus Christian Birthday of Guru Gobind Singh - Sikh
- 10th Seijin no hi (Coming of Age Day) - Shinto
- 13th Lohri/Maghi Hindu, Sikh
- **14th Old New Year** Orthodox Christian Makar Sankranti – Hindu **Ponaal** – Hindu
- 16th World Religion Day
- 17th Tu BiShvat Judaism 17–19 Mahayana New Year – Buddhist Martin Luther King Jnr. Day
- 18th 18–25 Week of Prayer for Christian Unity - Christian
 - Thaipusam Hindu
- **19th Timkat** Ethiopian Orthodox Christian
- 24th International Day of Education
- 25th Robert Burns Night (Burns Night) **Conversion of Saint Paul** – Christian
- 27th Holocaust Memorial Day
- 28th Data Privacy Day
- 31st Birthday of Guru Har Rai Sikh

University of Brighton









February 2022

"Covid-19 offers us a great opportunity for individual and collective recession. It is a time to go back to the drawing board and rewrite the next phase of our existence. The upcoming generation has to read about how we fought this pandemic with or without vaccines in order to overcome similar situations during their times." Olawale Danie



Random Act of Kindness

Call a friend that you haven't spoken to for a while.



February is UK National Heart Month | Lesbian Gay Bisexual Trans History Month | Raynaud's and Scleroderma Awareness Month





O Full Moon

Special Days

World Hijab Day

1–7 World Interfaith Harmony Week Chinese New Year - Confucian, Daoist, **Buddhist**

Imbolc - Lughnassadh - Wicca/Pagan Northern and Southern hemispheres

2nd Candlemas (Presentation of Christ in the Temple) – Christian

3rd Setsubun-sai – Shinto

World Cancer Day

Vasant Panchami – Hindu

6th Zacchaeus Sunday – Orthodox Christian

7th 7-13 UK Race Equality Week

Safer Internet Day

11th International Day of Women and Girls in Science World Day of the Sick

12th Red Hand Day for Child Soldiers

13th Triodion begins – Orthodox Christian **Autism Sunday**

14th Saint Valentine's Day

15th International Childhood Cancer Day Parinirvana Day/Nirvana Day - Buddhist

16th Magha Puja (Sangha Day) – Buddhist

17th World Human Spirit Day

20th Sunday of the Prodigal Son - Orthodox Christian

World Day of Social Justice

25th Intercalary Days begin – Baha'i International STAND UP to Bullying Day

27th Meatfare Sunday – Orthodox Christian

28th Lailat al Miraj – Islam



March 2022

"It took a pandemic to make me realise that I do have a family; that I do have friends; that I do have a heart and that I do have faith."

Anthony T. Hincks



Random Act of Kindness

Tell your family members how much you love and appreciate them.





March is Prostate Cancer Awareness Month | Ovarian Cancer Awareness Month | UK Marie Curie Cancer Care Great Daffodil Appeal Month



O Last Quarter







Special Days

- 1st Shrove Tuesday Christian Saint David's Day – Christian Maha Shivaratri – Hindu Intercalary Days (end) – Baha'i Zero Discrimination Day Self Injury Awareness Day (SIAD) International Wheelchair Day
- 2nd Ash Wednesday Christian Nineteen Day Fast begins – Baha'i
- 3rd World Hearing Day
- 6th Cheesefare Sunday Orthodox Christian
- 7th Great Lent begins Clean Monday – Orthodox Christian
- 8th International Women's Day
- 13th Sunday of Orthodoxy Orthodox Christian
- 14th Nanakshahi (New Year) Sikh
- 15th Lord's Evening Meal Jehovah's Witness
- 17th Saint Patrick's Day Christian

 Bank Holiday Northern Ireland and
 ROI
 - Purim Judaism Holika Dahan – Hindu
- 18th Holi Hindu Lailat al Bara'ah – Islam Global Recycling Day
- 19th Saint Joseph's Day Christian Hola Mohalla Sikh
- 20th Spring Equinox
 - Ostara Mabon Wicca/Pagan Northern and Southern hemispheres
- International Day of Happiness 21st Naw-Rúz (New Year) – Baha'i
- Norooz (New Year) Baria i Norooz (New Year) — Persian/Zoroastrian International Day for the Elimination of Racial Discrimination World Down Syndrome Day
- 22nd World Water Day
- 24th World TB Day
- 25th Annunciation to the Theotokos
 - Orthodox Christian
 - The Annunciation of the Virgin Mary

 Christian
- 26th Khordad Sal (Birth of Prophet Zarathushtra) Zoroastrian
- 27th Mothering Sunday
 British Summer Time begins
- 30th World Bipolar Day
- 31st International Transgender Day of Visibility





April 2022

"The CEO is of no more importance than somebody cleaning the floors or that takes a bucket and mops the floors. I think that this is a time as a reset where we really have to re-evaluate how we treat workers. how people are paid, how can we get them into a role where they receive an equity as part of their compensation... they have something that appreciates. All these things I think are important as we go through this reset in business." Mark Cuban - Entrepreneur and owner of Dallas Mavericks



Random Act of Kindness

Leave an online review for your favourite lunch spot or restaurant, telling everyone how great they are.





Special Days

- 1st April Fool's Day
- 2nd Ramayana begins Hindu Ramadan begins – Islam Ugadi/Telugu New Year - Hindu World Autism Awareness Day
- 7th World Health Day
- 8th International Romani Day
- 10th Palm Sunday Christian Rama Navami Hindu
- 13th Songkran (Thai New Year) Buddhist
- 14th Maundy Thursday Christian Tamil New Year Birth of the Khalsa (Vaisakhi) – Sikh Mahavir Jayanti – Jain
- 15th Good Friday Christian Bank Holiday – England, Wales, Scotland and Northern Ireland
- 16th Theravada New Year Buddhist Hanuman Jayanti – Hindu Lazarus Saturday – Orthodox Christian Passover – Judaism
- 17th Easter Sunday Christian
 Palm Sunday Orthodox Christian
- 18th Easter Monday Christian
 Bank Holiday England, Wales,
 Northern Ireland and ROI
 Birthday of Guru Tegh Bahadur Sikh
 Birthday of Guru Angad Dev Sikh
- 21st First Day of Ridvan Baha'i
- **22nd Holy Friday** Orthodox Christian **Earth Day**
- 23rd Saint George's Day Christian
- 24th Pascha (Easter) Orthodox Christian
- 25th World Malaria Day
 Feast of Saint Mark the Evangelist

 Christian
- 28th Yom HaShoah (Holocaust Remembrance Day) — Judaism World Day for Health & Safety at Work Lailat al-Qadr — Islam
- 29th Ninth Day of Ridvan Baha'i
- 30th Saint James the Great's Day

 Orthodox Christian



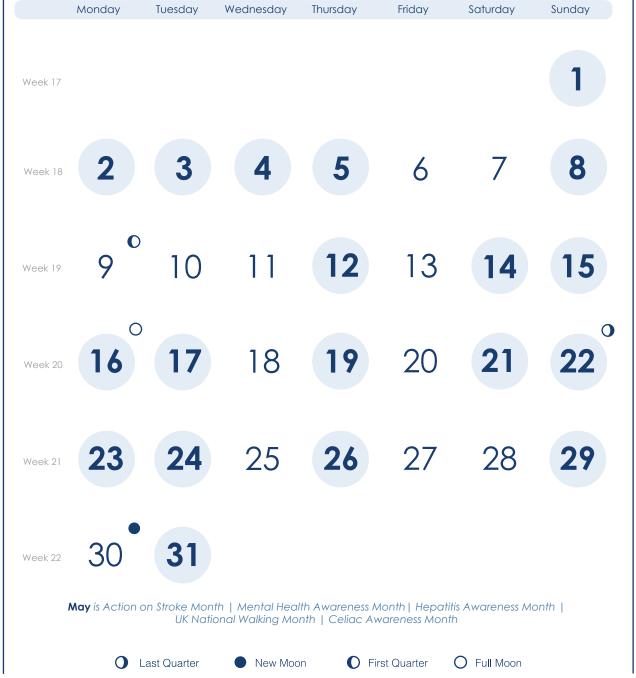
May 2022

"We have a chance to do something extraordinary. As we head out of this pandemic we can change the world. Create a world of love. A world where we are kind to each other. A world where we are kind no matter what class, race, sexual orientation, what religion or lack of or what job we have...Let love and kindness be our roadmap." Johnny Corn



Random Act of Kindness

Donate to your local foodbank or to a charity that is close to your heart.



Special Days

- **1st Beltane Samhain** Wicca/Pagan Northern and Southern hemispheres
- 2nd Birthday of Guru Arjan Dev Sikh Twelfth Day of Ridvan – Baha'i Eid al Fitr – Islam Bank Holiday – England, Wales, Scotland, Northern Ireland and ROI
- 3rd Feast of Saints Philip and James

 Catholic Christian

 Akshaya Tritiya Hindu, Jain

 World Press Freedom Day
- 4th Yom HaZikaron (Israeli Memorial Day)
 Judaism
- International Firefighters Day

 5th Yom Ha'Atzmaut (Israeli
 Independence Day) Judaism
- 8th World Red Cross and Red Crescent Day
- 12th International Nurses Day
- **14th Feast of Saint Matthias** Catholic Christian
- 15th International Day of Families
- 16th Vesak Buddhist
- 17th International Day Against Homophobia, Transphobia and Biphobia
- 19th Lag BaOmer Judaism
 Global Accessibility Awareness Day
- 21st World Day for Cultural Diversity for Dialogue and Development
- 22nd International Day for Biological Diversity
- 23rd Birthday of Guru Amar Das Sikh
- **24th** Declaration of the Báb Baha'i
- **26th Ascension Day** Christian
- **29th Yom Yerushalayim (Jerusalem Day)** Judaism

Ascension of Baha'u'llah – Baha'i International Day of United Nations Peacekeepers

31st Visitation of the Blessed Virgin Mary

— Catholic Christian

World No Tobacco Day



June 2022

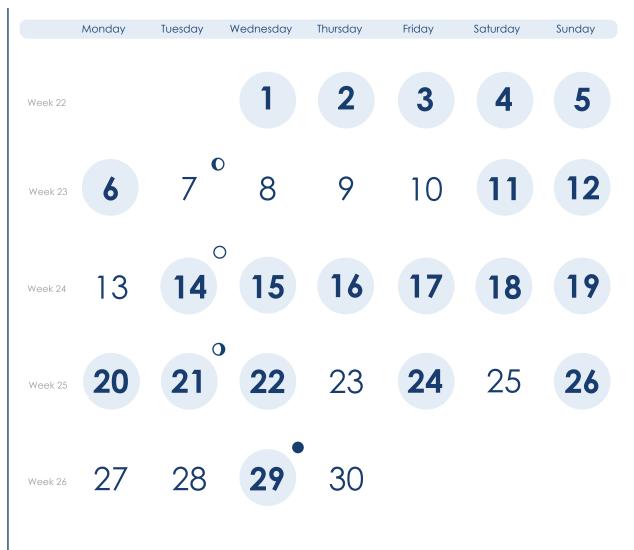
"Only now do we value every breath that escapes our lips. Perhaps now we will learn to be grateful." Saim A. Cheeda



Random Act of Kindness

Hold open the doors for people.





June is Motor Neurone Disease Awareness Month | Stillbirth & Neonatal Death Awareness Month | LGBTQ Pride Month | Men's Health Awareness Month | Gypsy, Roma and Traveller History Month



Compare the Compare of the Compar

New Moon

First Quarter

O Full Moon

Special Days

1st Global Day of Parents

2nd Ascension of the Lord – Orthodox Christian

Bank Holiday – England, Wales, Scotland and Northern Ireland

3rd Platinum Jubilee Bank Holiday

– England, Wales, Scotland and Northern Ireland

4th International Day of Innocent Children Victims of Aggression

5th Shavuot – Judaism
Pentecost – Christian
World Environment Day

6th Bank Holiday – ROI

11th Global Wellness Day

12th Trinity Sunday – Christian
Pentecost – Orthodox Christian
World Day against Child Labour

14th World Blood Donor Day

15th World Elder Abuse Awareness Day

16th Martyrdom of Guru Arjan Dev – Sikh Corpus Christi – Catholic Christian

17th World Day to Combat Desertification and Drought

18th Autistic Pride Day

19th Father's Day

20th The Fast of the Holy Apostles

Orthodox Christian

World Refugee Day

21st Summer Solstice

Litha – Yule – Wicca/Pagan Northern and Southern hemispheres

World Humanist Day

22nd UK Windrush Day

24th Nativity of Saint John the Baptist

- Christian

Sacred Heart of Jesus – Catholic Christian

26th International Day Against Drug Abuse and Illicit Trafficking

29th Feast of Saints Peter and Paul

- Christian





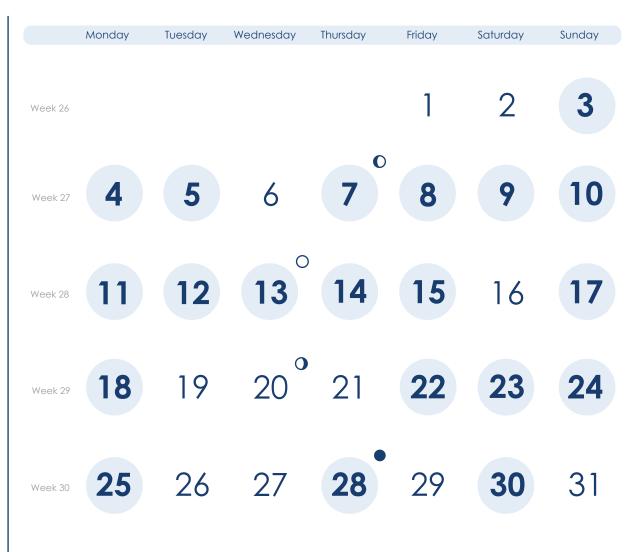
July 2022

"One virus has put all mankind of our planet to a survival test challenging the ability, intelligence and knowledge of humans." Syed Badiuzzaman



Random Act of Kindness

Thank a Teacher with a gift.



Special Days

Saint Thomas the Apostle – Christian

US Independence Day

Birthday of Guru Hargobind - Sikh

Hajj – Islam 7th

Waaf al Arafa – Islam

Eid al Adha – Islam

10th Martyrdom of the Báb – Baha'i

11th World Population Day

12th Orangemen's Day

Bank Holiday – Northern Ireland

13th Asalha Puja (Dharma Day) – Buddhist 14th International Non Binary People's Day

15th Saint Vladimir the Great Day

- Orthodox Christian

World Youth Skills Day

17th World Day for International Justice

18th Nelson Mandela International Day

22nd Feast of Saint Mary Magdalene - Christian

23rd Birthday of Guru Har Krishan - Sikh Birthday of Emperor Haile Selassie

- Rastafari

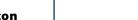
24th Pioneer Day – Mormon Christian

25th Saint James the Great Day – Christian

28th World Hepatitis Day

30th Al-Hijra/Muharram – New Year – Islam **World Day against Trafficking Persons** International Day of Friendship

July is UV Safety Month | Make a Difference to Children Month | International Women with Alopecia Month | Group B Strep Awareness Month





August 2022

"Struggling for the right words to say. Feeling a bit helpless and anxious. I am used to being team mates with people from all over the world, something I love most about cycling. It has occurred to me that every person in the world right now is my team mate, because every single person can make a difference in this flight. We are all in this together." Lizzie Deignan, Former World Road Racing Champion



Random Act of Kindness

Give a stranger a compliment.







Special Days

- Lammas Christian Fast in honour of Holy Mother of Lord Jesus – Orthodox Christian **Lughnasadh – Imbolc** – Wicca/Pagan Northern and Southern hemispheres Summer Bank Holiday – Scotland and
- 6th Transfiguration of the Lord Orthodox Christian

Feast of Transfiguration of Our Lord - Christian

7th Tish'a B'av – Judaism

Ashura – Islam

International Day of the World's **Indigenous Peoples**

10th Feast of Saint Lawrence – Christian

11th Raksha Bandhan - Hindu

12th International Youth Day

15th Assumption of Blessed Virgin Mary

- Catholic Christian

Dormition of the Theotokos – Orthodox Christian

18th Krishna Janmashtami – Hindu

19th World Humanitarian Day

22nd Queenship of Mary - Catholic Christian International Day Commemoratina the Victims of Acts of Violence based on Religion or Belief

23rd Paryushana Parvarambha begins - Jain

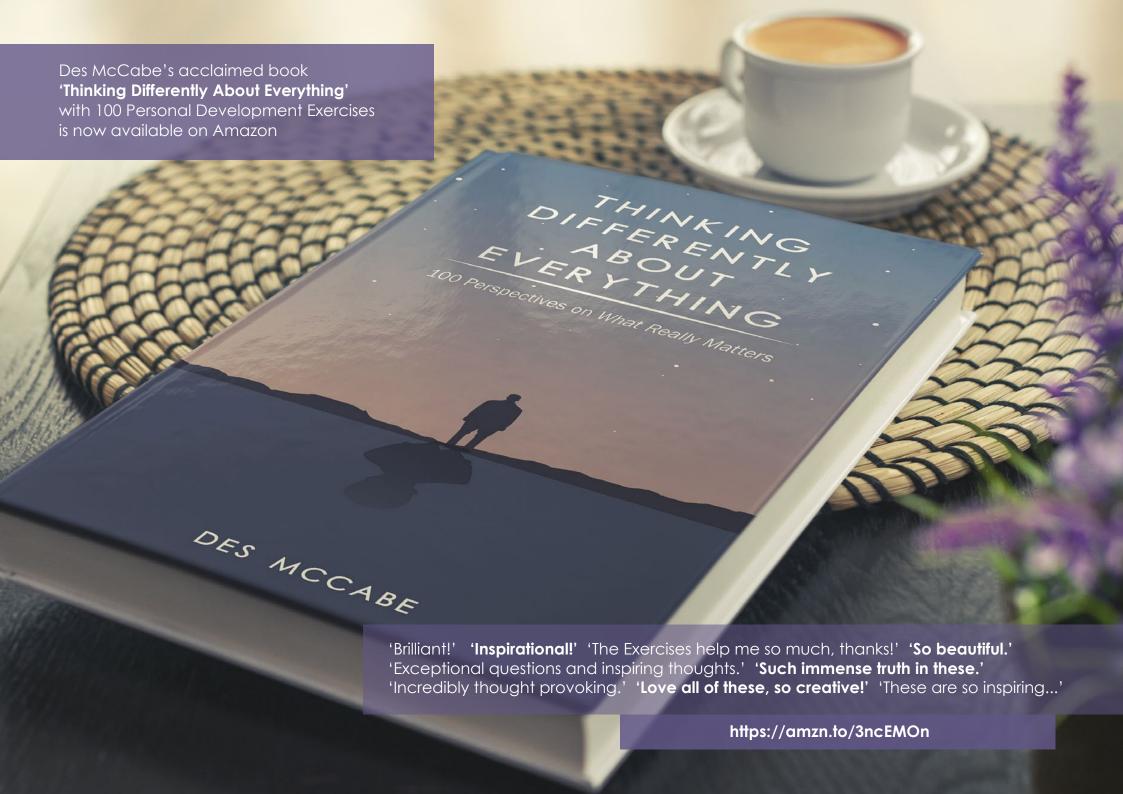
24th Feast of Saint Bartholomew the Apostle - Christian

29th Beheading of Saint John the Baptist

- Christian

Summer Bank Holiday - England, Wales and Northern Ireland

31st Ganesh Chaturthi – Hindu Samvatsari - Jain



Inclusion Partners 2021/22





















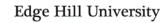
































































































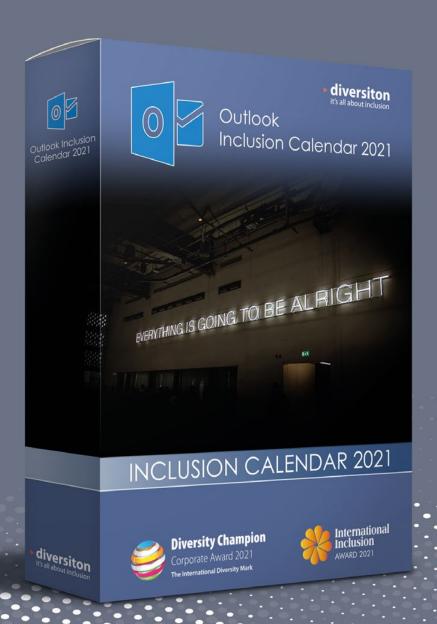








The Outlook Inclusion Calendar™



With the **Outlook Inclusion Calendar™** all of your staff can keep track of key dates including religious days, festivals, bank holidays, major health and well-being days and important diversity dates.

The **Outlook Inclusion Calendar™** will help to ensure that your staff don't miss any important celebrations or plan events when parts of the workforce cannot participate fully.

The **Outlook Inclusion Calendar™** can be customized and we can add your organization dates – such as work events, highlighted staff awareness days, training courses, meetings, holidays or project schedules.

Please see www.diversiton.com/outlook-calendar/ for more information or contact sharon@diversiton.com, +44 (0) 28 41754777