An inspiring place to work and study

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THE ‘PROTECTED CHARACTERISTICS’
“And as we let our own light shine, we unconsciously give other people permission to do the same.”

Nelson Mandela
“Though no one can go back and make a brand-new start, anyone can start from now and make a brand-new ending.” - Carl Bard

### JANUARY 2014

#### MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY
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13 | 14 | 15 | 16 | 17 | 18 | 19
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**1st January**
Secular - New Year’s Day
New Year’s Day - Bank Holiday for England, Scotland and Wales

**2nd January**
Scottish Public Holiday

**4th January**
World Braille Day
World Braille Day is celebrated annually on January 4, the anniversary of the birthday of Louis Braille, inventor of braille writing which relies on touch.

**5th January**
Birthday of Guru Gobind Singh – Sikh

**6th January**
Epiphany (Christianity)
Celebrates the visit of the wise men (the magi) to the infant Jesus. In the East, where it originated, the Epiphany celebrates the baptism of Jesus by John the Baptist in the River Jordan. Also known as Dia de los Reyes (Three Kings Day).

**13th January**
Mawlid an-Nabi (Islam)
Mawlid an-Nabi is a special day in Islamic calendar to remember the birth of Prophet Muhammad.

**16th January**
Tu B’Shevat (Judaism)
The Jewish ‘New Year for Trees’. It is one of the four Jewish new years (Rosh Hashanahs).

**16th - 19th January**
Mahayana New Year - Buddhist

**19th January**
World Religion Day - Bahá’í

**20th - 26th January**
Cancer Talk week
Cancer Talk Week is Macmillan’s annual awareness-raising week held at the end of January.

**27th January**
National Holocaust Memorial Day
Remembering the victims and those whose lives have been changed beyond recognition because of genocide.

**31st January**
Chinese New Year
Chinese New Year is the biggest festival of the year in Chinese communities. Each year of the Chinese calendar is represented by one of the twelve animals of the Chinese zodiac. This year is the year of the horse.

**31st January**
Birthday of Guru Har Rai - Sikh

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“Though no one can go back and make a brand-new start, anyone can start from now and make a brand-new ending.” - Carl Bard
“You know, gay, lesbian, bisexual, transgender - people are people.”

Judith Light
“Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed.” - Booker T. Washington

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1st - 28th February

LGBT History Month
Lesbian Gay Bisexual Trans History
Month takes place every year in February. It celebrates the lives and achievements of the LGBT community.

1st - 28th February
World Cancer Awareness Month

1st February
Dignity Action Day
Dignity Action Day gives health and social care workers and members of the public an opportunity to take action in their place of work and communities to promote Dignity in Care by organising local events.

4th February
World Cancer Day
World Cancer Day is a global observance that helps raise people’s awareness of cancer and how to prevent, detect or treat it.

7th February
Unicef Day for Change
Day for Change is UNICEF’s annual schools fundraising appeal. Make a change to the school day to make a change for the world’s children.

7th February
Deity as Mulk - Sacred Dominion - Bahá’í

12th February
Darwin Day

14th February
Saint Valentine’s day (Christianity)
The celebrations of St. Valentine’s Day are steeped in legend and mystery; indeed the motives behind the day’s creation and even St. Valentine himself have been shrouded in controversy and doubt.

15th February
Nirvana Day - Buddhist
Parinirvana Day, or Nirvana Day is a Mahayana Buddhist holiday celebrated in East Asia. It celebrates the day when the Buddha is said to have achieved Parinirvana, or complete Nirvana, upon the death of his physical body.

20th February
World Day of Social Justice

26th February - 1st March
Ayyam-i-ha - Intercalary Days - Bahá’í

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“Go confidently in the direction of your dreams. Live the life you have imagined.”

Henry David Thoreau
“Labels are for filing. Labels are for clothing. Labels are not for people.”
- Martina Navratilova

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1st March
**St David’s Day (Christianity)**
The feast day of Saint David, the patron saint of Wales.

4th March
**Shrove Tuesday (Christianity)**
Shrove Tuesday is the day before Lent starts: the Tuesday before Ash Wednesday. It’s a day of penitence, to clean the soul, and a day of celebration as the last chance to feast before Lent begins.

5th March
**Ash Wednesday - Lent Begins (Christianity)**
Ash Wednesday is the beginning of Lent for Western Christian churches. It's a day of penitence to clean the soul before the Lent fast

8th March
**International Women’s Day**
Celebrates the achievements of women’s struggle for equality and focuses on what remains to be done.

10th March - 16th March
**Brain Awareness Week (BAW)**
(BAW) is the global campaign to increase public awareness of the progress and benefits of brain research.

12th March
**No Smoking Day**
Aiming to reduce tobacco related death and illness by motivating smokers to quit together on No Smoking Day.

13th March
**World Kidney Day**
Kidneys play a vital role in keeping us alive and well. World Kidney Day spreads the word that kidney disease is common, harmful and treatable.

17th March
**St Patrick’s Day (Christianity)**
Day to celebrate the patron saint of Ireland.

20th March
**Naw-Rúz – (Baha’i)**
One of nine holy days for adherents of the Baha’i Faith worldwide and the first day of the Baha’i calendar occurring on the vernal equinox.

21st March
**The United Nations' (UN) International Day for the Elimination of Racial Discrimination**
The day aims to remind people of racial discrimination’s negative consequences. It also encourages people to remember their obligation and determination to combat racial discrimination.

21st March
**World Down Syndrome Day**
Annually observed to raise public awareness of Down syndrome, a congenital disorder caused by having an extra 21st chromosome.

30th March
**Mothering Sunday (Christianity)**
Is held on the fourth Sunday of Lent. It is exactly three weeks before Easter Sunday.

30th March
**Day light saving starts**

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“You are as young as your faith, as old as your doubt; as young as your self-confidence, as old as your fear; as young as your hope, as old as your despair.”

Douglas MacArthur
“The ultimate measure of a man is not where he stands in moments of comfort, but where he stands at times of challenge and controversy.” - Martin Luther King, Jr

2nd April
World Autism Awareness Day
World Autism Awareness Day aims to increase people's awareness about people, especially children, with autism.

7th April
World Health Day
World Health Day is celebrated every year on 7 April, under the sponsorship of the World Health Organisation (WHO).

14th - 22nd April
Pesach (Passover) (Judaism)
The Jewish spring festival, which begins on the 15th day of the Hebrew month of Nisan, the first month of the Jewish year.

17th April
World Haemophilia Day
Supported by the World Federation of Haemophilia (WFH), haemophilia awareness day was first established in 1989. The date of 17th April was chosen to honour Frank Schnabel the founder of WFH, whose birthday falls on the same date.

18th April
Good Friday – Christianity
Good Friday commemorates the crucifixion of Jesus Christ and is a public holiday in the United Kingdom

21st April
Easter Monday (Christian)
Easter Monday occurs after Easter Sunday, which commemorates Jesus Christ's resurrection. It is a bank holiday in England, Wales and Northern Ireland but not Scotland.

23rd April
St George's Day (Christianity)
Patron Saint of England

25th April
World Malaria Day
World Malaria Day is commemorated every year on 25 April and recognizes global efforts to control malaria. Globally, 3.3 billion people in 106 countries are at risk of malaria
“Remember to look up at the stars not down at your feet.”

Prof Stephen Hawkins
“Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship”

- Buddha

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5th May
Early May Bank Holiday
Bank holiday for England, Scotland and Wales

6th May
World Asthma Day
World Asthma Day is an annual event organised by the Global Initiative for Asthma (GINA) to improve asthma awareness and care around the world. World Asthma Day takes place on the first Tuesday of May.

12th May
International Nurses Day
Celebrated around the world every May 12, the anniversary of Florence Nightingale’s birth.

14th May
Wesak or Buddha Day (Buddhism)
Wesak is the most important of the Buddhist festivals and is celebrated on the full moon in May. It celebrates the Buddha’s birthday, and, for some Buddhists, also marks his enlightenment and death.

17th May
IDAHO
The International Day Against Homophobia and Transphobia (IDAHO) is recognised in over 60 countries around the world on 17 May, the 1990 date when the World Health Organisation removed homosexuality from its list of mental disorders.

21st May
World Day for Cultural Diversity for Dialogue and Development
Commonly known as Diversity Day. The day provides us with an opportunity to deepen our understanding of the values of cultural diversity and to learn to ‘live together’ better.

26th May
Spring Bank Holiday
Bank holiday for England, Scotland and Wales

29th May *
Ascension Day – (Christianity)
Ascension Day marks the last earthly appearance of Christ after his resurrection. Christians believe Christ ascended into heaven. It is celebrated 40 days after Easter. * The Catholic Church in England and Wales celebrates it on the following Sunday instead (1st June)

31st May
World No Tobacco Day
World No Tobacco Day is an initiative run by the World Health Organisation (WHO). The aim of this event is to inform the public about the dangers of using tobacco.
“It is time for parents to teach young people early on that in diversity there is beauty and there is strength.”

Maya Angelou
“Some people are always grumbling because roses have thorns; I am thankful that thorns have roses.”
- Alphonse Karr

1st June -30th June
National Osteoporosis Month
Because many people are unaware that they have the condition until the first time they fracture a bone - the National Osteoporosis Society wants to raise awareness on the disease.

9th June - 15th June
Carers Rights Week
A UK-wide annual awareness campaign. During the week the UK’s six million unpaid carers are celebrated and recognised for the contribution they make to those they care for, and to their communities.

9th – 15th June
Men’s Health Week
The purpose is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

14th June
World Blood Donor Day (WBDD)
Celebrated by blood services worldwide and takes place every year on 14 June, marking Karl Landsteiner’s birthday - the Nobel Prize winner who discovered the ABO blood group system.

15th June
Father’s Day – Christianity

16th June -22nd June
Learning Disability Week
Did you know it is estimated that 70% of disabled people in the UK have hidden or invisible disabilities?

20th June
World Refugee Day
Events honour the courage, strength and determination of women, men and children who are forced to flee their homeland under threat of persecution, conflict and violence.

21st June
Summer Solstice
The longest day of the year and the time when the sun is at its maximum elevation.

22nd June
Corpus Christi
(Catholic Church in England and Wales) (Christianity)
Corpus Christi falls on the Thursday after Trinity Sunday. The Catholic Church in England and Wales celebrates it on the following Sunday instead.

28th June
Ramadan Begins - Islamic
Ramadan (also known as Ramadhan or Ramzan) is the ninth month in the Islamic calendar. It is a period of prayer, fasting, charity-giving and self-accountability for Muslims.

29th June
St Peter and St Paul’s Day - Christianity
The martyrdoms of both these saints are observed by Roman Catholic, Anglican, Eastern Orthodox, and Lutheran churches. One of the oldest saints’ days.
"If we cannot now end our differences, at least we can help make the world safe for diversity."

John F. Kennedy
“Equality is the soul of liberty; there is, in fact, no liberty without it.”
- Frances Wright

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5th July  
**Tynwald Day**
Is the national holiday of the Isle of Man, one of the British Isles in the Irish Sea.

12th July  
**Battle of the Boyne**
Bank Holiday in Northern Ireland

11th July  
**United Nations (UN) World Population Day**
An annual event which seeks to raise awareness of global population issues.

17th July  
**International Justice Day**
Celebrated throughout the world as part of an effort to recognise the emerging system of international criminal justice

24th July  
**24/7 Samaritans Awareness Day**
To raise awareness of Samaritans 24-hour service across the UK

27th July  
**Eid Ul Fitr – Islamic**
Celebration to mark the end of Ramadan

28th July  
**World Hepatitis Day**
For people with hepatitis C to give advice and knowledge about living with this illness and to spread the word.
“Fairness is not an attitude. It’s a professional skill that must be developed and exercised.”

Brit Hume
“By losing your goal, you have lost your way.” - Kahlil Gibran

1st August
Yorkshire Day
Celebrates the historic English County of Yorkshire, the largest region of England

4th August
Summer Bank Holiday - Scotland

4th August
Tisha B’Av - Judaism
The Jewish New Year and start of the 10 days of repentence

9th August
International Day of the World’s Indigenous People

12th August
International Youth Day
An awareness day designated by the United Nations in 1999 to draw attention to a given set of cultural and legal issues surrounding an endangered demographic.

19th August
United Nations (UN) World Humanitarian Day
A global celebration of people helping people, in an effort to raise public awareness of humanitarian assistance worldwide and the people who risk their lives in order to provide it.

24th – 25th August
Notting Hill Carnival
Around a million people take to the streets of Notting Hill in West London

25th August
Summer Bank Holiday
Bank Holiday for England and Wales

26th August
Women’s Equality Day
“We become not a melting pot but a beautiful mosaic. Different people, different beliefs, different yearnings, different hopes, different dreams.”

Jimmy Carter
“Virtue can only flourish among equals.” - Mary Wollstonecraft

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7th September
**Great North Run**
Charity Run held annually in Newcastle.

8th September
**International Literacy day**

11th September
**Ethiopian New Year’s Day (Rastafari)**
The start of the New Year in Ethiopia is recognised because Rastafarians believe Ethiopia to be their spiritual homeland, and a place to which they want to return.

21st September
**International Day of Peace**
The International Day of Peace, sometimes unofficially known as World Peace Day, is observed annually on 21 September. It is dedicated to peace, and specifically the absence of war and violence, such as might be occasioned by a temporary ceasefire in a combat zone for humanitarian aid access.

21st September
**World Alzheimer’s day**

25th September
**Navaratri (Hinduism)**
Navaratri (nine nights) is one of the greatest Hindu festivals. It symbolises the triumph of good over evil. Navaratri takes place at the beginning of October around harvest time and, as the name implies, this festival is celebrated for nine days. Navratri is also known as Durga Puja.

28th September
**Rural Health Week**
The aim of the week is to raise the profile of rural health issues locally, regionally and nationally.
“If you want to know what a man’s like, take a good look at how he treats his inferiors, not his equals.”

J.K. Rowling
“To deny people their human rights is to challenge their very humanity.” - Nelson Mandela

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1st October – 31st October
Black History Month
Black History Month is celebrated annually in the United States, Canada and United Kingdom.

2nd October
The Feast of the Guardian Angels - Christianity
The Feast of the Guardian Angels is a Catholic festival celebrated annually on 2 October.

3rd October
Dussehra - Hindu
Dussehra (Vijaya Dashami, Dasara, or Dashain) is a Hindu festival that celebrates the victory of good over evil.

5th October
Eid-ul-Adha - Islam
Eid-ul-Adha (‘Festival of Sacrifice’), also known as the Greater Eid, is the second most important festival in the Muslim calendar. The festival remembers the prophet Ibrahim’s willingness to sacrifice his son when God ordered him to.

15th October
Shemini Atzeret - Judaism
Shemini Atzeret can be translated as “the assembly of the eighth (day).” In Israel the festival is combined with Simchat Torah.

15th October
Al-Hijra – Islamic New Year
Marks the Hijra (or Hegira) in 622 CE when the Prophet Muhammad moved from Mecca to Medina, and set up the first Islamic state.

19th October
Birth of the Báb (Baha’i)
Báb, which literally translates as ‘the gate’, was a prophet and forerunner of the Baha’i revelation. Likened to John the Baptist some two thousand years before, the Báb called on people to purify themselves for the coming of the messenger of God. This is asserted to be Bahá’u’lláh, who was initially a follower of Báb and through whom the Baha’i faith was founded.

26th October
Day light saving ends

31st October
All Hallows’ Eve - Christianity
All Hallows’ Eve falls on 31 October each year, and is the day before All Hallows Day, also known as All Saints’ Day.

31st October
Samhain - Paganism
Samhain (pronounced ‘sow’inn’) is a very important date in the Pagan calendar for it marks the Feast of the Dead.
“I keep my ideals, because in spite of everything I still believe that people are really good at heart.”

Anne Frank
1st November
All Saints Day – Christianity
All Saints’ Day (also known as All Hallows’ Day or Hallowmas) is the day after All Hallows’ Eve (Halloween). It is a feast day celebrated on 1st November by Anglicans and Roman Catholics.

2nd November
All Souls’ Day – Christianity
All Souls’ Day is marked on 2nd November (or the 3rd if the 2nd is a Sunday), directly following All Saints’ Day, and is an opportunity for Roman Catholics and Anglo-Catholic churches to commemorate the faithful departed.

3rd November
Ashura - Islam
Ashura has been a day of fasting for Sunni Muslims since the days of the early Muslim community. It marks two historical events: the day Nuh (Noah) left the Ark, and the day that Musa (Moses) was saved from the Egyptians by Allah.

11th November
Armistice Day/ Remembrance Sunday
Armistice Day (which overlaps with Remembrance Day) is on 11 November and commemorates the armistice signed between the Allies of World War I and Germany at Compiègne, France, for the cessation of hostilities on the Western Front of World War I, which took effect at eleven o’clock in the morning—the “eleventh hour of the eleventh day of the eleventh month” of 1918.

12th November
Birth of Baha’u’llah - Baha’i
Baha’u’llah, which means the glory of God in Arabic, was born Mirza Husayn Ali in 1817 into one of Persia’s most noble and privileged families.

15th November
Shichigosan - Shinto
A festival to give thanks for children.

24th November
Guru Tegh Bahadur Martyrdom - Sikh
Guru Tegh Bahadur, 1621-75 controversy and doubt.

30th November
St. Andrew’s Day (Christianity)
Patron Saint of Scotland
“Failure is simply the opportunity to begin again, this time more intelligently.”

Henry Ford
### December 2014

“No legacy is so rich as honesty.” - William Shakespeare

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#### 1st December

**World AIDS Day**

World AIDS Day is an opportunity for people worldwide to unite in the fight against HIV.

#### 2nd December

**Advent Sunday - Christianity**

The beginning of the ecclesiastical year on the Sunday closest to November 30. Advent is the season before Christmas. In Western Christendom, four Sundays are included. In Eastern Christendom, the season is longer and begins in the middle of November.

#### 3rd December

**International Day of Persons with Disabilities**

United Nations’ (UN) International Day of Persons with Disabilities is annually held on December 3 to focus on issues that affect people with disabilities worldwide.

#### 10th December

**Human Rights Day**

Human Rights Day presents an opportunity, every year, to celebrate human rights, highlight a specific issue, and advocate for the full enjoyment of all human rights by everyone everywhere.

#### 21st December

**Winter Solstice - Pagan**

The Pagan celebration of Winter Solstice (also known as Yule) is one of the oldest winter celebrations in the world.

#### 25th December

**Christmas Day - Christianity**

Christmas is a Christian holy day that marks the birth of Jesus, the son of God. Bank Holiday for England, Scotland & Wales.

#### 26th December

**Boxing Day - Bank Holiday**

Bank Holiday for England, Scotland & Wales. Traditionally 26th December was the time to open the ‘Christmas Box’ to share the contents with the poor. The feast of St Stephen, the first Christian martyr, is also celebrated on this day.