EVERYTHING IS GOING TO BE ALRIGHT

THE INCLUSION CALENDAR 2021
The Inclusion Calendar 2021

diversiton
it's all about inclusion
“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.

### January 2021

**Special Days**

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

4. **4th** World Braille Day
   - Bank Holiday – Scotland

5. **5th** Twelfth Night – Christian

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

7. **7th** Feast of the Nativity – Orthodox Christian

10. **10th** Baptism of the Lord Jesus – Christian

11. **11th** Seijin no hi (Coming of Age Day) – Shinto

13. **13th** Lohri/Maghi – Hindu, Sikh

14. **14th** Old New Year – Orthodox Christian

17. **17th** World Religion Day

18. **18th** Martin Luther King Jnr. Day

19. **19th** Timkat – Ethiopian Orthodox Christian

20. **20th** Birthday of Guru Gobind Singh – Sikh

25. **25th** Birthday of Guru Har Rai – Sikh

27. **27th** Holocaust Memorial Day

28. **28th** Data Privacy Day
   - Thaipusam – Hindu
   - Tu Bishvat – Judaism

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

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<th>Week 1</th>
<th>Monday</th>
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January is Cervical Health Awareness Month | Celebration of Life Month | Alcohol Concern Dry January | Thyroid Awareness Month

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The Inclusion Calendar 2021

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"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.

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**Special Days**

1st  
1–7 World Hijab Day
1–7 World Interfaith Harmony Week

1st  
1–7 World Hijab Day

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

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

3rd  
Setsubun-sai – Shinto

3rd  
Setsubun-sai – Shinto

4th  
World Cancer Day

4th  
World Cancer Day

9th  
Safer Internet Day

9th  
Safer Internet Day

11th  
International Day of Women and Girls in Science

11th  
International Day of Women and Girls in Science

12th  
Red Hand Day for Child Soldiers

12th  
Red Hand Day for Child Soldiers

14th  
Chinese New Year – Confucian, Daoist, Buddhist

14th  
Chinese New Year – Confucian, Daoist, Buddhist

15th  
International Childhood Cancer Day

15th  
International Childhood Cancer Day

16th  
Parinirvana Day/Nirvana Day – Buddhist

16th  
Parinirvana Day/Nirvana Day – Buddhist

17th  
World Human Spirit Day

17th  
World Human Spirit Day

18th  
World Day of the Sick

18th  
World Day of the Sick

20th  
World Day of Social Justice

20th  
World Day of Social Justice

21st  
Triodion begins – Orthodox Christian

21st  
Triodion begins – Orthodox Christian

22nd  
Red Hand Day for Child Soldiers

22nd  
Red Hand Day for Child Soldiers

25th  
Intercalary Days begin – Baha’i

25th  
Intercalary Days begin – Baha’i

26th  
Purim – Judaism

26th  
Purim – Judaism

27th  
International STAND UP to Bullying Day

27th  
International STAND UP to Bullying Day

28th  
Intercalary Days (end) – Baha’i

28th  
Intercalary Days (end) – Baha’i

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

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March 2021

“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.

Week 10
1 2 3 4 5 6 7

Week 11
8 9 10 11 12 13 14

Week 12
15 16 17 18 19 20 21

Week 13
22 23 24 25 26 27 28

Week 14
29 30 31

Special Days
1st Zero Discrimination Day
Saint David’s Day – Christian
Self Injury Awareness Day (SIAD)
International Wheelchair Day
Nineteen Day Fast begins – Baha’i
3rd World Hearing Day
7th Meatfare Sunday – Orthodox Christian
8th International Women’s Day
11th Lailat al Miraj – Islam
Maha Shivaratri – Hindu
14th Nanakshahi (New Year) – Sikh
Cheesefare Sunday – Orthodox Christian
Mothering Sunday
15th Great Lent begins – Clean Monday
– Orthodox Christian
17th Saint Patrick’s Day – Christian
Bank Holiday – Northern Ireland and Republic of Ireland
18th Global Recycling Day
19th Saint Joseph’s Day – Christian
20th Spring Equinox
Naw-Rúz (New Year) – Baha’i
Ostara – Mabon – Wicca/Pagan
Northern and Southern hemispheres
International Day of Happiness
Norooz (New Year) – Persian/Zoroastrian
21st Sunday of Orthodoxy – Orthodox Christian
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
28th Palm Sunday – Christian
Passover – Judaism
Holika Dahan – Hindu
Lailat al Bara’ah – Islam
British Summer Time begins
29th Holi – Hindu
Hola Mohalla – Sikh
30th World Bipolar Day
31st International Transgender Day of Visibility

All Jewish holidays begin at sundown on the evening before.

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

Last Quarter | New Moon | First Quarter | Full Moon

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**April 2021**

“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

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<tbody>
<tr>
<td><strong>4th</strong></td>
<td>Easter Sunday – Christian</td>
<td>Easter Monday – Christian</td>
<td>Bank Holiday – England, Wales, Northern Ireland and Republic of Ireland</td>
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<tr>
<td><strong>7th</strong></td>
<td>World Health Day</td>
<td>International Romani Day</td>
<td>Yom HaShoah – Judaism</td>
<td>13th</td>
<td>Ramadan begins – Islam</td>
<td>Ugadi/Telugu New Year – Hindu</td>
<td>Songkran (Thai New Year) – Buddhist</td>
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<td><strong>13th</strong></td>
<td>Ugadi/Telugu New Year – Hindu</td>
<td>14th</td>
<td>Tamil New Year</td>
<td>Birth of the Khalsa (Vaisakhi) – Sikh</td>
<td>Yom Ha’Atzmaut – Judaism</td>
<td>Yom Ha’Atzmaut – Judaism</td>
<td>Birth of Guru Angad Dev – Sikh</td>
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<tr>
<td><strong>20th</strong></td>
<td>Birthday of Guru Tegh Bahadur – Sikh</td>
<td>21st</td>
<td>First Day of Ridvan – Baha’i</td>
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<td>22nd Earth Day</td>
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<td><strong>22nd</strong></td>
<td>First Day of Ridvan – Baha’i</td>
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<td><strong>24th</strong></td>
<td>First Day of Ridvan – Baha’i</td>
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<td>25th Palm Sunday – Orthodox Christian</td>
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<td><strong>25th</strong></td>
<td>First Day of Ridvan – Baha’i</td>
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<td>World Malaria Day</td>
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<td><strong>26th</strong></td>
<td>First Day of Ridvan – Baha’i</td>
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<td>Feast of Saint Mark the Evangelist – Christian</td>
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<td>First Day of Ridvan – Baha’i</td>
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<td>Mahavir Jayanti – Jain</td>
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<td>First Day of Ridvan – Baha’i</td>
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<td>Hanuman Jayanti – Hindu</td>
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<td><strong>29th</strong></td>
<td>First Day of Ridvan – Baha’i</td>
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<td>Theravada New Year – Buddhist</td>
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<td><strong>30th</strong></td>
<td>First Day of Ridvan – Baha’i</td>
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<td>World Day for Health &amp; Safety at Work</td>
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**Random Act of Kindness**

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

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**CIPD**

Championing better work and working lives

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The Inclusion Calendar 2021

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### Special Days

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<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>1st</td>
<td>Beltane – Samhain – Wicca/Pagan Northern and Southern hemispheres</td>
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<td>Twelfth Day of Ridvan – Baha’i</td>
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<tr>
<td>2nd</td>
<td>Birthday of Guru Arjan Dev – Sikh</td>
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<td></td>
<td>Pascha (Easter) – Orthodox Christian</td>
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<tr>
<td>3rd</td>
<td>Bank Holiday – England, Wales, Scotland, Northern Ireland and Republic of Ireland</td>
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<td></td>
<td>Feast of Saints Philip and James – Catholic Christian</td>
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<td>World Press Freedom Day</td>
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<td>4th</td>
<td>International Firefighters Day</td>
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<td>8th</td>
<td>World Red Cross and Red Crescent Day</td>
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<td>9th</td>
<td>Lailat al-Qadr – Islam</td>
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<td>10th</td>
<td>Yom Yerushalayim – Judaism</td>
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<td>12th</td>
<td>International Nurses Day</td>
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<td>13th</td>
<td>Ascension Day – Christian</td>
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<td>Eid al Fitr – Islam</td>
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<td>14th</td>
<td>Akshaya Tritiya – Hindu, Jain</td>
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<td>Feast of Saint Matthias – Catholic Christian</td>
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<td>15th</td>
<td>International Day of Families</td>
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<td>17th</td>
<td>Shavuot – Judaism</td>
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<td>International Day Against Homophobia, Transphobia and Biphobia</td>
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<td>20th</td>
<td>Global Accessibility Awareness Day</td>
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<td>21st</td>
<td>World Day for Cultural Diversity for Dialogue and Development</td>
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<td>22nd</td>
<td>International Day for Biological Diversity</td>
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<td>23rd</td>
<td>Pentecost – Christian</td>
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<td>Birthday of Guru Amar Das – Sikh</td>
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<td>26th</td>
<td>Vesak – Buddhist</td>
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<tr>
<td>28th</td>
<td>Ascension of Baha’u’llah – Baha’i</td>
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<td>29th</td>
<td>International Day of United Nations Peacekeepers</td>
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<td>30th</td>
<td>Trinity Sunday – Christian</td>
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<td>31st</td>
<td>Visitation of the Blessed Virgin Mary – Catholic Christian</td>
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<td></td>
<td>Bank Holiday – England, Wales, Scotland and Northern Ireland</td>
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<tr>
<td></td>
<td>World No Tobacco Day</td>
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All Jewish holidays begin at sundown on the evening before.

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**May 2021**

“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

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**Random Act of Kindness**

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

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**CIPD**

Championing better work and working lives

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May is Action on Stroke Month | Mental Health Awareness Month | Hepatitis Awareness Month | UK National Walking Month | Celiac Awareness Month

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The Inclusion Calendar 2021

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### Special Days

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<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>1st</td>
<td>Global Day of Parents</td>
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<tr>
<td>3rd</td>
<td>Corpus Christi – Catholic Christian</td>
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<td>4th</td>
<td>International Day of Innocent Children Victims of Aggression</td>
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<td>5th</td>
<td>World Environment Day</td>
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<tr>
<td>7th</td>
<td>Bank Holiday – Republic of Ireland</td>
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<td>10th</td>
<td>Ascension of the Lord – Orthodox Christian</td>
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<td>11th</td>
<td>Sacred Heart of Jesus – Catholic Christian</td>
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<td>12th</td>
<td>World Day against Child Labour Global Wellness Day</td>
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<td>14th</td>
<td>World Blood Donor Day</td>
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<tr>
<td>15th</td>
<td>World Elder Abuse Awareness Day</td>
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<td>16th</td>
<td>Martyrdom of Guru Arjan Dev – Sikh</td>
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<td>17th</td>
<td>World Day to Combat Desertification and Drought</td>
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<td>18th</td>
<td>Autistic Pride Day</td>
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<td>20th</td>
<td>Pentecost – Orthodox Christian World Refugee Day</td>
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<td>Father's Day</td>
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<td>21st</td>
<td>Summer Solstice</td>
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<td>Litha – Yule – Wicca/Pagan Northern and Southern hemispheres</td>
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<td>World Humanist Day</td>
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<tr>
<td>22nd</td>
<td>UK Windrush Day</td>
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<td>24th</td>
<td>Nativity of Saint John the Baptist – Christian</td>
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<tr>
<td>26th</td>
<td>International Day Against Drug Abuse and Illicit Trafficking</td>
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<tr>
<td>29th</td>
<td>Feast of Saints Peter and Paul – Christian</td>
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“Only now do we value every breath that escapes our lips. Perhaps now we will learn to be grateful.”
Saim A. Cheeda

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**Random Act of Kindness**

Hold open the doors for people.

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**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

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Special Days

3rd Saint Thomas the Apostle – Christian
4th US Independence Day
5th Birthday of Guru Hargobind – Sikh
9th Martyrdom of the Báb – Baha’i
11th World Population Day
12th Orangemen’s Day
Bank Holiday – Northern Ireland
15th Saint Vladimir the Great Day
– Orthodox Christian
World Youth Skills Day
17th World Day for International Justice
18th Nelson Mandela International Day
Tish’a B’Av – Judaism
19th Waqf al Arafa – Islam
20th Eid al Adha – Islam
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
Asalha Puja (Dharma Day) – Buddhist
25th Saint James the Great Day – Christian
28th World Hepatitis Day
30th World Day against Trafficking Persons
International Day of Friendship

“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.

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

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August 2021

“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

1st Lammas – Christian
   Fast in honour of Holy Mother of Lord Jesus – Orthodox Christian
   Lughnasadh – Imbolc – Wicca/Pagan
   Northern and Southern hemispheres

2nd Summer Bank Holiday – Scotland and Republic of Ireland

6th Transfiguration of the Lord – Orthodox Christian
   Feast of Transfiguration of Our Lord – Christian

9th International Day of the World’s Indigenous Peoples

10th Al-Hijra/Muharram – New Year – Islam
   Feast of Saint Lawrence – Christian

12th International Youth Day

15th Assumption of Blessed Virgin Mary – Catholic Christian
   Dormition of the Theotokos – Orthodox Christian

19th World Humanitarian Day
   Ashura – Islam

22nd Queenship of Mary – Catholic Christian
   Raksha Bandhan – Hindu

23rd International Day for the Remembrance of the Slave Trade and its Abolition

24th Feast of Saint Bartholomew the Apostle – Christian

29th Beheading of Saint John the Baptist – Christian

30th Summer Bank Holiday – England, Wales and Northern Ireland
   Krishna Janmashtami – Hindu

August is Health & Safety Month | Psoriasis Awareness Month | US Black Business Month | Children’s Eye Health & Safety Month

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September 2021

“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.

September is Sickle Cell Awareness Month | Childhood Cancer Awareness Month | International Blood Cancer Awareness Month | World Alzheimer’s Month | World Dementia Awareness Month

Special Days

4th Paryushana Parvarambha begins – Jain
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

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The Inclusion Calendar 2021

it's all about inclusion
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 Elizabeth

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
19th Mawlid al-Nabi – Islam
24th United Nations Day
25th Bank Holiday – Republic of Ireland
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

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

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The Inclusion Calendar 2021

It's all about inclusion
### 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

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<th>Thursday</th>
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</tbody>
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**Special Days**

1st All Saints’ Day – Christian
2nd All Souls’ Day – Christian
3rd Coronation of Emperor Haile Selassie I – Rastafari
4th Diwali – Deepavali – Hindu, Sikh, Jain
5th Bandi Chhor Divas – Sikh
6th Birth of the Bab – 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
d–14 21 UK Interfaith Week
World Diabetes Day
15th Nativity Fast begins – Orthodox Christian
17th International Students’ Day
19th International Men’s Day
20th Birthday of Guru Nanak Dev – Sikh
21st Universal Children’s Day
22nd Transgender Day of Remembrance
23rd Presentation of the Theotokos – Orthodox Christian
24th Feast of Christ the King – Christian
25th Martyrdom of Guru Tegh Bahadur – Sikh
26th International Day for the Elimination of Violence against Women
27th Day of the Covenant – Baha’i
28th Thanksgiving – USA
29th Chanukah – Judaism
30th Saint Andrew’s Day – Christian
31st Bank Holiday – Scotland

**Random Act of Kindness**

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

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it's all about inclusion

The Inclusion Calendar 2021
### Special Days

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>1st</td>
<td>World AIDS Day</td>
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<tr>
<td>2nd</td>
<td>International Day for the Abolition of Slavery</td>
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<tr>
<td>3rd</td>
<td>International Day of Persons with Disabilities</td>
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<tr>
<td>8th</td>
<td>Feast of the Immaculate Conception – Christian</td>
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<tr>
<td>9th</td>
<td>Rohatsu (Bodhi Day) – Buddhist</td>
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<tr>
<td>10th</td>
<td>International Anti-Corruption Day</td>
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<td>11th</td>
<td>Human Rights Day</td>
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<td>18th</td>
<td>International Migrants Day</td>
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<td>20th</td>
<td>International Human Solidarity Day</td>
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<tr>
<td>21st</td>
<td>Winter Solstice</td>
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<tr>
<td>24th</td>
<td>Christmas Eve – Christian</td>
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<td>25th</td>
<td>Christmas Day – Christian</td>
</tr>
<tr>
<td>26th</td>
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</tr>
<tr>
<td>26th</td>
<td>Feast of the Nativity – Orthodox Christian</td>
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<tr>
<td>27th</td>
<td>Bank Holiday – England, Wales, Scotland, Northern Ireland and Republic of Ireland</td>
</tr>
<tr>
<td>28th</td>
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</tr>
<tr>
<td>29th</td>
<td>Holy Innocents – Christian</td>
</tr>
<tr>
<td>31st</td>
<td>New Year’s Eve/Hogmanay – Watch Night – Christian</td>
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</tbody>
</table>

### Random Act of Kindness

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

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"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
Des McCabe’s acclaimed book ‘Thinking Differently About Everything’ with 100 Personal Development Exercises is now available on Amazon.

‘Brilliant!’ ‘Inspirational!’ ‘The Exercises help me so much, thanks!’ ‘So beautiful.’ ‘Exceptional questions and inspiring thoughts.’ ‘Such immense truth in these.’ ‘Incredibly thought provoking.’ ‘Love all of these, so creative!’ ‘These are so inspiring...’

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