

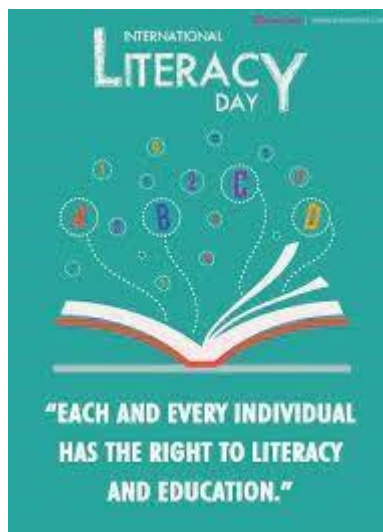
ENRICHMENT CALENDAR FOR 2024-2025

September 2024

INTERNATIONAL LITERACY DAY

8th September 2024

This is to raise awareness and concern for literacy problems that exist within our local communities as well as globally.



"Today a reader, tomorrow a Leader"

"The man who does not read has no advantage over the man who cannot read." - Mark Twain.

"Education is the most powerful weapon for changing the world."- Nelson Mandela.

Literacy is the foundation for all academic knowledge and skills. Learning to read with comprehension and write effectively opens the door to shared knowledge, understanding, communication and critical thinking. This broader view influences our awareness of our world and how it impacts us.

NATIONAL FITNESS DAY

18th September 2024

This is a chance to highlight the role that physical activity plays in helping us lead a healthier lifestyle. It aims to encourage the nation to get moving and bring people together.



The Top Health Benefits of Fitness and Exercise

- It Gives You More Energy! ...
- It Helps Flex Your Mental Mojo. ...
- It Strengthens More than Meets the Eye! ...
- It Helps Reduce Stress and Alleviate Anxiety. ...

Start a challenge:

In your lunch break take a walk around the block which will improve your daily steps.

Jobs & Training Fair - 19 September 2024

London Borough of
Redbridge



RIAE
Redbridge
Institute
of Adult Education


Work Redbridge
Supporting residents to gain jobs and skills

OPEN TO ALL, NO NEED TO BOOK!

**JOBS AND
TRAINING FAIR**

Speak to a wide range of employers across various sectors and local
training providers and colleges and access live vacancies and
apprenticeships.

THURSDAY 19TH SEPTEMBER 2024

REDBRIDGE INSTITUTE
GAYSHAM AVENUE, ILFORD IG2
6TD

 10.00 AM -
13.00 PM



For more information on Redbridge Institute, visit
www.redbridge-iae.ac.uk
For more information, tips and ideas to help you find work, visit
www.redbridge.gov.uk/jobs/work-redbridge

WORLDS BIGGEST COFFEE MORNING

27th September 2024



By hosting a Coffee morning or being part of it, your support helps those living with cancer.
We will be bringing in cakes on 27th September, so please donate what you can for this cause.

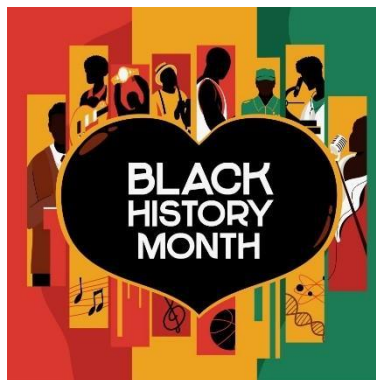
This is a great way to support the **Macmillan nurses**.

Tel: 0808 808 00 00

<https://www.macmillan.org.uk/about-us/contact-us/ask-macmillan-form.html>

October Enrichment Calendar

BLACK HISTORY MONTH 1 – 30 October 2024



Our mission is to lead the direction of Black History Month UK and ensure that it exists as a vibrant starting point that educates people on the achievements and contributions African and Caribbean heritage peoples have made to the UK's history and culture.

How many questions can you get right?

1. By the end of the 1700s, the London Black population was around
 - a. 20,000
 - b. 200,000
 - c. 2,000
2. She died in London in 1881 after saving many British soldiers during the Crimean War of 1855?
 - a. Annie Brester
 - b. Mary Seacole
 - c. Eva lowe
3. Which British female performer recorded three James Bond theme songs?
 - a. Shirley Bassey
 - b. Tasmin Archer
 - c. Sade Adu
4. Who was the first Black player to captain England's national football team in 1997?
 - a. Sol Campbell
 - b. Paul Ince
 - c. Arthur Wharton
5. In March 1931, Harold Moody formed which organisation to campaign for racial equality and civil rights in Britain and the rest of the world?
 - a. League of Coloured Peoples
 - b. Black British Panthers
 - c. UNIA
6. Diana Abbot, Paul Boateng, Bernie Grant and Keith Vaz were elected to parliament in what year?
 - a. 1974
 - b. 1987
 - c. 1950
7. Who was the first Black news reporter to appear on British tv screens?
 - a. Moira Stuart
 - b. Barbara Blake Hannah
 - c. Trevor McDonald
 - d.
8. Award winning artist and filmmaker Steve McQueen won the Best Picture Oscar for 12 Years a Slave in which year?
 - a. 1999
 - b. 2005
 - c. 2014

Answers at the end of the month of the Enrichment Calendar

Black History Month: Reggae Salsa!

Join Vision Redbridge Culture & Leisure for Reggae Salsa to celebrate Black History Month!

Reggae salsa is a fusion music genre that blends elements of reggae and salsa, combining rhythmic grooves and laid-back vibes of reggae. This session will be delivered by CaribbeanMixx!

Adults only (19+)

[Book Now](#)



Black History Month: Wee Movers – Dance and Storytelling (2-5 years)

Join Vision Redbridge Culture & Leisure for Black History Month 2024!

Wee Movers will be celebrating Black History Month through creative dance and storytelling.

Booking required

[Book Now](#)



International Geodiversity Day

6 October 2024

Geological diversity refers to the natural portion of the planet that is not alive, both at the surface and in the planet's interior. By geodiversity, we mean the Earth's minerals, rocks, fossils, soils, sediments, landforms, topography and hydrological features such as rivers and lakes. The term 'geodiversity' also spans the processes that create and modify these features. Exceptional examples of geodiversity are preserved in UNESCO Global Geoparks around the world.

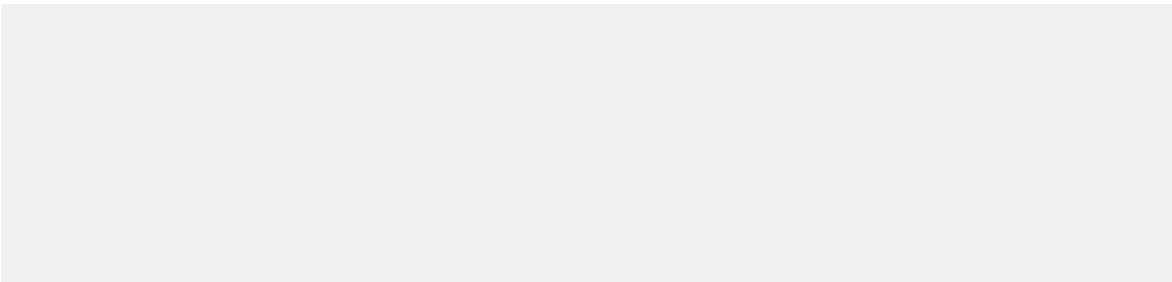
Earth heritage resources that have been exploited by humans for many thousands of years, but the integrity and accessibility of these resources may be threatened in various ways. The principal threats can be summarised as:

- Loss of geological exposures and/or information;
- Damage to the physical landscape and its geomorphological features and processes;
- Damage to soil features and processes;
- Damage to groundwater and surface water;

and lastly, and perhaps most importantly:

- Lack of public understanding about geodiversity, and why it is valuable to society for its contribution to economic life, science, wildlife, leisure and recreation.

<https://www.unesco.org/en/newsroom/multimedia?hub=701>



Dyslexia Awareness Week

7-13 October 2024



Dyslexia is a learning disorder that affects the brain's ability to process language. It is estimated that 1 in 5 people have dyslexia to some degree, making it a common condition. People with dyslexia may have difficulty with decoding, fluency, and comprehension. Dyslexia is not related to intelligence and can affect people of all ages and backgrounds.

It is estimated that 10-20% of the population has dyslexia, making it one of the most common learning disabilities. Dyslexia is often identified in childhood, but can also be diagnosed in adulthood.

World Mental Health Day - 10th October 2024



It was first celebrated in 1992 at the initiative of the World Federation for Mental Health, a global mental health organization with members and contacts in more than 150 countries.



Clic is a free online community here to support everyone with their mental health.

<https://clic-uk.org/>

Recycle Week: 14–20 October

Now in its 21st year, Recycle Week is Recycle Now's flagship annual event. A celebration of recycling across the nation, galvanising the public into recycling more of the right things, more often.



Thank you to **Boots** and **Tesco** for sponsoring Recycle Week 2024 and supporting our mission to inspire everyone to rescue those recyclables! By recycling at least one extra item as part of our daily recycling routine will make a huge difference.

Recycle Now is brought to you by the international climate action charity, [WRAP](#). WRAP also delivers information, support and resources to help us all reduce our food waste, through the website [Love Food Hate Waste](#) and [Food Waste Action Week](#), in March.

If you would like to be an official sponsor of Recycle Week 2024, get in touch with us at partnerenquiries@wrap.org.uk.



16th October 2024

اليوم العالمي للتغذية

Welthungertag

יום המזון העולמי

세계 식량의 날

Verdens matvaredag Día Mundial de la Alimentación

Across the globe, many different events are organised to raise awareness of problems in food supply and distribution and to raise money to support projects to aid in the cultivation of food plants and the distribution of food.

The aim is to raise levels of nutrition across the globe, improve agricultural productivity at all levels, enhance the lives of rural populations and contribute to the growth of the world economy. It also provides assistance to countries changing their agricultural policy, to aid regions out of famine situations.

Climate change impacts agriculture and food production

Higher temperatures, water scarcity, droughts, floods, and greater CO₂ concentrations in the atmosphere affect staple crops around the world. Corn and wheat production has declined in recent years due to extreme weather events, plant diseases, and a global water crisis.

If climate change reduces the amount of food produced, then it makes sense that it also reduces the amount of food people can access. This simple instance of supply-and-demand, however, has big impacts. If one part of the food system is interrupted due to a climate event (big or small), that can lead to inflation. We've seen this happen over the last two years after international trade was suspended due to Covid-19. These price spikes leave the poorest families most vulnerable.



Boost your digital inclusion work with expert help from Network Ambassadors

We're incredibly proud of our work with our team of Network Ambassadors, who have been recruited to share their expertise with you in the National Digital Inclusion Network. Their role includes designing and delivering Network events and training, creating resources and providing one-to-one peer support.

We started working with four Ambassadors two years ago, and since then, our team has grown. We finally had our first in-person meeting at the Good Things HQ in June where they provided invaluable insight for our strategy workshop.

The Ambassadors bring expertise in supporting different audiences and working in different contexts with their own unique approach to helping people get online.

Located around the UK, the team includes: [ACDA Skills and Training](#), [Digital Essex](#), [GRCC](#), [Job4Me](#), [Learn for Life](#), [Lincs Digital](#), [People Know How](#), [Smartlyte - Get Families Talking](#), [Starting Point](#), and [Swansea MAD](#).

How can you get support from an Ambassador?

1. [Sign up for one-to-one peer support with an Ambassador](#)
2. [Register for a meet-up or event designed and delivered with our Ambassadors](#)
3. Look out for upcoming Hub drop-ins aimed at new joiners



Answers to Black History month quiz:

1.a 2.b 3. a 4.b 5.a 6.b 7.b 8.c

November Enrichment calendar

**FREE
Men's Only
Activities**

Men's Mental Health Awareness Month

November 2024



Boxfit
Friday 8 November 6:30pm - 7:30pm
Mildmay House, 69 Albert Road, Ilford, IG1 1HP



Coping Through Football
Monday 11 November 2:30pm - 4pm
Powerleague Fairlop, Forest Road, Ilford, IG6 3HX



Swimming
Friday 29 November 8pm - 9pm
Mayfield Leisure Centre, Kinfauns Road, IG3 9QN



BMX Bike
Saturday 16 November 3pm - 4pm
Redbridge Cycling Centre, Forest Road, IG6 3HP



For more information or to book visit:
www.visionncl.org.uk/activebodyhealthymind

Men's Mental Health Awareness Month in collaboration with Vision, kicks off next month! As part of our Active Body - Healthy Mind project, please share the range of activities that your learners can participate in throughout November!

Bonfire Night

5th November 2024

Who was Guy Fawkes and why is it known as bonfire night?

Every 5 November in Britain on Guy Fawkes Day, we remember the Gunpowder Plot of 1605, when Guy Fawkes and fellow Catholic conspirators attempted to blow up Parliament and assassinate James I of England



Mon 11 November 2024



Also referred to as Poppy Day or Armistice Day, Remembrance Day is observed in Commonwealth countries, including Australia and Canada. Other countries such as the U.S. have similar observances like Veterans Day. November 11 is the anniversary of the signing of the armistice, which ended World War I hostilities between Allied nations and Germany in 1918.

National Education Day

11 November 2024

National Education Day is a special occasion celebrating the vital role of education in shaping individuals and societies.

National Education Day encourages schools, colleges, and universities across the country to engage in various activities.

It is a tribute to Maulana Abul Kalam Azad, India's first Education Minister, who emphasised the transformative power of education.



Things to celebrate National Education Day:

Plan a trip with your students

Create a poster

Share and write an essay on the importance of education

Introduction to Volunteering Workshop

Find out how to start your volunteering journey



Join our free workshop to learn more at the Redbridge Institute

Wednesday 13th November 2024 -10.30am-12.30pm

Wednesday 11th December 2024-10.30am-12.30pm

To book your place, please scan the QR code below, or get in touch.

Contact the Volunteering Team:

volunteering@communityactionredbridge.org.uk

0203 551 0946



**Community
Action
Redbridge**

More details can
be found by
scanning the
QR code

COP 29

11 to 22 November 2024

What is COP 29?

First of all it stands for 29th Conference of the parties of the UNFCCC (United Nations Framework convention on climate change)

In 1995, countries launched negotiations to strengthen the global response to climate change, and, two years later, adopted the Kyoto Protocol. The Kyoto Protocol legally binds developed country Parties to emission reduction targets. The Protocol's first commitment period started in 2008 and ended in 2012. The second commitment period began on 1 January 2013 and ended in 2020.

<https://www.oxfam.org.uk/documents/699/Oxfam-Climate-Crisis-eBook.pdf>

Carbon Literacy Action Day

14th November 2024

What is Climate Change?

Climate change is a term used to refer to changes in the Earth's climates, at local, regional, or global scales, and can also refer to the effects of these changes. In recent decades, the term 'climate change' is most often used to describe changes in the Earth's climate driven primarily by human activity since the pre-Industrial period, particularly the burning of fossil fuels and removal of forests, resulting in a relatively rapid increase in carbon dioxide concentration in the Earth's atmosphere.

We now know that man-made climate change is real and that it poses a great threat to the planet and its inhabitants. Current data suggest that we need to reduce greenhouse-gas emissions in developed countries by at least 80% by 2050 in order to have a chance of staying below an average temperature rise of over 2°C. Factory farming is a major contributor to the climate change challenge, releasing vast volumes of greenhouse gases.

What can you do to help?

- Cycle or walk if your journey is short
- Get your electricity from Wind and the sun
- Take a train not the plane
- Save energy at home and work
- Invest wisely
- Join a local action group
- Cut consumption and waste



If you are an individual wishing to take part in the Action Day, you can join a training course that ends on CLAD. Sign up for CLAD or get in touch with the team at CLAD@carbonliteracy.com to express interest in a course tailored for specific background or sector of expertise.

<https://www.un.org/en/actnow/>

Interested in knowing more? Apply to do the Level 1 Award in Energy Efficiency and Sustainability course <http://www.thestcgroupp.co.uk/> (awaiting link to give to learners)

The logo for Transgender Awareness Week features the words "TRANSGENDER AWARENESS WEEK" in large, bold, white capital letters. The text is set against a background of soft, glowing pink and blue light effects. To the right of the main text, the dates "NOVEMBER 13-19" are written in a smaller, white, sans-serif font.

Transgender Awareness Week is a week when transgender people and their allies take action to bring attention to the trans community by educating the public about who transgender people are, sharing stories and experiences, and advancing advocacy around issues of prejudice, discrimination, and violence that affect the transgender community.

Learn about trans people by educating yourself with credible resources about community, language, issues, stories, and actions.

<https://glaad.org/reference/transgender>

Gender reassignment is a term that refers to someone who is transgender and to undertake gender reassignment is made when an individual feels that his or her gender at birth does not match their gender identity. This is called 'gender dysphoria' and is a recognised medical condition.

The London Lesbian & Gay Switchboard (tel. 0300 330 0630) is a helpline that provides 24hr advice and information for Lesbian, Gay, Bisexual and Transgender people.



World Diabetes Day

14th November 2024



Over the next three years, the World Diabetes Day campaign will focus on: Physical well-being: the importance of physical activity and a healthy diet to reduce the risk of type 2 diabetes and manage all types of diabetes and its related complications.

INTERNATIONAL MENS DAY – November 19th, 2024



This aims to recognize and promote positive aspects of masculinity and highlight the contributions of men to society. To also raise awareness of the challenges that they must face:

Men's health: These are issues related to men's physical and mental health. Topics like suicide prevention, depression, cancer (e.g. prostate cancer) and the stigma around men seeking help when struggling emotionally.

Encouraging Fatherhood: This recognized fathers and caregivers and promotes the importance of men being active participants in family life and highlighting the emotionally supportive roles.

Combatting discrimination against men: In the legal system for instance Family courts, in the workplace where caregiving roles are devalued.

Acknowledge the presence and contributions of LGBTQ+ communities, trans men and non-binary people

Roles: Recognize men who contribute to society in various roles, including stay-at-home dads, caregivers, community leaders, and those working in traditionally female-dominated fields like teaching or nursing.



On 28 November 2024 the neighbourhood police will visit the Institute to talk to learners/staff about domestic abuse and scammers. They will be situated in the lobby between 12-2pm.

December Enrichment Calendar



World Aids Day

1 December

An opportunity for people worldwide to unite in the fight against HIV, to show support for people living with HIV, and to commemorate those who have died from an AIDS-related illness.

[World Aids Day](#)

International Day for the Abolition of Slavery

2nd December 2024

International Day for the Abolition of Slavery is a significant annual observance that focuses on eradicating modern forms of slavery. Slavery has evolved and manifested itself in different ways throughout history. Today some traditional forms of slavery still persist in their earlier forms, while others have been transformed into new ones. The UN human rights bodies have documented the persistence of old forms of slavery that are embedded in traditional beliefs and customs. These forms of slavery are the result of long-standing discrimination against the most

vulnerable groups in societies, such as those regarded as being of low caste, tribal minorities and indigenous peoples.

Child labour

Globally, one in ten children works. The majority of the child labour that occurs today is for economic exploitation. That goes against the Convention on the Rights of the Child, which recognizes “the right of the child to be protected from economic exploitation and from performing any work that is likely to be hazardous or to interfere with the child’s education, or to be harmful to the child’s health or physical, mental, spiritual, moral or social development.”

Trafficking

According to the Protocol to Prevent, Suppress and Punish Trafficking in Persons Especially Women and Children, trafficking in persons means the recruitment, transportation, transfer, harbouring or receipt of persons, by means of the threat or use of force or other forms of coercion for the purpose of exploitation. Exploitation includes prostitution of others or other forms of sexual exploitation, forced labour or services, slavery or practices similar to slavery, servitude or the removal of organs. The consent of the person trafficked for exploitation is irrelevant and If the trafficked person is a child, it is a crime even without the use of force.

International Day of Persons with Disabilities 3rd December 2024



The day is about promoting the rights and well-being of persons with disabilities at every level of society and development, and to raise awareness of the situation of persons with disabilities in all aspects of political, social, economic, and cultural life. WHO joins the UN in observing this day each year, reinforcing the importance of securing the rights of people with disabilities, so they can participate fully, equally and effectively in society with others, and face no barriers in all aspects of their lives.

Did you know?

- Of the one billion population of persons with disabilities, 80% live in developing countries.
- An estimated 46% of older people aged 60 years and over are people with disabilities.

- One in every five women is likely to experience disability in her life, while one in every ten children is a child with a disability.
-



Christmas Jumper Day

12 December 2024



Help raise funds for Save the Children UK.

In May 1919, our organisation was born to save the lives of children left to starve in the ruins of post-war Europe.

But to do that, our founder Eglantyne Jebb needed to change the way the world looked at children altogether.

She did. Before long, Jebb inspired people from Washington to Wellington to help those who were, until recently, the children of their 'enemies'.

<https://www.savethechildren.org.uk/donate-here-1>

January Enrichment Calendar

Dry January



January 2025. Dry January, as the name suggests, is celebrated in January every year. This month of avoiding alcohol is a public health campaign that is practised across America and European countries.

Carbon Literacy

January 2025

<https://carbonliteracy.com/wp-content/uploads/2024/04/Introduction-to-Carbon-Literacy-Pack.pdf>

What is Carbon Literacy for Education?

Click on the link below to find The Carbon Literacy information for Education which contains a range of tools, courses and materials needed for delivering a day's worth of Carbon Literacy training to staff and students.

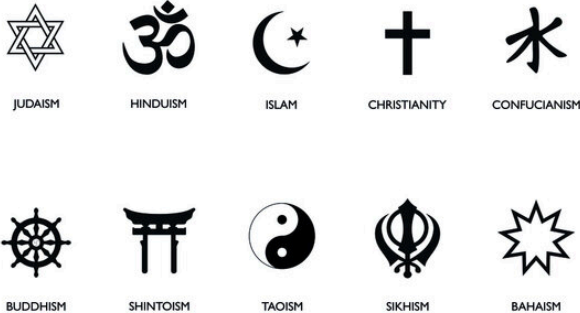
<https://carbonliteracy.com/education/>

<https://www.oxfam.org.uk/documents/699/Oxfam-Climate-Crisis-eBook.pdf>

World Religion Day

19th January 2025

World Religion Day is celebrated every January on the third Sunday of the month. Its aim is to promote understanding and peace between all religions, encouraging people to learn about other faiths and their followers. The first such day was observed in 1950.



Religion and belief is a protected characteristic that refers to a:

1. Religion (e.g. Christianity, Judaism, Hinduism, Islam, Sikhism, Rastafarianism, Zoroastrianism, Jainism, Buddhism).
2. Denomination of a religion (e.g. Anglicanism, Catholicism, Sunni, Lamaism).
3. Religious or philosophical belief (e.g. Humanism, Spiritualism, Atheism and Climate Change).

Protection also applies to those who do not have a religion or belief.

Holocaust Memorial Day. .

Mon, 27th January 2025

In the course of the Second World War, the Nazis murdered nearly six million European Jews. This genocide is called the Holocaust. Here, you can read about its causes and backgrounds, the stages of the Holocaust, and the perpetrators.

The word 'holocaust' comes from ancient Greek and means 'burnt offering'. Even before the Second World War, the word was sometimes used to describe the death of a large group of people, but since 1945, it has become almost synonymous with the murder of the European Jews during the Second World War. That's why we use the term 'the Holocaust'. Jews also refer to it with the word 'Shoah', which is Hebrew for 'catastrophe'.

The purpose of World Religion Day is to highlight the ideas that the spiritual principles underlying the world's religions are harmonious, and that religions play a significant role in unifying humanity.



Memorial to the Jews in Berlin who were murdered in Second World War

February Enrichment Calendar

LGBT History Month

Sat, 1 Feb 2025 – Fri, 28 Feb 2025

LGBT+ History Month aims to put LGBTQ+ people back into the history books by showing how they have always been present in society and have been vital contributors to human progress — whether their status has been acknowledged historically or not. It also gives people the opportunity to see a [timeline of changes](#) that have occurred throughout the course of history, allowing people to reflect on what more can be done to protect people's rights.

<https://nationaltoday.com/lgbt-history-month>

Race Equality Week 2025

3-9 February 2025

This is an annual UK movement uniting thousands of organisations and individuals to address the barriers to race equality in the workplace.

Racial diversity is arguably one of the most important aspects of any work environment today.

Racial diversity is the acknowledgement and appreciation of racial differences. Recognizing and valuing differences both within and between races.

Race is a protected characteristic that refers to an individual's race, colour, nationality and ethnic or national origins. The Equality Act replicates the provisions of previous legislation.

- Colour includes, for example, being black or white.
- Nationality includes, for example, being a British, Jamaican or Pakistani citizen.
- Ethnic or national origins include, for example, being from a Roma background or of Chinese heritage.

- A racial group could be, for example, 'Black Britons' which would include people who are both black and British citizens.

Join in the 5 day challenge:

<https://www.raceequalitymatters.com/5-day-challenge/>

World Wetlands Day

2nd February

World Wetlands Day seeks to raise awareness and understanding of what wetlands are and how they can contribute towards restoring them.

Wetlands to visit near you:

<https://www.visitleevalley.org.uk/walthamstow-marshes>

<https://www.wildlondon.org.uk/nature-reserves/woodberry-wetlands>

https://www.richmond.gov.uk/services/parks_and_open_spaces/find_a_park/london_wetland_centre

March Enrichment Calendar

National Day of Reflection

On 3rd March 2025, the 'National Day of Reflection' will mark the fourth anniversary of the first Covid-19 lockdown.

This annual awareness day was put in place to show support for the millions of people in the UK who've been bereaved during the coronavirus pandemic and to give everyone a chance to reflect on the lives of the people we've lost.

Each year, individuals, organisations, companies, groups and schools from all over the UK are invited to join Marie Curie in supporting everyone who has been bereaved due to Covid-19.

Everyone is encouraged to observe the 'National Day of Reflection' in any way that they feel allows them the opportunity to pause, reflect and remember the people we have lost.



Zero Discrimination Day

March 1, 2025

Celebrated by the
United Nations (UN)
and other
international
organisations. Aims
to promote equality
throughout all
member countries.

[UN Aids](#)



International Women's Day

8 March

A global holiday celebrated annually to commemorate the cultural, political, and socioeconomic achievements of women.

[International Women's Day](#)

National Careers Week

3-8 March

(Info tba)

International Transgender Day of visibility - 31st March 2025

It is traditionally a time to celebrate transgender people around the world and the courage it takes to live openly and authentically, while also raising awareness about the discrimination trans people face today.

Global Recycling Day 18th March



Firstly, it aims to emphasise to world leaders that recycling is not just a local or regional concern, but a global imperative. A unified and coordinated approach to recycling is urgently needed to address the environmental challenges we face. By highlighting the global nature of the issue, Global Recycling Day advocates for policies and initiatives that promote recycling on an international scale.

Secondly, the day encourages individuals worldwide to shift their mindset from viewing waste as disposable to recognizing it as a valuable resource. The mantra "think resource, not waste" underscores the need for a paradigm shift in how we perceive and manage our material possessions. Until we adopt this mindset, recycled goods will not receive the true value and recognition they deserve. Global Recycling Day serves as a call to action for individuals to embrace recycling as a means of conserving resources, reducing waste, and minimising environmental impact.

Ways to Celebrate Global Recycling Day:

- Organise a Recycling Drive
- Get Involved in Community Clean-Up Events
- Reduce, Reuse, Recycle
- Commit to Long-Term Sustainability

(Someone from the Borough to give us a talk on recycling etc TBA??
Habib)

April Enrichment Calendar

World Health Day - 7th April 2025

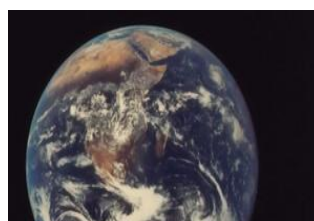
The day is intended to mark the foundation of the World Health Organisation and to promote the ideals of global cooperation on health issues. Every year the WHO focuses on a different health theme to highlight particular issues. Past themes have included the health effects of climate change, universal health coverage, and support for nurses.

We depend on biodiversity and healthy ecosystems for our health and survival. Biodiversity, and the complexity of our landscapes and seascapes, is integral to social and ecological resilience, including the resilience of ecosystem functions and the services that they sustain. Biodiversity is declining globally at unprecedented rates in human history, and the rate of species extinctions is accelerating, impacting human health worldwide in a variety of ways.



Earth Day - 22nd April 2025

Originally inspired by an oil spill off the coast of California in 1969, Earth Day was founded to demonstrate support for environmental protection and promote love for the planet. Set at the beginning of spring in the northern hemisphere the first day was held in 1970 in the US, with the day going international in 1990.



Did you know that practically everything you touch, everything you eat and everything you use is made up of things that came from the Earth? From the metals in your phone to the wool in your blankets. Everything we have, everything that we are, we owe to the natural

world around us. That's why it's so important to protect it. Which of Earth's gifts are you thankful for?

What is Climate change?

Global warming is the long-term warming of the planet's overall temperature. Though this warming trend has been going on for a long time, its pace has significantly increased in the last hundred years due to the burning of fossil fuels. As the human population has increased, so has the volume of fossil fuels burned. Fossil fuels include coal, oil, and natural gas, and burning them causes what is known as the "greenhouse effect" in Earth's atmosphere.

Current commitments to fight climate change would barely cut global emissions at all by 2030. It is said the next 2 years are "essential in saving our planet".

It can also cause a rise in sea level, leading to the loss of coastal land, a change in precipitation patterns, increased risks of droughts and floods, and threats to biodiversity.



How can we help today:

- joining a group
- signing a petition
- donating towards the cause.

<https://friendsoftheearth.uk/climate-change/what-can-i-do-to-stop-climate-change?>

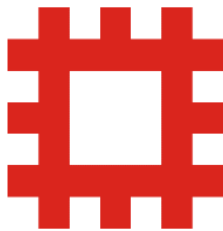
<https://www.un.org/en/actnow/>

<https://www.oxfam.org.uk/documents/699/Oxfam-Climate-Crisis-eBook.pdf>

World Heritage Day - 18th April 2025

It was established by UNESCO in 1983. It aims to raise public awareness about the diversity of the world's built monuments and heritage sites, their vulnerability and the efforts required to protect them. World Heritage Day is a day to understand how culture and history can be embodied within a place and how we should preserve these places so that we can learn from them.

English Heritage



You could become a member and support our heritage.

<https://www.english-heritage.org.uk/join/>

This is a charity that manages over 400 historic monuments, buildings and places. These include prehistoric sites, mediaeval castles, Roman forts, and country houses. The charity states that it uses these properties to "bring the story of England to life for over 10 million people each year".

REDBRIDGE HERITAGE **CENTRE**

AT THE CENTRAL LIBRARY ILFORD

<https://visionrcl.org.uk/centre/redbridge-heritage-centre/>

May Enrichment Calendar

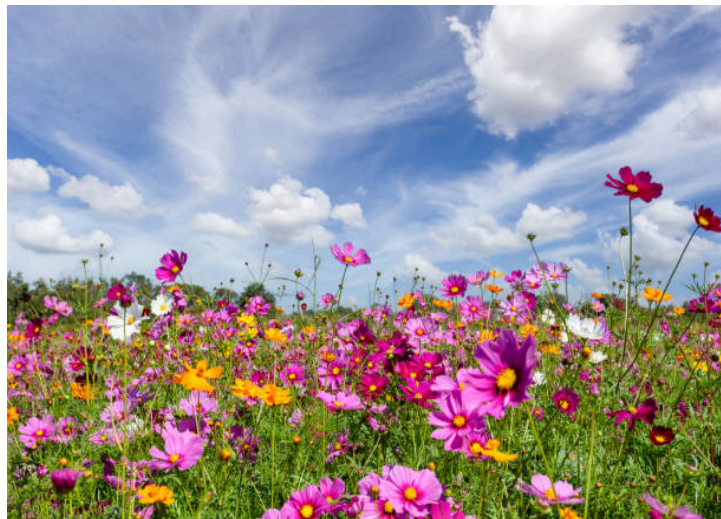
No Mow May - 1-31 May 2025

We've lost approximately 97% of flower-rich meadows since the 1930's and with them gone are vital food needed by pollinators, like bees and butterflies.

But your lawn can help! A healthy lawn with some long grass and wildflowers benefits wildlife, tackles pollution and can even lock away carbon below ground. With over 20 million gardens in the UK, even the smallest grassy patches add up to a significant proportion of our land which, if managed properly, can deliver enormous gains for nature, communities and the climate.

This is why Plantlife calls for people to get involved with #NoMowMay every year, and let wild plants get a head start on the summer.

How to take part - <https://www.plantlife.org.uk/campaigns/nomowmay/#how-to-take-part>



Pregnancy and Maternity Awareness week - 5-11 May 2025

Pregnancy and maternity discrimination is when you're treated unfairly because you're pregnant, breastfeeding or because you've recently given birth. Maternity covers the period of 26 weeks after birth. It is unfortunately still very common. Here we explain what your rights are when you are pregnant, on maternity leave and on your return from maternity leave.

What are your rights when you are pregnant?

<https://maternityaction.org.uk/advice/pregnancy-discrimination>

What are your rights when you return to work?

<https://workingfamilies.org.uk/article-categories/pregnancy-and-maternity>



World Red Cross and Red Crescent Day - 8th May 2025

The day celebrates the Red Cross and the Red Crescent's almost 200 years of service caring for those caught up in disasters and war zones. Today the movement boasts approximately 97 million volunteers.

International Day of Families - 15th May 2025



It raises awareness about the importance of families and their role in society. First conceived in 1993, it's an opportunity for governments, organisations, and individuals to consider how families can be supported and the role family's play in flourishing communities.

International Day Against Homophobia, Biphobia and Transphobia



17 May 2025

This aims to raise awareness of violence and discrimination against LGBTQ+ people to drive positive change, and is now celebrated in more than 130 countries around the world.

The day, as a concept, was conceived in 2004. A year-long campaign culminated in the first International Day Against Homophobia on May 17, 2005. 24,000 individuals as well as organisations such as the International Lesbian and Gay Association (ILGA), the International Gay and Lesbian Human Rights Commission (IGLHRC), the World Congress of LGBT Jews, and the Coalition of African Lesbians signed an appeal to support the "IDAHO initiative". Activities for the day took place in many countries, including the first LGBT events

ever to take place in the Congo, China, and Bulgaria. In the UK, the campaign was coordinated by the Gay and Lesbian Humanist Association (GALHA).

In the workplace everyone should feel safe, welcomed, and free to be ourselves.

Sexual orientation is a protected characteristic relating to a person's sexual orientation towards people of:

1. The same sex as him or her (the person is a gay man or a lesbian).
2. The opposite sex from him or her (the person is heterosexual).
3. Both sexes (the person is bisexual).

International Day for Biodiversity - 22nd May 2025

Biodiversity refers to all of the variety of life that exists on Earth. Biodiversity can be described and measured at three different levels: species, genetic, and ecosystem diversity. Species diversity refers to the number of different species in an ecosystem or on Earth as a whole.



Biodiversity — short for biological diversity — is the variety of all living things and their interactions. Biodiversity changes over time as extinction occurs and new species evolve.

Scientists often speak of three levels of diversity: species, genetic, and ecosystem diversity. In fact, these levels cannot be separated. Each is important, interacting with and influencing others. Changes at one level can cause changes at other levels.

Humans rely on biodiversity to survive. We are intertwined in a big natural system, and each element supports and enables all of us to thrive.

It is easy to see why humans need nature: we need fresh water, clean air, and plants and animals for food. But what we need specifically is biodiversity. Nature around us isn't enough - we need a natural world that is complex, resilient, thriving and full of variety.

<https://www.un.org/en/actnow/>

<https://www.un.org/en/climatechange/what-is-climate-change>

June Enrichment Calendar

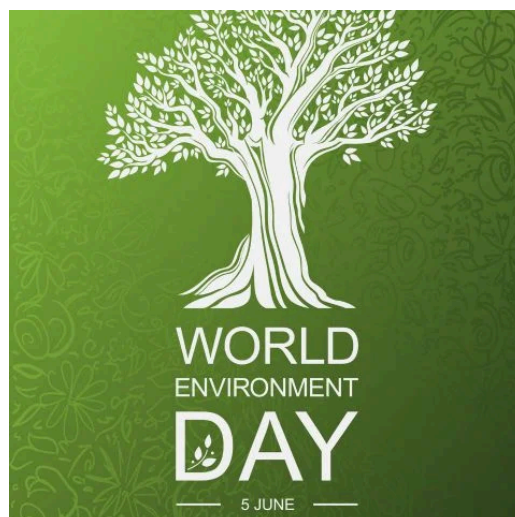
The Great big Green Week

8-16 June 2025



The Great Big Green Week is one of the largest environmental events held in the UK. First organised by The Climate Coalition in 2021, the first year had over 5,000 community events held throughout the country. From green weeks and film festivals to school assemblies and forest walks there is an endless amount of variety and something for everyone. This is a week to engage with your local community on the most pressing issues of our time. It can be used for any number of things such as building local green community networks, educating about climate change, attending talks or celebrating our green spaces.

World Environment Day 5th June 2025



Recycling is the easiest way you can help in helping the environment. It is something that most households and people around the world already do. Recycling is as simple as

separating normal trash, plastic, paper, and glass and putting them in their specific bins. However, doing this at home is not enough.

We need to be careful while we are outside as well and make sure that we are disposing of the trash in proper places instead of scattering it on roads or public spaces.

Water is a very important resource that forms an integral part of the growing needs of the population. There are multiple ways in which you can conserve water. For instance, you can take short showers, close the tap while brushing, steam vegetables instead of boiling (this is because boiling vegetables leads to loss of nutrients while steaming helps preserve them), and collect rainwater which you can later use to water plants, and so on.

One activity you can organise with friends and family is planting trees in your backyards. Not only do trees absorb and filter pollutant gases, but homes with trees in their gardens cut air conditioning needs by 50%. This, in turn, helps to reduce carbon dioxide emissions.

On World Environment Day, let us work together as a community to make the earth a better place to live.

<https://education.nationalgeographic.org/resource/greenhouse-effect/>

<https://www.oxfam.org.uk/documents/699/Oxfam-Climate-Crisis-eBook.pdf>

Clean Air Day 15 June 2025

How do emissions from transport harm the environment?

- In the UK, cars and vans are the biggest source of greenhouse gas emissions, contributing to climate change.¹
- Burning fossil fuels for transport produces a variety of emissions which damage the planet, our health, or both.
- By travelling in cleaner and greener ways, we can directly reduce both air pollution and carbon emissions – and therefore help protect the planet.

Air pollution is linked to 43,000 deaths per year in the UK. The World Health Organization and the UK Government recognise that air pollution is the largest environmental threat to our health.

Earth Overshoot Day

25 July 2025

We are observing Earth Overshoot Day on July 25. This is a serious day for all of us to reconsider our way of life and usage of natural resources. Our mother Earth can only regenerate resources at a finite rate. But we are utilising it more than this rate every year. Earth Overshoot Day was introduced to raise awareness about the resource shortage that we are creating with our modern lifestyle. Once the regeneration of resources is at its limit, we exploit what is left of the resources, making the situation even worse. Andrew Simms started the idea behind Earth Overshoot Day to track the ecological resources and services we use from nature.

Renewable resources need time to renew. If our usage rate is higher than the renewal rate, then we are over-exploiting the resources.



Cycle to Work
Day

August 7, 2025

UK's biggest cycle
commuting event.

[Cycle to work day](#)

