



**Liverpool
Women's
Hospital**



**University Hospitals
of Liverpool**
Group

Inclusion and Wellbeing Events **Calendar 2025**

Be Kind.

Introduction

This calendar celebrates humanity. It offers an awareness of cultural, health and religious events. This is to support staff, patients and public with the knowledge to respond to the diverse needs of us all.

We deliver excellent patient centered care and an inclusive work culture to retain our talented and diverse workforce.

Communication is key for better staff, patient and public engagement. Promotion and understanding for all will help improve everyone's experiences in the hospital community and further afield.

The main purpose of the calendar is to:

- Celebrate the amazing people in our hospital community and offer an opening for people to connect and find out more by being curious, understanding and kind.
- Support you to provide appropriate care taking into account the religious and cultural traditions that people may follow to mark these special occasions.
- Avoid wastage by ensuring appointments are scheduled accordingly.

- Ensure key events do not clash with major festivals which may result in individuals and groups being excluded.
- Assist with supporting our diverse workforce and pre-planning activities and programmes of work including key health and wellbeing activities.

- Provide you with opportunities to celebrate relevant key national events to further the aims of your service (these will be complemented with further resources being made available during the course of the year).

The details given for religious events are relevant to those people that may take a more orthodox approach to their religion or belief. Some events last over a few days with some days being more significant than others. These dates are highlighted and the duration of the festivals are clearly marked. A large majority of these days move from year to year as some are linked to the Lunar calendar and therefore subject to change.

Additionally, different traditions may use slightly alternative dates from those shown. It is best to check with the individual concerned as not all followers will practice their religion in the same way or to the same extent.

We are always grateful for comments and amendments on the calendar to improve everyone's health and well being. At time of print we hope to be accurate and informative but due to local, national and international cultural and working practices dates and explanations may differ.

Apologies if we have missed a health, religious or community event. We hope to get it right next year for you, staff, patients and our local population.

National/International Health events, some are fixed, for example, on the first of the month, which may land on a weekend so it may still occur close to that date during the week. Please check accordingly.

Due to space we cannot put every health day, celebration and photo in this calendar. Please use the opportunity to share.

If you have comments on this calendar please contact:

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Calendar Key

Religion/Event	Symbol	Colour Code
Buddhism		Orange
Chinese		Red
Christianity		Light Blue
Hinduism		Pink
Islam		Green
Judaism		Purple
Sikhism		Brown
Pagan/Wiccan		Blue
Bank Holiday		Grey

Please Note

All Muslim and Jewish festivals begin at sundown on the day before they are highlighted in the calendar.

Communication tips

General communicating tips

- Look and speak directly to the patient, but be mindful and engaging with the carers and interpreters.
- Don't pretend to understand what a person is saying if you don't. Ask the person to repeat or rephrase. Be patient and allow extra time.
- Check that the person you're talking to is following you during the conversation. Be brief, concise and use plain language. Avoid jargon and unfamiliar abbreviations.
- Ask them to tell you what they have understood.
- Don't be afraid to ask the individual when you are unsure what to do.
- Allow extra time for appointments if you are using an interpreter.
- Long stay in-patients should be encouraged to bring into hospital any communication equipment they use at home, where appropriate.
- When planning appointments, meetings or events, ask if there are any reasonable adjustments as a person with a disability might need. If a reasonable adjustment/modification cannot be made, let the person know ahead of time and offer an alternative solution.
- Be patient when offering assistance, and wait until your offer is accepted or refused.
- Relax, be helpful and kind.

Communicating with ethnic groups where English is the second language

- Always use professional interpreters where a language barrier exists. Remember to face the patients when using telephone interpreting to ensure a personal approach and non-verbal communication is considered.
- Speak at a slower rate, which will make it easier for them to keep up with the conversation if they have basic English language skills.
- Use short sentences and simple language. Provide as much information as is relevant as they may not always have the confidence or know what questions to ask.
- Check understanding by using open questions.
- Some staff and volunteers will be wearing ID language badges that will help with very informal conversations.
- For professional interpreters – please book or use the interpreters on wheels.

Communicating with deaf and hard of hearing people

Hearing Aids

- Even if someone is wearing hearing aids it doesn't mean they can hear you perfectly. Ask if they need to lip read and/or written notes need to be taken.
- Don't shout. It can be uncomfortable for hearing aid users and it looks aggressive.

Lip Reading

- Get the listener's attention before you start speaking, maybe by a small wave in their vision or tapping them on the arm.
- Ensure you have face-to-face contact with the person you are talking to.
- Find a suitable place to talk, with good lighting and away from noise and distractions.
- Speak clearly but not too slowly, and don't exaggerate your lip movements – this can make it harder to lipread. Use natural facial expressions and gestures.
- Offer a pen and paper if required.

Communicating with LGBTQIA+ people

- Always use patient's preferred pronouns.
- Use respectful language that acknowledges same sex couples. Use inclusive terms such as 'partner'.
- Let the person tell you the gender of their partner.
- Address the Trans person in the gender they present in or prefer.
- Sensitive ask the patient how they wish to be addressed and use appropriate pronouns.
- Ensure confidentiality and only ever disclose their status with prior consent and only when necessary.
- If you are unsure ask.
- If you get it wrong apologise immediately.

Communicating with blind and partially sighted people

- Identify yourself each time you approach and don't assume the person will recognise you by your voice. Similarly, never leave a conversation with a person without saying so.
- Use everyday language. Don't avoid words like "see" or "look" or talking about everyday activities such as watching TV or videos.
- Use accurate and specific language when giving directions. For example, "the door is on your left", rather than "the door is over there". Also take the time to tell people where important things are like toilets, call buttons, medication, water etc.
- To lead a person check their preference and offer them your arm/elbow to grip. Keep your guided arm bent towards you.
- Explain what you are doing and wait for their reply and understanding.

Communicating with a person with learning disabilities

- Ask direct, short, open questions.
- Please use appropriate videos, graphics, photos, drawings or easy reads.
- Check with the person that you understand what they are saying – "the screen isn't working? Is that right?"
- Watch the person as they may tell you things by their body language and facial expressions.
- Be aware that some people find it easier to use real objects to communicate but photos and pictures can really help too. Always ask to see the hospital/ patient passport which provides details of their preferences.
- Ask parents or carers for their help. Try drawing, even if your drawing is not great it might still be helpful.

Birthday of Guru Gobind Singh

January 6



The tenth and last Gurus birthday lasts three days (beginning two days before the date indicated) and is marked by listening to religious readings in the Gurdwara (Sikh temple) and singing devotional songs and sharing food. On the anniversary day, the programme begins as early as 4 a.m. and can last all day.

Outpatient Impact

Avoid late afternoon appointments up to two days before.

Inpatient Impact

Expect visitors who may bring in food.

May request a visit from the religious priest, which may be outside of visiting hours due to availability. Flexibility will be appreciated.

Staff Impact

Staff may wish to avoid working in the evening on all three days to visit the Gurdwara. May also request to avoid working the following weekend to participate in activities.

Lohri/Maghi

January 13



Lohri festival is celebrated with colour, bonfires, singing, calling in on neighbours with food. Maghi is blessed with Holy water, sweet dishes and giving to charity.

Outpatient Impact

Please be aware if patients and carers ask for different times and days.

Inpatient Impact

Families may bring Holy water, local delicacies and sweets.

Staff Impact

Understanding of cultural practices that staff may ask for time for reflection and celebrations.

Makar Sankranti

January 14



This is a Hindu festival and observance, marking the new beginning, Solar Deity – Surya and transition of the sun to Makar (the zodiac of Capricorn).

Outpatient Impact Please be aware if patients and carers ask for different times and days with the rise and fall of the Sun.

Inpatient Impact Families may pray (offer to close the curtain, a quiet space or the multi faith room). They may also bring local delicacies and sticky sweets as symbol of togetherness.

Staff Impact Understanding of cultural practices that staff may ask for time for socializing and celebration of peace and joyfulness.

Mahayana New Year

January 14



Mahayana talks about a way of life and enlightenment. It is a deep wish for all beings to be free from suffering.

Outpatient Impact Please check if the patient is fine with appointments around and on the day.

Inpatient Impact Some Buddhists may emphasise liberation of birth, death and rebirth. Its about being empathic.

Staff Impact This line of Buddhism covers a wide geo/socio area so cultural practices will differ and may/may not impact work patterns.

Chinese New Year – Year of the Snake

January 29



Families gather spending the evening eating festive meals, giving money to children in red envelopes and visiting the temple. Happy New Year in Cantonese or Mandarin Sun Nin Fai Lok or Xin Nian Kuai Le. Many Hong Kong Chinese/British Born Chinese say Gung Hey Fat Choi (wish you prosperity). Normally celebrated the first Sunday after.

Outpatient Impact Avoid scheduling appointments on this date.

Inpatient Impact

- Expect visitors who may bring in special foods.
- Be aware of any individual superstitions such as avoid bed number 4, avoid the colour White (poverty/death) or Black (calamity and grief), whilst Red signifies good luck (wards off spirits).
- Many people do not eat meat on the first day although some may eat fish.
- May ask to open a window at midnight to let out the old and in with the new.

Staff Impact Staff may request the day off.



Chinese New Year

Events in January

Dry January

January

Encourages people to abstain from alcohol for the first month of the year.

<https://www.nhs.uk/live-well/alcohol-support/>

Cervical Cancer Awareness Month

January

<https://www.macmillan.org.uk/cancer-awareness/cervical-cancer-awareness>

World Braille Day

January 4

The day recognises the contributions of Louis Braille in helping blind and visually impaired people to read and write.

www.mib.org.uk

Epiphany

January 6

Christians observe the feast day commemorating the visit of the Magi, baptism of Jesus and the wedding at Cana.

Caesarean Section Day

January 14

<https://www.nhs.uk/conditions/caesarean-section/>

World Religion Day

January 19

A day to reflect on inter-faith values, to celebrate difference and embrace similarities between religions and belief systems.

Martin Luther Day

January 20

Cervical Cancer Prevention Week

January 20–26

<https://www.jostrust.org.uk/get-involved/campaign/cervical-cancer-prevention-week>

Robert Burns Night

January 25

Burns supper celebrates Scotland's national poet Robert Burns' birthday.

Holocaust Memorial Day

January 27

A day to remember the millions of people murdered in the Holocaust, under Nazi Persecution, and in the genocides which followed in Cambodia, Rwanda, Bosnia, and Darfur.

<https://www.hmd.org.uk/>

January 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Dry January Cervical Cancer Awareness Month	2	3	4 World Braille Day	5
6 Epiphany 🍪 Birthday of Guru Gobind Singh 🕉️	7	8	9	10	11	12
13 🍷🍲 Lohri/Maghi 🪔🕉️	14 Caesarean Section Day 🍙 Mahayana New Year ❄️ 🎋 Makar Sankranti 🪔	15	16	17	18	19 World Religion Day
20 Martin Luther Day Cervical Cancer Prevention Week	21	22	23	24	25 Robert Burns Night	26
27 Holocaust Memorial Day	28	29 🇨🇳 Chinese New Year 🐍 Year of the Snake	30	31		

Imbloc

February 1



Also known as Ireland's patroness saint, St Brigid's Day, this is a Gaelic festival dedicated to women and girls.

Outpatient Impact

Irish and Travelling communities may ask for different appointments.

Inpatient Impact

More recently followers may bring gifts and say prayers/blessings.

Staff Impact

Staff may request time off.

Candlemas

February 2



A Christian holiday about the presentation of Jesus at the Temple. One of the oldest feasts of the church.

Outpatient Impact

Patient may ask for different appointment slots.

Inpatient Impact

Different denominations observe different way such as candle lighting (battery operated ones on the wards).

Staff Impact

Some staff may ask to visit their church or multi faith room.

Thaipusam

February 11



It is mainly observed in South India and South East Asia and celebrates good over evil.

Outpatient Impact

Patient may ask for a different day.

Inpatient Impact

Patient may ask for extra milk and bring their own items as offerings and sacrifice.

Staff Impact

Some staff may celebrate the full moon day.

Lantern Festival

February 12



New year ends with the Lantern Festival, held at night. Traditionally, trays of oranges, candy and flower vases are displayed.

Outpatient Impact

Avoid scheduling appointments.

Inpatient Impact

Expect visitors who may bring in special foods.

Staff Impact

May request to take the evening off.

Magha Puja

February 12



Celebrates the full moon and is 2nd most important festival for meditation, alms giving and teaching.

Outpatient Impact

Observers may need time and space for meetings and teachings.

Inpatient Impact

Some follow community gatherings, spiritual mediation and self discipline.

Tu Bishvat (Rosh HaShanah)

February 13



"New Year of the Trees" to celebrate ecology and seeds are planted in celebration.

Outpatient Impact

Some observe the occasion from the sunset before.

Inpatient Impact

Fruit, drinks and prayers are widely observed from Hasidic to Secular Jewish community.

Staff Impact

Some observe it as Earth day emphasizing collective action.

Nirvana Day (Parinairvana)

February 15



The death of the Buddha is celebrated, as having attained enlightenment. Temples and monasteries are visited. A social occasion where people gather with food and gifts and remember loved ones.

Outpatient Impact

Avoid scheduling appointments as many may wish to meditate or attend places of worship.

Inpatient Impact

- Some practices involve certain dietary restrictions such as having only one meal a day.
- May spend time meditating, although the timing is flexible.
- May wish to remember loved ones who have died on this day and display photos.

Staff Impact

Depends on individual practice. May request time off to celebrate with the Buddhist community.

Events in February

LGBTQ+ History Month

February

A month-long observance of lesbian, gay, bisexual and transgender history, gay rights and related civil rights movements.
<https://www.stonewall.org.uk>

World Hijab Day

February 1

Focuses on increasing understanding and tackling bigotry, discrimination, and prejudice against Muslim women.
www.worldhijabday.com

UK Race Equality Week

February 3–9

An annual UK wide movement uniting against the barriers to race equality.
<https://www.raceequalitymatters.com/race-equality-week/>

National Apprenticeship Week

February 3–9

An opportunity for the education and skills sector to celebrate the achievements of apprenticeships.
<https://nationalapprenticeshipweek.co.uk/>

World Cancer Day

February 4

To create a future without cancer.
<https://www.worldcancerday.org/>

Time to Talk Day

February 6

Brings the nation together to get talking and break the silence around mental health issues.
www.time-to-change.org.uk

International Day of Women and Girls in Science

February 11

<https://www.womeninscienceday.org/>

Anthony Walker Birthday

February 21

<https://anthonywalkerfoundation.com/>

Rare Disease Day

February 28

To raise awareness of rare diseases and improve access, treatment and representation.
www.rarediseaseday.org

February 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 LGBT History Month World Hijab Day Imbloc	2 Candlemas
3 UK Race Equality Week National Apprenticeship Week	4 World Cancer Day	5	6 Time to Talk Day	7	8	9
10	11 International Day of Women and Girls in Science Thaipusam	12 Lantern Festival Magha Puja	13 Tu Bishvat	14	15 Nirvana Day	16
17	18	19	20	21 Anthony Walker Birthday	22	23
24	25	26	27	28 Rare Disease Day		

Ramadan

March 1-30



The exact date is determined by the moon sighting which may vary according to the mosque people follow. The holiest month of the year where Muslims fast for 30 days from sunrise to sunset, which is compulsory. Time is focused on prayer, self-reflection and charity.

Outpatient Impact

- Avoid scheduling early morning appointments as many people will be engaging in prayer until the early hours of the morning.
- Avoid carrying out home visits near to sunset when they may be preparing foods to open their fasts and/or engaged in prayer.

Inpatient Impact

- Some patients may still wish to fast although they are exempt due to ill-health.
- Review of medications may be required.
- Certain medical interventions will be rejected to avoid breaking the fast.

Staff Impact Staff may want to rearrange working day to accommodate the timing of the fast. May also request a prayer room.

Shrove Tuesday

March 4



Shrove Tuesday gets its name from the practice of 'shriving', an older term for the practice of confession. Before the onset of Lent, Christians would confess and receive forgiveness from sins so that they could enter Lent guilt-free.

This evening would be an opportunity for families to eat certain foods that would be banned during Lent, such as Meat, Eggs, Flour, Milk and fatty foods. i.e. eating pancakes using much of the items.

Outpatient Impact Low – reflection and visit to church.

Inpatient Impact Enquire if there are any dietary and religious requirements.

Staff Impact Low Impact – self-examination and possible visit to religious venues.

Ash Wednesday

March 5



The first day of Lent, the season marking the time Jesus spent in the wilderness.

Outpatient Impact Low restrictions.

Inpatient Impact

- May want to attend a service or request a visit from the Chaplains, requesting ashes to be brought to them.
- Most Christians will avoid eating meat on this day.
- Expect visitors who may want to bring in special foods.
- Orthodox Easter preparations begin with 40 days of strict fasting prior to Easter Day. May include abstaining from particular food products.

Staff Impact Low impact but mindful of individual requests.

Purim

March 13



Commemorates Esther's saving of the Jewish people from extermination. Four activities are performed including listening to a public reading, send food to friends, give charity and eat a festive meal.

Outpatient Impact

No restrictions but avoid appointments as it is a particularly busy day for the community.

Inpatient Impact

- Expect visitors in the late evening, particularly in the summer months with longer days, as the patient may want to hear a reading towards sundown which takes between 25-40 minutes.

Staff Impact

Staff may request time off for reflection and support.

Holi

March 14



Spring festival celebrating creation and renewal. In the evening people celebrate with a bonfire and roasted coconuts and smearing each other with coloured paint and powders.

Outpatient Impact

No impact.

Inpatient Impact

- Single meal fasting is often observed.
- Expect evening visitors.

Staff Impact

Staff may wish to avoid working in the evening to attend prayers in the temple.

Eid Ul-Fitr

March 31



The exact date is determined by the moon sighting which may vary according to the mosque people follow. A two day celebration marking the end of fasting and to thank God for his help with their month long act of self-control. "Eid Mubarak" greetings are sent.

Outpatient Impact

Avoid scheduling appointments on Eid day and the day after.

Inpatient Impact

- Patients may want to dress up.
- Expect visitors who may bring in special foods.

Staff Impact

Staff may request up to two days off.

Events in March

Ovarian Cancer Awareness Month

To raise awareness of Ovarian cancer.
<https://ovarian.org.uk/march-ovarian-cancer-awareness-month/>
<https://www.macmillan.org.uk/cancer-awareness/ovarian-cancer-awareness-month>

Endometriosis Month

To raise awareness of the condition.
endometriosis-uk.org

Zero Discrimination Day

March 1
Highlights the urgent need to take action against discriminatory laws around the world.
<https://www.unaids.org/en>

International HPV Awareness Day

March 4
<https://ipsvoc.org/news/4th-march-international-hpv-awareness-day/>

NHS Overseas Worker's Day

March 7
<https://www.daysoftheyear.com/days/overseas-nhs-workers-day/>

International Women's Day

March 8
Celebrates the social, economic, political and cultural achievements of women.
www.internationalwomensday.com

Nutrition & Hydration Week

March 10 – 16

No Smoking Day

March 12
An awareness day intended to help smokers who want to quit smoking.
<https://ukpublichealthnetwork.org.uk/events/no-smoking-day-2021-03-13>

World Kidney Day

March 13
www.worldkidneyday.co.uk

World Sleep Day

March 14
A celebration of sleep and a call to action on important issues related to sleep, including medicine, education, social aspects and driving.
<https://worldsleepday.org>

Neurodiversity Celebration Week

March 17 – 24
<https://www.neurodiversityweek.com/>

International Day for the Elimination of Racial Discrimination

March 21
Reminds people of racial discrimination's negative consequences and their obligation against racial discrimination.
<https://www.un.org/en/observances/end-racism-day>

World Down Syndrome Day

March 21
Global awareness observed by UN 2012, to signify Trisomy of the 21 chromosome.
<https://downsyndromeuk.co.uk/>
<https://www.worlddownsyndromeday.org/about-wdsd>

International Transgender Day of Visibility

March 31
Aims to bring attention to the accomplishments of Trans people around the globe while fighting transphobia by spreading knowledge of the Trans community.
www.gires.org.uk

March 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31 International Transgender Day of Visibility 🌿 Eid Ul-Fitr 🌙					1 Ovarian Cancer Awareness Month Endometriosis Month Zero Discrimination Day 🌿 Ramadan 🌙	2
3	4 International HPV Awareness Day 📅 Shrove Tuesday ⬆	5 Ash Wednesday ⬆	6	7 NHS Overseas Workers Day	8 International Women's Day	9
10 Nutrition & Hydration Week	11	12 No Smoking day	13 World Kidney Day 🍷 Purim ⬆	14 World Sleep Day 🎉 Holi 🎉	15	16
17 Neurodiversity Celebration Week	18	19	20	21 International Day for the Elimination of Racial Discrimination World Down Syndrome Day	22	23
24	25	26	27	28	29	30

Passover

April 12



Sabbath-like restrictions on the first and last two days. Fewer restrictions on other days. An eight day celebration which marks the ancient exodus of the Jews from Egyptian slavery. A special dinner known as 'Seder' is eaten and celebrated with prayer services.

Outpatient Impact

Patients may avoid writing anything on these days.

Inpatient Impact

- Family may want to bring food from home especially on the first night (Seder).
- Only foods which have been specially produced for Passover are permitted, except for fresh fruit and raw vegetables.
- Throughout the 8 days may abstain from eating "leaven" or fermented products made from wheat, rye, barley, oats or spelt, which includes bread, cereal and pasta.

Staff Impact

Staff may request to take off the first and last two days.

Vaisakhi

April 14



Celebrated with joyous music, dance, and communal worship at the Gurdwara. Also marks the day the Sikh brotherhood (Khalsa) was founded by Guru Gobind Singh.

Outpatient Impact

Avoid scheduling appointments.

Inpatient Impact

- Expect visitors who may bring in food.
- Patients may want to dress up.
- May request a visit from the local religious priest, which may be outside of visiting hours due to their workload. Flexibility will be appreciated.

Staff Impact

Staff may wish to avoid working in the evening to visit the Gurdwara. May also request to avoid working the following weekend to participate in the activities.

Rama-Navami

April 17



Start of a nine day festival celebrating Lord Rama's birthday. His cradle is decorated and religious stories are read ceremoniously at home and in joyous public gatherings in the temple.

Outpatient Impact

Avoid afternoon appointments as followers of Lord Rama will visit the temple for a special afternoon prayer.

Inpatient Impact

- May bring in food and expect visitors.
- Many fast until midnight breaking their fast with an offering of fruits and milk.
- Others may fast for the whole nine days from sunrise to sunset.
- Throughout the nine days no meat and alcohol are consumed.

Staff Impact

Low impact but but staff may request time off.

Good Friday

April 18



The first day of Lent, the season marking the time Jesus spent in the wilderness.

Outpatient Impact

No restrictions.

Inpatient Impact

- May want to attend a service or request a visit from the Chaplains, requesting ashes to be brought to them.
- Most Christians will avoid eating meat on this day.
- Expect visitors who may want to bring in special foods.
- Orthodox Easter preparations begin with 40 days of strict fasting prior to Easter Day. May include abstaining from particular food products.

Staff Impact

Low impact for some Christian denominations but be supportive and aware of the significance to others.

Easter Sunday

April 20



The Resurrection of Jesus Christ – his return from death after the Crucifixion is celebrated on this day. Includes vigils, readings, re-enactments and the eating of special foods. A number of ceremonies also take place the day after on Easter Monday/ Bright Monday.

Outpatient Impact

Avoid scheduling appointments.

Inpatient Impact

- Many attend liturgies during the Holy Week that leads up to Easter Sunday.

Staff Impact

Staff may request the day off or rearrange the working day to attend a service.

Easter Monday

April 21



2nd Day of Easter and bank holiday. Easter is a Christian festival and cultural holiday commemorating the resurrection of Jesus from the dead.

Outpatient Impact

The hospital outpatient is closed.

Inpatient Impact

Some patients may wish to use the multi faith room or ask for the chaplaincy.

Staff Impact

Staff may ask for all or part of the day due to religious needs.

Events in April

Stress Awareness Month

April

Raises awareness of the causes and cures for our modern stress epidemic.
<https://www.nhsemployers.org/articles/supporting-our-nhs-people-experiencing-stress>

Testicular Cancer Awareness Month

April

<https://www.macmillan.org.uk/cancer-awareness/testicular-cancer-awareness-month>

World Autism Day

April 2

Aims to create a greater understanding of the needs of people with Autism and their carers.

<https://www.autism.org.uk>

International Romani Day

April 8

<https://www.gypsy-traveller.org/>

Stephen Lawrence Day

April 22

Allows people to reflect upon the part we all play in creating a society and champion action for local communities and anti-racism.

<https://stephenlawrenceday.org/>

Admin Professionals Day

April 23

<https://www.wincalendar.com/uk/Administrative-Professionals-Day>

On Your Feet Britain

April 24

Encourages workers across Britain to unite together and participate in a variety of fun and simple activities to #SitLess and #MoveMore at work.

<https://onyourfeetday.com/britain/challenge>

Lesbian Visibility Day

April 26

A day for lesbians to feel recognised, safe and visible.

<https://www.stonewall.org.uk/>

April 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 Stress Awareness Month Testicular Cancer Awareness Month	2 World Autism Day	3	4	5	6
7	8 International Romani Day	9	10	11	12 Passover ⚡	13
14 Vaisakhi 🌀	15	16	17 Rama-Navami 🌸	18 Good Friday ⛪	19	20 Easter Sunday ⛪
21 Easter Monday ⛪	22 Stephen Lawrence Day	23 Admin Professionals Day	24 On Your Feet Britain	25	26 Lesbian Visibility Day	27
28	29	30				

Wesak/Buddha Day (Visakha Puja)

May 12



Major festival commemorating the birth, enlightenment and death of Buddha. People often decorate their homes and visit the local temple, offering flowers and burning candles and incense.

Outpatient Impact Avoid scheduling appointments.

Inpatient Impact

- Offer vegetarian option as will avoid eating meat on this date.
- May also cut down on the amount and kind of food eaten.
- Will dress much more simply than they might otherwise.
- May wish to place flowers in the room or set up a small electric light.

Staff Impact Depends on the individual practice. May request time off to celebrate with the Buddhist community.

Events in May

Bladder Cancer Awareness Month

May

<https://www.macmillan.org.uk/cancer-awareness/bladder-cancer-awareness-month>

National Walking Day

May 1

National Walking Month encourages people to walk more throughout May.

<https://www.livingstreets.org.uk/get-involved/campaign-with-us/national-walking-month>

International Day of the Midwife

May 5

A vision for every child-bearing woman to midwife care and to strengthen the role of the midwife.

<https://www.internationalmidwives.org/>

Deaf Awareness Week

May 5 – 11

Promotes the positive aspects of 'deafness', social inclusion and general awareness raising.

<http://deafcouncil.org.uk>

<http://www.actiononhearingloss.org.uk>

World Hand Hygiene Day

May 5

<https://www.who.int/campaigns/world-hand-hygiene-day>

Equality, Diversity & Human Rights Week

May 8 – 15

A national platform for organisations to highlight their work to create a fairer and more inclusive NHS for patients and staff.

<https://www.nhsemployers.org/>

World Ovarian Cancer Day

May 8

<https://www.ovacome.org.uk/>

<https://ovarian.org.uk/>

International Nurses Day

May 12

<https://www.who.int/europe/event/international-nurses-day>

Mental Health Awareness Week

May 12 – 18

Opportunity for people to talk about all aspects of mental health, with a focus on raising awareness of help and advice.

<https://www.mentalhealth.org.uk>

National Day for Staff Network

May 14

<https://www.nationaldayforstaffnetworks.co.uk>

ODP Day

May 14

A day to celebrate the operating department practitioner profession.

<https://www.unison.org.uk/events/odp-day-2023/>

Global Accessibility Awareness Day

May 15

Promote digital accessibility, access, and inclusion for people with disability.

<https://abilitynet.org.uk/>

International Day Against Homophobia, Biphobia, Intersexism & Transphobia

May 17

Dedicated to raising awareness of LGBTQ+ rights, violations and stimulate interest.

<https://dayagainsthomophobia.org>

<https://www.stonewall.org.uk>



May 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Bladder Cancer Awareness Month National Walking Day	2	3	4
5 Early May Bank Holiday International Day of the Midwife Deaf Awareness Week World Hand Hygiene Day	6	7	8 Equality, Diversity & Human Rights Week World Ovarian Cancer Day	9	10	11
12 International Nurses Day Mental Health Awareness Week 🍷 Wesak/Buddha Day 🌸	13	14 National Day for Staff Network ODP Day	15 Global Accessibility Awareness Day	16	17 International Day Against Homophobia, Biphobia, Intersexism & Transphobia	18
19	20	21	22	23	24	25
26 Spring Bank Holiday	27	28	29	30	31	

Shavuot (Pentecost)

June 1



Sabbath like restrictions.

A two-day festival that marks the revelation of the Ten Commandments to Moses at Mount Sinai. Starts the day before at sundown.

Outpatient Impact

Avoid scheduling appointments.

Inpatient Impact

- Family may bring in cheesecake and may want to bring in flowers, which are traditionally used to decorate the home.

Staff Impact

Staff may request at least two days off.

Guru Arjan Dev Martyrdom

June 16



He was the first Sikh martyr and his death is marked by prayer and congregational worship beginning up to two days before. On the actual day a chilled sweetened drink made from milk, sugar, essence and water, is freely distributed.

Outpatient Impact

Avoid scheduling appointments. Avoid late afternoon appointments up to two days before.

Inpatient Impact

- Expect visitors who may bring in special foods.
- Patients may want to dress up.
- May request a visit from the religious priest, which may be outside of visiting hours due to availability. Flexibility will be appreciated.

Staff Impact

Staff may wish to avoid working in the evening on all three days to visit the Gurdwara. May also request to avoid working the following weekend to participate in communal activities.

Eid Ul-Aldha

June 17



The exact date is determined by the moon sighting which may vary according to the mosque people follow. A two day celebration marking the end of fasting and to thank God for his help with their month long act of self-control. "Eid Mubarak" greetings are sent.

Outpatient Impact

Avoid scheduling appointments on Eid day and the day after.

Inpatient Impact

- Patients may want to dress up.
- Expect visitors who may bring in special foods.

Staff Impact

Staff may request at least two days off.

Al-Hijra (Islamic New Year)

June 26



A low key event which marks the migration of the Prophet Muhammad and his followers from Mecca to Medina. Its main emphasis is on reflection, remembrance and gratitude.

Outpatient Impact

Avoid scheduling early morning appointments as many will spend the night before in prayer.

Inpatient Impact

- Many will want to fast on this day and spend time in prayer.
- Rejoicing is limited until Ashura due to historical events.

Staff Impact

Some may wish to fast on the day. Some Shia Muslims may wish to take the evening off to partake in communal prayer as the 10 days until Ashura are a period of mourning.

Events in June

Gypsy, Roma and Traveller Month

June

Womb Cancer Month

June

<https://peachestrust.org/june-is-womb-cancer-awareness-month/>

Volunteers Week

June 2–8

Recognises the importance of giving back to your community.

<https://volunteersweek.org/>

Dietitians Week

June 2–6

<https://www.bda.uk.com/news-campaigns/campaigns/dietitians-week.html>

Men's Health Week

June 9–15

Heightens the awareness of preventable health problems and to encourage early detection and treatment of disease among men and boys.
www.menshealthforum.org.uk

Carers Week

June 9–15

Highlights challenges and contributions of carers.
www.carersweek.org

Diabetes Week

June 9–15

<https://www.diabetes.org.uk/>

World Blood Donor Day

June 14

<https://www.who.int/campaigns/world-blood-donor-day>

Cervical Screening Awareness Week

June 16–22

<https://www.macmillan.org.uk/cancer-awareness/cervical-screening-awareness-week>

Learning Disabilities Week

June 16–22

National awareness week focused on tailoring approaches to meet the community's needs.
www.mencap.org.uk

Refugee Week

June 16–22

Discovery and celebration of the contribution of Refugees in the UK.
www.refugeeweek.org.uk

National Healthcare Estate & Facilitators Day

June 19

<https://healthcareefmday.org/>

Africa Oye

June 21–22

<https://africaoye.com/>

Windrush Day

June 22

Honours the British Caribbean community and half a million people who travelled to the UK after WW2.
<https://www.windrushday.org.uk>

Veterans: Armed Forces Day

June 28

<https://www.armedforcesday.org.uk/>



Multilingual volunteers and staff identified by their badges

June 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30						1 Gypsy, Roma and Traveller Month Womb Cancer Month Shavuot (Pentecost) ⚡
2 Volunteers Week Dietitians Week	3	4	5	6	7	8
9 Men's Health Week Carers Week Diabetes Week	10	11	12	13	14 World Blood Donor Day	15
16 Cervical Screening Awareness Week Learning Disabilities Week Refugee Week Guru Arjan Dev Martyrdom 🕌	17 Eid Ul-Aldha 🌙	18	19 National Healthcare Estate & Facilitators Day	20	21 Africa Oye	22 Windrush Day
23	24	25	26 Al-Hijra (Islamic New Year) 🌙	27	28 Veterans: Armed Forces Day	29



Ashura

July 5



Tenth day of the New Year. An optional one to three day fast recognising Moses's fasting in gratitude to God for liberation whilst the Shia observance is based on the martyrdom of Prophet Muhammad's grandson 'Hussain'.

Outpatient Impact Avoid scheduling appointments for Shia Muslims.

Inpatient Impact

- Regardless of sect may wish to pray and fast on this day.
- Expect visitors.
- Shia men and women may wish to dress in black.

Staff Impact Not work restricted, but some may fast in observance of this day whilst others may wish to take the day off.

Dharma Day (Asalha Puja Day)

July 10



This day remembers the Buddha's first sermon given in the Deer Park. Buddhists observe the day by giving offerings at temples and listening to sermons.

Outpatient Impact Avoid scheduling appointments.

Inpatient Impact

- Provide opportunity for quiet time.
- May wish to see a Buddhist Chaplain.

Staff Impact Depends on the individual practice. May request time off to celebrate with the Buddhist community.



Events in July

Sarcoma Awareness Month

July

<https://sarcoma.org.uk/>

Talk to us Samaritans Month

July

<https://www.samaritans.org/>

Disability Awareness Day

July 13

The world's largest 'not for profit' voluntary-led disability exhibition, held annually in a huge tented village within the grounds of Walton Hall Gardens in Warrington.

<https://www.disabilityawarenessday.org.uk/about/international.shtml>

South Asian Heritage Month

July 18–August 25

<https://southasianheritage.org.uk/>

Birthday of Haile Selassie

July 23

Revered in Rastafari communities.

https://en.wikipedia.org/wiki/Haile_Selassie

Liverpool Pride

July 26

<https://www.lcpride.co.uk/>

July 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 Sarcoma Awareness Month Talk to Us Samaritans Month	2	3	4	5 Ashura 🌙	6
7	8	9	10 Dharma Day ❄️	11	12	13 Disability Awareness Day
14	15	16	17	18 South Asian Heritage Month	19	20
21	22	23 Birthday of Haile Selassie	24	25	26 Liverpool Pride	27
28	29	30	31			

Fast of Tishab'Av

August 3



Sabbath like restrictions.

A 25 hour fast begins prior to sunset the previous day. A solemn day that commemorates a series of tragedies, many of which have coincidentally occurred on this day.

Outpatient Impact

Avoid scheduling morning appointments as there are restrictions applied until mid-day. Until midday patients may prefer standing or want to sit on a low chair.

Inpatient Impact

- May wish to fast.
- Bathing, application of creams/oils, wearing leather shoes are prohibited during the fast.
- Until midday patients may avoid sitting in a chair and will prefer to lie in bed.

Staff Impact

Staff may wish to fast and may request the day off.

Krishna Janmashtami

August 16



Celebration of the birthday of Lord Krishna. The devotees fast for the whole day, singing devotional songs and bringing offerings to the Temple. Ends with a large feast.

Outpatient Impact

Avoid scheduling early morning appointments.

Inpatient Impact

- Single meal fasting is often observed until midnight (although others may eat fruit and nuts etc during the day).
- May display a statue of Krishna, who is worshipped in every house.
- Visitors may bring in food.

Staff Impact

Work is not restricted but many typically forgo sleep to observe it which includes keeping vigil through the night while reciting hymns and prayers.

Events in August

World Breastfeeding Week

August 1–7

Encourages breastfeeding to improve the health of babies.
www.unicef.org.uk

Cycle to Work Day

August 1

Promotes the bicycle as an option for commuting to work.
<https://www.cycletoworkday.org>

International Youth Day

August 12

Raises awareness of issues affecting young people around the world.
www.byc.org.uk



August 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 World Breastfeeding Week Cycle to Work Day	2	3 Fast of Tishab'Av ⚡
4	5	6	7	8	9	10
11	12 International Youth Day	13	14	15	16 Krishna Janmashtami 🪔	17
18	19	20	21	22	23	24
25 Summer Bank Holiday	26	27	28	29	30	31

Ecclesiastical Year – Orthodox Christian

September 1



Considered the first day of the church year for Orthodox Christians.

Outpatients Impact

Be aware of scheduling appointments.

Inpatient Impact

Active listening to patients religious and spiritual needs such as celebrations.

Staff Impact

Low impact but some staff may wish to pray in orthodox churches and multi faith rooms.

Mabon

September 21



Known as the Pagan's Thanksgiving and marks the Autumn Equinox.
Celebration of harvest and giving.

Outpatient Impact

Some followers such as Wicca may ask for alternative times and dates.

Inpatient Impact

Reflection of the summer season and to enjoy the fruits of the season.

Staff Impact

Low impact but raising awareness of local and world beliefs.

Events in September

Urology Awareness Month

September

<https://www.theurologyfoundation.org/>

Gynaecological Cancer Awareness Month

September

<https://www.macmillan.org.uk/cancer-awareness/gynaecological-cancer-awareness-month>

Hereditary Cancer Awareness Week

September 1–7

<https://ovarian.org.uk/get-involved/campaigns/hereditary-cancer-awareness-week/>

World Sexual Health Day

September 4

<https://www.worldsexualhealth.net/world-sexual-health-day>

World Physiotherapy Day

September 8

<https://world.physio/wptday>

World Suicide Prevention Day

September 10

Promoting worldwide commitment and action to prevent suicides.

<https://www.nhsemployers.org/articles/suicide-prevention-and-postvention>

<https://www.iasp.info/wspd2021/>

World Sepsis Day

September 13

<https://www.who.int/teams/integrated-health-services/infection-prevention-control/sepsis>

World Patient Safety Day

September 17

<https://thehealthinnovationnetwork.co.uk/news/get-it-right-make-it-safe-world-patient-safety-day-2024/>

<https://www.who.int/news-room/events/detail/2024/09/17/default-calendar/world-patient-safety-day-17-september-2024-improving-diagnosis-for-patient-safety>

World Managers Day

September 19

National Fitness Day

September 20

National Fitness Day encourages the nation to celebrate the fun of fitness and physical activity across the UK.

Pharmacists Day

September 25

<https://www.fip.org/world-pharmacists-day>

Macmillan Coffee Morning

September 26

Worlds biggest coffee day to support those living with cancer.

<https://coffee.macmillan.org.uk/>

National Inclusion Week

September 29–October 6

Raise awareness of the importance of inclusion in the workplace.

<https://www.inclusiveemployers.co.uk/>



September 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Urology Awareness Month Gynaecological Cancer Awareness Month Hereditary Cancer Awareness Week 	2	3	4 World Sexual Health Day	5	6	7
8 World Physiotherapy Day	9	10 World Suicide Prevention Day	11	12	13 World Sepsis Day	14
15	16	17 World Patient Safety Day	18	19 World Managers Day	20 National Fitness Day	21 
22	23	24	25 Pharmacists Day	26 Macmillan Coffee Morning	27	28
29 National Inclusion Week	30					

Yom Kippur (Day of Atonement)

October 2



The most solemn day of the Jewish year. Involves a 25 hour fast. No food or drink is to be consumed from sundown until sunset.

Outpatient Impact

Avoid scheduling appointments.

Inpatient Impact

- May wish to keep a full or limited fast despite medical advice. Consult a Rabbi if necessary.
- Restrictions against washing, applying creams and wearing leather shoes amongst others.

Staff Impact

Staff may request to take the day off.

Zong Qui (Moon Festival)

October 6



A time of family reunion that is celebrated with fireworks, lanterns and eating "Moon cakes".

Outpatient Impact

No impact on day time appointments.

Inpatient Impact

- Expect visitors who may bring in special foods.
- May wish to dress up.

Staff Impact

May request to take the evening off.

Sukkot (Feast of Tabernacles)

October 7



First & last two days have Sabbath restrictions and limited ones on remaining days. An eight day festival commemorates the years the Jews spent in the desert on their way to the promised land. Traditional Jews each build a small open-roofed booth-like building in which they eat their meals or even sleep.

Outpatient Impact

Avoid scheduling appointments for the first two days. On the remaining five days there are fewer restrictions. Be mindful patients may avoid writing anything on these days.

Inpatient Impact

- May ask for visitors help to say a blessing over the Lulav (four species of plants mentioned in the Bible) for each of the first seven days (essential for men but not women).

Staff Impact

Staff may request to take off the first and last two days.

Shemini Atzeret

October 14



Marks the completion of the yearly cycle of weekly Torah readings.

Simchat Torah

October 15



A prayer for rain is recited to benefit agriculture.

Outpatient Impact

As per Sukkot – Sabbath-like work restrictions.

Diwali

October 20



The 'festival of lights' (Diwali) is celebrated with feasting, exchanging gifts and bonfires. 'Happy Diwali' greetings are sent. It is preceded by New Years Day where the goddess of wealth, Laxmi, is invited in peoples homes.

Outpatient Impact

Avoid scheduling appointments.

Inpatient Impact

- Expect visitors who may bring in special foods.
- May want to read from scriptures and use prayer beads.
- Patients may want to dress up.
- May wish to fast.

Staff Impact

Staff may wish to take time off.

Events in October

Black History Month

October

A celebration of Black History, arts and culture.

<https://www.blackhistorymonth.org.uk/>

Baby Loss Awareness Week

October 8–15

Time to remember our much loved and missed babies.

<https://babyloss-awareness.org/>

<https://www.childbereavementuk.org/>

Malnutrition Awareness Week

October 9–16 (TBC)

<https://www.malnutritiontaskforce.org.uk/>

World Mental Health Day

October 10

Celebration of mental health education, awareness and advocacy.

www.mentalhealth.org.uk

Infection Control Prevention Week

October 13–19

Pronouns Day

October 15

Seeks to make respecting, sharing, and educating about personal pronouns commonplace.

<https://pronounsday.org/resource>

Global Handwashing Day

October 15

<https://globalhandwashing.org/global-handwashing-day/>

Digital Inclusion

October 17

World Menopause Day

October 18

Raises awareness on the menopause and support options for improving health and wellbeing.

<https://www.imsociety.org/>

<https://www.nhsemployers.org/articles/menopause-and-workplace>

Pharmacy Technician's Day

October 21 (TBC)

<https://www.aptuk.org/>

International Stammering Awareness Day

October 22

Raises awareness of stammering, which affects one percent of the world's population.

<https://stamma.org/>

All Hallow's Eve

October 31

Dedicated to remember the dead. Observed by many religions and cultures.

<https://www.timeanddate.com/holidays/uk/halloween>

October 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Black History Month	2 🍷 Yom Kippur ⚡	3	4	5
6 🇨🇳 Zong Qui (Moon Festival) 🌕	7 🍷 Sukkot ⚡	8 Baby Loss Awareness Week	9 Malnutrition Awareness Week	10 World Mental Health Day	11	12
13 Infection Control Prevention Week	14 🍷 Shemini Atzeret ⚡	15 Pronouns Day Global Handwashing Day 🍷 Simchat Torah ⚡	16	17 Digital Inclusion	18 World Menopause Day	19
20 🇮🇳 Diwali 🪔	21 Pharmacy Technician's Day	22 International Stammering Awareness Day	23	24	25	26
27	28	29	30	31 All Hallow's Eve		



Sandra – a volunteer and her special cakes



Genomic Team



Therapy Dogs
Ralph and Paddy



Gender Diversity Health Event

Events in November

Islamophobia Awareness Month

November
islamophobia-awareness.org

Men's Mental Health Awareness Month

November
<https://mentalhealth-uk.org/>

World Radiography Day

November 8
<https://www.sor.org/about/about-radiography/world-radiography-day>

Remembrance Sunday

November 9
<https://www.timeanddate.com/holidays/uk/remembrance-sunday>

Anti-Bullying Week

Nov 10

Armistice Day

Nov 11

World Kindness Day

November 13
Attempts to make the world a better place by celebrating and promoting good deeds and pledging acts of kindness. Also the mantra of our hospital values. Be Kind.
<https://awareness-days.co.uk/awareness-day/world-kindness-day/2025-11-13/>
<https://www.kindnessuk.com/>
<https://www.thecooltobekindproject.org/>
<https://www.randomactsofkindness.org>

Genetic Counsellor Awareness Day

November 13
<https://www.genomicsengland.co.uk/blog/celebrating-genetic-counselling>

Disability History Month

November 16–December 16
<https://ukdhm.org/>

International Men's Day

Nov 19

Carers' Rights Day

November 20

Trans Day of Remembrance

November 20

An opportunity for communities to come together and remember transgender and gender-nonconforming people who have been.
<https://www.gires.org.uk/>

Day of Elimination of Violence Against Women

November 25

Raises awareness of women who are subject to rape, domestic violence and other forms of violence.
www.endviolenceagainstwomen.org.uk

November 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 Islamophobia Awareness Month Men's Mental Health Awareness Month	2
3	4	5	6	7	8 World Radiography Day	9 Remembrance Sunday
10 Anti-Bullying Week	11 Armistice Day	12	13 World Kindness Day Genetic Counsellor Awareness Day	14	15	16 Disability History Month
17	18	19 International Men's Day	20 Carers' Rights Day Trans Day of Remembrance	21	22	23
24	25 Day of Elimination of Violence Against Women	26	27	28	29	30

Hanukka

December 15



A 9-branched menorah or candelabrum, which may be placed in a private home, a synagogue, or a public place, such as Trafalgar Square in London. On the evening preceding the first day of Hanukkah, the first candle is ceremonially lit, usually accompanied by songs and prayers.

Each of the following 7 evenings, a new candle is ignited, so that all candles are burning on the last day of Hanukkah. The middle candle, called the shamash, is used throughout the celebration period to light the other candles.

Outpatient Impact

Dates may clash with celebrations.

Inpatient Impact

Followers may wish to bring potato cakes or donuts and other dairy products.

Staff Impact

Some staff may ask for time off to celebrate the holidays.

Christmas Day

December 25



The day when Western Christians celebrate the birth of Jesus Christ. Often celebrated in prayer and song at Church services, and gifts are often given to represent the gifts Jesus received from the three kings.

Outpatient Impact

Avoid scheduling appointments.

Inpatient Impact

- May want to attend a service and/or have a visit from the Chaplain.
- Patients may wish to dress up and eat special foods.
- Expect visitors.

Staff Impact

Staff may request the day off or rearrange the working day to attend a service and spend time with loved ones.

Christmas Eve

December 24



The evening or entire day before the birth of Jesus.

Outpatient Impact

Appointments may be difficult to plan.

Inpatient Impact

Patients may wish to be home or with their communities.

Staff Impact

High impact as staff may wish to observe the birth of Jesus close to midnight mass.

Boxing Day

December 26



Celebrated in the UK and commonwealth nations as a Bank Holiday. Seen by some as an extension of the Christmas holidays. Others to pack boxes away.

Outpatient Impact

Low impact due to public holiday.

Inpatient Impact

Medium as patients may wish to be with their family and friends.

Staff Impact

Similar to the rest of the Christmas Holidays that staff may request the day off.

Events in December

Positively Purple Month

December

Global movement to celebrate 386 million disabled employees.
<https://purplespace.org/positivelypurple>

World Aids Day

December 1

Shows support for people living with HIV and to commemorate those that have died.

www.worldaidsday.org

International Day for the Abolition of Slavery

December 2

Aims to eradicate all forms of slavery in the present-day world covering practices such as forced labour, debt bondage, forced marriage, and human trafficking.

<https://www.unodc.org>

International Day of People with Disabilities

December 3

Human Rights Day

December 10

Promotes a recognition of human rights.

www.un.org



Imaging Team



Theatre Team



Chaplaincy Team

December 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Positively Purple Month World Aids Day	2 International Day for the Abolition of Slavery	3 International Day of People with Disabilities	4	5	6	7
8	9	10 Human Rights Day	11	12	13	14
15 Hanukkah	16	17	18	19	20	21
22	23	24 Christmas Eve	25 Christmas Day	26 Boxing Day	27	28
29	30	31				

Key Contacts

Emergencies

Call 999 or go to your nearest A&E if you have an immediate, life threatening emergency. Hospitals with A&Es in the Cheshire and Merseyside area include Aintree University Hospital, The Royal Liverpool Hospital, Countess of Chester, Alder Hey Children's Hospital (16 years and below only) and Arrowe Park Hospital.

The Gynaecology Emergency Department

(GED) is a specialist A&E unit for women who need emergency care of an acute gynaecological problem. Open 24 hours a day, 7 days a week. Telephone Triage Service: 0151 702 4140.

How to Access Healthcare

- Ask a local pharmacist for advice – a pharmacist can give you advice about many common minor illnesses, such as diarrhoea, minor infections, headaches, sore throats, or travel health.
- Make an appointment with your GP if you're feeling unwell and it's not an emergency.
- Call NHS 111 if you urgently need medical help or advice but it's not a life-threatening situation. You can also call NHS 111 if you're not sure which NHS service you need.
- Go to NHS 111 online to get help for your symptoms.

- Go to a walk-in centre, minor injuries unit or urgent treatment centre, if you have a minor illness or injury (cuts, sprains or rashes) and it cannot wait until your GP surgery is open.

Perinatal Mental Health

They provide important mental health assessment and support for local women and birthing people experiencing mental health issues from pregnancy to 24 months after birth.

Specialist Perinatal Mental Health Service

- Cheshire and Wirral: 0151 488 8434
- Halton, Warrington, St Helens and Knowsley: 01925 275 303
- Liverpool and Sefton: 0151 702 4012

Perinatal Training Hub

Information about perinatal mental health for parents and professionals: <https://www.merseyscare.nhs.uk/our-services/liverpool/specialist-perinatal-service/perinatal-training-hub>

For Further Information, Advice and Support

- The Chaplaincy Team
- Equality, Diversity and Inclusion Team
- Health Advice Hub
- Honeysuckle Bereavement Team
- Freedom to Speak Up Guardian
- Newborn Hearing Screen
- Patient Advice and Liaison Support Team
- Volunteer Service

Tel: main switchboard – 0151 708 8899
<https://www.liverpoolwomens.nhs.uk/>
<https://111.nhs.uk/>

Interpretation and Translations

- **Language Line**
Further contact details and how to book the services required on intranet and staff notice board.
- **Non English Speaking Team (NEST)**
Tel: main switchboard – 0151 708 9988 ask for NEST community midwives.
- **Merseyside Society for Deaf People (MSDP)**
Main contact: 0151 228 0888

For support, advice and guidance relating to all areas of safeguarding

Including children, young people and adults at risk of abuse, advice and support in caring for patients with learning disabilities, the Mental Capacity Act and the implementation of reasonable adjustments contact:

The Safeguarding Team
Tel: main switchboard: 0151 708 9988

The National Hospital Travel Costs Scheme

Patients can claim travel expenses. They need to present at the front desk with a pink slip from the clinic and proof of eligible benefits. Our general office number is: 0151 702 4383

Staff Health, Wellbeing & Support

Information on staff intranet.
Tel: main switchboard – 0151 708 9988
Email: staffsupport@lwh.nhs.uk
Occupational Health & Wellbeing
Tel: 0151 529 3803
Email: occupational.health@liverpoolft.nhs.uk

Mental Health Support Out of Hours

We are primarily a 9-5 service, although we can offer pre-arranged appointments up until 8pm. There a number of other services you can use to access support outside of 9-5, or in an emergency.

Crisis Team

- Liverpool and Sefton: 0800 145 6570
- Halton, Knowsley, St Helens and Warrington (for all ages): 0800 051 1508
- Wigan: 0800 051 3253
- Cheshire and Wirral: 0800 145 6485
- Lancashire and South Cumbria: 0800 953 0110

If you live outside of these areas, you can search for your local mental health crisis team on the NHS website: <https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>

Frontline19 24/7 support via text. Text the word FRONTLINE to 85258

Samaritans Listening service with signposting advice, confidential 24/7 service. Tel: 0800 069 6222

IAPT Services

Referrals can be made via phone or website.

Talk Liverpool

<https://www.talkliverpool.nhs.uk>
Tel: 0151 228 2300

Think Wellbeing (Knowsley)

<https://www.merseyscare.nhs.uk/our-services/knowsley/think-wellbeing-iapt>
Tel: 0151 351 8600

Think Wellbeing (Halton)

<https://www.merseyscare.nhs.uk/our-services/halton/think-wellbeing>
Tel: 0151 292 6954

Talking Together (Wirral)

<https://www.everyturn.org/talking-therapies/locations/wirral/>
Tel: 0151 649 1859

Talking Matters (Warrington)

<https://www.mhm.org.uk/talking-matters-warrington>
Tel: 01925 401 729

Think Wellbeing (St Helens)

<https://www.merseyscare.nhs.uk/our-services/st-helens/think-wellbeing>
Tel: 01744 415 650

Talking Matters (Sefton)

<https://www.mhm.org.uk/talking-matters-sefton>
Tel: 0300 303 2708

External Sources of Information and Support

Healthwatch

Independent watchdog/ health and social care champion.
www.healthwatch.co.uk
Email: enquiries@healthwatch.co.uk
Tel: 0300 068 3000

Liverpool Carers Centre

Provides information, advice and support. Local Solutions, Liverpool Carers Centre
Tel: 0151 705 2307
Email: carerscentre@localsolutions.org.uk

Liverpool Community Voluntary Services LCVS

For further community, voluntary and charity organisations.
Tel: 0151 227 5177
Email: info@lcvs.org.uk