



The Diversity Trust 'Extra' Newsletter

A little something extra to shout about!

We know our summer newsletter only just went out but we simply couldn't wait for the next issue to tell you about our exciting Lunch & Learn event for Menopause Awareness month! That's why we've put together this 'mini newsletter' to share some important info with you while we try to break the silence around menopause... *to influence social change for a fairer society.*

Spotlight on... Menopause in the Workplace.



As champions of equality, diversity, and inclusion within the workplace, we are excited to let you know that Menopause Awareness Month is coming up in October.

Menopause is a natural transition, yet it's often shrouded in silence. By acknowledging Menopause Awareness Month, you have the opportunity to make a lasting impact on your employees' lives and promote an inclusive culture that embraces diversity at every stage.

We're excited to be partnering with Menospace, to offer you a range of menopause workshops and webinars, including:

- ✓ Menopause At Work
- ✓ Diversity In Menopause
- ✓ Menopause For Managers
- ✓ Menopause Champion Training
- ✓ A Man's Guide To Menopause
- ✓ Menopause Brain
- ✓ Menopause: Nutrition & Lifestyle

Also, join us this Menopause Awareness Month for a **free lunchtime session**.



Discover the physiological and emotional aspects of menopause and learn why addressing this topic is crucial for a more inclusive and supportive work environment.

Explore the hidden challenges that menopausal individuals face, and gain insights into practical strategies for creating menopause-friendly workplaces.

Lunch and Learn Session

Tues, 10 October

12.30pm – 1.15pm

Online

RSVP: info@diversitytrust.org.uk

This event is delivered in partnership with [Menopause Spring](#).

“At Menopause Spring we believe you deserve more than a wall of information. We believe you deserve support. We believe you deserve understanding. We believe you deserve community, and we believe you shouldn’t feel alone on this journey. We are here for you and your bright future.”

Spotlight on... **Office for National Statistics!**

Community Connections: The monthly update from the Office for National Statistics (ONS) curated for the charity and equality sectors. Sign up for the latest survey findings, information about our tools that you can use to find population data, and to hear about opportunities to get involved with our research. You can sign up [here](#).

Spotlight on... Our **Latest Guest Blog**

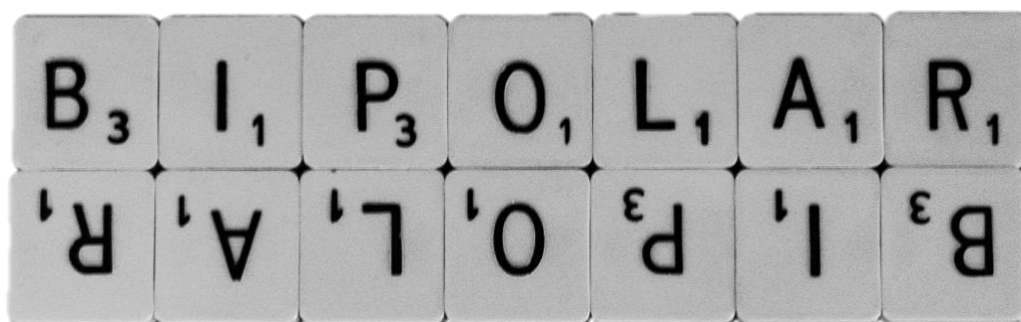


Image via Unsplash

Read our latest blog by guest author James Fellowes on why he wouldn't 'give back' his Bipolar Disorder. Sharing the highs and lows of his mental health with candour, he explains how he went from having it all to seemingly having nothing and what it eventually taught him.

You can read the full article [here](#).

We have some space coming up for new guest bloggers!

*If you would like to contribute to our guest blog, please get in touch by emailing:
communications@diversitytrust.org.uk.*

*We suggest +/-600 words on a topic that fits with our mission of
influencing social change to achieve a fairer society.*

Spotlight on... Our Latest Podcast Episode, Featuring Renee Bracey Sherman on Abortion and Reproductive Rights



Equalities podcast / Global
Influencing social change by thinking globally and acting locally

**Renee
Bracey
Sherman**

Part 1

The Diversity Trust
Influencing Social Change

Skin Deep
SET THE TONE

“...we are supportive of people generally who fit a certain mould, that are white, or they’re married, heterosexual, have an acceptable abortion story, we show up for them. But the more oppressions that people have... those oppressions show up in how we do, or don’t, show up for people, and they become a scapegoat, and the ones that are kicked out of the system and unsupported first.”

We loved talking to Renee and hearing about reproductive justice in the US, as well as Europe, particularly since Roe v. Wade was overturned by the Supreme Court in 2022.

Rene is the Founder and Executive Director of [We Testify](#), an organisation dedicated to the leadership and representation of people who have abortions and share their stories at the intersection of race, class and gender identity.

She is also an Executive Producer of [Ours to Tell](#), an award-winning documentary elevating the voices of people who’ve had abortions, and the co-author of the forthcoming book, *Countering Abortionsplaining* from Amistad/Harper Collins.

Listen to the interview here...

[#13 \[The Diversity Trust Podcast\] Renee Bracey Sherman](#)

In collaboration with our partners, [Skin Deep.](#)



Our Podcast episodes are free to stream via our website...

Allyship and employee diversity with Ritu Mohanka [Listen here.](#)

Allyship and your potential with Hira Ali [Listen here.](#)

Coming Up...

There are lots of important dates coming up, here are just a few:

OCTOBER

- Black History Month
- Global Diversity Awareness Month
- 10th October – World Mental Health Day
- 18th October – World Menopause Day
- 14th- 21st – National Hate Crime Awareness Week

NOVEMBER

- 13th – 19th – Transgender Awareness Week
 - 14th – Anti Bullying Week
 - 20th – Transgender Day of Remembrance
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If you are not already registered for our newsletter, please email info@diversitytrust.org.uk.

The Diversity Trust:

Huntly Business Centre, Gordon Street, Huntly
Aberdeenshire, AB54 8FG

Kemp House, 124 City Road,
London, EC1V 2NX

www.diversitytrust.org.uk