

2023 COMMUNITY CALENDAR

NHS
North West
Ambulance Service
NHS Trust





EMERGENCY AMBULANCE

MASK ZONE
Help yourself
Protect your family
Respect your workplace
BE POSITIVE - STAY NEGATIVE

THE SCREENS IN ALL
AMBULANCES WORK ONLY
WITH THE AMBULANCE SOFTWARE

PULL HANDLE
TO OPEN

DIESEL ONLY

BATTERY ACCESS
NO SMOKING

14



SPECIAL DATES

- 4** World Braille Day
- 15** World Religion Day
- 23-29** Cervical Screening Awareness Week
- 27** International Holocaust Memorial Day



Happy New Year to you all. I hope 2023 brings you good health and happiness. I am so proud of how our service has pulled together to help each other through what has been another challenging year and thankful to our community for their continued support.



DAREN MOCHRIE QAM
Chief Executive



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1
2	3	4	5 Birthday of Guru Gobind Singh (S)	6 Epiphany (C)	7 Ethiopian Christmas Day (R)	8
9	10	11	12	13	14	15 Makar Sankranti (H)
16	17	18	19	20	21	22 Chinese New Year (Year of the Rabbit) (Ch)
23	24	25	26	27	28	29
30	31					

January



SPECIAL DATES

LGBT+ History Month

- 3 Time to Talk Day
- 4 World Cancer Day
- 6-12 National Apprenticeship Week
- 6-12 Race Equality Week
- 24 International STAND UP to Bullying Day
- 27-5 Eating Disorders Awareness Week



February is LGBT+ History Month, an annual celebration to highlight the huge achievements made towards equality and human rights for LGBT+ people. Every year, we take to the streets to march in Pride parades in support of the LGBT community. As a trust, we are delighted to be able to publicly display our message in supporting equality for our staff and the community we serve.



MATHEU COLLINS
Emergency Medical
Technician 1 and
LGBT Network
Vice Chair.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1	2 <small>Candlemas (C)</small>	3	4	5 <small>Tu B'Shevat (J) Lantern Festival (C)</small>
6	7	8	9	10	11	12
13	14 <small>St Valentine's Day (C)</small>	15 <small>Pari nirvana (Bu)</small>	16	17	18 <small>Maha Shivaratri (H)</small>	19
20	21 <small>Shrove Tuesday (C)</small>	22 <small>Ash Wednesday (C) Lent (C)</small>	23	24	25	26
27	28					

February



WE ARE THE WOMEN'S NETWORK.

a fair, equal and
workplace

opportunities to talk,
and develop

ective and influential
work together

SPECIAL DATES

- 8** International Women's Day
- 20** International Day of Happiness
- 21** International Day for the Elimination of Racial Discrimination
- 31** International Transgender Day of Visibility



As the co-chair of the newly formed Women's Network, I am excited to celebrate International Women's Day. Throughout the month, we will be holding events to celebrate our female staff members, and those who identify as female, to promote the network.



VAL DAVIES

Co-Chair of the Women's Network and Sector Manager



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 St David's Day (C) Nineteen Day Fast (Ba)	2	3	4	5
6 Magha Puja Day in Thailand (Bu) Purim (J)	7	8 Holi (H) Hola Mohalla (S)	9	10	11	12
13	14	15	16	17 St Patrick's Day (C)	18	19 Mothering Sunday (C)
20 Nowruz (New Year) (Ba)	21	22 Start of Ramadan (M)	23	24	25	26
27	28	29	30 Rama Navami (H)	31		

March



SPECIAL DATES

Stress Awareness Month

- 2** World Autism Awareness Day
- 7** World Health Organisation (WHO)
World Health Day
- 26** Lesbian Visibility Day



Remember 111 is here for you for urgent medical help. Call 111 or use NHS 111 online to make it easier and quicker for you to get the right advice or treatment you need, be that a physical or mental health problem.



VICKY BLACKBURN
111 Service Delivery Manager



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	2 <small>Palm Sunday (C)</small>
3	4	5 <small>Qingming Festival (Tomb Sweeping Day) (Ch) Pesach (J)</small>	6 <small>Theravada New Year (Bu) Maundy Thursday (C)</small>	7 <small>Good Friday (C)</small>	8	9 <small>Easter Sunday (C)</small>
10	11	12	13	14 <small>Vaisakhi (S)</small>	15	16
17	18 <small>Laylat al Qadr (M)</small>	19	20 <small>Ridvan – first day (Ba)</small>	21 <small>Anniversary of Haile Selassie's visit to Jamaica (R) Eid-ul-Fitr (M)</small>	22	23 <small>St George's Day (C)</small>
24	25	26	27	28	29	30

April



SPECIAL DATES

- 2-8 Deaf Awareness Week
- 8-14 Mental Health Awareness Week
- 17 International Day against Homophobia, Biphobia, Interphobia & Transphobia (IDAHOBIT)
- 18 Global Accessibility Awareness Day



This Mental Health Awareness Week, take time out to check in on a friend or neighbour. For those who are struggling, it's not always easy to reach out, so simply stopping to ask if they are okay can make a big difference.



KAITLYN HYNES
Ambulance Care Assistant



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2 <small>Ridvan – Final day (Ba)</small>	3	4	5 <small>Wesak or Buddha Birthday (Bu)</small>	6	7
8	9	10	11	12	13	14
15	16	17	18 <small>Ascension Day (C)</small>	19	20	21
22	23 <small>Declaration of the Bab (Ba)</small>	24	25 <small>Shavuot (J)</small>	26	27	28 <small>Ascension of Baha'u'llah (Ba)</small>
29	30					

May



SPECIAL DATES

- Pride Month**
- 1-7** Volunteers' Week
 - 7-12** Carers Week
 - 12-18** Men's Health Week
 - 18** Father's Day
 - 19-25** Learning Disability Week
 - 19-25** Armed Forces Week
 - 21** Reserves Day
 - 22** National Windrush Day
 - 24** Armed Forces Day
 - 26-2** Deaf blind Awareness Week



After the success of maintaining the Employee Recognition Gold Award, the Armed Forces Network is continuing its work in support of veterans, reservists and cadet forces. Armed Forces Week is the perfect opportunity to celebrate the hard work and unique skillset the community brings to the trust.



ED FULKER
Co-Chair of the Armed Forces
Network and Evaluation Manager



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22 <small>Dragon Boat Festival (Ch)</small>	23	24	25
26	27	28 <small>Eid-UI-Adha (M)</small>	29	30		

June



SPECIAL DATES

- 5 Anniversary of the NHS
- 25 National Schizophrenia Awareness Day



Looking to cool off this summer? Remember open water might look inviting, but beneath the surface it is so much colder and the current is stronger than people think, nobody knows what lies beneath. The water doesn't discriminate; you could be the strongest swimmer in the world, but it can be vicious, change in an instant and take you away with it. Be careful.



LUKE MARRINER
Strategic Head of EOCs



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	2
3 <small>Asalha Puja (H)</small>	4	5	6	7	8	9 <small>Martyrdom of the Bab (Ba)</small>
10	11	12	13	14	15	16
17	18 <small>Islamic New Year (M)</small>	19	20	21	22	23 <small>Birthday of Haile Selassie (R)</small>
24	25	26 <small>Tisha B'Av (J)</small>	27 <small>Ashura (M)</small>	28	29	30
31						

July



NHS



Volunteer
Car Driver



SPECIAL DATES

- 1-7 World Breastfeeding Awareness Week
- 19 World Humanitarian Day



Every single second counts in the event of a cardiac arrest as chances of survival are reduced by 10 percent with each passing minute, which is why it's so important that members of the public can step in and begin life-saving CPR even before we arrive on scene. Head to our website to learn how to do CPR.



TERRY O'BRIEN
Community First Responder



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17 <small>Birthday of Marcus Garvey (R)</small>	18	19	20
21	22 <small>Chinese Valentine's Day (Ch)</small>	23	24	25	26	27
28	29	30 <small>Raksha Bandhan (H) Birth of Lord Ganesh (H)</small>	31			

August



INC
RESPO

NHS
North West
Ambulance Service
NHS Trust

WART
TEAM
LEADER

SPECIAL DATES

- 10** World Suicide Prevention Day
- 17** World Patient Safety Day
- 25-1** National Inclusion Week



This World Suicide Prevention Day please remember to look after yourself, check in with others and the wider community. You are not alone. Please take care and if you are struggling with your feelings visit your GP or speak to Mind, Samaritans or visit the NHS website.



ROSEY TATTERSALL
Consultant Clinical Psychologist



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1	2	3
4	5	6 Krishna Birth (H)	7	8	9	10
11	12 Ethiopian New Year (R)	13	14	15 Rosh Hashanah (Jewish New Year)	16	17
18	19	20	21	22	23	24 Yom Kippur (J)
25	26	27 Birth of Prophet Muhammad (M)	28	29 Moon Festival (Ch) Sukkot (J)	30	

September



NHS
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Race Equality Netw

What the Network

- Support staff
- Raise awareness of race equality issues
- Challenge racial disparities

@NWamb_Equality
Race.Equality@nwas.



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NHS Trust



WE ARE THE RACE EQUALITY NETWORK.

What the network does:

- Support staff
- Raise awareness of race equality issues
- Challenge racial disparities
- Would like to find out more or
get involved in the network, email
Race.Equality@nwas.nhs.uk



SPECIAL DATES

Black History Month

- 1 International Day of Older Persons
- 2-8 Dyslexia Awareness Week
- 10 World Mental Health Day
- 18 World Menopause Day



Black History Month is a focal point to celebrate achievements and diversity. I believe every day should be a reference point as the challenges faced are 365 days. Our Race Equality Network serves as a solid platform where lived experiences can be shared to raise awareness and promote discussions, as well as education on the cultural spectrum found within NWAS. This is one of the main reasons I joined REN as one of its officers, to help make a difference in the NWAS family and thus the wider communities we serve.



TONY OKPARAVERO
Patient Engagement
Officer



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1
2	3	4	5	6	7 <small>Simchat Torah (J)</small>	8
9	10	11	12	13	14	15 <small>Navratri (H)</small>
16 <small>Birth of the Bab (Ba)</small>	17 <small>Birth of Baha'u'llah (Ba)</small>	18	19	20	21	22
23 <small>Chung Yeung Festival (Ch)</small>	24	25	26	27	28	29
30	31 <small>Hallowe'en (C)</small>					

October



SPECIAL DATES

Islamophobia Awareness Month

- 1 International Stress Awareness Day
- 11 Remembrance Day
- 12-19 Inter Faith Week
- 12-19 Transgender Awareness Week
- 13-17 Anti Bullying Week
- 19 International Men's Day
- 16-16 Disability History Month



November is Disability History Month which is great for patients and staff alike. For me it means more awareness that people like me who have a disability are able to thrive in a career in the ambulance service, once given the appropriate support. It also means that staff can have more awareness of how various disabilities might affect our patients and how we can support them as individuals throughout their care. With these conversations we can see how far we have come, but also highlight what more we can do!



GABRIELLE DICKINSON
Apprentice EMT1



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 All Saints' Day (C)	2 Coronation of Emperor Haile Selassie (R)	3	4	5
6	7	8	9	10	11 	12 Diwali (H) (S)
13	14	15	16	17	18	19
20	21	22	23	24	25 Day of the Covenant (Ba)	26
27 Birthday of Guru Nanak (S)	28 Ascension of Abdu'l-Baha (Ba)	29	30 St Andrew's Day (C)	31		

November



SPECIAL DATES

- 1 World Aids Day
- 3 International Day of People with Disabilities
- 10 Human Rights Day



Are you putting a to-do list together ahead of Christmas? Don't forget to add 'order repeat prescriptions' to your list so you can stay well over the festive season. You can order a repeat prescription by logging into your account using the NHS app or NHS website or calling your GP.



GRANT PARSONS
Advanced Paramedic



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1	2	3 Advent (C)
4	5	6	7 Hanukkah (J)	8 Bodhi Day (Bu)	9	10
11	12	13	14	15 Rosh Hashanah (Jewish New Year)	16	17
18	19	20	21	22	23	24
25 Christmas Day (C)	26 St Stephen's Day (C)	27	28	29	30	31

December



January

MON	TUE	WED	THU	FRI	SAT	SUN
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16	17	18	19	20	21	22
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30	31					

February

MON	TUE	WED	THU	FRI	SAT	SUN
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27	28					

March

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27	28	29	30	31		

April

MON	TUE	WED	THU	FRI	SAT	SUN
					1	2
3	4	5	6	7	8	9
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May

MON	TUE	WED	THU	FRI	SAT	SUN
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

June

MON	TUE	WED	THU	FRI	SAT	SUN
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19	20	21	22	23	24	25
26	27	28	29	30		

July

MON	TUE	WED	THU	FRI	SAT	SUN
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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

August

MON	TUE	WED	THU	FRI	SAT	SUN
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

September

MON	TUE	WED	THU	FRI	SAT	SUN
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

October

MON	TUE	WED	THU	FRI	SAT	SUN
						1
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

November

MON	TUE	WED	THU	FRI	SAT	SUN
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

December

MON	TUE	WED	THU	FRI	SAT	SUN
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

JANUARY

- 04 World Braille Day ●
- 05 Birthday of Guru Gobind Singh ●
- 06 Epiphany ●
- 07 Ethiopian Christmas Day ●
- 15 Makar Sankranti ●
- 15 World Religion Day ●
- 22 Chinese New Year (Year of the Rabbit) ●
- 27 International Holocaust Memorial Day ●

FEBRUARY

- 02 Candlemas ●
- 03 Time to Talk Day ●
- 04 World Cancer Day ●
- 05 Tu B'Shevat ●
- 05 Lantern Festival ●
- 14 St Valentine's Day ●
- 15 Pari nirvana ●
- 18 Maha Shivaratri ●
- 21 Shrove Tuesday ●
- 22 Ash Wednesday ●
- 22 Lent ●
- 24 International STAND UP to Bullying Day ●

MARCH

- 01 St David's Day ●
- 01 Nineteen Day Fast ●
- 06 Magha Puja Day in Thailand ●
- 06 Purim ●
- 08 Holi ●
- 08 Hola Mohalla ●
- 08 International Women's Day ●
- 17 St Patrick's Day ●
- 19 Mothering Sunday ●

- 20 Nowruz (New Year) ●
- 20 International Day of Happiness ●
- 21 International Day for the Elimination of Racial Discrimination ●
- 22 Start of Ramadan ●
- 30 Rama Navami ●
- 31 International Transgender Day of Visibility ●

APRIL

- 02 Palm Sunday ●
- 02 World Autism Awareness Day ●
- 05 Qingming Festival (Tomb Sweeping Day) ●
- 05 Pesach ●
- 07 Good Friday ●
- 07 WHO World Health Day ●
- 09 Easter Sunday ●
- 14 Vaisakhi ●
- 18 Laylat al Qadr ●
- 19 Ridvan - first day ●
- 21 Anniversary of Haile Selassie's visit to Jamaica ●
- 21 Eid-ul-Fitr ●
- 23 St George's Day ●
- 26 Lesbian Visibility Day ●

MAY

- 02 Ridvan - Final day ●
- 05 Wesak or Buddha Day ●
- 17 Global Accessibility Awareness Day ●
- 18 Ascension Day ●
- 18 International Day against Homophobia, Biphobia, Interphobia & Transphobia ●
- 23 Declaration of the Bab ●
- 25 Shavuot ●
- 28 Ascension of Baha'u'llah ●

JUNE

- 22 Dragon Boat Festival ●
- 14 World Blood Donor Day ●
- 18 Father's Day ●
- 21 Reserves Day ●
- 22 National Windrush Day ●
- 24 Armed Forces Day ●
- 28 Eid-ul-Adha ●

JULY

- 03 Asalha Puja ●
- 09 Martyrdom of the Bab ●
- 18 Islamic New Year ●
- 23 Birthday of Haile Selassie ●
- 25 National Schizophrenia Awareness Day ●
- 26 Tisha B'Av ●
- 27 Ashura ●

AUGUST

- 17 Birthday of Marcus Garvey ●
- 19 World Humanitarian Day ●
- 22 Chinese Valentine's Day ●
- 30 Raksha Bandhan ●
- 30 Birth of Lord Ganesh ●

SEPTEMBER

- 06 Krishna Birth ●
- 10 World Suicide Prevention Day ●
- 12 Ethiopian New Year ●
- 15 Rosh Hashanah (Jewish New Year) ●
- 17 World Patient Safety Day ●
- 24 Yom Kippur ●
- 27 Birth of Prophet Muhammad ●
- 29 Sukkot ●
- 29 Moon Festival ●

OCTOBER

- 01 International Day of Older Persons ●
- 07 Simchat Torah ●
- 10 World Mental Health Day ●
- 15 Navratri ●
- 16 Birth of the Bab ●
- 17 Birth of Baha'u'llah ●
- 18 World Menopause Day ●
- 23 Chung Yeung Festival ●
- 31 Hallowe'en ●

NOVEMBER

- 01 All Saints' Day ●
- 01 International Stress Awareness Day ●
- 02 Coronation of Emperor Haile Selassie ●
- 11 Remembrance Day ●
- 12 Diwali ●
- 19 International Men's Day
- 25 Day of the Covenant ●
- 27 Birthday of Guru Nanak ●
- 28 Ascension of Abdu'l-Baha ●
- 30 St Andrew's Day ●

DECEMBER

- 01 World AIDS Day ●
- 03 International Day of People with Disabilities ●
- 07 Hanukkah ●
- 08 Bodhi Day ●
- 10 Human Rights Day ●
- 15 Rosh Hashanah (Jewish New Year) ●
- 25 Christmas Day ●
- 26 St Stephen's Day ●

KEY:

- Bahai (holy days start at sundown)
- Jewish (holy days start at sundown)
- National Awareness Days
- Buddhist (Bu)
- Muslim (holy days start at sundown)
- Christian (C)
- Chinese
- Rastafari
- Hindu
- Sikh





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