



We care
We respect
We are inclusive



East London
NHS Foundation Trust

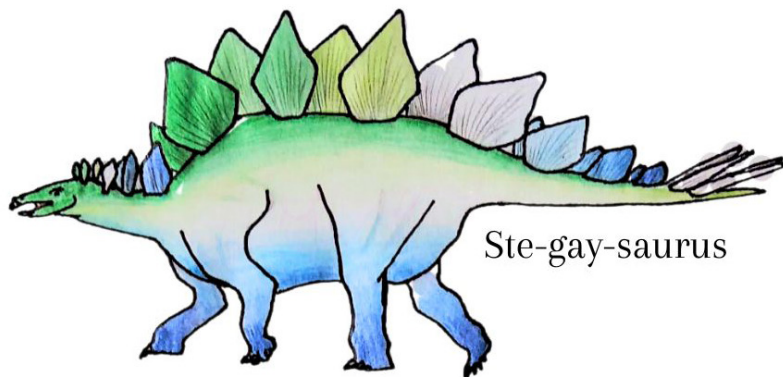
100% of proceeds from the calendar will be donated
equally to ELFT Charity and ELOP (LGBT Mental
Health and Wellbeing)



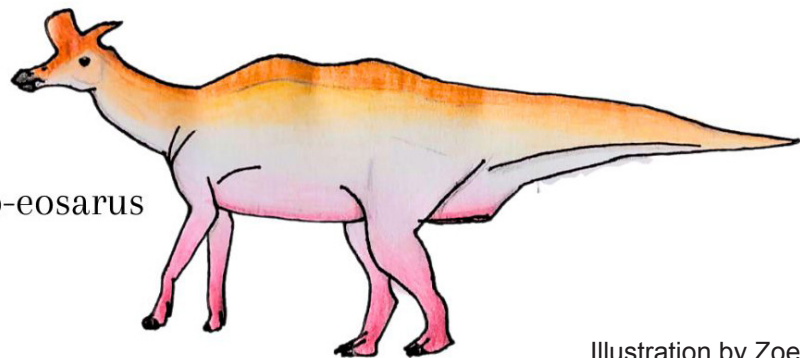
Design and print by



fdmdocumentsolutions.co.uk



Ste-gay-saurus



Lesb-eosarus

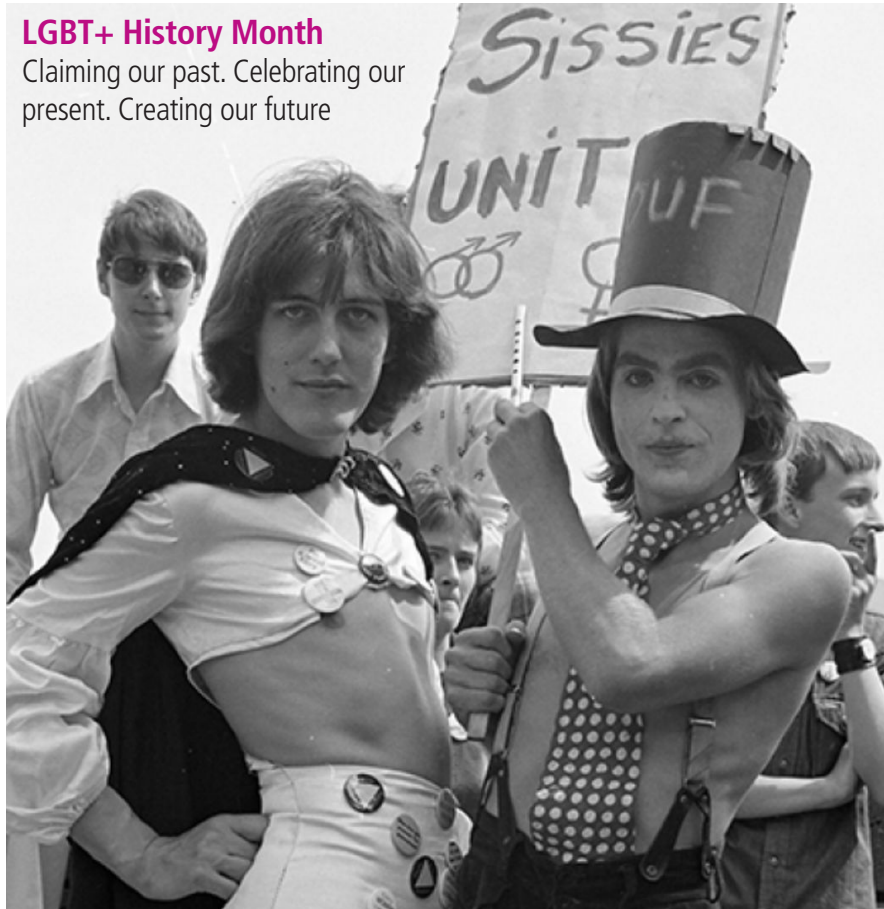
Illustration by Zoe

January

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 New Year's Day	2 Bank holiday (Scotland)	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				



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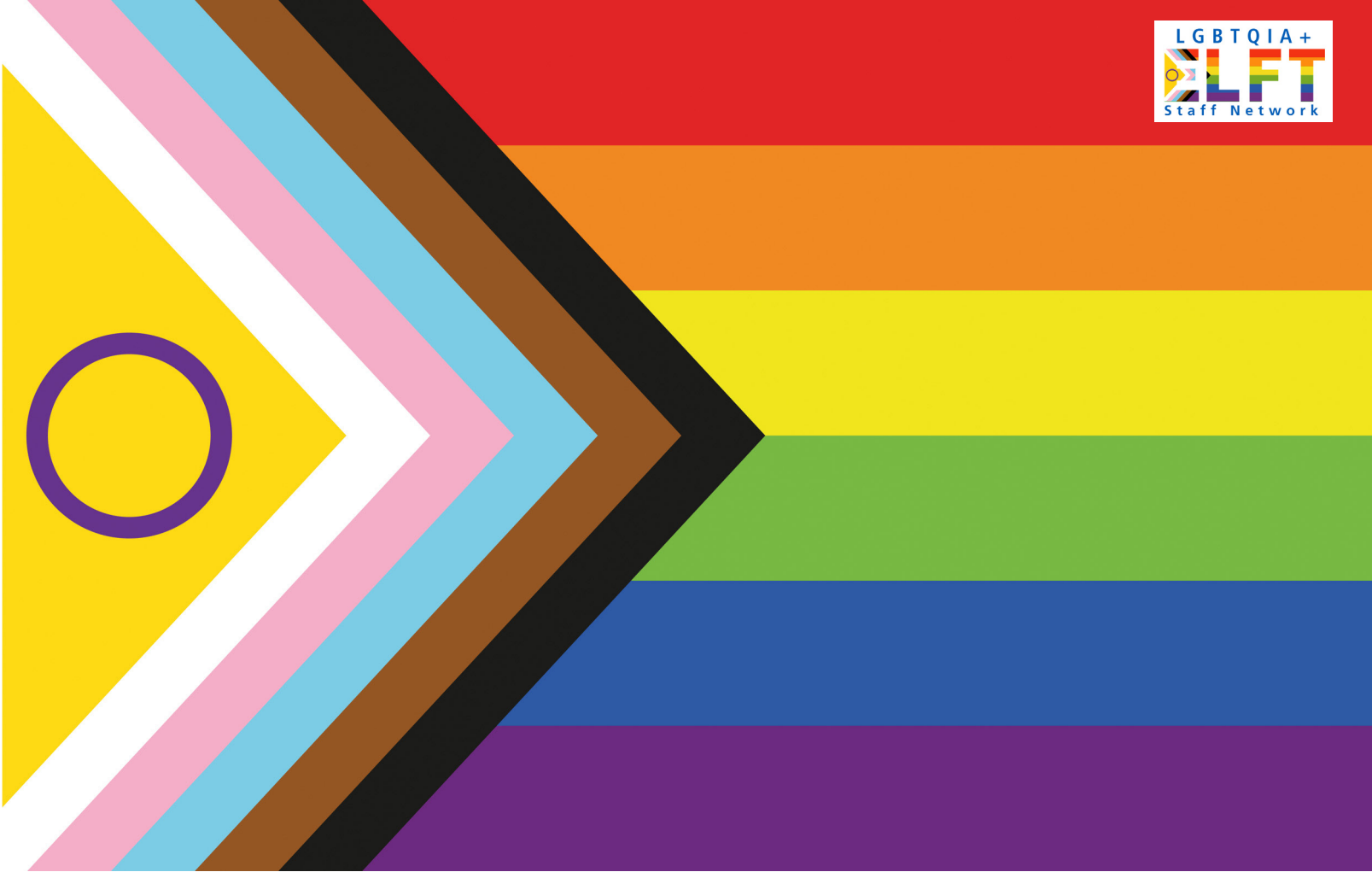
LGBT+ History Month

Claiming our past. Celebrating our present. Creating our future

February

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			

19-25 **Aromantic Spectrum Awareness Week** - A celebration of aromantic spectrum experiences and identities.



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Bi Health Month

Bi Health Awareness Month (#BiHealthMonth) is observed in March to raise awareness about the bi+ community's social, economic, and health disparities, advocate for resources, and inspire actions to improve bi+ people's well-being



March

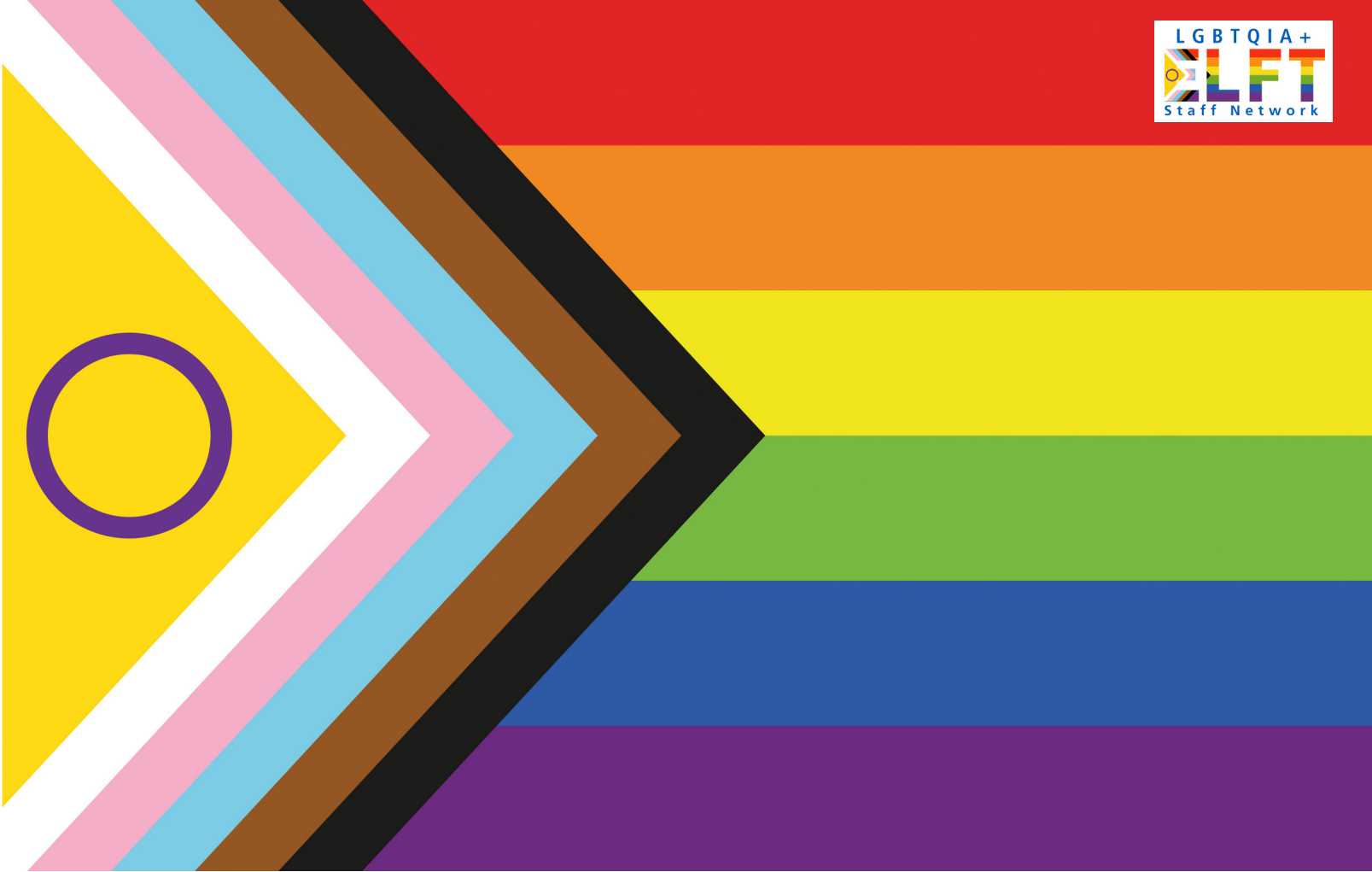
Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18 St Patrick's Day substitute day (N. Ireland)	19	20	21	22	23	24
25	26	27	28	29 Good Friday	30	31

8

International Women's Day - A day to celebrate women's achievement, raise awareness about discrimination and take action to drive gender parity.

31

International Trans Day of Visibility - International Trans Day of Visibility focuses on platforming the voices of trans and non-binary people everywhere.



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April

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 Easter Monday (not Scotland)	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					

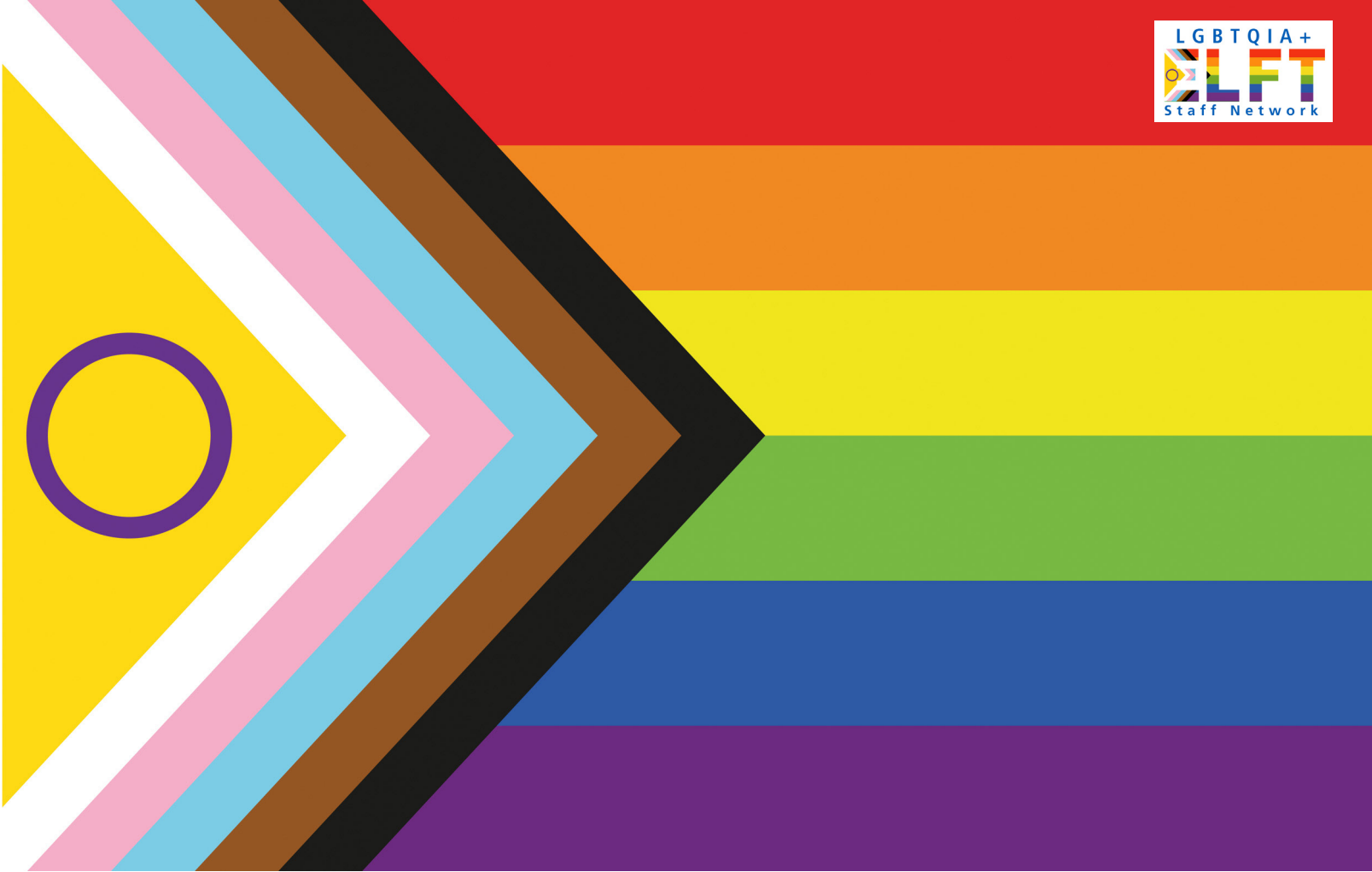
6

International Asexuality Day -

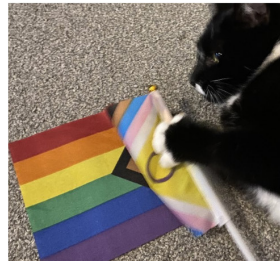
International Asexuality Day is a day to raise awareness for those on the asexual spectrum

25 April -
1 may

Lesbian Visibility Week - Celebrate lesbians and show solidarity with all LGBTQ+ women and non-binary people in our community.



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May

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5
6 Early May bank holiday	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27 Spring bank holiday	28	29	30	31		

17	IDAHOBLIT - International Day Against Homophobia, Biphobia, Lesbophobia, and Transphobia.
24	Pan Visibility Day - Pan Visibility Day is a day to celebrate and recognise those who identify as pansexual.



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LGBTQ+ Pride Month

Get your network group involved in local Pride celebrations. Prides continue all summer.

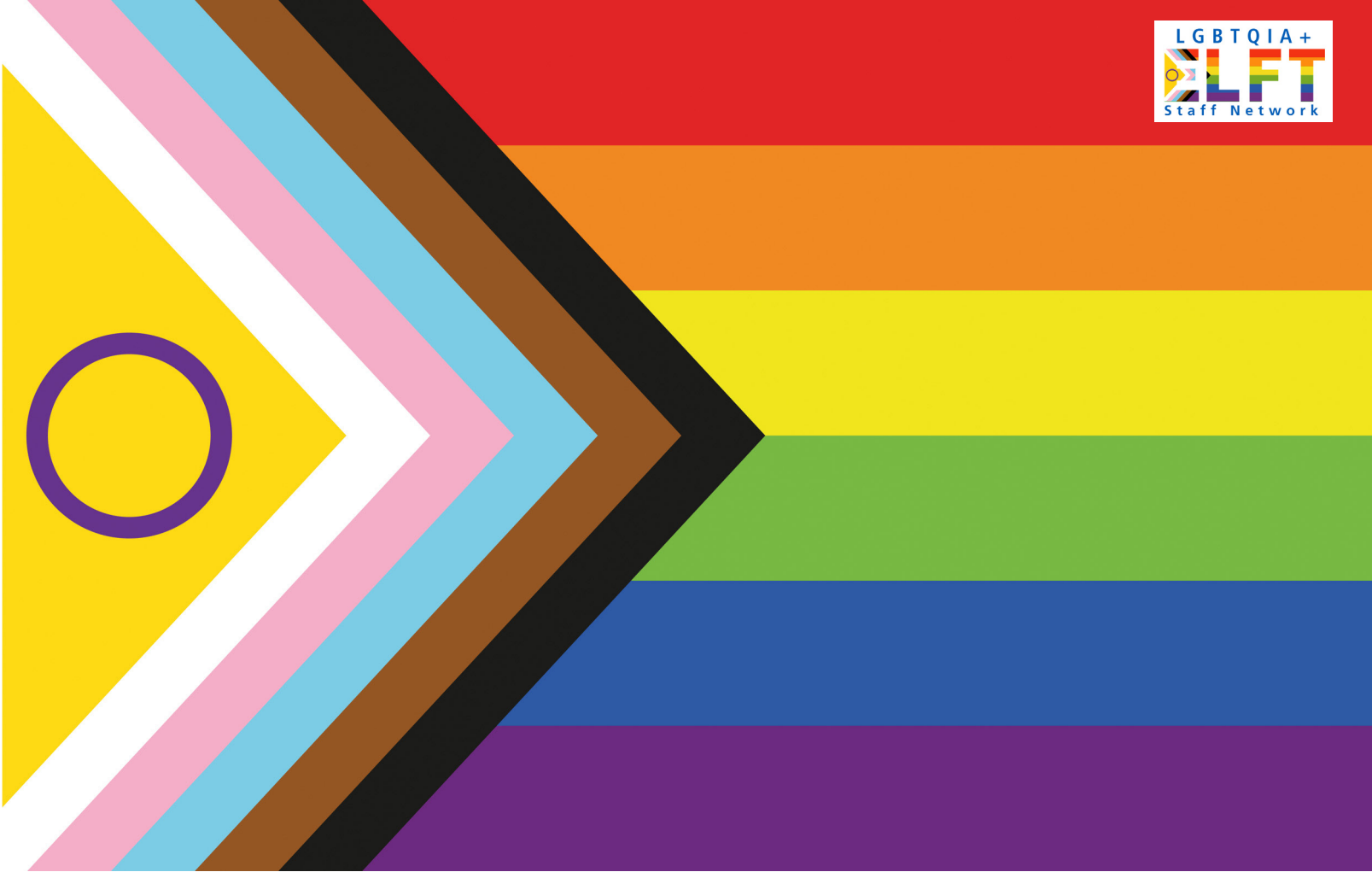


Illustration by Shana Ryan

June

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





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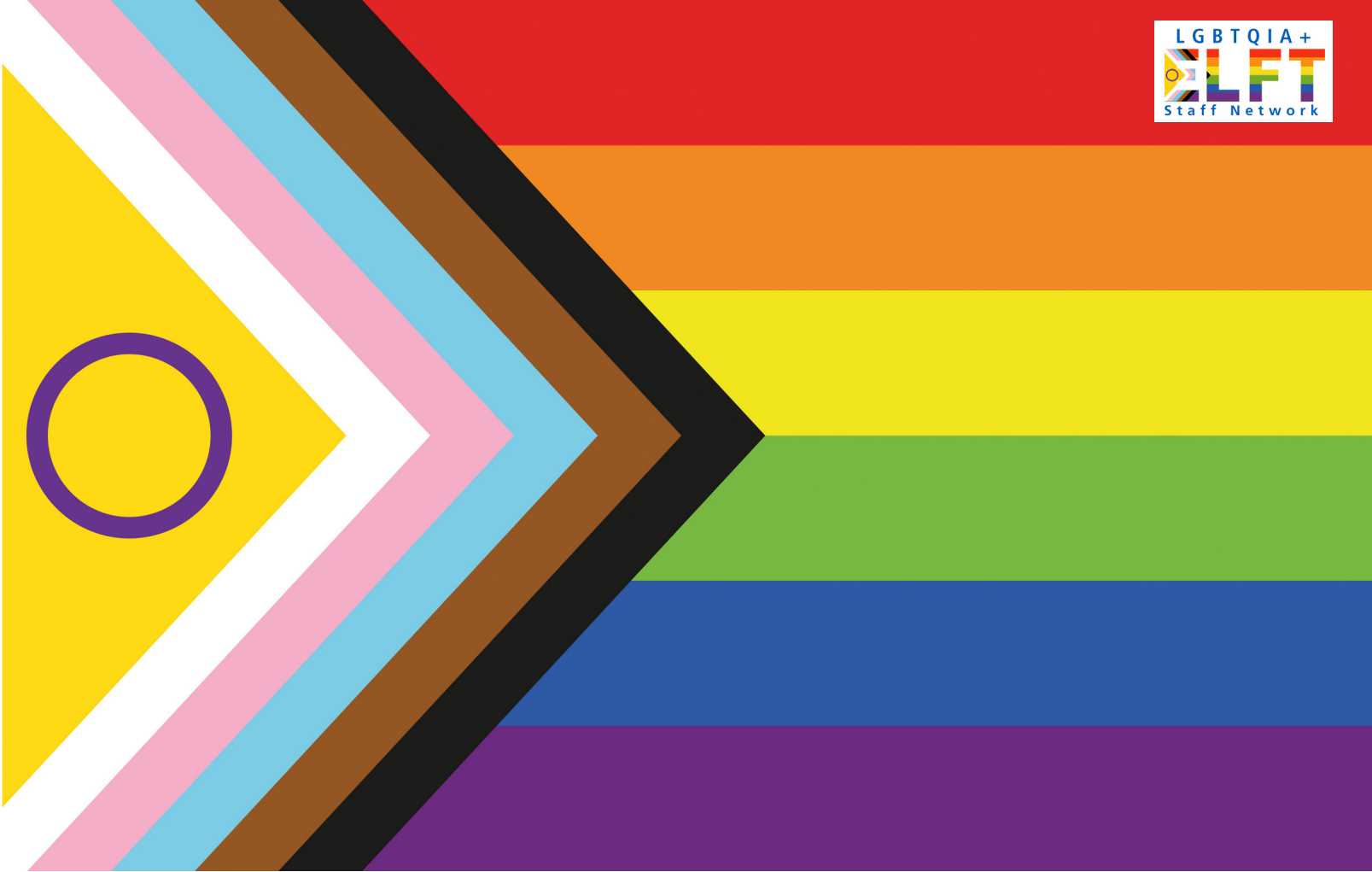
You Can Be
YOURSELF
With Me



July

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12 Battle of the Boyne (N. Ireland)	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

1	London Pride - A home for every part of London's LGBT+ community.
14	International Non-binary People's Day - A day celebrate non-binary people and raise awareness of their experiences.



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August

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4
5 Summer bank holiday (Scotland)	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26 Summer bank holiday (not Scotland)	27	28	29	30	31	



Black History Month

Black History Month is an opportunity to highlight the work and contributions of Black LGBTQ+ people, which are too often forgotten and erased.



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BI THE WAY



It's just a phase!

You're just confused!

I'm not your stereotype

September

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						

14

Introduction to Trans Inclusion - Learn what everyone in the workplace can do to be a better ally to the trans community.

20-26

Bisexual Awareness Week - Bisexual Awareness week, also known as Bi Week.

23

Bi Visibility Day - Bi Visibility Day raises awareness around the experiences of bi people, and challenges bisexual & biromantic erasure.



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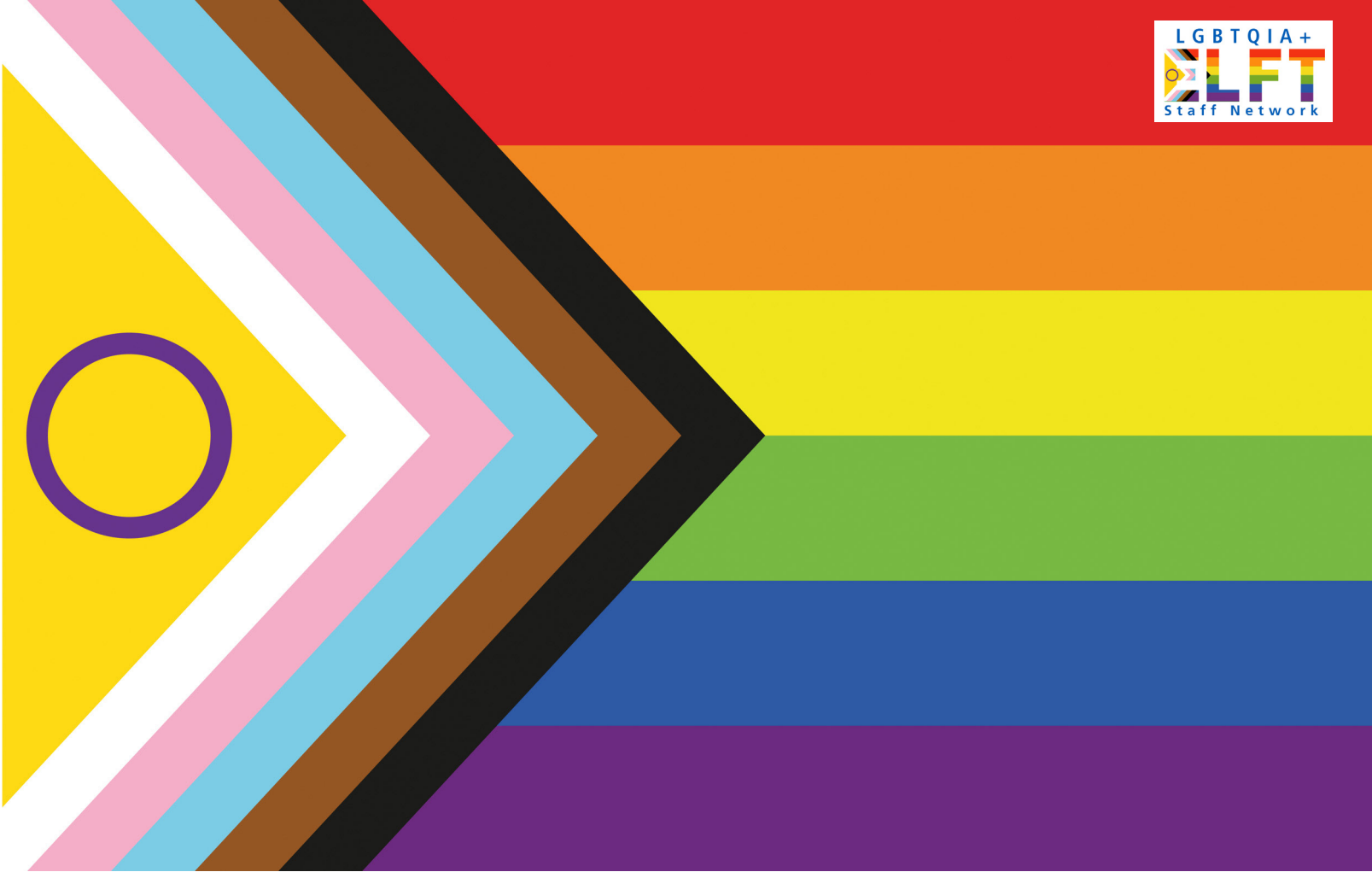


International Coming Out day empowers individuals to be themselves.

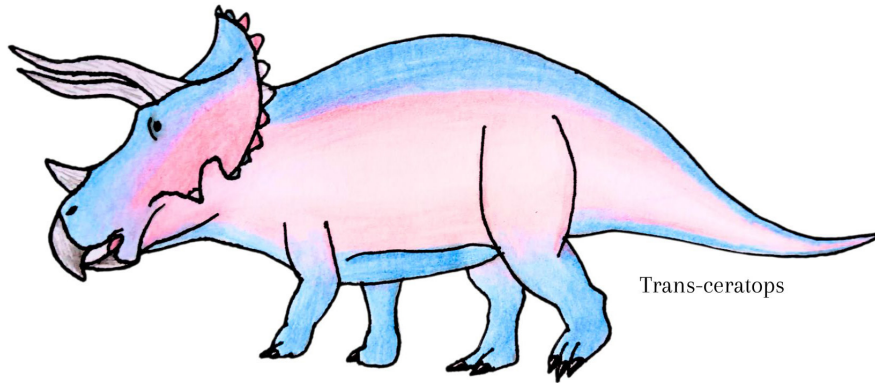
October

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			

- 8
International Lesbian Day - A day to celebrate and raise awareness of lesbian communities and culture, everywhere.
- 11
National Coming Out Day - Founded in 1988 to celebrate coming out as LGBT or as an ally.
- 24-30
Ace Week - (formerly Asexual Awareness Week) is an international campaign dedicated to raising awareness of and expanding education around asexuality.



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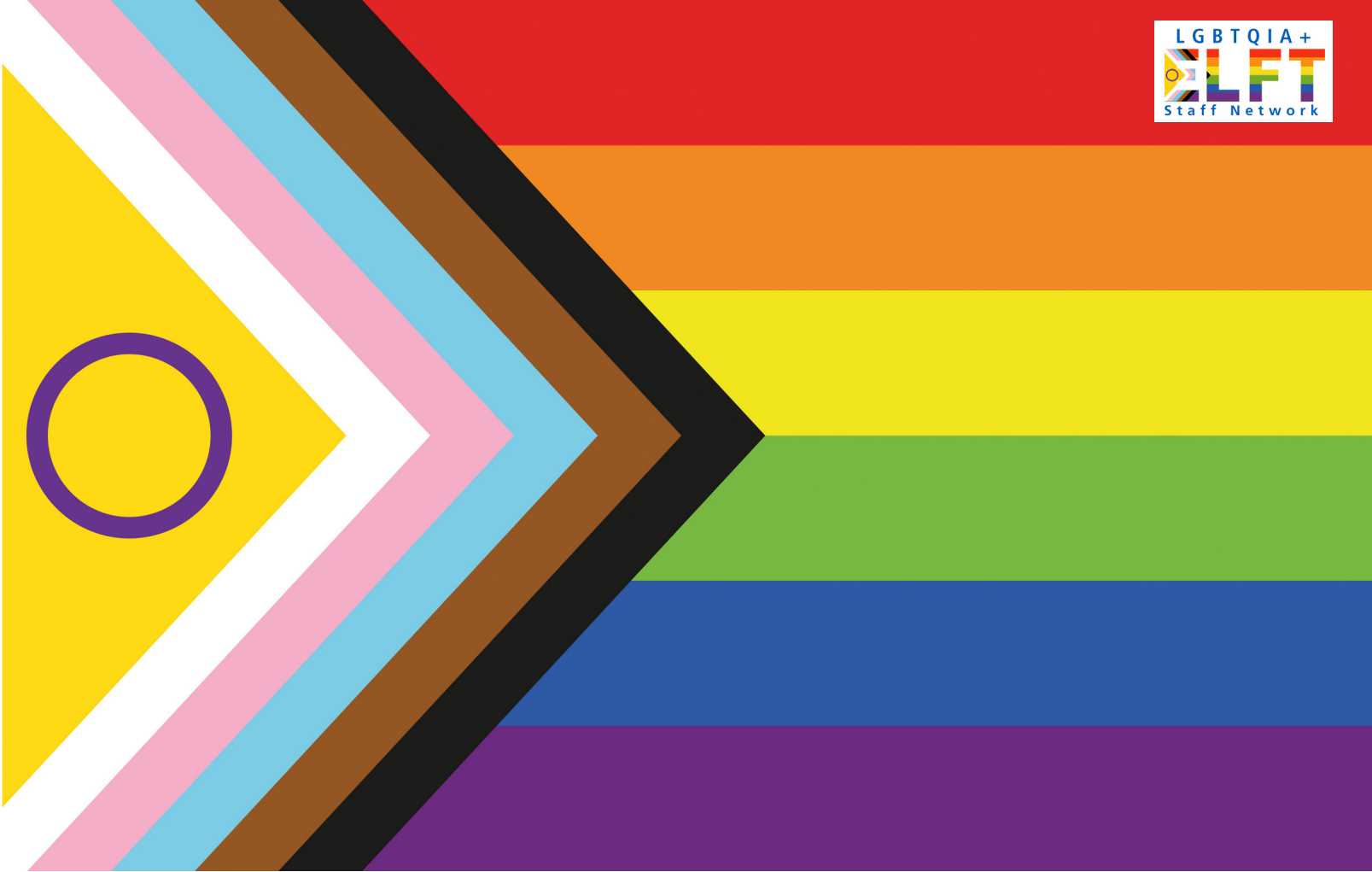
Trans-ceratops

Illustration by Zoe

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	

- 13-19** **Trans Awareness Week** - is dedicated to celebrating, raising awareness of, and advocating for trans rights.
- 16 Nov - 16 Dec** **Disability History Month** - helps to raise awareness of the intersectional experiences of LGBTQ+ people with disabilities.
- 20** **Trans Day of Remembrance** - is a day that honors the memory of the transgender people whose lives were lost in acts of anti-transgender violence.



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THE &LFT LGBTQIA+ PLEDGE

I will give respect to, and not discriminate against, people according to their age, (dis)ability, sex, race, religion or belief, sexual orientation and/or trans status.

I will take responsibility for helping to create a positive and inclusive environment in which diversity is celebrated.

I will take positive action, including educating myself and others, to prevent discrimination of any kind.

I will support and stand up for marginalised groups against discrimination, prejudice and stigma of any kind

I will commit to actively identifying, challenging and always striving to unlearn my own biases.

December

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2 St Andrew's Day substitute day (Scotland)	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25 Christmas Day	26 Boxing Day	27	28	29
30	31					

16 Nov - 16 Dec **Disability History Month** - helps to raise awareness of the intersectional experiences of LGBTQ+ people with disabilities.

✉ elft.lgbtq@nhs.net
🐦 [ELFT_LGBTQIA](#)
📷 [elft.lgbtqia_network](#)



We promise to work together creatively to: learn 'what matters' to everyone, achieve a better quality of life and continuously improve our services.

We care . We respect . We are inclusive