World Mental Health Day – 10th October

60 Second Interview
Disability Lecturer and UCU Activist, Kevin Lynch, has been instrumental in establishing World Mental Health Day (WMHD) as a regular feature on the Sunderland College Equality & Diversity calendar.

When did Sunderland College first start marking WMHD?
2007. At first we had about five people attending information events at each centre. This year 1110 students attempted the online Mental Health Awareness Quiz and possibly a similar number attending tutorial sessions themed around mental health issues. This shows that mental health is on the agenda and that people might be starting to be more willing to talk about it.

What made you keen to mark WMHD?
To raise awareness and reduce stigma attached to mental health difficulties amongst staff and students.

What do you think College students and staff get out of WMHD?
Potentially a camera! (This year's prize for the mental health quiz is a digital camera).
They get different perspectives about mental health issues via a number of activities: group discussions, YouTube links, an interactive quiz, stress biodots, input from outside agencies e.g. MIND, information about referral procedures and advice about maintaining their own mental health and well-being.

What recommendations do you have for other colleges and universities who would like to start marking WMHD?
Get your higher management on board. Think laterally. Be prepared to do different activities outside of the curriculum.
Research and attend local, regional and national conferences and seminars about mental health. Liaise with other organisations e.g. EIIP (Early Intervention in Psychosis), CAMHS (Child and Adolescent Mental Health Services – for under 18yr olds), Time To Change and MIND.

What are your own tips for good mental health?
Talk, listen, be aware, be active and give.

Useful links:
Mental Health in Further Education - http://mhfe.org.uk/
Time to Change - http://www.time-to-change.org.uk/
UCU Supporting members with mental health conditions and issues
http://www.ucu.org.uk/media/pdf/f/f/UCU_MEN_2013_02_high.pdf

October is Black History Month

Black History events are on-going at the time of writing but please send your articles and reviews in for publication in our January newsletter.

There is still time to see "Nothing but a Man" which is being shown at the Tyneside Cinema, Pilgrim St, Newcastle-upon-Tyne in celebration of Black History Month. Thursday 24th October 6pm. Reportedly a favourite film of Malcolm X, the film focuses on Duff, a black railroad worker who falls in love with the daughter of a preacher, and their struggle against the racist discrimination they face.

Northern Black Members Network

We have been emailing all of those BME members in the Northern Region to identify interest in revitalising the network for Black members in UCU. We have received some positive response – but we always want to hear more! UCU uses the term "black" in a political sense to refer to people who are descended, through one or both parents, from Africa, the Caribbean, Asia (the middle-East to China) and Latin America. It refers to those from a visible minority who have a shared experience of oppression. The word is used to foster a sense of solidarity and empowerment.

If you want to get involved, please let us know by sending an email to Emma Alexander ealexander@ucu.org.uk

There are details of resources, support and information for black members at www.ucu.org.uk/blackmem

---

Holocaust Memorial Day 2014 – Journeys

The Holocaust Memorial Day Trust have a range of free resources for anyone planning ahead for January 27th. Download a campaign pack:
http://www.hmd.org.uk/campaign-pack

Information for Trade Unions:
http://www.hmd.org.uk/sites/default/files/your_trade_union_and_holocaust_memorial_day_2014.pdf

Don't forget the resources on the UCU website:
UCU Holocaust Film
http://www.ucu.org.uk/index.cfm?articleid=6442
UCU Holocaust Wallchart
http://www.ucu.org.uk/equality#wall charts
UCU Holocaust reading/viewing
http://www.ucu.org.uk/media/pdf/g/1/HMD_suggestedreading.pdf

Guide Dog Week – 5th -13th October

Craig & Commando

Guide Dog Week is an excellent opportunity to introduce students and staff to visual impairment awareness training and Guide Dog "etiquette".

The highlights of Guide Dog Week at Sunderland College included the talks by Craig Blackbird. Craig is an HND student at the College, a Guide Dog owner and a blogger on Guide Dogs website.

Craig began his talks with the Guide Dog mission statement:
"We will not rest until people who are blind and partially sighted can enjoy the same freedom of movement as everyone else." Craig informed his audiences that, according to Guide Dogs, there are an estimated 180,000 people with sight loss who never leave home alone. Craig was once one of that number. Students were enthralled as he recounted the story of his own sight loss, his subsequent limited lifestyle and then the freedom that his guide dog Commando now affords him. Audiences are always surprised to hear that Guide Dogs do not receive any state funding and rely solely on donations.

Another very popular feature of the week was a session for ACCESS students, lead by Mike Dooley of Guide Dogs, on visual impairment awareness. This included an introduction to sighted-guiding (i.e. learning how to safely guide a person with visual impairment).

Students also took part in tutorial activities around visual impairment awareness and 480 students entered the on-line quiz.

Guide Dogs - http://www.guidedogs.org.uk/
Craig's blog - http://www.guidedogs.org.uk/news/blogs/craig-commando/meet-craig-commando/?noMobile=1&tx_comments_pi1%5Bpage%5D=5&tx_ne_blogs%5BshowUid%5D=9034&cHash=916451d5276423da5daf06ffe5f96fab

---

Disability History Month
November 22nd – December 22nd

View the UCU Disability History Month Wallchart: http://www.ucu.org.uk/media/pdf/4/h/ucu_disposter.pdf

Order copies from jtaylor@ucu.org.uk

KEY DATES 19th October – 27th January	
October	**Black History Month** http://www.blackhistorymonth.org.uk
Friday 15th November	UCU Equality Annual Conferences, London
Saturday 16th November	**International Day of Tolerance** http://www.un.org/en/events/toleranceday/
Wed 20th November	**Transgender Day of Remembrance/Awareness** http://www.gsanetwork.org/resources/gsa-actions-events/transgender-day-remembrance
November 22nd – December 22nd	**Disability History Month** https://en-gb.facebook.com/pages/UK-Disability-History-Month-OFFICIAL/262351827138558 Acknowledging the struggle to gain justice and equality plus celebrating the achievements and experiences
Monday 25th November	**International Day for the Elimination of Violence against Women** http://www.un.org/en/events/endviolenceday
Tuesday 3rd December	**International Day of Persons with Disabilities : Event at The Sage, Gateshead** Workshops and talks on a variety of topics around this year's theme : **'Break barriers, open doors: for an inclusive society for all.'** http://www.disabilitynorth.org.uk/InternationalDay.html Tickets £5. To apply for tickets: https://www.surveymonkey.com/s/iddp2013
Tuesday 10th December	**Human Rights Day**
Monday 27th January	**Holocaust Memorial Day** Remembering the millions of people killed in the Holocaust, Nazi Persecution and in subsequent genocides in Cambodia, Rwanda, Bosnia, and Darfur. Marking the liberation of Auschwitz-Birkenau, the largest Nazi death camp. http://www.hmd.org.uk/