

DIVERSE LEARNING

October Newsletter 2023



Diverse Learning acknowledges the Kurna people as the Traditional Custodians of the Adelaide region, where we are located. We recognise the Kurna peoples' cultural, spiritual, physical and emotional connection with their land. We honour and pay our respects to Kurna elders, both past and present, and all generations of Kurna people, now and into the future. We acknowledge the other Traditional Owners who live across South Australia and our nation wide.

What's Happening In

OCTOBER



ADHD Awareness Month
<https://adhdfoundation.org.au/support>

**7th October
World Smile Day**
ADHD Awareness Month
<https://adhdfoundation.org.au/support>.

**12 October
World Sight Day**
<https://www.vision2020australia.org.au/our-work/worldsightday/#:~:text=World%20Sight%20Day%2C%20held%20on,eye%20health%20and%20vision%20care>

**15 October
Global handwashing day**
World Smile Day ADHD Awareness Month
<https://adhdfoundation.org.au/support>.

**16-22 October
National carers week**

**12 October
World Sight Day**
<https://www.vision2020australia.org.au/our-work/worldsightday/#:~:text=World%20Sight%20Day%2C%20held%20on,eye%20health%20and%20vision%20care>

**20-29 October
Children's week**

**16-23 October
National Nutritional Week**



International lesbian Day

International Lesbian Day is an annual awareness day that celebrates the L in LGBTQ+. Predominantly observed in Australia and New Zealand, it is a celebration of lesbian culture and identity. International Lesbian Day is celebrated on October 8.

The origins of the day are unclear. According to some sources, it was first observed in New Zealand in 1980 with a Lesbian Day March on International Women's Day (March 8). Other accounts claim that the day started about a decade later. Be that as it may, the observance has been around since at least the early 1990s. The first Australian event was held at the Collingwood Town Hall in Melbourne on October 13, 1990.



National Coming Out Day

National Coming Out Day (NCOD) celebrates and raises awareness of lesbian, gay, bisexual, transgender, queer, and intersex (LGBTQI) individuals and their experiences.

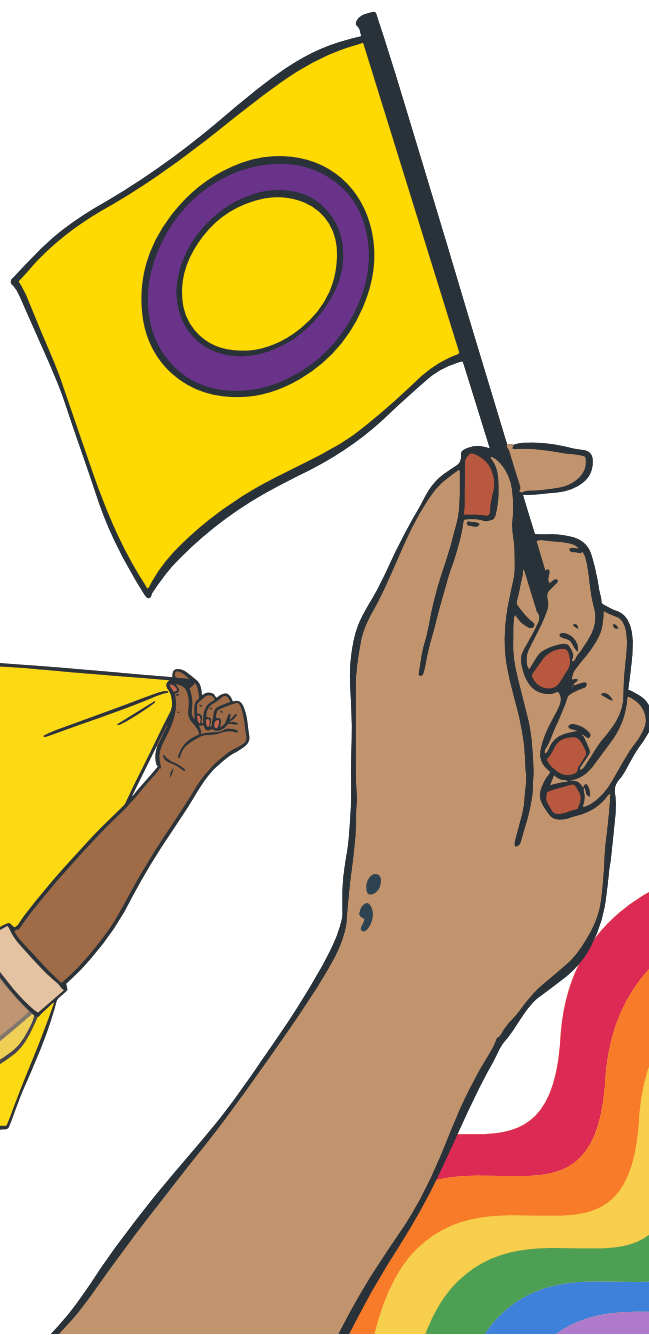


The event aims to foster a sense of community and solidarity among LGBTQI people and their allies, while also addressing issues of discrimination, prejudice, and social isolation. This day is an opportunity for LGBTQI individuals to share their stories, and for others to offer their support and understanding



Intersex Awareness Day

Intersex awareness day is designed to highlight the human rights issues facing intersex people globally, and to encourage visibility, education and inclusion of people with intersex variation



Asexual Awareness Week

Asexual Awareness Week (also known as Ace Week) is an international campaign that seeks to educate about asexual, aromantic, demisexual, and grey-asexual experiences.

The week runs annually in the last full week of October and helps to educate and give voice to the often overlooked and misunderstood 'A' in LGBTQIA+.

Asexual people are estimated to be approximately 1% of the population



ACE AWARENESS WEEK OCT 25-31

Asexuality
Grey & Demisexuality
Sexuality
Community

What does the flag represent?
The asexual flag comprises of four stripes: black for asexuality, grey for greysexuals and demisexuals, white for sexuality and purple for community. It is used to represent the entire spectrum of ace identities.

What is the asexual spectrum?
The asexual spectrum is a broad range of specific identities (each with their own flags) used within the asexual classification. Below are the most notable three:

ASEXUAL SPECTRUM

Asexual No sexual attraction is experienced at all. Used as an umbrella term and as a separate identity	Demisexual May experience sexual attraction, but only once a deep, emotional bond occurs	Greysexual Experiences sexual attraction rarely, and/or so weakly there's no desire to act upon it

@victoriabarronan

World Mental Health Day

The World Mental Health Day campaign is run by Mental Health Australia and our theme this year is 'Look after your mental health, Australia'.

The purpose of World Mental Health Day (WMHD) each year is to raise community awareness of mental health, reduce the stigma around mental health, and encourage people to seek help when they need it.

This year, we have several ways you can look after your mental health and raise awareness

Why Mental Health Awareness Matters

- ~217 million working days are lost to issues around untreated mental illness.
- We can't be "healthy" without caring for our mental health! And a person's health is a key factor in their performance.
- Positive mental health helps handle stress, changing workflows, responsibilities, and priorities.
- An increased understanding helps employees empathize with one another and create a more supportive community.



MENTAL ILLNESS AWARENESS WEEK 2020

@RealDepressionProject

Oct 4th-10th

Mental Illness Is NOT:

<p>A trend</p>	<p>Something you can "snap out of"</p>	<p>A choice</p>
<p>Attention seeking</p>	<p>An excuse</p>	<p>Always visible</p>

Please share to raise awareness and #BreakTheStigma

9 MENTAL HEALTH ACTIVITIES TO DO WITH YOUR CHILDREN

@BELIEVEPHQ

WORRY TIME

Set aside a time each day for your child worry. Discuss with your child how long the worry time will be for. In this time your child can write down their worries, discuss them with your or problem solve to overcome them

THOUGHT CHALLENGING

Help your child to write down any unhelpful thoughts they that experience. Try to challenge them with your child and come up with more realistic and helpful ones

ACTIVITY PLANNING

Create an activity diary with your child and help them to schedule in some pleasurable and achievement related activities

TALKING ABOUT FEELINGS

Why not create a time each week where your child can speak to you about their thoughts and feelings

3 GOOD THINGS

Before bed spend some time with your child to identify and write down three good things they achieved from the day

WELLBEING

Support your child to look after their wellbeing. Cook healthy meals with them, exercise or play sport with them and make sure they are getting enough sleep

IMAGERY

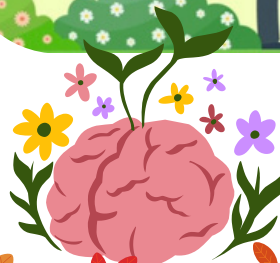
Work with your child to imagine themselves in an imaginary future where everything has turned out in a positive way

BEING PRESENT

Help your child to be present and live in the moment. Go for a walk and see how many different things you can both take in with all your senses

THOUGHT TESTING

Try setting out some simple activities to help your child test out the validity of a thought.



YOU ARE NOT ALONE

5 Minutes with...

Mykala Walker-Murphy

She/Her

What does Mykala do?

Director (Meg) Personal Assitant
And Admin Work behind the scenes

Favourite Things:

Christmas
My Beautiful Family

Dislikes:

Spiders 🕷️

Interesting Fact:

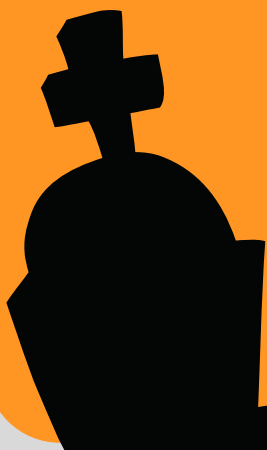
I have 2 First Names!

And

I have a Kelpie Dog named
Zues who is mistaken for a
Labrador. He's a big boy 🐕

Contact:

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CONTACT US

Snail mail or carrier pigeon

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**WE WANT YOUR
FEEDBACK**



Feedback and Complaints

Staff feedback

Praise

Suggestions

We welcome feedback to ensure the services you receive are good.

If you would like to provide feedback or would like to make a complaint, you can contact us via the following

Feedback@diverselearning.com.au

Our professional team review our feedback and complaints to make improvements. Our team manage complaints as promptly as possible to reach a satisfactory results.

We will continue to provide you updates as we resolve your complaint

Your personal information will not be shared with anyone without your consent. Consent means saying yes to sharing information with others.



**HAPPY
HALLOWEEN**