

Equal Midlothian Week

20 – 24 May 2024



All
EVENTS
FREE

A week of events bringing
communities together and
highlighting equalities
work in Midlothian



Programme of Events



Organisations working on equalities issues will profile their work:

- Promoting a more equal Midlothian & raising awareness of issues
- Celebrating the work people do on equalities in Midlothian
- Creating stronger links between groups – involving local adults, young people and children
- Reaches out to all communities

Midlothian Mela on Friday 24 May is the highlight: enjoy the fun at the Gorebridge Beacon

Monday 20 May

10.30am: online, LGBT Youth Scotland, Charter Mark & Schools,

Michelle McCartney, Chloe Rose-Alex

We empower young people to achieve their goals by participating in our award-winning youth work. LGBT Youth Scotland ensures the places young people live, learn, and work are inclusive through our equality accreditation programme, the LGBT Charter. We amplify the voices of young people. Our youth participation and policy work positions young people as experts in their own lives so they can reach decision-makers and create positive change.

www.eventbrite.co.uk/e/894325149597?aff=oddtcreator

pm: online, Engaging with Midlothian: A new approach to community involvement,

Kate Thornback, Equality & Human Rights Lead, Midlothian Health & Social Care

Midlothian Health and Social Care Partnership (Midlothian HSCP) plans and directs a number of different health and social care services for the people of Midlothian.

We are reimagining how we listen and respond to the people of Midlothian so that we can plan, design and make decisions about how we deliver health and social care with the voices of our community at the heart of everything we do.

This session will describe what we have done so far in refreshing our approach to community engagement, what we plan to do in the future and how you can get involved.

www.eventbrite.co.uk/e/894330385257?aff=oddtcreator

Tuesday 21 May

10:30am: online, Health in Mind Peer Connecting, Black & Minority Ethnic Community Focus, East & Midlothian,

Monika Dyczko

Information session for people from minority ethnic communities (Peer Connecting Black & Minority Ethnic) Health in Mind will be providing information on how this service is for anyone aged 18 or over, from a minority ethnic community who is experiencing cultural and/or language barriers, stigma, isolation or mental health and wellbeing difficulties. The service provides one to one support, support groups, information and community connecting for individuals and families.

www.eventbrite.co.uk/e/894347325927?aff=oddtcreator

pm: online, Men in Child and Social Care at Equal Midlothian,

James Maynard, Midlothian Council

James has spent the last six years changing career direction and entering Child and Social care. He's hit many barriers and stereotypes in the process.

He wants to inspire people, especially older males if they want a career change. So sign up to listen and ask questions, mainly when a recruitment drive is on in the council and looking for these roles.

www.eventbrite.co.uk/e/894353644827?aff=oddtcreator

Wednesday 22 May

am: online, Sight Scotland, Visual Impairment Awareness, Colin Hilditch

Vision Impairment Awareness Session with Q&A with Sight Scotland.

Learn about causes of sight loss, eye conditions and their effects. Understand the emotional impact of sight loss and how assistive technology can empower visually impaired people.

www.eventbrite.co.uk/e/894356894547?aff=oddtcreator

pm: online, Menopausal leaders, Annette Lang, Midlothian Council

Women in Leadership Roles – Sharing Our Experiences, Challenges and Tips with Annette & Guests.

Speakers from different walks of life share their experiences and reflections on being a woman in a leadership role.

www.eventbrite.co.uk/e/894364457167?aff=oddtcreator

Thursday 23 May

10.30am: online, Imposter Syndrome in Education, Maddie Breeze, Stirling University

Are we all imposters?

Have you ever felt you don't belong at school, college, or university? In this interactive discussion, we'll use research on 'imposter syndrome' in universities alongside education experiences to ask how universities could ensure people from all backgrounds feel welcome.

www.eventbrite.co.uk/e/894370184297?aff=oddtcreator

1.30pm: online, UNCRC, My Child & Me, Jenifer Hodson, Midlothian Council
An introduction for Parents & Families to the Incorporation of the UNCRC.

Covered in this session:

- What is the incorporation of the UNCRC?
- What does a rights-based approach mean for schools?
- Why is understanding children's rights necessary for teachers and parents/families?
- How are schools beginning to embed a rights-based approach?
- How might we promote a rights-based approach as parents and family members?

Friday 24 May

1.30pm – 4.30pm: in person, Midlothian MELA 2024 – Islamophobia: Causes and Cures

MEND delivers this interactive session aiming to explore causes of Islamophobia in Britain today. Focusing on media and politics, this session looks at ways in which the Muslim community is regularly marginalised and attacked. The latter part highlights ways to contribute to wards positive change and address this form of hate.

MEND is a not-for-profit company that aims to tackle Islamophobia. It encourages British Muslims within local communities to be more actively involved in British media and politics.

Activities:

- Henna Hand Painting
- Chinese knotting with Josephine
- Indian classic dancing & mudra workshops
- Scottish highland dancing with Claire
- Woodland activities/workshops with Joanna
- Art & Crafts with Gorebridge library.

Friday 24 May
1.30pm – 4.30pm

The Gorebridge Beacon
Hunterfield Road
Gorebridge, EH23 4TT



**A magical mix
of culture, food
and entertainment!**

- **FREE fun family friendly event**
- **Bringing together people from Midlothian's communities**
- **Everyone welcome - no need to book**

Music, dance, artistic performances, creative workshops, complementary therapies, delicious food, relaxation and activities for children. (Lothian bus service no's 29 and 48; ten minute walk from Gorebridge Train Station; limited parking available)

Midlothian Mela is an annual event, held as part of Equal Midlothian Week - organised by the Midlothian People's Equality Group (MPEG) in partnership with Midlothian Council, Health in Mind and others.

