



Diversity Calendar Resources for April 2024

National Volunteer Week: April 14 – 20

The theme for National Volunteer Week 2024 is **Every Moment Matters**.

The vision, mission and values of Volunteer Canada, an organization that advances volunteerism embed principles of Equity, Diversity and Inclusion.

The Vision statement of Volunteer Canada is ‘The value of one, the power of many’. This resonates with the message, ‘We go far when we travel together.’ The many inspiring speakers at the recently concluded University of Regina’s 2024 Inspiring Leadership Forum also shared this message. Volunteering creates a sense of belonging and community building and we would love to hear from you at urincluded@uregina.ca about your experiences in volunteering. We would also like to post them on the EDI website with your permission. The story below highlights how one family was able to overcome barriers to volunteer.

When I worked at the Regina Open Door Society I enabled a refugee family volunteer at a downtown centre. To make this possible and to create a meaningful experience for the volunteering individuals and the organization they volunteered with, we had to address barriers such as language, communication style, prejudice and fears. The volunteering experience became a reality through joining of many hands that included The Regina Open Door Society, South Saskatchewan Independent Living Centre, and Interpreters. Volunteering at the downtown centre became the first work experience in Canada for this family and led to future opportunities and relationship building for the family.

Read more about volunteering and how you can create a difference at the [Volunteer Canada webpage](#).

National Caregiver Day: April 2

The 2024 campaign “Valuing Caring” of Carers Canada focuses on ‘giving and getting’. It reminds us once more of the immense and often times ‘invisible’ work of caregivers.



Statistics show that 55% of senior caregivers report a sense of fulfillment and purpose. We also acknowledge the challenges faced by Carers. It encourages us to look around our community and see opportunities for micro-volunteering.

<https://www.carerscanada.ca/national-caregiver-day-campaigns/>



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World Health Day 2024: April 7

The theme for World Health day 2024 is “**My health, my right**”. It has been shown that more than half of the world are not covered by health services. And only 140 countries recognize health as a human right in their constitution. We need to advocate for equitable health services in our communities and for those outside our communities.

<https://www.who.int/campaigns/world-health-day/2024>

Earth Day: April 22

The 2024 Earth Day campaign is **Earth Day is Leg Day**.

All are encouraged to try different modes of transportation and adopt eco-friendly habits.

Ideas of sustainable mobility include:

Walk, Cycle, Run, Use public transportation and carpool.

<https://earthday.ca/april-22/campaign/>



World Day for Safety and Health at Work: April 28

World Day for Safety and Health at Work raises awareness of how to make work safe and healthy.

Employers are responsible for ensuring that the working environment is safe and healthy.

Workers are responsible for working safely and to protecting themselves as well as taking care that others are not put in danger.

All of us need to know our rights and to participate in the implementation of preventive measures.

<https://www.un.org/en/observances/work-safety-day>