



Your DE&I Business and Lifestyle Brief

May 2022

We Are Wired for Connection & Belonging

The Mental Health Foundation has chosen Loneliness as this year's theme for Mental Health Awareness Week beginning on 9 May. Loneliness affects millions of people across the UK with research illustrating the connection between loneliness and our physical health - loneliness is associated with a greater risk of cardiovascular disease and anxiety; and at work, it limits creativity and impairs our ability to reason and make decisions. We often feel shame around being lonely, equating it with shyness, being a "loner" or lacking social skills. These dangerous narratives need to be challenged. Our Brief includes resources giving you insight into human connection and encouraging you to be intentional about checking in with friends, family, and colleagues.

This Month's Features



"Hidden" mental health crisis among older people

Age UK research reveals a "hidden" mental health crisis that is debilitating older generations. Their recommendations encourage people to seek help from their communities and support networks. [Read](#)



'Safe To Be Me' LGBTQ+ conference cancelled after boycott

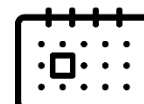
LGBTQ+ people have become 'collateral damage' in the UK Government's failure to include trans and non-binary people in their ban on conversion therapy. [Read](#)



Being Black and Neurodivergent

As an author and narrative changer, Marcia Brisett-Bailey has been raising awareness on workplace inclusion with regard to neurodivergence, drawing on her personal experiences. [Read](#)

Upcoming Events





LGBTQ+ Inclusion Matters Summit

Join us on 8 June as we engage in dialogue with leaders, change-makers, and allies who share their stories and perspectives on how we can build more inclusive, equitable, and safer spaces for our LGBTQ+ siblings. [Book](#)



CO((Labs))

Do your leaders get uncomfortable with conversations about DE&I? Our CO((Labs)) learning experience connects leaders to conversations by co-creating listening circles with expert-led facilitation for them to self-examine and learn experientially. [Book](#)



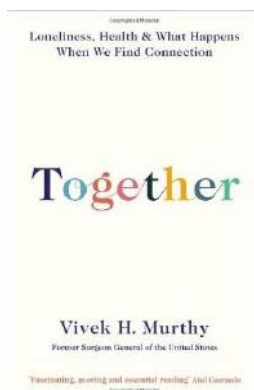
Mental Health and the City

This UCL panel discussion invites debate across academia and policymakers exploring the relationship between mental health and cities. It will be of interest to those working in geography, sociology, urban planning, public health, and social justice. [Book](#)

Lifestyle Picks



Read Together by Vivek H Murthy



The book we need NOW to avoid a social recession, Murthy's prescient message is about the importance of human connection, the hidden impact of loneliness on our health, and the social power of community. [Read](#)

Listen Unlocking Us with Brené Brown



On Big Friendship: Brene and her guests talk about why the lack of intimate and vulnerable friendships are in crisis. Meaningful relationships demand putting in meaningful work, even friendships. [Listen](#)

Watch Joker (2019)



A haunting cinematic experience as we see the world through the eyes of protagonist Arthur Fleck – a victim of a cruel world in which those living with mental health are stigmatised and marginalised. [Watch](#)

Visit Alternative Systems



Celebrate the work of designer Bethany Williams with this new exhibition at the Design Museum embracing the discussion of social and environmental issues. [Book here](#)

Meet The Team



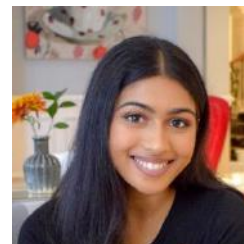
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Ray James
Advisor



Dylan Shimmon
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Newsletter Editor

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CO((LABS))
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and enable impactful change together.

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