



Your DE&I Business and Lifestyle Brief

July 2022

Overlooked: Single-Parent Households

During the pandemic, single parent earnings fell by more than double that of households with two parents in the UK. This places an immense burden on single parents impacting them and their children in very personal ways. Single parenthood is not spoken about enough, nor is it considered a protected characteristic. Without addressing the triple whammy of prejudice, bias and lack of legal protection, single parents will remain perpetually at risk. Companies must step up to support their single-parent employees in the ways that they need to ensure they can thrive.

This Month's Features



Single Parent Discrimination: Realities and the Way Forward

Research shows that 80% of single parents experience discrimination. Without action, single parents and their families will continue to be negatively impacted. [Read here.](#)



How Companies Can Support Single Parents

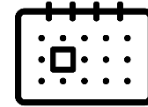
Workplace burnout is an organisational problem that requires systemic solutions, especially for one group in particular: single parents. Here are a few things companies need to keep in mind to address this burnout: [Read here.](#)



Single Parent Professionals: The Invisible Diversity Issue

Single parents should not have to battle job insecurity because companies do not offer flexible working conditions. Leaders must commit to empowering their single parent employees. [Read here.](#)

Upcoming Events



Building Resilience for Black Women through Self-Care

For Black Women self-care means finding tools to thrive within spaces and systems that continue to challenge their mental and emotional wellbeing. [Book here.](#)



Gong Bath Healing Session

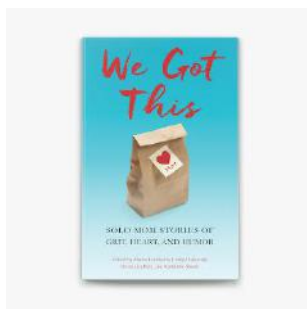
Sound therapy is helpful in reducing stress and anxiety. Book a 75 minute sound healing session guided by the sound of gongs, Himalayan bowls, and other magical instruments. [Book here.](#)



Time Out for Parents

There's something very special about meeting other mums and dads on one of these courses for parents. The benefits of sharing ideas and experiences with other parents can last a lifetime. [Sign up here.](#)

Lifestyle Picks



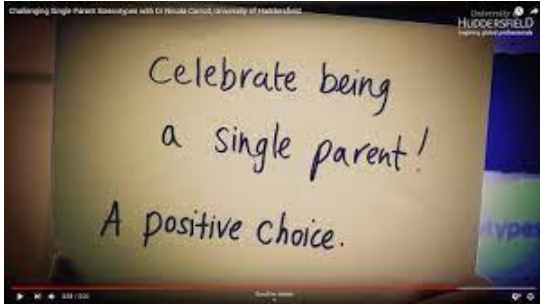
Read We Got This: Solo Mom Stories of Grit, Heart, and Humor

Seventy-five solo mom writers tell the truth about their lives—their hopes and fears, their resilience and setbacks, their embarrassments and triumphs. [Read here.](#)



Listen Single Dads Academy with Nick Kugelman

In this podcast, dads discuss the wins and losses of being a single parent- everything from homework, getting the kids to school, holidays, sports, making lunches, to finances and dating. [Listen here.](#)



Watch **Challenging Single Parent Stereotypes with Dr Carroll**

Single parents come together and share their experiences, tackle unhelpful myths and confront prejudice. Here, they share messages describing their ups and downs of going it alone. [Watch here.](#)



Visit **ALOK at Soho Theatre**

ALOK (they/them) is an internationally acclaimed writer, performer and public speaker. A mixed-media artist, ALOK's work explores themes of trauma, belonging and the human condition. [Book here.](#)

Meet The Team



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