## 'REACHING OUT'...



aims to ensure that we are truly accessible and inclusive.

## Top ten tips

- 1. When planning meetings or events remember to check to see if there are any religious holidays that may mean that some members of the community are unable to attend. Check on our Diversity calendar or look online to find out when these are.
- 2. If possible, make sure that venues are somewhere where everyone will feel comfortable, for example a library or town hall, instead of a religious venue such as a church.
- Consider the timings of your meetings and events. If you host them on the same day/time of the week, some people won't be able to attend due to existing commitments, e.g. work.
- 4. Make sure that the venue is fully accessible to everyone's needs, including suitable bathrooms and ramps.
- 5. Recognise that there are some people who do not want to or have no need to be part of a group, but it is part of the human condition to want to be amongst similar people
- 6. Being aware of, respecting and responding to differences is immensely powerful
- Community and religious leaders would love to know more about how we can help people in their communities
- 8. Be a listener. We don't all share the same views but can be open to hearing and listening to a different perspective.
- 9. Remember that when volunteering you're representing the Association and our values.
- 10. Ask us. If you have any questions or comments about this work, please don't hesitate to get in touch by emailing <a href="mailto:reachingout@mndassociation.org">reachingout@mndassociation.org</a>