



## Let's help each other get back to work HDN's Seventh Podcast is out there...

The latest in our opening series of podcasts has just been published and it's a timely reminder to us all that, while the UK opens up, this is an anxious time for many of our friends and colleagues.

HDN associate and mental health practitioner Anita Birchall speaks to us about a myriad of mental health topics, including the inequality of mental health, homelessness and the crossover between mental health issues and mental illness. As always the podcast is available to download and listen to on Spotify, iTunes, Apple Podcasts, Google Podcasts, Tunein and Stitcher and previous podcasts are available too. So take a listen and, if you enjoyed it, please leave a review, and get in touch if you know anyone we should speak to in our second series to be launched later in the year.

In this podcast Anita also gives excellent guidance around how we can help colleagues who may be struggling mentally with a return to the office or workplace. We have all suffered, to different degrees, over 18 months, from illness to friends and family, lockdown and work uncertainty. We have become accustomed to speaking to each other from behind a phone or laptop and the transition to face to face contact may be daunting for some. But with help from colleagues, any problem can be overcome.



Here at HDN we recently launched our Health and Wellbeing Network with a first meeting, chaired by Fran Stulberg from Riverside Group, where members came together to discuss how to tackle the many wellbeing issues faced by both staff and residents in housing organizations across the country.

If you were unable to attend the initial meeting but still wish to be involved, please contact Josh at: [josh@housingdiversitynetwork.co.uk](mailto:josh@housingdiversitynetwork.co.uk). And take a listen to Anita's podcast over a coffee.

Next week we round off our opening podcast series with a fast flowing chat with Joanne Lockwood, the founder of See Change Happen, the Equality, Diversity and Inclusion and Belonging practice.

## HDN is back on the road



Change is happening at a rapid pace and, here at HDN, we are ready to embark on our first two face-to-face events in well over a year.

On September 8th we are hosting a networking event in Manchester, and then on October 18th we will be delighted to present the HDN Autumn Conference in Birmingham, hosted by the wonderful Joanne Lockwood and featuring keynote speakers, break-out panels on a wide range of EDI subjects... and wizzy interactive sessions.

It's not one to miss, and we can't wait to see you all again. Details for both events are available on our website and through your HDN friend. For all our events, click here:

[www.housingdiversitynetwork.co.uk/events](http://www.housingdiversitynetwork.co.uk/events)

## HDN Events



### Race: From Conversation To Taking Action

Thursday 30th September  
14:00 to 16:30 pm

Due to popular demand, we are now doing a second training session, for anyone who missed the first one. Make sure to buy your tickets soon as we are selling out fast, with only limited number of places left.

[BUY TICKETS HERE](#)



### Another date for your diaries: Monday 18th October

HDN Autumn Conference: Leading the Change

(More details to follow shortly)

[For details of ALL our events CLICK HERE](#)



### Welcome our new members

[Cobalt Housing](#)



### Career Opportunities

[Chief Operating Officer](#) - Plus Dane Housing

[Deputy Chief Executive](#) - Plus Dane Housing

## What We Do at HDN

Contact us to see if we can help

We work with organisations on a range of equality, diversity and inclusion issues. These include management and leadership training, board and executive team discussions on Black Lives Matter and/or the pandemic, and reviewing and helping on Equality, Diversity and Inclusion Action Plans and Strategies.

Contact [Mushtaq Khan](#) for further details.

### What's the team been talking about?

You know we're a sociable bunch here at HDN, and we like a night out; and while opinion is split on what exactly involves a good night out, we're (almost) in agreement on the subject of nightclubs. Some of us have had our day, or night, in the loud and sweaty houses of fun, while some of us simply don't want to go there.

Interestingly, a recent survey revealed that 30 per cent of respondents were happy to see nightclubs re-open, 20 per cent were unhappy... and 50 per cent wanted to see them closed for good!

Wonder who they were asking.

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