



## Issue Introduction:

Welcome to the October edition of our monthly roundup and us Ambassadors have produced a range for you to get stuck in with over our half term break and into November. This month's edition covers incredible rhinos, an important piece for Black History Month, celebrating the dead in the living world and reducing our waste during the spooky season!

## September recall: Commemorating World Rhino Day

World Rhino Day is a day of awareness for all five rhino species and the work being done to save them. Since 2011, World Rhino Day has been celebrated internationally on September 22<sup>nd</sup> by rhino experts and advocates around the world! The key message of the occasion is to "Keep the Five Alive" – a simple, catchy expression to emphasize the mission of protecting all species of the animal.

As part of the mission, there are dedicated workers who fight to reduce poaching of the rhinos and do this through utilizing technology that can monitor the rhinos. They also work to engage local communities in protection and advocating conservation.

Rhinos are a species that have been identified as critically endangered and it is vital that these unique animals are kept around for generations to come. Animal charities like the WWF are asking people to try learn more about the different types of rhinos, and what help they need.

This World Rhino Day, there was more to celebrate since there has been a success story in Nairobi National Park - an exciting rhino resurgence is taking place. The park's black rhino population is on the rise, sparking hope for the future of this critically endangered species. The birth of several new calves over the past year and improved monitoring - afforded by ranger training and new equipment purchased with WWF-UK funds - has ensured better protection of the park's black rhinos.



*Image above: Rhino's in their natural habitat (Source: International Rhino Foundation)*

There are five species of rhino, and they all live across the continents of Africa and Asia. The white and black rhinos live in Africa, mainly in the south and west of the continent. The three other types - the greater one-horned, Javan, and Sumatran, all are from Asia.

Due to poaching (hunting animals to make money from them or their features), rhino populations were down to very low levels at the end of the 19th century. Thanks to conservation projects, the animals are doing better now. However, although it is against the law, poaching still happens. Poachers can make a lot of money by selling ivory, which is in rhino horns.

The WWF says rhinos are also impacted by climate change, as they need a very specific environment to be able to breed in. When the climate changes, if it gets too hot or too cold, they could struggle to have babies. Rhinos help look after the environment - they graze on plants which helps look after the landscape. Having rhinos across more locations is important for ample food supply and space to thrive which reduces the threat of overgrazing and it helps to maintain a balanced ecosystem – healthy rhinos means healthy environment!

# How can you recognise the beauty of our planet biodiversity? A celebration of World Animals Day

Our planet's biodiversity contains a wide range of species from the largest whale to the smallest ant, all of which should be appreciated.

As you may have learnt in your science and geography, biodiversity is the variety of different species within a certain area. Without a biodiverse ecosystem, our world would be an entirely different place to live in. Biodiversity ensures that the food chain runs smoothly and the interdependency between species is not disrupted. Biodiversity also ensures there is diversity between genetics, species and ecosystems.

During autumn, some animals such as hedgehogs go into a state known as hibernation, even though this means they will rarely if ever be seen, they shouldn't be left in the back of your mind. Many things can be done to care for our species in autumn, this can include putting carved pumpkins to good use, creating hibernation boxes for hedgehogs and offering feed for the birds in your garden.



You can also build bug hotels, and bat boxes could be a great addition to your garden to add inclusion to more animals. All of these activities are easy and affordable ways to encourage the younger generations to work together with others to get back into nature and care for the habitats of other species.

Biodiversity is very important and soon we have a day in which to focus on animals. October 4th is soon to play host for this day to celebrate all species. World Animal Day flew by fast this year, and this shouldn't pass by unnoticed.

World Animal Day was founded March 24th, 1925. It is a day to raise awareness of the treatment of animals globally and to improve standards of animal wellbeing throughout the world.

By recognising this day, you are recognising the impact biodiversity has and the importance the species of the world holds.

There are many other things that you can do in celebration of World Animal Day if you are not feeling creative with constructing a habitat in your garden - you can donate to a conservation society or a zoo, you can volunteer in a local nature reserve or national park or even just let your native animals thrive.

*Image left: An example bug hotel (Source: Kebur)*

# Special Recognition: Black History Month

Black History Month is all about recognising and congratulating the contribution and legacy of people from black backgrounds to society. In the UK, Black History Month happens every October.

It gives everyone the opportunity to share, celebrate and understand the impact of black heritage and culture.

People from African and Caribbean backgrounds have been a fundamental part of British history for centuries. However, campaigners believe their contribution to society has often been overlooked or distorted.

It started in 1976 when US President Gerald Ford extended the recognition to "honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history." Black History Month has been celebrated in the United States every February ever since.

## **Famous people from the Black community**

### Ira Aldridge (1807-1867)

Ira Aldridge was believed to be one of the greatest actors of his day and moved to the United Kingdom from America after facing discrimination. He was expected to play white characters in Shakespeare plays. Aldridge is the only actor of African-American descent honoured with a bronze plaque at the Shakespeare Memorial Theatre, in Stratford-upon-Avon.

### Olive Morris (1952-1979)

One of the country's first networks for Black women, Brixton Black Women's Group, was co-founded by Olive Morris. She was also a founding member of the Organisation of Women of Asian and African Descent (OWAAD). Morris was committed to struggling for racial, gender, and social equality throughout the world.



*Image above: Promotion poster for Black History Month (Source: USA Today)*

### Jacques Francis (1527 to unknown)

Jacques Francis was a Black African man who played a rather significant role in royal Tudor society. During his reign, King Henry VIII hired him as a diver to recover lost items from his ships, including from the famous warship the Mary Rose. Early modern society believed such jobs were better suited to African men.

### Ignatius Sancho (1729-1780)

The abolitionist, writer, and composer was the first Black man given the vote in the UK. Ignatius Sancho was born aboard a slave ship in the Atlantic Ocean and enslaved to a British family. He escaped and was taken in by the Second Duke of Montagu, who taught him to read and encouraged his interest in literature.

### Mary Seacole (1805-1881)

Mary Seacole, was born to a Scottish father and Jamaican mother. She possessed a curiosity about healing and illness from early on, one which only grew. When, during the 1800s, yellow fever broke out, Mary worked with her mother to cure the ill using traditional Jamaican remedies. The War Office declined to send her to Crimea as a war nurse, a response to which Mary decided to take matters into her own hands. She funded her own travel abroad and established the 'British Hotel', where she would nurse wounded soldiers back to health.



# September recall: International day of democracy

## #defenddemocracy

### What happens?

On the 15<sup>th</sup> of September each year, people across the globe celebrate to promote and uphold the principles of democracy and invite others to commemorate our freedom in choosing our leaders.

### How do people get involved?

People can get involved by offering to volunteer for a political campaign or join a non-profit organization whose mission is to protect and promote democracy worldwide. Alternatively, people can be educating themselves on how the democratic system works in the modern world. All members of the United Nation (UN) celebrate the occasion to spread awareness of democratic governments.

### What is a democracy?

A democracy is a type of ruling Government where the leaders are elected by others. This minimises the risks of dictators, corruption and prosecution of minorities and other specific groups.

Most countries in the world are democracies such as the UK, USA, Australia and Brazil, however there are some that offer the appearance of being democratic but attempt to corrupt the principle and act in morally wrong ways to gain or change power dynamics.



Image above: Image created for the celebration  
(Source: News 24 Online)

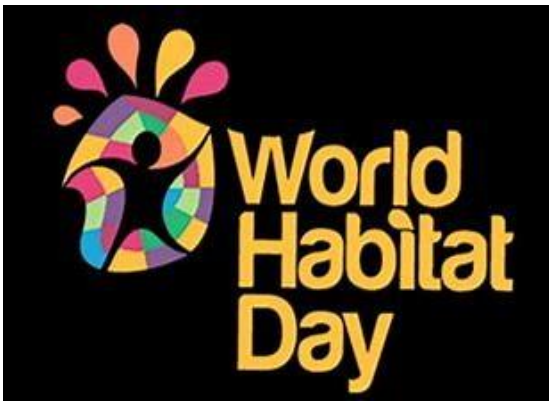
### What is the history of International Day of Democracy?

The day was created by the United Nations General Assembly in 2007 to promote and uphold the principles of democracy, raise awareness about issues, and encourage efforts to strengthen democratic institutions from around the world.

### What has happened since it was created?

Since its foundation, the UN “seeks to promote the aspirations of all people, especially young women and men, to strive for the realization of shared universal values, such as tolerance, pluralism, the respect of human rights, freedom and dialogue.” The UN still have challenges that they face with promoting their key message, as described by them “democracy is as much a process as a goal, and only with the full participation of and support by the international community, national governing bodies, civil society and individuals, can the ideal of democracy be made into a reality to be enjoyed by everyone, everywhere.”

# Protecting our living spaces: embracing World Habitat Day



*Image above: A previous logo used in celebration of World Habitat Day (Source: Holidays Calendar)*

World Habitat Day is marked on the first Monday of October every year. This is an opportunity given to reflect on the state of towns and cities. It is also intended to remind people that we have the right and power to change the state of our town and cities for the future.

Previous themes have done to represent world habitat day have included "Shelter For The Homeless", "Our Neighbourhood", "Safer cities", "Women In Urban Government", "Cities Without Slums" and "Water And Sensation For Countries".

World Habitat Day was first introduced in 1986, and the theme chosen for that year was "Shelter Is My Right". Many people from rural areas would continue to move from one area to another thinking to have a better life although sometimes people would realize that the dream they have is not what they think as they continue to migrate.

The theme selected for the day in October was aimed towards the younger generations of society. Describing this theme, the UN wrote on their website, "as our world rapidly urbanizes, cities are becoming home to a new generation of leaders and changemakers. Young people are at the heart of this transformation, especially across regions like Africa and Asia."

The name of the theme for 2024 was "engaging youth to create a better urban future" with the main celebrations being held in Querétaro, Mexico, which focused on "empowering youth to take the lead in shaping their urban present and future through participatory processes and local leadership."

This day has significance because it promotes the fundamental right to shelter and a good quality of life. This day also reminds people about the importance of protecting our environment amid rapid urbanisation which is growing to be more common in the modern world.



*Image above: A street in Querétaro, Mexico (Source: roamingaroundtheworld)*

# Spooky season pending: How to reduce your waste from Halloween

As the cozy months of Autumn begin to settle here in the UK with the leaves falling and the dark nights are setting in, we experience the annual events including Halloween.

On the 31st of October many celebrate with spooky spectacular events including parties, movie nights and games. Many children around the country will be trick or treating, hoping for many sweet treats as they showcase their new costumes and best scary makeup. However, many consequences including an increase of litter, is a result of this.

The Halloween tradition originated with the ancient Celtic festival of Samhain, when people would light bonfires and wear costumes to ward off ghosts. Eventually in the eighth century, the night before All Saints Day was known as All Hallows Eve with it then over time evolving into Halloween.

For some, this day marks the end of summer and the harvest and the beginning of the dark cold seasons which many still associated with death just like the Celtic traditionalists.

*Image right: Halloween decorations outside someone's home (Source: Woman's Day)*



*Image above: Waste from a previous Halloween celebration (Source: BBC News)*

The most popular costumes at Halloween include cats, witches, clowns and vampires and people even get their pets involved in the dressing up. But all of the detail in the costumes and the scary effect comes at a cost to the environment as the waste piles up.

Halloween generates a significant amount of waste, such as discarded pumpkins from carving, single-use costumes from the nights of parties and trick or treating, and plastic decorations and wrappers.

To reduce your waste at Halloween, instead of throwing the pumpkins away you can compost them and feed something back to the ground. Instead of throwing away a costume and only wearing it once, donate it to charity or re-wear it the following year. There are also more options now for environmentally friendly treats and decorations. You can always save decorations and reuse them for the following year if they are well looked after. Furthermore, if you do not manage to find the eco-friendly wrapped treats, simply ensure that the waste is disposed off correctly to minimize your impact on the environment this Halloween.



# Recycle Week 2024: “The Big Recycling Hunt”

During this spooky sensation we uncover the horrifying truth of plastic .

As part of the approach to educating others about the importance of recycling, the same team that launched the Big Recycling Count, WRAP, have announced their theme for Recycle Week 2024.

This year's recycling theme is “Rescue Me” which runs between 14<sup>th</sup> and the 20<sup>th</sup> October. They are encouraging everyone to get their spooky outfits on and recycle all their plastic.

WRAP is an international climate action charity aiming to raise awareness of human impact on the environment. WRAP also delivers information, support and resources to help us all reduce our food waste, through their website. The organisation also runs Love Food Hate Waste and Food Waste Action Week, in March.

Recycle Week 2023 took place between 16<sup>th</sup>-22<sup>nd</sup> October. The theme - The Big Recycling Hunt - focused on “missed capture”: the items that can be recycled but are commonly missed in the home. The aim is that this year is even bigger and better.

Now in its 21<sup>st</sup> year, it's the chance to celebrate recycling nationwide and encourage everyone to recycle more of the right things, more often.

The local council's waste and recycling team will be sharing top tips for rescuing recyclable items from heading to the rubbish bin and where to recycle to help start by taking time to recycle and reusing objects such as yogurt containers plastic bottles milk cartons and boxes.

WRAP have also given recognition to their big brand sponsors for the week which include Boots and Tesco, saying that they appreciate them “supporting the mission to inspire everyone to rescue their recyclables. By recycling at least one extra item as part of the daily routine, it will make a huge difference.”



Image above left: Recycle Week poster for 2024 (Source: WRAP) & Image above right: Recycling logo (Source: Community Health Partnership)

# Coming alive again: Embracing Day of the Dead



Image above: Costumes in parades for Day of the Dead (Source: Visit Mexico)



Image above: A cartoon design for Day of the Dead (Source: Oaxaca Airport)

## What is Day of the Dead?

The Day of the Dead is traditionally celebrated in South American countries such as Brazil Ecuador, Guatemala and Bolivia however the biggest celebrations happen in the North American nations of the USA and Mexico. The festival usually takes place on 1<sup>st</sup> and 2<sup>nd</sup> November, although some celebrations do take place on 31 October and 6 November.

## How is it celebrated?

People celebrate Day Of The Dead in many ways. Some people honour the dead by using calaveras (skull-shaped candies) and marigold flowers (known as cempazuchitl). Another way that it is celebrate is by creating home altars (olfredas) with photos of the departed, favourite foods and beverages. In Brazil, it is customary to visit the graves of loved ones and leave flowers and prayers.

Day of the Dead is a festival of remembrance, it is a dedicated time to pay respects to people that have passed away. The festival is now a national symbol for many and it is taught in schools to raise awareness of its importance and promote cultural diversity and beauty. As described by Good Housekeeping, "the holiday is a special time when family members from the afterlife reunite with loved ones in the living world."

## When is Day of the Dead 2024?

This year, the Day of the Dead is being celebrated between 31<sup>st</sup> October and 2<sup>nd</sup> November.

## When did Day of the Dead begin?

Day of the Dead's origins lie with the Aztecs, an indigenous group of people who lived in the area that would become Mexico City, around 2,000 years ago. The Aztecs worshipped many gods and goddesses, including Mictēcacihuātl - a goddess of death and ruler of the Aztec underworld - Chicunamictlan.

They believed that when a person died they made the journey to the depths of Chicunamictlan. Aztec people left offerings on altars, or ofrendas, that would help their dead relatives on their journey to the afterlife which is still part of the celebrations today.

## Are all relatives celebrated on the same day?

The answer to this is no – there are two separate occasions.

The first day is dedicated to children who passed away and is called *Día de los Angelitos*. Families often create an ofrenda that is adorned with the child's favorite candies, toys and their photos. The following day is called *Día de los Difuntos* which is for the adults. They also have an altar that is decorated, often with pan de muerto (bread of the dead), tequila, other favorite items and of course, their photos.

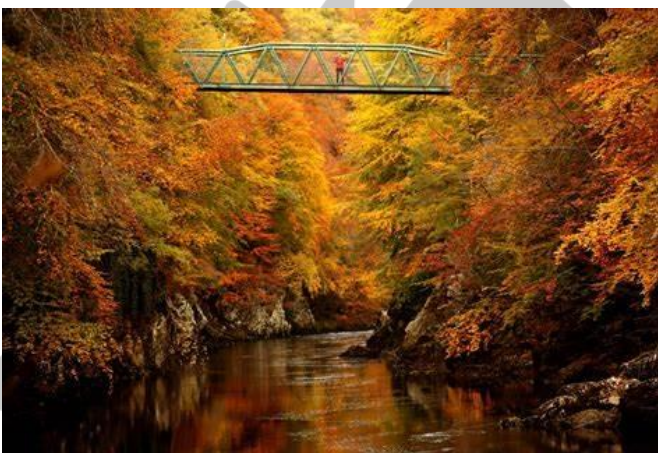


# Autumn to winter: how you can make the most of your time and keep warm and safe

Whilst the weather gets colder, it's extremely important to find ways to stay warm. There are many risks for lots of people when cold weather occurs but especially for people with disabilities, health conditions and many more.

Ways to stay safe during these times are to stay indoors more often but even if you need to go outside wear plenty of layers, so you don't get sick. Keeping the heating on at home is a good investment to stay comfortable during these next few months to avoid becoming sick. Try not to sit in the same position for too long to avoid the cold so you can increase your body temperature. However, if you can't afford heating, it's good to wrap yourself up in a blanket and drink a hot beverage.

Being safe is just one of the main things you should be worrying about but there are loads of activities to participate in during the spooky season.



*Image above: Autumnal scene in the UK (Source: Evening Standard)*

*Image below: A scene from the spooky classic Hocus Pocus (Source: The Movie Database)*



Sitting in the sun may seem like most people's idea of fun but Autumn is such a pretty season. You could collect lots of colourful leaves from outside your house to create a leaf collage or design some pretty paintings of scenes you can see from outside your window. Try learning a new skill or finding a new hobby and binge watch any shows you've been looking forward to with a bunch of snacks.

The spooky season could also be spent reading your favourite scary or mystery book and watching some scary movies too. Some recommended movies are Coraline, Hocus Pocus and Haunted Mansion. Some recommended books include Frankenstein and Coraline is also a classic.

The main idea though is to have fun and stay safe during the holidays especially because the days are shorter as it gets darker earlier.