



# KENT TENNIS



## EVENTS CALENDAR

**CELEBRATING INCLUSIVE MOMENTS  
OCTOBER - DECEMBER 2025**



## World Sight Day

9<sup>th</sup> October

World Sight Day aims to raise awareness about blind and partially sighted people.

Host a tennis event with a focus on blind or visually impaired tennis.

- Coaches can complete the Coaching Blind and Partially Sighted People.
- Ensure your venue has clear, high-contrast and eye level signage for visually impaired visitors.
- Offer opportunities for sighted people to try visually impaired tennis – using blindfolds and sound balls.



## World Mental Health Day

10<sup>th</sup> October

World Mental Health Day is a great opportunity for us to come together to talk about mental health and show everyone that it matters.

Talking is good for your mental health. And talking about mental health is important. But starting a conversation isn't always easy. Whether you'd like to talk to someone about how you're feeling, or check-in with someone within your tennis community, here are some tips that can help.

<https://www.mentalhealth.org.uk/>



## Black History Month

Month of October

Black History Month aims to honour the history, culture, and contributions of black communities.

- Celebrate Black History Month by highlighting the achievements of black tennis players and key roles at your tennis venue.
- Partner with black community organisations on the importance of black inclusion in tennis. Invite guest speakers from Tennis Black List or Black Tennis Mentors UK.
- Share stories and achievements of black tennis players on the club's social media and newsletters.
- Support aspiring black coaches with accessing support via the LTA's inclusion grants.



## World Diabetes Day

14 November

World Diabetes Day draws attention to issues of paramount importance to the diabetes world and keeps diabetes firmly in the public and political spotlight.

- If you have people at your venue who are diabetic, engage with them to create secure and sanitary spaces for them to manage their injections at your venue. Keep fast-acting glucose readily available in medical bags and changing rooms to support and include them.
- Partner with diabetes organisations, such as Diabetes UK or JDRF, to provide resources and support to your venue or organisation. Similar to our own LTA Diabetes Support Factsheet.
- Show how tennis can benefit people living with diabetes and collaborate with local organisations to promote these benefits.



## International Men's Day

19 November

- Promote Positive Role Models: Highlighting positive male role models in the family, at work, and in the community.
- Celebrate Contributions: Acknowledging the positive contributions men and boys make to society, community, family, and the environment.
- Focus on Men's Health and Wellbeing: Raising awareness of men's social, emotional, and physical health.
- Address Discrimination: Highlighting discrimination faced by men and promoting gender equality.
- Create a Safer World: Working towards a safer and better world for everyone.

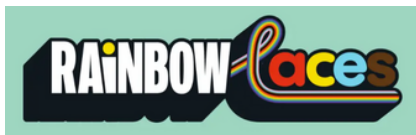


## Movember

Month of November

Movember is a month-long event to raise awareness of men's health issues, including prostate cancer, testicular cancer, and mental health.

- Organise a charity tennis tournament to raise funds for men's health causes.
- Encourage male players to participate in Movember by growing a moustache or setting up fundraising teams.
- Share Movember educational resources about men's health on social media.
- Consider partnering with men's health organisations to offer screenings or information sessions at your venue.



## Rainbow Laces

End November beginning December

Rainbow Laces was originally created to support LGBTQ+ inclusion in football but has since grown to be inclusive of all sport. It is an initiative to support LGBTQ+ inclusion in sports by wearing rainbow-coloured laces.

- Purchase and distribute Rainbow Laces to players and staff to wear during tennis events.
- Host a Rainbow Laces match or tournament to raise awareness and support LGBTQ+ inclusion.
- Use social media to promote the initiative and encourage others to join in. Partner with Pride in Tennis and local LGBTQ+ organisations to further promote that your programmes are LGBTQ+ inclusive.



## International Day of Disabled Persons

3 December

International Day of Disabled Persons aims to promote the rights and well-being of disabled people in all spheres of society.

- Organise an inclusive tennis tournament that accommodates disabled players with different impairments.
- Highlight accessible features at your venue and make any necessary improvements. Not all adjustments are a big cost, check out Sport England's guide.
- Share success stories of disabled players and key roles within the tennis community to inspire others.
- Collaborate with disability organisations to host awareness events at your venue