



KENT

TENNIS



EVENTS' CALENDAR

CELEBRATING INCLUSIVE MOMENTS
OCTOBER - DECEMBER 2026

WORLD

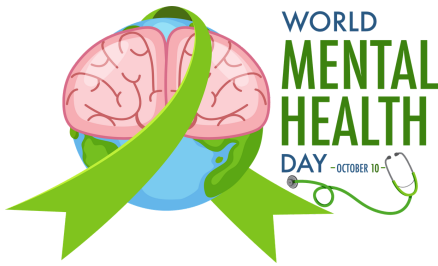


SIGHT DAY

World Sight Day

8 October 2026

World Sight Day takes aims to raise awareness about blind and partially sighted people. Clubs can host a tennis or padel event with a focus on blind or visually impaired tennis/padel. Ensure your venue has clear, high-contrast and eye level signage for visually impaired visitors.



World Mental Health Day

10 October 2026

World Mental Health Day is a great opportunity for us to come together to talk about mental health and highlight the importance of exercise.

Tennis/padel clubs could organise a friendly social tennis/padel session using the sport as an opportunity to promote connection, wellbeing and open conversations about mental health. Create a relaxed, welcoming atmosphere, provide a quiet space and share information about local or national support services.

Highlight the fact that regular physical activity like tennis and padel can help improve mood, reduce stress and anxiety, and support overall mental wellbeing.



World Menopause Day

18 October 2026

World Menopause Day aims to raise awareness of the impact of menopause on women's health and well-being.

Tennis/padel clubs could organise a social tennis or padel session, workshop or event creating a supportive and welcoming space to raise awareness of menopause and staying active during this stage of life.

Clubs could consider offering refreshments, comfortable rest areas and flexible session formats, and invite a qualified professional to share helpful information about exercise and menopause. The focus should be on reducing stigma, encouraging conversation and helping women feel confident staying involved in tennis or padel, while recognising that everyone's experience of menopause is different.



Black History Month

The month of October

Black History Month – which is celebrated in different months (October for UK) across the globe – aims to honour the history, culture, and contributions of black communities.

Tennis/padel clubs could organise a social tennis session, junior event, coaching activity or community open day during October, using it as an opportunity to celebrate Black contributions and achievements in tennis and wider society.

Clubs could highlight Black tennis players, coaches and sporting figures, share educational content through their social media or newsletter, and consider partnering with local Black community organisations. Most importantly, use Black History Month as a starting point for year-round inclusion and opportunities to increase participation in tennis and padel.



Diwali

6-10 November 2026

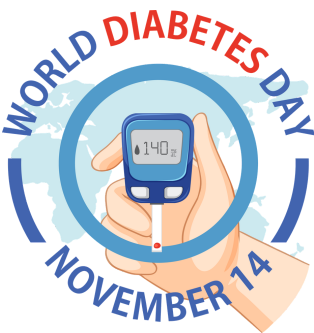
Celebrating Diwali can be a lovely opportunity to make members feel seen, welcomed and part of the club community.

Diwali is commonly known as the Festival of Lights, with themes including light over darkness, renewal and celebration. It is particularly associated with Hinduism, but Diwali is also observed in different ways by other communities, and traditions vary considerably by region and family.

If your club has Hindu, Jain or Sikh members, ask whether they would like to contribute ideas and find out what Diwali means to them.

You can also add Diwali to your club calendar, even something as simple as acknowledging Diwali in your newsletter or on social media can make a difference.

If there is interest from your members, consider a Diwali-themed social tennis or padel session with emphasis on community and participation.



World Diabetes Day

14 November 2026

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

Clubs can partner with diabetes organisations, such as Diabetes UK or JDRF, to provide resources and support to their venue.



International Men's Day

19 November 2026

This year's theme, "The Future Is Everyone", focuses on unity, positive male role models, and the well-being of men and boys.

Clubs could organise a tournament or community event, creating an opportunity to celebrate positive male role models and encourage conversations around men's health and wellbeing.



MOVEMBER

The entire 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.

For Movember, tennis clubs could organise a fun social tennis session, mini tournament or charity event during November, using tennis and padel as a way to bring members together while raising awareness and funds for men's health.

Clubs could encourage players to wear moustache-themed accessories, take part in a fun "Movember" challenge or make a donation to a relevant charity.

Keep the messaging positive and inclusive, focusing on men's physical and mental health, connection and looking out for one another, rather than making assumptions about everyone's experiences.



International Day of Persons with Disabilities

3 December 2026

Aims to promote the rights and well-being of disabled people in all spheres of society.

Clubs can organise inclusive tennis and padel events that accommodate disabled players with different impairments. Highlight accessible features at your venue and make any necessary improvements.



Hanukkah

4-12 December 2026

The eight-day "Festival of Lights" begins on the 25th day of the Jewish month of Kislev.

For Hanukkah, clubs could organise a friendly social tennis or padel session or family event during the eight-day festival, creating a welcoming atmosphere with safe lighting and optional Hanukkah-themed activities such as dreidel. Offer traditional refreshments such as latkes and doughnuts (sufganiyot), while clearly labelling ingredients and allergens and providing other dietary options.

When planning the event, remember that the Jewish day begins at sunset, so check the dates and timing of Hanukkah carefully and, where possible, involve Jewish members in deciding what would feel appropriate and meaningful.