



From everyone at EQulP and our Warwickshire partners

Have a Happy Diwali

There are some key things to remember this Diwali to stay safe during the Coronavirus outbreak.

EQulP has worked with partners at Warwickshire County Council, Warwickshire Public Health, NHS CCGs and Warwickshire Fire and Rescue Service to bring this very short Guide to celebrating Diwali safely this November.

Happy Diwali

Diwali is the Hindu festival of light and is an important festival for Hindus but is also celebrated by Sikhs and Jains.

It lasts 5 days marking the start of the Hindu New Year. The exact dates change each year and is determined by the position of the moon, usually between October and November.

This year the festival starts from 11 November with the main event on **Saturday and Sunday 14 and 15 November.**

The Festival of Lights is being celebrated this year following national protective measures due to the Coronavirus pandemic. The national lockdown rules apply during the festival of Diwali and we urge everyone to comply with them.

In these unprecedented times it is imperative that public health is put first and in line with Government guidelines that:

We celebrate in our own homes with the people we live with and not gather in public settings or with other households

The current advice is:

Hands	Wash your hands regularly and for 20 seconds
Face	Wear a face covering in indoor settings where social distancing may be difficult and where you will come into contact with people you do not normally meet
Space	Stay 2 metres apart from people you do not live with where possible, or 1 metre with extra precautions in place (such as wearing face coverings or increasing ventilation in doors)

In addition, from midnight on 5 November until 2 December, national restrictions will apply. More detail is available here:

<https://www.gov.uk/guidance/new-national-restrictions-from-5-november>



During the period of national restriction, we must stay at home (except for specific purposes), avoid meeting people we do not live with (except for specific purposes) and close certain businesses and venues.

Diwali prayers within the Mandir (temple) will be restricted to individual prayer and for broadcasting acts of worship. Please contact your Mandir to find out what their arrangements are.

Diwali is a celebration where family and friends come together to share food, prayers and festivities. Unfortunately, due to the new restrictions, we are unable to mix with other households or with people outside our own support bubble.

For advice on how to stay safe visit: www.warwickshire.gov.uk/socialdistancing

Or on the NHS website here: <https://www.nhs.uk/coronavirus>

Warwickshire Police and Warwickshire Fire and Rescue Service advice is here:
<https://www.warwickshire.gov.uk/news/article/1420/wcc-police-and-fire-rescue-give-tips-on-how-to-celebrate-upcoming-events-safely-this-autumn>

Diwali is the Festival of Light

Diwali means 'row of lights' and traditionally families decorate their homes with lights and clay oil lamps called 'diyas.'



For many, Diwali honours the Hindu Goddess of Wealth Lakshmi.

Lights and lamps are said to help Lakshmi find her way into people's homes bringing prosperity in the year to come.

However, it is important to follow advice from Warwickshire Fire and Rescue Service to celebrate Diwali safely at home in Gujarati, Punjabi and Hindi:

- * **Check your fire alarm works every week and are on every level of your home.**

*** Never leave candles or ‘diyas’ (clay oil lamps) unattended**

- **ਮੀਘਯਤੀਥੀ ਸਲਾਮਤੀ** - ਮੀਘਯਤੀਓ ਤੇ ਦੀਵਾਓ ਸਯਗਤਾ ਮੂਤੀਨੇ ਤਧਾਰੇਧ ਨ ਯਯ
- **ਮੋਮਬੱਤੀ ਤੋਂ ਸੁਰੱਖਿਆ** - ਮੋਮਬੱਤੀਆਂ ਅਤੇ ਦੀਵੇ ਜਗਦੇ ਨਾ ਛਡੋ
- **ਮੋਮਬੱਤੀ ਸੇ ਸੁਰੱਖਾ** - ਕਵੀ ਮੀ ਮੋਮਬੱਤੀਧਾਂ ਔਰ ਦਿਧੇ ਜਲਤੇ ਨਾ ਚੋਡੋਂ

*** Keep well away from curtains, keep on heat resistant surfaces but do use LED battery lights if possible**

*** Don't leave cooking unattended**

- **ਰਸੋਡਾਮਾਂ ਸਲਾਮਤੀ** - ਰਸੋਈ ਕਰਤੀ ਵਯਤੇ ਤਧਾਂਥੀ ਯਛਾਰ ਨ ਨੀਕਯੋ
- **ਰਸੋਈ ਵਿੱਚ ਸੁਰੱਖਿਆ** - ਧਾਣਾ ਪੱਕਦਾ ਛੱਡਕੇ ਨਾ ਜਾਓ
- **ਰਸੋਈ ਘਰ ਮੇਂ ਸੁਰੱਖਾ** - ਖਾਣਾ ਪਕਤਾ ਚੋਡ ਕਰ ਤੁਧਰ ਤੁਧਰ ਨਾ ਜਾਓ



*** Work out an escape route. Agree with your family what to do if there is a fire**

*** If you smoke, then make sure you put your cigarette right out (or better still give up for Diwali!)**

For useful advice and support on how to stop smoking go to:

<https://quit4good.warwickshire.gov.uk/>

If celebrating with Fireworks, please follow the advice from Warwickshire Fire and Rescue Service:

- Only buy fireworks from licensed sellers
- Read instructions carefully
- Keep fireworks out of reach of children
- Use only one firework at a time
- Stay at least 8 metres away from garden fireworks and 15 metres away from display fireworks
- Only use one sparkler at a time and never in a crowded space
- Hold sparklers at arm's length
- Never give a sparkler to a child under 5
- Wash hands, cover face, make space



For more information on fire safety why not take a look at:
www.warwickshire.gov.uk/fireandrescue

ਸਿੱਖਾਂ ਦੀ ਸੁਰੱਖਿਆ ਲਈ ਆਗਥੀ ਸਲਾਮਤੀਨਾ ਵਿਖੇ ਵਧਾਰੇ ਜਾਏਗੀ ਮੇਯਵਾ ਮਾਣੇ ਜੂਯੋ
 ਸੁਰੱਖਿਆ ਵਿਭਾਗ ਵੱਲੋਂ ਅੱਗ ਤੋਂ ਰੱਖਿਆ ਬਾਰੇ ਵਧੇਰੀ ਜਾਣਕਾਰੀ ਲਈ ਵੇਖੋ
 ਸਿੱਖਾਂ ਦੀ ਸੁਰੱਖਿਆ ਲਈ ਅੱਗ ਤੋਂ ਰੱਖਿਆ ਬਾਰੇ ਅਧਿਕ ਜਾਣਕਾਰੀ ਲਈ ਵੇਖੋ

If there's a fire... Get Out, Stay Out and Call 999

જો આગ લાગી હોય...તો બહાર નીકલો, બહીરજ ઉભા રહો અને 999 કોલ કરો
 ਜੇਕਰ ਅੱਗ ਲੱਗੀ ਹੈ...ਤਾਂ ਬਾਹਰ ਨਿਕਲੋ, ਉਥੇ ਹੀ ਰਹੋ ਅਤੇ 999 ਨੂੰ ਫ਼ੋਨ ਕਰੋ
 यदि आग लगी है...तो बाहर निकलें, बाहर ही रहें और 999 को कॉल करें



BE AWARE, BE PREPARED, BE SAFE!

ਜਾਗ੍ਰੂਤ ਰਹੋ, ਤੈਧਾਰ ਰਹੋ, ਸੁਰੱਖਿਤ ਰਹੋ!
ਸੁਚੇਤ ਰਹੋ, ਤਿਆਰ ਰਹੋ, ਸੁਰੱਖਿਅਤ ਰਹੋ।
ਸਾਵਧਾਨ ਰਹੋ, ਤੈਧਾਰ ਰਹੋ, ਸੁਰੱਖਿਤ ਰਹੋ।



Gujarati/Punjabi/Hindi

If there is a fire...Get Out, Stay Out and Call 999

જો આગ લાગી હોય તો.... બહાર નીકળો, બહાર જ ઊભા રહો અને 999 કોલ કરો



Diwali is also a celebration of good triumphing over evil and different legends based on this theme.

Usually its marked by gatherings of family and friends, exchanging gifts and sweets, enjoying delicious food and watching firework displays. Often families will wear new clothes and at home it is traditional to clean the whole house and decorate.

This year sadly the usual gatherings will be restricted by Covid-19 however there are some traditions that can go ahead.

Rangoli is a popular Diwali tradition. Beautiful art of symmetrical designs and patterns are made of colourful powders, rice, seeds, flowers and textures.



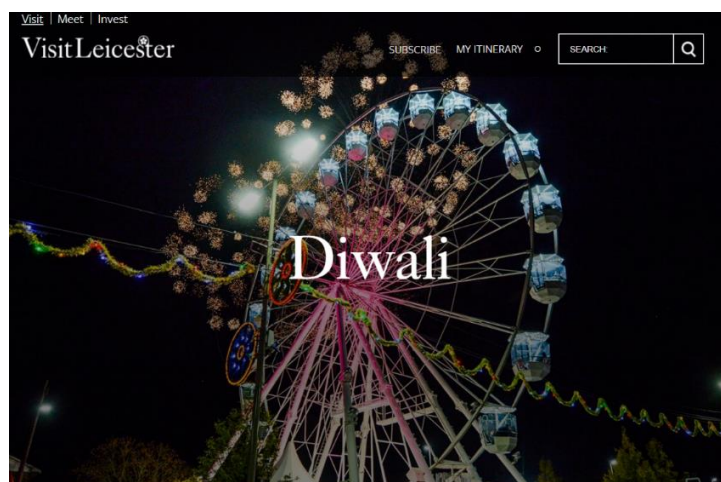
Traditionally families draw rangoli on the floor near the entrance of their home to welcome the gods and bring good luck.



Leicester usually holds the biggest Diwali celebrations in the world outside India with a wide range of different activities and celebrations.

However, with Covid-19 restrictions in place, Leicester is celebrating Diwali as a purely online gathering.

The online activities will feature dances, fireworks and music from previous years and the organisers are asking people to contribute their family thoughts online.



More details are here: <https://www.visitleicester.info/whats-on/diwali-p704841>

If you need any detailed advice on how to celebrate Diwali safely and for more information around specific religious practices in light of the Covid 19 restrictions, please contact us at EQUIP.



Room 127
Morgan Conference Suite
Warwickshire College
Technology Drive
Rugby
Warwickshire
CV21 1AR



07377 431997



advice@equipequality.org.uk



www.equipequality.org.uk



Equip Equality



EquipEquality1

