# **Equality & Health Impact Assessment for**

#### All Wales Disciplinary Policy and Procedure

### Please read the Guidance Notes in Appendix 1 prior to commencing this Assessment

#### Please note:

- The completed Equality & Health Impact Assessment (EHIA) must be
  - Included as an appendix with the cover report when the strategy, policy, plan, procedure and/or service change is submitted for approval
  - Published on the UHB intranet and internet pages as part of the consultation (if applicable) and once agreed.
- · Formal consultation must be undertaken, as required
- Appendices 1-3 must be deleted prior to submission for approval

### Please answer all questions: -

1.	For service change, provide the title of the Project Outline Document or Business Case and Reference Number	n/a
2.	Name of Clinical Board / Corporate Directorate and title of lead member of staff, including contact details	All Wales Policy People & OD Directorate Lead: Karen Fitzgibbon, HR Business Partner karen.fitzgibbon@wales.nhs.uk
3.	Objectives of strategy/ policy/ plan/ procedure/ service	The All Wales Disciplinary Policy and Procedure aims to improve and protect standards of care by providing an orderly means of correcting inadequate standards of conduct, attendance or behaviour at work. The policy and procedure provide a mechanism for dealing with any

		disciplinary issues that arise in a way that is fair, consistent, without discrimination and as quickly as possible; and ensures that no disciplinary action against an employee is taken until the case has been appropriately investigated.
4.	Evidence and background information considered. For example  • population data  • staff and service users data, as applicable  • needs assessment  • engagement and involvement findings  • research  • good practice guidelines  • participant knowledge  • list of stakeholders and how stakeholders have engaged in the development stages  • comments from those involved in the designing and development stages  Population pyramids are available from Public Health Wales Observatory and the 'Shaping Our Future Wellbeing' Strategy provides an overview of health need.	Staff data The numbers of staff affected by disciplinary action within the last year is small, and therefore it is not possible to draw comparisons with organisational data related to protected characteristics.  From January 2017, data has been collected which will enable some analysis of the proportion of staff affected by disciplinary processes. However, if the number of staff affected by disciplinary processes remains as small as in previous years we may not be in a position to publish these data due to staff confidentiality.  Research and Good Practice A range of other organisational policies and EHIAs as well as relevant case law has been reviewed to look at good practice and to understand the impact that Disciplinary processes may have on particular groups of people.  Main stakeholders People & OD directorate, Trade Union representatives.  Engagement In preparing this Policy consultation has taken place through the Policy Development Group and the Joint Negotiating Committee.
5.	Who will be affected by the strategy/ policy/ plan/ procedure/ service	All staff of Public Health Wales, excluding Medical and Dental staff.

#### 6. EQIA / How will the strategy, policy, plan, procedure and/or service impact on people?

Questions in this section relate to the impact on people on the basis of their 'protected characteristics'. Specific alignment with the 7 goals of the Well-being of Future Generations (Wales) Act 2015 is included against the relevant sections.

How will the strategy, policy, plan, procedure	Potential positive and/or negative impacts	Recommendations for improvement/	Action taken by Clinical Board / Corporate
and/or service impact	negative impacts	mitigation	Directorate.
on:-			Make reference to where the mitigation is included in the document, as appropriate
6.1 Age	There is no specific evidence		
For most purposes, the main	to suggest the policy has a		
categories are:	disproportionate impact on		
<ul><li>under 18;</li><li>between 18 and 65;</li></ul>	people in relation to their age.		
and • over 65	The policy and procedure		
0 0001 00	prevent indirect discrimination		
	by setting out the processes		
	that should be followed in		
	disciplinary situations.		
6.2 Persons with a	There could be potential for	To mitigate the effects of	
disability as defined in	misunderstanding of the	a disability and ensure	
the Equality Act 2010	policy by staff with a	that the individual is not	
Those with physical	disability, e.g. with a learning	disadvantaged by the	
impairments, learning	disability or visual	disciplinary procedure,	
disability, sensory loss or	impairment.	there is a requirement to	
impairment, mental health conditions, long-term		make provision for	

How will the strategy, policy, plan, procedure and/or service impact on:-	Potential positive and/or negative impacts	Recommendations for improvement/ mitigation	Action taken by Clinical Board / Corporate Directorate.  Make reference to where the mitigation is included in the document, as appropriate
medical conditions such as diabetes		reasonable adjustments in a disciplinary process involving a disabled member of staff. This may include provision of the policy and procedure in alternative formats where requested.  Consideration should also be given to whether the effects or symptoms of a person's disability are relevant to specific behaviour described in allegations of misconduct.	
6.3 People of different	There is no specific evidence		
genders: Consider men, women, people undergoing gender reassignment	to suggest the policy has a disproportionate impact on people in relation to gender.  The policy and procedure		
NB Gender-reassignment is	The policy and procedure prevent indirect discrimination		

How will the strategy, policy, plan, procedure and/or service impact on:-	Potential positive and/or negative impacts	Recommendations for improvement/ mitigation	Action taken by Clinical Board / Corporate Directorate.  Make reference to where the mitigation is included in the document, as appropriate
anyone who proposes to, starts, is going through or who has completed a process to change his or her gender with or without going through any medical procedures. Sometimes referred to as Trans or Transgender	by setting out the processes that should be followed in disciplinary situations.		
6.4 People who are	There is no specific evidence		
married or who have a	to suggest the policy has a		
civil partner.	disproportionate impact on		
	people in relation to marital or		
	civil partnership status.		
	The policy and procedure prevent indirect discrimination by setting out the processes that should be followed in disciplinary situations.		
6.5 Women who are	There is no specific evidence		
expecting a baby, who	to suggest the policy has a		
are on a break from work	disproportionate impact on		

How will the strategy, policy, plan, procedure	Potential positive and/or negative impacts	Recommendations for improvement/	Action taken by Clinical Board / Corporate
and/or service impact		mitigation	Directorate.
on:-			Make reference to where the
			mitigation is included in the
			document, as appropriate
after having a baby, or	people in relation to		
who are breastfeeding.	pregnancy, maternity or		
They are protected for 26 weeks after having a baby	breastfeeding.		
whether or not they are on			
maternity leave.	The policy and procedure		
	prevent indirect discrimination		
	by setting out the processes		
	that should be followed in		
	disciplinary situations.		
6.6 People of a different	There is the potential for	Consideration to be given	
race, nationality, colour,	misunderstanding of the	to additional support, e.g.	
culture or ethnic origin	policy and procedure by staff	through providing	
including non-English speakers,	for whom English is an	additional explanation,	
gypsies/travellers,	additional language.	support or translation	
migrant workers		services.	
6.7 People with a religion	There is no specific evidence		
or belief or with no	to suggest the policy has a		
religion or belief. The term 'religion' includes	disproportionate impact on		
a religious or philosophical	people in relation to belief of		
belief	lack of belief.		
	The policy and procedure		

How will the strategy, policy, plan, procedure and/or service impact on:-	Potential positive and/or negative impacts	Recommendations for improvement/ mitigation	Action taken by Clinical Board / Corporate Directorate.  Make reference to where the mitigation is included in the document, as appropriate
	prevent indirect discrimination by setting out the processes that should be followed in disciplinary situations.		
<ul> <li>6.8 People who are attracted to other people of:</li> <li>the opposite sex (heterosexual);</li> <li>the same sex (lesbian or gay);</li> <li>both sexes (bisexual)</li> </ul>	There is no specific evidence to suggest the policy has a disproportionate impact on people in relation to orientation.  The policy and procedure prevent indirect discrimination by setting out the processes that should be followed in disciplinary situations.		
6.9 People who communicate using the Welsh language in terms of correspondence, information leaflets, or service plans and design  Well-being Goal – A Wales of vibrant culture and	There is no specific evidence to suggest the policy has a disproportionate impact on people who communicate using the Welsh language.	The policy and procedure will be made available in Welsh should a member of staff request it.  Correspondence can be made available in Welsh should a staff member request it.	

How will the strategy, policy, plan, procedure and/or service impact on:-	Potential positive and/or negative impacts	Recommendations for improvement/ mitigation	Action taken by Clinical Board / Corporate Directorate.  Make reference to where the mitigation is included in the document, as appropriate
thriving Welsh language			
6.10 People according to their income related group: Consider people on low income, economically inactive, unemployed/workless, people who are unable to work due to ill-health	There is no specific evidence to suggest the policy has a disproportionate impact on people according to their income related group.		
6.11 People according to where they live: Consider people living in areas known to exhibit poor economic and/or health indicators, people unable to access services and facilities	There is no specific evidence to suggest the policy has a disproportionate impact on people according to where they live.		
6.12 Consider any other groups and risk factors relevant to this strategy, policy, plan, procedure and/or service	There is no specific evidence to suggest the policy has a disproportionate impact on any other groups.		

# 7. HIA / How will the strategy, policy, plan, procedure and/or service impact on the health and well-being of our population and help address inequalities in health?

Questions in this section relate to the impact on the overall health of individual people and on the impact on our population. Specific alignment with the 7 goals of the Well-being of Future Generations (Wales) Act 2015 is included against the relevant sections.

How will the strategy, policy, plan, procedure and/or service impact on:-	Potential positive and/or negative impacts and any particular groups affected	Recommendations for improvement/ mitigation	Action taken by Clinical Board / Corporate Directorate Make reference to where the mitigation is included in the document, as appropriate
7.1 People being able to access the service offered: Consider access for those living in areas of deprivation and/or those experiencing health inequalities  Well-being Goal - A more equal Wales	There is no specific evidence to suggest the policy has any impact on people being able to access the service.		
7.2 People being able to improve /maintain healthy lifestyles: Consider the impact on healthy lifestyles, including healthy eating, being active, no smoking /smoking cessation, reducing the	There is no specific evidence to suggest the policy has any impact on people being able to improve/maintain healthy lifestyles.		

How will the strategy, policy, plan, procedure and/or service impact on:-	Potential positive and/or negative impacts and any particular groups affected	Recommendations for improvement/ mitigation	Action taken by Clinical Board / Corporate Directorate Make reference to where the mitigation is included in the document, as appropriate
harm caused by alcohol and /or non-prescribed drugs plus access to services that support disease prevention (eg immunisation and vaccination, falls prevention). Also consider impact on access to supportive services including smoking cessation services, weight management services etc  Well-being Goal – A healthier Wales			
7.3 People in terms of their income and employment status: Consider the impact on the availability and accessibility	There is no specific evidence to suggest the policy has a disproportionate impact on people in terms of their income and employment	Dismissal is only appropriate in specific circumstances; following an act of gross misconduct or a serious continued	
of work, paid/ unpaid employment, wage levels, job security, working	status except in the case of dismissal of staff as an outcome of the disciplinary	failure to meet required standards; or where there is a failure to reach the	

How will the strategy, policy, plan, procedure and/or service impact on:-	Potential positive and/or negative impacts and any particular groups affected	Recommendations for improvement/ mitigation	Action taken by Clinical Board / Corporate Directorate Make reference to where the mitigation is included in the document, as appropriate
conditions  Well-being Goal – A prosperous Wales	policy and procedure.	required standards which have been specified in previous warning(s).	
7.4 People in terms of their use of the physical environment: Consider the impact on the availability and accessibility of transport, healthy food, leisure activities, green spaces; of the design of the built environment on the physical and mental health of patients, staff and visitors; on air quality, exposure to pollutants; safety of neighbourhoods, exposure to crime; road safety and preventing injuries/accidents; quality and safety of play areas and open spaces  Well-being Goal – A resilient	There is no specific evidence to suggest the policy has any impact on the use of the physical environment.		

How will the strategy, policy, plan, procedure and/or service impact on:-	Potential positive and/or negative impacts and any particular groups affected	Recommendations for improvement/ mitigation	Action taken by Clinical Board / Corporate Directorate Make reference to where the mitigation is included in the document, as appropriate
Wales			
7.5 People in terms of social and community influences on their health: Consider the impact on family organisation and roles; social support and social networks; neighbourliness and sense of belonging; social isolation; peer pressure; community identity; cultural and spiritual ethos  Well-being Goal – A Wales of cohesive communities	There is no specific evidence to suggest the policy has any impact on people in terms of social and community influences on their health.		
7.6 People in terms of macro-economic, environmental and sustainability factors: Consider the impact of government policies; gross domestic product; economic development; biological	There is no specific evidence to suggest the policy has any impact on people in terms of macro-economic, environmental and sustainability factors.		

How will the strategy, policy, plan, procedure and/or service impact on:-	Potential positive and/or negative impacts and any particular groups affected	Recommendations for improvement/mitigation	Action taken by Clinical Board / Corporate Directorate Make reference to where the mitigation is included in the document, as appropriate
diversity; climate			
Well-being Goal – A globally responsible Wales			

# Please answer question 8.1 following the completion of the EHIA and complete the action plan

8.1 Please summarise the potential positive and/or negative impacts of the strategy, policy, plan or service	The policy may have an impact on disabled people and those people for whom English is an additional language.
	The policy aims to address any potentially disproportionate impact through providing additional explanation, support or translation services, and the consideration of reasonable adjustments to the disciplinary process where these could mitigate the effects of any substantial disadvantage.
	If disciplinary action leads to dismissal, this will impact on those people who are dismissed in terms of their income and employment status.

# Action Plan for Mitigation / Improvement and Implementation

Action	Lead	Timescale	Action taken by Clinical
			Board / Corporate
			Directorate

	Action	Lead	Timescale	Action taken by Clinical Board / Corporate Directorate
8.2 What are the key actions identified as a result of completing the EHLA?	Apply the policy fairly and consistently.	Managers and People & OD	Ongoing	
	Provide support and guidance to managers and staff.	People & OD	Ongoing	
	Monitor the protected characteristics of staff affected by disciplinary action, including dismissal, to identify any disproportionate impact on particular groups of people.	People & OD	Annually	
8.3 Is a more comprehensive Equalities Impact Assessment or Health Impact Assessment required?	No.			
This means thinking about relevance and proportionality to the Equality Act and asking: is the impact significant enough that a more formal and full consultation is required?				

	Action	Lead	Timescale	Action taken by Clinical Board / Corporate Directorate
8.4 What are the next steps?	Policy to continue for approval.			
<ul> <li>Decide whether the strateg policy, plan, procedure and service proposal:         <ul> <li>continues</li> <li>unchanged as there are no significant negative impacts</li> <li>adjusts to account for the negative impacts</li> <li>continues despite potential for adverse impact or missed opportunities to advance equality (set out the justifications for doing so)</li> <li>stops.</li> <li>Have your strategy, policy, plan, procedure and/or service proposal approved</li> <li>Publish your report of this impact assessment</li> <li>Monitor and review</li> </ul> </li> </ul>	1			

#### Appendix 1

### **Equality & Health Impact Assessment**

# Developing strategies, policies, plans and services that reflect our Vision to 'create a healthier, happier and fairer Wales'

#### Guidance

The Public Health Wales strategy (Integrated Medium Term Plan) 'Creating a healthier, happier and fairer Wales for everyone' (2016-2019) outlines how we exist to protect and improve health and wellbeing and reduce health inequalities for people in Wales. Our population has varied and diverse needs with some of our communities and population groups requiring additional consideration and support. With this in mind, when developing or reviewing any strategies, policies, plans, procedures or services it will be required that the following issues are explicitly included and addressed from the outset:-

- Equitable access to services
- Service delivery that addresses health inequalities
- Sustainability and how the UHB is meeting the requirements of the Well-being of Future Generations (Wales) Act (2015)<sup>1</sup>

This explicit consideration of the above will apply to strategies, policies, plans, procedures and services /activity.

Considering and completing the Equality & Health Impact Assessment (EHIA) in parallel with development stages will ensure that all organisational strategies, policies, plans, procedures or services comply with relevant statutory obligations and responsibilities and at the same time takes forward the organisation's Vision, plan and its strategic priorities. This process should be proportionate but still provide helpful and robust information to support decision making. Where a more detailed consideration of an issue is required, the Integrated Screening Tool will identify if there is a need for a full impact assessment.

<sup>&</sup>lt;sup>1</sup> http://thewaleswewant.co.uk/about/well-being-future-generations-wales-act-2015

Some key statutory/mandatory requirements that strategies, policies, plans, procedures and services must reflect include:

- All Wales Standards for Communication and Information for People with Sensory Loss (2014)<sup>2</sup>
- Equality Act 2010<sup>3</sup>
- Well-being of Future Generations (Wales) Act 2015<sup>4</sup>
- Social Services and Well-being (Wales) Act 2015<sup>5</sup>
- Health Impact Assessment (non statutory but good practice)<sup>6</sup>
- The Human Rights Act 1998<sup>7</sup>
- United Nations Convention on the Rights of the Child 1989<sup>8</sup>
- United Nations Convention on Rights of Persons with Disabilities 2009<sup>9</sup>
- United Nations Principles for Older Persons 1991<sup>10</sup>
- Welsh Health Circular (2015) NHS Wales Infrastructure Investment Guidance<sup>11</sup>
- Welsh Government Health & Care Standards 2015<sup>12</sup>
- Welsh Language (Wales) Measure 2011<sup>13</sup>

This EHIA allows us to meet the requirements of the above as part of an integrated impact assessment method that brings together Equality Impact Assessment (EQIA) and Health Impact Assessment (HIA). A number of statutory /mandatory requirements will need to be included and failure to comply with these requirements, or demonstrate due regard, can expose the organisation to legal challenge or other forms of reproach. This means showing due regard to the need to:

- eliminate unlawful discrimination, harassment and victimisation;
- advance equality of opportunity between different groups; and
- foster good relations between different groups.

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<sup>&</sup>lt;sup>2</sup> http://gov.wales/topics/health/publications/health/guidance/standards/?lang=en

https://www.gov.uk/guidance/equality-act-2010-guidance

<sup>&</sup>lt;sup>4</sup> http://gov.wales/topics/people-and-communities/people/future-generations-act/?lang=en

<sup>&</sup>lt;sup>5</sup> http://gov.wales/topics/health/socialcare/act/?lang=en

<sup>6</sup> http://www.wales.nhs.uk/sites3/page.cfm?orgid=522&pid=63782

<sup>&</sup>lt;sup>7</sup> https://www.equalityhumanrights.com/en/human-rights/human-rights-act

<sup>8</sup> http://www.unicef.org.uk/UNICEFs-Work/UN-Convention

http://www.un.org/disabilities/convention/conventionfull.shtml

http://www.ohchr.org/EN/ProfessionalInterest/Pages/OlderPersons.aspx

http://www.wales.nhs.uk/sites3/Documents/254/WHC-2015-012%20-%20English%20Version.pdf

http://gov.wales/topics/health/publications/health/guidance/care-standards/?lang=en

http://www.legislation.gov.uk/mwa/2011/1/contents/enacted

**EQIAs** assess whether a proposed policy, procedure, service change or plan will affect people differently on the basis of their 'protected characteristics' (ie their age, disability, gender reassignment, marriage or civil partnership, pregnancy or maternity, race, religion, sex or sexual orientation) and if it will affect their human rights. It also takes account of caring responsibilities and Welsh Language issues.

They provide a systematic way of ensuring that legal obligations are met and are a practical means of examining new and existing policies and practices to determine what impact they may have on equality for those affected by the outcomes.

HIAs assess the potential impact of any change or amendment to a policy, service, plan, procedure or programme on the health of the population and on the distribution of those effects within the population, particularly within vulnerable groups. HIAs help identify how people may be affected differently on the basis of where they live and potential impacts on health inequalities and health equity. HIA increases understanding of potential health impacts on those living in the most deprived communities, improves service delivery to ensure that those with the greatest health needs receive a larger proportion of attention and highlights gaps and barriers in services.

The **EHIA** brings together both impact assessments in to a single tool and helps to assess the impact of the strategy, policy, plan, procedure and/or service. Using the EHIA from the outset and during development stages will help identify those most affected by the proposed revisions or changes and inform plans for engagement and co-production. Engaging with those most affected and co-producing any changes or revisions will result in a set of recommendations to mitigate negative, and enhance positive impacts. Throughout the assessment, 'health' is not restricted to medical conditions but includes the wide range of influences on people's well-being including, but not limited to, experience of discrimination, access to transport, education, housing quality and employment.

Throughout the development of the strategy, policy, plan, procedure or service, in addition to the questions in the EHIA, you are required to remember our values of *care*, *trust*, *respect*, *personal responsibility*, *integrity and kindness* and to take the Human Rights Act 1998 into account. All NHS organisations have a duty to act compatibly with and to

respect, protect and fulfil the rights set out in the Human Rights Act. Further detail on the Act is available in Appendix 2.

Completion of the EHIA should be an iterative process and commenced as soon as you begin to develop a strategy, policy, plan, procedure and/or service proposal and used again as the work progresses to keep informing you of those most affected and to inform mitigating actions. It should be led by the individual responsible for the strategy, policy, plan, procedure and/or service and be completed with relevant others or as part of a facilitated session. Some useful tips are included in Appendix 3.

For further information please contact Andrew Richardson, Corporate Governance Manager (andrew.richardson2@wales.nhs.uk) or Heather Ramessur-Marsden, Interim Equality Lead (heather.ramessurmarsden@wales.nhs.uk).

#### Based on

- Cardiff Council (2013) Statutory Screening Tool Guidance
- NHS Scotland (2011) Health Inequalities Impact Assessment: An approach to fair and effective policy making. Guidance, tools and templates<sup>14</sup>
- Wales Health Impact Assessment Support Unit (2012) Health Impact Assessment: A Practical Guide<sup>15</sup>

<sup>14</sup> http://www.healthscotland.com/uploads/documents/5563-HIIA%20-

<sup>%20</sup>An%20approach%20to%20fair%20and%20effective%20policy%20making.pdf (accessed 4 January 2016) http://www.wales.nhs.uk/sites3/page.cfm?orgid=522&pid=63782 (accessed on 4 January 2016)

#### Appendix 2 – The Human Rights Act 1998<sup>16</sup>

The Act sets out our human rights in a series of 'Articles'. Each Article deals with a different right. These are all taken from the European Convention on Human Rights and are commonly known as 'the Convention Rights':

- 1. Article 2 Right to life. NHS examples: the protection and promotion of the safety and welfare of patients and staff
- 2. Article 3 Freedom from torture and inhuman or degrading treatment. NHS examples: issues of dignity and privacy, the protection and promotion of the safety and welfare of patients and staff, the treatment of vulnerable groups or groups that may experience social exclusion, for example, gypsies and travelers, issues of patient restraint and control
- 3. Article 4 Freedom from slavery and forced labour
- 4. Article 5 Right to liberty and security. NHS examples: issues of patient choice, control, empowerment and independence, issues of patient restraint and control
- 5. Article 6 Right to a fair trial
- 6. Article 7 No punishment without law
- 7. Article 8 Respect for your private and family life, home and correspondence. NHS examples: issues of dignity and privacy, the protection and promotion of the safety and welfare of patients and staff, the treatment of vulnerable groups or groups that may experience social exclusion, for example, gypsies and travelers, the right of a patient or employee to enjoy their family and/or private life
- 8. Article 9 Freedom of thought, belief and religion. NHS examples: the protection and promotion of the safety and welfare of patients and staff, the treatment of vulnerable groups or groups that may experience social exclusion, for example, gypsies and travelers
- 9. Article 10 Freedom of expression. NHS examples: the right to hold and express opinions and to receive and impart information and ideas to others, procedures around whistle-blowing when informing on improper practices of employers where it is a protected disclosure
- 10. Article 11 Freedom of assembly and association
- 11. Article 12 Right to marry and start a family
- 12. Article 14 Protection from discrimination in respect of these rights and freedoms. NHS examples: refusal of medical treatment to an older person solely because of their age, patients presented with health options without the use of an interpreter to meet need, discrimination against UHB staff on the basis of their caring responsibilities at home
- 13. Protocol 1, Article 1 Right to peaceful enjoyment of your property

<sup>&</sup>lt;sup>16</sup> https://www.equalityhumanrights.com/en/human-rights/human-rights-act

- 14. Protocol 1, Article 2 Right to education
- 15. Protocol 1, Article 3 Right to participate in free elections
- 16. Protocol 13, Article 1 Abolition of the death penalty

#### Appendix 3

#### **Tips**

- Be clear about the policy or decision's rationale, objectives, delivery method and stakeholders.
- Work through the Toolkit early in the design and development stages and make use of it as the work progresses to inform you of those most affected and inform mitigating actions
- Allow adequate time to complete the Equality Health Impact Assessment
- Identify what data you already have and what are the gaps.
- Engage with stakeholders and those most affected early. View them as active partners rather than passive recipients of your services.
- Remember to consider the impact of your decisions on your staff as well as the public.
- Record which organisations and protected characteristic groups you engaged with, when you engaged with them and how you did so (for example, workshop, public meeting, written submission).
- Produce a summary table describing the issues affecting each protected group and what the potential mitigations are.
- Report on positive impacts as well as negative ones.
- Remember what the Equality Act says how can this policy or decision help foster good relations between different groups?
- Do it with other people! Talk to colleagues, bounce ideas, seek views and opinions.