

LGBT History Month Events

LGBT+ History month is celebrated each year in February. Starting in 2005, it is a chance to highlight the experience of the LGBT+ community, raise awareness of their history and work together to ensure an inclusive future. This year we are joining with UHB (and other regional Trusts) in celebrating by holding a series of online events for staff focusing on this year's themes of; claiming our past, celebrating our present, creating our future and educating out prejudice. We also have NHS specific training sessions from experts exploring LGBT+ mental health and Trans awareness from Birmingham LGBT+ Centre. All of the events welcome staff of all identities, including those who do not identify as LGBT+ but are passionate about providing better quality care to our LGBT+ patients and support our LGBT+ staff.

Webinars

Claiming Our Past (available now and throughout February) – Hosted by University Hospitals Birmingham NHS Foundation Trust

Your chance to watch Rikki Arundel, a gender identity speaker talking at our conference last year about LGBT+ History through the ages. This engaging and eye opening talk is guaranteed to be informative and educational.

[Click here to watch.](#)

Celebrating Our Present – Hosted by University Hospitals of Derby and Burton NHS Foundation Trust

Thursday 10th February 15.00-16.00

Join us for an informal virtual coffee morning. This will be a great opportunity for colleagues from each Trust to share and celebrate their achievements, as well as gathering more information and ideas from others as to what can be done to support LGBTQIA+ Staff and the community. We will use this time to explore answers as a group to questions such as; is there anything you wish your Trust did for LGBTQIA+ support? Do you feel well-represented? What has your trust done well? Our 'coffee break' aims to be an open-minded, safe space where you can ask for advice and share your goals in an informal & relaxed setting.

[Click here to join the webinar](#)

Creating Our Future – Hosted by University Hospitals Birmingham NHS Foundation Trust
Thursday 17th February 11.00-12.00

UHB invites you to join us on a webinar, hosted by Karen Stevenson, Co-Chair of the Staff LGBT+ Network, called 'In the Conversation with Michael, Lucy and Saima – Future Focus'. At this online event you will hear from Dr. Michael Brady, NHS England's LGBT+ Advisor, speaking about LGBT+ health inequalities and offering practical takeaway advice to apply back in your workplace to support LGBT+ patients and staff; Dr. Lucy Kelsall-Knight, Lecturer in Children's Nursing at University of Birmingham, speaking about the inequalities faced by LGBT+ parents, share her personal story of the inequalities faced as a parent in a same sex relationship, and the systemic changes needed to ensure *all* parents are treated fairly; and Saima Razzaq, Head of Equality and Diversity at Pride, who will tell her personal story of coming out as a South Asian Muslim queer woman and the pioneering work that followed to change attitudes towards the LGBT+ community and create a fairer future.

[Click here to join the webinar](#)

Educate Our Prejudice – Hosted by Walsall Healthcare NHS Trust
Wednesday 23rd February 12.30-13.15

In these session we aim to better understand the discrimination and prejudice experienced by the LGBTQ Community accessing Healthcare services. We will explore this through meaningful conversation and an open Q&A session where we will be joined by a representative from the LGBT Foundation.

[Click here to join the webinar](#)

Educate Out Prejudice – Hosted by The Royal Wolverhampton NHS Trust – **Tuesday 22nd February 12.00-13.00**

Ollie Yule (He / Him) will present a session focusing on “Trans in Healthcare”. The session will explore Ollie’s personal experience of being a Trans man and his experience of being a medical student at The Royal Wolverhampton Trust and of healthcare. Ollie will talk about some of his positive experiences and also some of the barriers experienced during his journey

[Click here to join the webinar](#)

We will be recording all of our webinars and sharing after the events.

Training

Trans Awareness Training - 25th February 13.00-15.00

Facilitated by Robyn Foley, Trans Strategic Development Officer for Birmingham LGBT Centre, this interactive sessions will give attendees;

- An understanding of the correct terminology used to refer to transgender people and the importance of pronouns.
- An increased awareness of transgender issues.
- Increased cultural competency, to allow you to better understand and communicate with transgender service users and colleagues.
- An overview of your responsibilities towards trans co-workers and service users as mandated by law, including the Gender Recognition Act

[Click here to register.](#)

LGBTQ+ Mental Health Awareness Training– multiple sessions available

Birmingham LGBT have been commissioned by Public Health Birmingham City Council, on behalf of the Prevention and Promotion Fund for Better Mental Health, to provide LGBTQ+ Mental Health Awareness training to staff working in mental health services in the statutory and voluntary sectors in Birmingham, which aims to increase cultural competence in frontline staff.

At the end of this training session, participants will have been guided through the following learning outcomes:

- Exploration of prejudicial attitudes including discrimination, homophobia (transphobia, biphobia) and heterosexism
- An overview of the legislative framework including the Equality act 2010
- Understanding the difference between sexual orientation and gender identity
- Exploration of a theoretical model of internalised homophobia (transphobia, biphobia) and understanding its impact on the health and wellbeing of LGBTQ+ people
- An introduction to minority stress theory
- An overview of the prevalence of mental ill health in the LGBTQ + community
- An understanding of language and terminology around sexual orientation and gender diversity
- Exploration of the ways to make their organisation more LGBTQ+ inclusive

We have five session available,

- Monday 21st February 10.00-13.00
- Tuesday 22nd February 14.00-17.00
- Wednesday 23rd February 14.00-17.00
- Thursday 24th February 10.00-13.00
- Friday 25th February 10.00-13.00

Please book you session by [clicking here](#)