



The Newcastle upon Tyne Hospitals
NHS Foundation Trust

A Week of Rainbows

Celebrating the diversity of
the LGBT+ community

19 - 23 July 2021

#AnNHSWeekOfRainbows



healthcare at its best
with people at our heart

Welcome!

We hope by jointly hosting a National NHS wide LGBT Staff Network series of virtual events to coincide with Northern Pride we will be able to bring together a large number of staff from across the NHS to raise awareness and celebrate all that is great about the LGBT+ community and LGBT+ staff.

The programme is a collaboration within the Northern region we collectively extend an invitation to all NHS staff to join us.

A Big Mouthful with Simon Pearson (LGBT+ Network Chair Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust

The series of podcasts have been produced for anyone who wants to listen to what it's like being LGBT+ and to understand some of the issues that those who identify as LGBT+ live with.

The topics discussed are relevant everyone no matter how they identify. Some of the discussions are serious, emotional, controversial, extremely light hearted and humorous but above all hopefully you will find them informative and though provoking. The podcast are available on all major podcast sites (Apple, Google, Spotify to name just a few) by searching for A Big Mouthful but available via this link: <http://www.buzzsprout.com/805019>

Facilitated by Mark Ellerby-Hedley, Sexual Health Improvement Practitioner at Newcastle Hospitals and Becky Walker Blue Sky Trust.

U = U - Celebrating the Progress

Monday 19 July 2021
2pm - 3pm

This HIV Awareness Session will give participants an opportunity to update their knowledge of HIV and find out more about the North East U = U (Undetectable = Untransmittable) Campaign. There will also be an opportunity to ask HIV+ People questions about their experience of living with HIV.

Click here to book:
<https://bit.ly/3db6NDw>

Will Tamblyn - Mental Health and Wellbeing

Monday 19 July 2021
3.30m - 5pm

Join this 1 hour workshop/seminar to reflect on what wellbeing means to you.

Learn how to build your wellbeing toolbox, identify areas for change, and some simple techniques to promote everyday wellbeing. The session will close with a 15-20 minute mindfulness practice.

Click here to book:
<https://bit.ly/3jbVWNw>

Power of the LGBT Staff Network

Tuesday 20 July 2021
10.30am – 11.15am

Cherron Inko-Tariah, Author, Consultant, Coach, Facilitator will facilitate the session looking at why networks are still needed and how they can help you to thrive.

Click here to book:
<https://bit.ly/2SnsV6j>

Micro-aggressions - NEAS

Tuesday 20 July 2021
12noon - 1pm

The North East Ambulance Service's (NEAS) EDI team and their LGBTQI+ staff network group (Proud@NEAS) have come together to create a training session focusing specifically on micro-aggressions in the LGBT+ Community.

Micro-aggressions are defined as "brief and commonplace daily verbal, behavioural, and environmental indignities, whether intentional or unintentional, that communicate hostile, derogatory, or negative racial slights and insults that potentially have a harmful or unpleasant psychological impact on the target person or group" ~ (Hernandez, Carranza, and Almeida, 2010).

Everyone commits unknowingly commits micro-aggressions at some point in their life. The training attempts to understand when a micro-aggression has been committed, how it can be avoided in the future and how best to respond. If you would like to learn more about micro-aggressions and how best to handle them then please join us for this special session

Click here to book:

<https://bit.ly/2U1coWI>

A 'Living Book'

Tuesday 20 July 2021
1pm - 2pm

Carolyn spent the first 55 years of her life as a woman living in a male role. She was subjected to painful electric shock Conversion 'Therapy' in her teens, but she lives life unashamedly, refusing to deny or hide who she is. She will be talking to us from her personal perspective about her experiences and the challenges she has overcome during this special, one off event!

Click here to book:

<https://bit.ly/3gPkfiG>

Staff Stories Session

Tuesday 20 July 2021
1pm – 2pm

Staff stories of being LGBTQ+ in the NHS. Hosted by Matt Phillips, Chair of the NCIC LGBTQ+ network, this is an opportunity to walk in the shoes of others and to hear about their experiences of working in the NHS.

We invite you to come and hear stories and, if you would like, to contribute your own. What is it actually like to be LGBTQ+ in the NHS?

Click here to book:

<https://bit.ly/35Nw3LM>

Primary Colours

Wednesday 21 July
2021

12noon - 1pm

Facilitated by Mark Ellerby-Hedley, Sexual Health Improvement Practitioner at Newcastle Hospitals

Exploring and understanding the barriers for Lesbian, Gay, Bisexual and Transgender people in accessing primary healthcare, and how they impact on their health.

Click here to book:

<https://bit.ly/2U4gmO0>

The film 'Any Other Business' is inspired by findings from a major ESRC funded research into LGBT+ employee networks in the NHS

Wednesday 21 July
2021

1pm - 2.30pm

Facilitated by Anna Einarsdottir

Any Other Business tells the story of Natasha, a lesbian cisgender media officer at a health trust and the LGBT+ employee network Voice. As the incoming chair of Voice, Natasha faces fundamental questions about the purpose of the network, issues around inclusion, and where the network is heading.

As a platform for social change, a production of this kind subverts conventional divisions between science and humanities and offers an innovative approach to delivering research findings to a broad-based audience.

Click here to book:

<https://bit.ly/35OHauV>

**'Trans Issues:
The Realities,
The Questions
and some of The
Answers**

Thursday 22 July
2021
12.30pm - 1.30pm

Sarah was the first person to be ordained in the Church of England having previously made a gender change. In January 2005 she hit the headlines when she was outed to a national newspaper as having made a gender change many years previously. The story was covered in many newspapers, television and radio stations and on web sites and blogs throughout the world

Representatives from the media went to her parishes and asked people what they thought about having a curate who had made a 'sex-change'. The people and her Bishop supported her.

Sarah was ordained priest in September 2005 despite criticism from some conservative Christians - even on the morning of the ordination itself.

She has appeared on a number of television and radio programmes including 'Woman's Hour' on Radio 4, 'Woman to Woman' on Premier Christian Radio, and 'The Heaven and Earth Show' on BBC 1. She is a contributor to programmes on BBC Wales and other broadcast channels.

Sarah now ministers in central Cardiff. She also speaks to conferences and groups on a range of topics including sex and gender, social influence, leadership and diversity, being your authentic self and about the importance of having good support from your employer.

Click here to book:
<https://bit.ly/3xMvrCg>

Trudy Howsen LGBT Poet Laureate

Thursday 22 July 2021
2pm - 3pm

LGBT Poet Laureate, Trudy Howsen, explores through poetry and personal recollection the experience of the being L.G.B.T. Q...From the 70's up to the present time.

Combining humour and gritty realism, Trudy chronicles and bears witness to the L.G.B.T. Communities struggle to gain acceptance, equality and respect within mainstream society. Trudy shares her history of being a performing artist and political activist during this exciting era of ground breaking social /emotional / sexual and political change.

Her poetry explores what it actually felt like to be Gay. What we did? Where we went? Trudy details and discusses some of the organisations and political Campaigns that had an impact on the quality of the L.G.B.T. Community's life. And the part she played within them.

Click here to book:
<https://bit.ly/3j9bfGA>

Phillippa Scafton – Inclusive Leadership

Friday 23 July 2021
12noon - 1pm

The session, 'Introduction to LGBT Inclusive leadership" is an introduction to our empowerment programme and will cover the role leaders play in creating inclusive environments and actions. Championing LGBT inclusion, we will look at terminology, common language, and experiences.

We will discuss LGBT experiences and consider how being a leader in an inclusive environment is important. Finally we will begin to discuss practical actions we can all use in organisations.

Click here to book:
<https://bit.ly/2TWGR7O>

Alex Matheson – NHS Rainbow Badge Project and Phase II pilot

Friday 23 July 2021
1.30pm - 2.30pm

A presentation that identifies the journey of the Rainbow Badge Project from inception to the current phase II pilot followed by a Q&A session

Click here to book:

<https://bit.ly/35OrqRR>

Allyship session

Friday 23 July 2021
2pm - 3pm

An ally is any person that actively promotes and aspires to advance the culture of inclusion through intentional, positive and conscious efforts that benefit people as a whole. For the LGBTQ+ community, an ally could be a straight and/or cisgender person who supports and advocates for LGBTQ people.

South Tyneside and Sunderland NHS Foundation Trust will host the Allyship session during 'A week of Rainbows' which covers what it means to be an active ally, the different types of allyship and will be an opportunity to discuss barriers, recognise individual differences that each of the letters that L G B T Q represents and discuss lived experiences in a safe space.

Click here to book:

<https://bit.ly/3wPBgPc>