



February 2024

Birmingham LGBTQ+ History Month Health Conference

Events Programme

"PrideWell Summit #UnderTheScope:
Birmingham LGBTQ+ Health &
Wellbeing Conference"



	Date and Time	Session Title	Brief Description	Facilitator	Link
Week 1	Thursday 01 st February 12:30 to 13:45	Trans Training	Join us for a moment of learning and understanding with our upcoming training session on the Trans community and our comprehensive Trans policy. Delve into discussions about gender identity, terminology, and the importance of creating a supportive and inclusive environment for everyone. Our Trans policy, designed to promote equality and respect, will be thoroughly explored to ensure that all participants leave with a clear understanding of our steps to create an inclusive workplace. Participation is vital to creating an environment where everyone feels seen, heard, and valued.	Birmingham Women's and Children's Hospital NHS Foundation Trust	Register here
	Thursday 01 st February 18:00 to 19:00	Mic Drop A welcoming safe space for the LGBTQIA+ community. We are back to celebrate Time to Talk Day, a campaign to battle stigma.	Mic Drop is back to celebrate Time to Talk Day. Campaigning to end stigma and discrimination related to mental health problems. Join us for another night of creativity, expression and celebration of the LGBTQIA+ community. Share your stories, comedy, poems, music and art in a safe and inclusive space that honours diverse voices in the community. Let's amplify queer voices together.	Birmingham Mind	Register here
	Friday 02 nd February 10:30 to 12:00	Birmingham LGBTQ+ History Month Health Conference Launch Event	Join us to officially launch the largest virtual LGBTQ+ History Month Health Conference with keynote speakers, a view of what to expect across the month, and the importance of LGBTQ+ History Month.	Birmingham LGBTQ+ & Allies Network	Register here
	Tuesday 06 th February 10:00 to 11:00	Barriers and Facilitators to Health Literacy within Transgender and Nonbinary Communities	Join the Public Health Division's Behavioural Science Team, who will focus on global academic research exploring the barriers and facilitators of transgender and nonbinary communities - link to article	Behavioural Science Team, Public Health Division	Register here
	Wednesday 07 th February 11:00 to 12:00	LGBTQ+ Sexual Health	Webinar will focus on current data and inequalities amongst LGBTQ+ groups' access to sexual health services.	Adults Team, Public Health Division	Register here



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Wednesday 07 th February 14:00 to 15:00	HIV Awareness	Let's amplify our understanding of the ongoing challenges faced by people living with HIV. Engage in open dialogue, dispel myths, and empower ourselves with knowledge to foster a supportive and informed community. Together, we can break down stigmas, promote awareness, and stand united in the fight against HIV.	Birmingham Women's and Children's Hospital NHS Foundation Trust	Register here
Friday 09 th February 12:00 to 13:00	Nutritional Implications of Chemsex Drug Use	This session will discuss the nutritional implications of Chemsex drug use (namely Crystal Methamphetamine, Mephedrone and GHB/GBL). It will cover the evidence base behind this, alongside examples from clinical practice. The session will comprise of a short presentation followed by a group discussion.	Jason Simpson-Theobald HIV and Oncology Specialist Dietitian Nottingham University Hospital NHS Trust	Register here
Tuesday 13 th February 11:00 to 11:45	Citizens identifying as LGBTQ+ - Findings from the Birmingham JSNA Deep Dive Programme.	The webinar will review the Evidence Team's research into citizens identifying as LGBTQ+. This will be undertaken within the context of the JSNA Deep Dives into Armed Forces Veterans, End of Life, Learning Disabilities and Dual Diagnosis (Co-occurring Mental Health Problems and Substance Misuse).	Evidence Team, Public Health Division	Register here
Thursday 15 th February 13:30 to 14:30	Inclusive Services, Inclusive Language	The session will explore aspects of inclusive approaches that can be adopted by services to better included our LGBTQ+ citizens and will delve deeper in areas where those most affected by exclusionary language such as the Trans, Bi+, and Queer communities.	LGBTQ+ & Allies Network	Register here
Friday 16 th February 13:00 to 14:00	Queering Nutrition	Exploring the growing international movement recognising the needs and interaction between the LGBTQ+ community and our food system. This workshop will explore the world of the Food System, and its interaction with the LGBTQ+ community, learning from leading voices and emerging thinkers in this space.	Food System Team, Public Health Division	Register here

Week 2



	Date and Time	Session Title	Brief Description	Facilitator	Link
Week 3	Monday 19 th February 11:00 to 12:00	Insights from the Director of Public Health Annual Report 2023/24: Using the 2021 Census data and future trends to understand our LBGtQ+ population.	Insights from the Director of Public Health Annual Report 2023/24: Using the 2021 Census data and future trends to understand our LBGtQ+ population. The DPH Report 2023 has a chapter on Sexual Orientation and Gender Identity. It offers a deeper dive into the 2021 census data and discusses the health and wellbeing implications now and for the future.	Governance Team, Public Health Division	Register here
	Tuesday 20 th February 13:00 to 14:00	Smoking & LBGtQ+ Community	The smoking webinar/workshop would include both highlighting the issue of prevalence among LBGtQ+ community and facilitated discussion around access to and advertisement of the community stop smoking services. First part of workshop will provide context on smoking prevalence where most of the resources only refer to LBGtQ+ and the second part will be facilitated discussion on access to and advertisement of stop smoking services.	Rachel Emmerich Adults team, Public Health Division	Register here
	Wednesday 21 st February 13:00 to 14:00	Health in LBGt+ Older Adults	Join the Older People team to explore health in older LBGtQ+ adults – from mental health to sexual health and everything in between.	Older People Team, Public Health Division	Register here
	Wednesday 21 st February 14:00 to 15:00	Exploring the needs of gender diverse individuals with dementia	A talk exploring approaches to care for non-binary and gender diverse individuals with dementia. The session w l'll adopt an intersectional lens and explore the need for more research on this topic and improved awareness in practice.	Newman University	Register here
	Thursday 22 nd February 10:15 to 11:00	Exploring the challenge of addiction and its effects on the LBGtQ+ community.	We will be discussing addiction, eg., drugs and alcohol- this will link into the 'Mental health' ICS Strategy clinical area and the 'Mental wellness and balance' theme of the Birmingham Joint Health and Wellbeing Strategy.	Addictions Team, Public Health Division	Register here



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Week 4	Monday 26 th February 13:00 to 14:00	LGBTQ+ Community Health Profiles	Summary of the key findings and stats from each of the four LGBTQ+ community health profiles (Lesbian, Gay, Bisexual and Trans), which compile existing research and data on health inequalities. Intended to highlight key health issues across thematic areas, raise awareness of the profiles and encourage their use. Will also be used to promote the launch events of the new Gay and Bisexual CHPs in March.	Alex Robinson, Communities Team, Public Health Division	Register here
	Monday 26 th February 11:00 to 11:30	LGBT+ Peer Mentoring & Mental Health Champions	Barnardo's and Our Place are developing and delivering a new peer mentoring and mental health champions service commissioned by Public Health. The service has a specific focus on 16-25 year olds who are from LGBT+ communities, young people with disabilities and young people from Black, Asian, and other diverse ethnicities. The service will embrace intersectionality of these young people.	Our Space and Barnardos, in partnership with the Children and Young People Team, Public Health Division	Register here
	Tuesday 27 th February 09:45 to 16:00	BWC LGBTQ+ History Month Online Conference	Our annual LGBTQ+ History Month conference continues in 2024 with 5 great sessions to promote knowledge and inclusivity in our organisation. Key Speakers: 1) Addressing LGBT+ Health Inequalities Speaker: Dr Michael Brady 2) Alternative Cervical Screening for Marginalised Groups Speaker: Jennifer Davies 3) Transgender health: Clinical considerations for working with gender-diverse individuals Speakers: Derek Gliddon & Meghan Thurston 4) Gender Affirming Healthcare Needs in the Current Day Speaker: Helen Webberley	Birmingham Women's and Children's Hospital NHS Foundation Trust	Register here
	Wednesday 28 th February 11:00 to 12:00	Shining a light on Health Protection matters and the LGBTQ+ Community	Join the Health Protection Team who will be shining a light on Health Protection matters and the LGBTQ+ Community (e.g. screening - cancer, antenatal and newborn, using inclusive language in healthcare settings, etc).	Health Protection Team, Public Health Division	Register here



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Thursday 29 th February 19:30 to 20:30	Spirituality, LGBTQ+ Activism & Mental Health	<p>As part of the Pride Well Summit, Inclusive Gathering Birmingham is delighted to be hosting a Zoom panel discussion with three LGBTQ+ activists of different faith traditions. We'll be discussing how their faith identity/ spirituality fuels and supports their LGBTQIA+ activism and their daily life as queer people. How does their faith tradition or spirituality give them hope? What are the challenges of being at the intersection of faith and queer identity? How do spiritual practices or core beliefs support their mental health, particularly when facing those who espouse homophobic, racist or transphobic views? Where do they find resilience and comradery? There will be time for interactive discussion and Q&A.</p> <p>Our discussion will be chaired by Dr Naomi Bennett-Steele [they/she] (Inclusive Gathering Birmingham's Core Leadership Team). Naomi will be joined by New York City-based Rev Elizabeth Edman [she/her] (Queer priest/ activist and author of Queer Virtue: What LGBTQIA+ People Know about Life and Love and How it Can Revitalize Christianity), Al Sadiq [he/him] (of IMAAAN LGBTQ - the UK's leading LGBTQ Muslim charity & UK Black Pride Inclusive Interfaith Chaplaincy) and Naomi (pronounced Nairmi) Rowe [they/ them] (a Jewish non-binary activist & music psychotherapist specialising in work with neuroqueer people. Naomi is Birmingham-based and a trustee of the Trans Tea Room).</p>	Inclusive Gathering Birmingham	Register here
Thursday 29 th February 13:00 to 14:30	Closing Event – Birmingham LGBTQ+ History Month Health Conference	Bringing a month of exciting workshops, webinars, and learning to a close – join us to reflect on Birmingham LGBTQ+ History Month Health Conference and the announcement of the winning e-Poster's.	LGBTQ+ & Allies Network	Register here





Pride Well Summit

Birmingham LGBTQ+ History Month
Health Conference 2024

**Free Virtual Events and
Webinars**

1 to 29 February

Shine the Light on Issues, Celebrate and
Connect with LGBTQ+ Communities, and
Share emerging practice and learning

www.birmingham.gov.uk/public_health_conferences/2840/lgbtq_history_month_health_conference



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