

Learn With Unite NEWS

LGBT+ Month Newsletter

www.learnwithunite.org



Celebrating LGBT+ History Month

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LGBT+ History Month: Mind, Body and Spirit

February 2021 marks LGBT+ history month! Join Learn with Unite in celebrating the achievements of the LGBT+ community!

Being LGBT+ in the Time of Coronavirus

Due to the Coronavirus pandemic, we are all living through extremely challenging circumstances at the moment. It can be particularly difficult among the LGBT+ community and especially younger adults, with many experiencing uncertainties regarding their jobs and rent. This means that people may be forced back into living arrangements that

may be detrimental to mental health and overall wellbeing.

Isolation




With many struggling with their mental health at present, it is vital to have a support network to turn to. Lockdown in some cases has seen members of the LGBT+ community locked down with families who may not accept them for who they are. Parents who either do not know their sexuality or who disapprove can restrict their contact with the outside world. Those encountering issues surrounding non-acceptance are deprived of their support network and are more susceptible to unacceptable violence and discrimination.



Photograph courtesy of iD8 Photography

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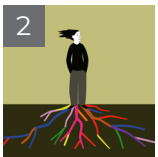
Depression and Anxiety

Studies of LGBT+ people's experience during the pandemic, dubbed the Queerentine Study from UCL and Sussex University, as reported in the Guardian, discovered that 69% of respondents suffered depressive symptoms. 90% had experienced homophobia or transphobia. Approximately one sixth of the 310 respondents said they had faced discrimination during the pandemic because of their sexuality. The LGBT+ Foundation reports that their helpline received 25% more calls about suicidal thoughts during the lockdown.

Litmos



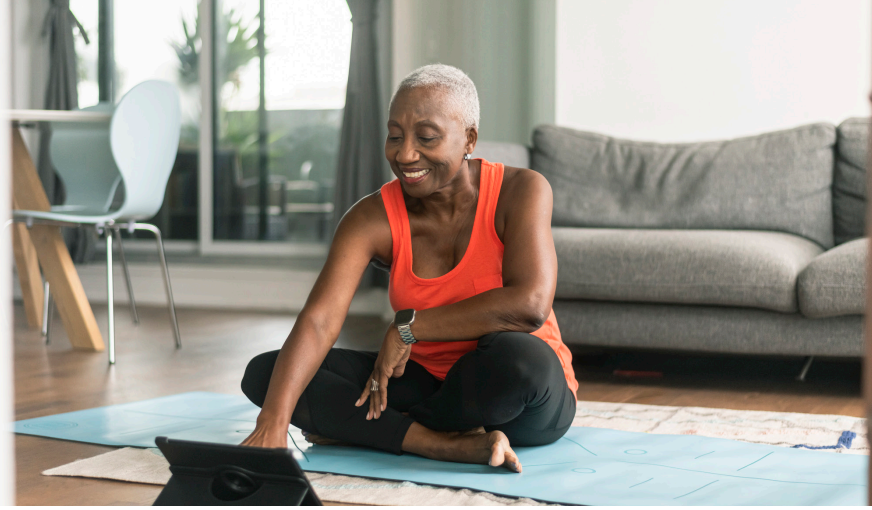
1 Try one of our short courses to help you overcome stress, anxiety or depression. A good starting point is 'Dealing with stressful people'.



2 All these courses are free simply register via learnwithunite.org for access to Litmos. Our second suggestion is 'Developing Resilience'.



3 Our number three choice is 'Five ways to Well Being'. All these are short and sharp and there are over 700 to choose from.



Barriers to Keeping Fit

Keeping fit and active is more important than ever when looking after physical wellbeing. Due to regulations everyone is currently recommended to spend just one hour of exercise per day due to social distancing and lack of indoor mixing. Exercising can be seen as an escape and where people can be themselves. Exercising outdoors can be challenging for some members of the LGBT+ community. With exercise already limited, they can be the subject of unacceptable abuse from others while exercising. Some may have concerns with body image and may take the comments to heart, which in turn can lead them to have negative perceptions of themselves. This is a dangerous cycle which also impacts mental health. Shared virtual workouts with friends is a great way of keeping connected and motivated.



It's a very strange time to me, being out of work this past 7 months but the course is giving me a sense of achievement.



Photograph courtesy of iD8 Photography

Lack of Connection to LGBT+ Community

Coronavirus has also made it difficult to maintain links with the LGBT+ community. Pride events have been cancelled nationally. Podcasts such as Homo Sapiens and Queery are able to provide great distractions to pass the time. Scheduling a box set session is also a popular choice. Charities are offering additional services such as a buddy system to offer support to each other. Technology is also playing its part, with platforms such as Zoom and Houseparty encouraging virtual gatherings.



Did you know - a brief look at LGBT+ history



15 May 1951: Roberta Cowell, a former Spitfire pilot, became Britain's first transgender woman to undergo sex reassignment surgery.

13th October 1970: Gay Liberation Front: Following the Stonewall riots,

the Gay Liberation Front (GLF) first met at the London School of Economics.

1 July 1972: Inaugural UK Gay Pride March

The London Gay Liberation Front organised the first UK Gay Pride march in the capital. Attended by around 1000 people, the march ran from Trafalgar Square to Hyde Park.



1982: Terrence Higgins Trust Established
The first UK Aids charity set up, named after Terry Higgins, who died of AIDS in St. Thomas' Hospital.

2003: Employment Equality (Religion or Belief) Regulations

This legislation made it illegal to discriminate against lesbians, gay and bisexual people in the workplace.

2005: Gender Recognition Act

This Act came into effect on 4 April 2005, giving trans people full legal recognition in their appropriate gender. It allowed trans people to acquire a new birth certificate, although gender options were still limited to 'male' or 'female'.

17 July 2013: Marriage (Same-Sex Couples) Act

Although same-sex couples could enter into Civil Partnerships, they were not permitted to marry. This Act allowed same-sex couples to get married. The first same-sex marriages took place in England and Wales on 29 March 2014.

Did you know New York City celebrated World Pride day in 2019 commemorating the 50th anniversary of the Stonewall Riots. 5 million people attended the event!



2016: HRH Prince William poses for Attitude magazine. He said 'that no one should be bullied for their sexuality'. This was the first time a member of the Royal Family had been photographed for the cover of a gay publication.

2017: Alternatively named the 'Alan Turing law', The Policing and Crime Act 2017 pardoned all historic instances of criminal convictions of gross indecency against men. **To be Continued**

Featured Courses

LITMOS HEROES

Saving the world from boring learning

Dealing with Stressful People
 Developing Resilience
 De-stressing your Inner and Outer World
 How to Avoid and Manage Conflict
 Identifying the Causes of Conflict
 Managing Stress
 Reducing Stress - Meditation and Visualization
 Reducing Stress - Techniques to Relax
 Five Ways to Well-being
 Fluid and Nutrition (UK/EU) Habits
 Health and Wellbeing - Positive Thinking
 Health and Wellbeing - Avoid Burning Out
 Health and Wellbeing - Importance of Sleep
 Health and Wellbeing - Letting Things Go



the skills network

Fully Funded Level 2

Level 2 Certificate in Common Health Conditions
 Level 2 Certificate in Improving Personal Exercise, Health and Nutrition
 Level 2 Certificate in Understanding Nutrition and Health

LGBT+ Supporting the community

Do you feel isolated, adrift from the LGBT+ community? Why not take a listen to some of these amazing podcasts?

Homo Sapiens

Now in its fourth season, Homo Sapiens is hosted by Tony Award-winning actor Alan Cumming and co-creator Chris Sweeney. Each week they bring you intelligent, informative and fun conversations that represent the interests of LGBTQ+ people around the world. Guest this season include Stephen Fry, Hannah Gadsby and Cynthia Nixon. There is also a new 'Agony Uncles' segment of the podcast, where Chris and Alan respond to questions from anonymous listeners with the typical humour, kindness and honesty that fans of the podcast have come to expect.



[LISTEN TO HOMO SAPIENS HERE](#)



QUEERY

Sit in on an hour long-conversation between host and standup comedian, Cameron Esposito, and some of the brightest luminaries in the LGBTQ+ family. QUEERY explores individual stories of identity, personality and the shifting cultural matrix around gender, sexuality and civil rights.

[LISTEN TO HOMO SAPIENS HERE](#)

A Gay and a Nongay

A Gay And A NonGay, Hosted by James Barr and Dan Hudson, challenges many of our differences head on and promises that no matter who you are, or what you're into, love is love.



[LISTEN TO HOMO SAPIENS HERE](#)



Making Gay History

Intimate, personal portraits of both known and long-forgotten champions, heroes, and witnesses to history are brought to you from rare archival interviews featured in Making Gay History.

[LISTEN TO HOMO SAPIENS HERE](#)



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