



National Inclusion Week

2018 24-30 September

Following the success of our programme last year, we are pleased to be offering an exciting range of interactive equality and diversity learning events once again across our ESBT Alliance to celebrate National Inclusion Week from 24 – 30 September 2018.

Many of the workshop leaders are volunteers who have given their time freely to take part in this programme. All sessions are free of charge but places are limited and we would ask that people only book onto the sessions they plan to attend. You can find out more about each of the sessions on the following pages.

With sessions ranging from building a dementia friendly community to a panel discussion with local faith leaders on how faith may impact on someone's health and wellbeing and their attitudes towards health and care, we hope you'll be able to join us and look forward to seeing you there.

Book your place now via Eventbrite at <https://esbt2018niw.eventbrite.co.uk>

Monday 24 September 2018

- 1330-1630 Building a Carer friendly community
- 1300-1430 Faith perspectives in health and care (a panel discussion)

Tuesday 25 September 2018

- 1000-1130 Introduction to Transgender awareness
- 1400-1530 Unconscious Bias

Wednesday 26 September 2018

- 1000-1200 Building a Dementia friendly community
- 1330-1600 Introduction to Learning Disabilities with the Involvement Matters Team

Thursday 27 September 2018

- 1030-1200 Sight loss awareness training with RNIB
- 1330-1630 Building a Carer friendly community (with a focus on young carers)

Friday 28 September 2018

- 1000-1300 Building a Carer friendly community
- 1400-1530 Exploring impact and working with our community

Raise awareness

Promote inclusion

Celebrate diversity

Building a Carer friendly community

Care for the Carers are working to build a 'Carer Friendly East Sussex' to ensure that no carer is left to care alone and that all health services are 'carer aware'. As part of their initiative to build carer friendly communities they are offering carer awareness training covering the following areas: *A 'Carer Friendly Community' approach - why is this important?; Who are unpaid carers and what is the impact of caring?; The importance of identifying and supporting carers; Carer's rights – the new framework and What can we do to improve carers experience and the support available?*

Venue: St Mary's House (SMH 103), 52 St Leonards Road Eastbourne East Sussex BN21 3UU

Lead: Care for the Carers

Faith perspectives in health and care

This 'question time' style panel discussion will be an opportunity to hear from faith leaders on how all faiths and none may impact on individual health, wellbeing and choices in relation to care and support. Speakers include representatives from Buddhism, Christianity, Humanism, Judaism and Paganism.

Venue: Eastbourne Town Hall, Grove Rd, Eastbourne BN21 4TX

Lead: Eastbourne Faith Forum

Introduction to Transgender Awareness

With an estimated 1% of the population falling somewhere on the broad "trans" spectrum; health and care organisations are likely to encounter a range of diverse trans people in the course of their work. Employers, too, need to be ready and able to welcome, include and support trans people as part of their workforce.

This session will provide a short introductory taster to some of the terms, identities and experiences of Trans people with a basic grounding in trans-inclusive approaches required as part of our public sector equality and inclusion responsibilities.

Venue: St Mary's House (Cuckmere 1), 52 St Leonards Road Eastbourne East Sussex BN21 3UU

Lead: Nicky Cambridge, Stakeholder Engagement Lead, ESBT CCGs

Unconscious Bias

Your background and personal experiences alongside societal stereotypes and cultural context can have an impact on your decisions and actions without you realising.

Implicit or unconscious bias happens when our brains making incredibly quick judgments and assessments of people and situations without us realising. Our biases are influenced by our background, cultural environment and personal experiences. We may not even be aware of these views and opinions, or be aware of their full impact and implications.

This interactive session will be an opportunity for you to understand your own biases, knowledge gap areas, strengths and help further support your contribution to creating an inclusive culture.

Venue: G09, Friars Walk, Lewes, BN7 2PB

Lead: Nicky Cambridge, Stakeholder Engagement Lead & Colleen Hart, Head of Workforce Planning, ESBT CCGs

Being a Dementia friend

The Alzheimer's Society's Dementia Friends programme is the biggest ever initiative to change people's perceptions of dementia. It aims to transform the way the nation thinks, acts and talks about the condition. This workshop will comprise a 'Dementia Friends' awareness session followed by a discussion and exercises exploring how we can create Dementia friendly environments and services.

Dementia Friends is about learning more about dementia and the small ways you can help. From telling friends about the Dementia Friends programme to visiting someone you know living with dementia, every action counts.

Venue: St Mary's House (SMH 102), 52 St Leonards Road Eastbourne East Sussex BN21 3UU

Lead: Ian Cottrell, Wealden Dementia Alliance

Introduction to Learning Disabilities with the Involvement Matters Team

This workshop provides attendees with an opportunity to find out more about supporting and working with people with Learning Disabilities from our Involvement Matters Team:

"We are the Involvement Matters Team. We are self-advocates and are members of the Learning Disability Partnership Board. Since 2008 we have been delivering a project called Strong Voices; Big Ears. Our project involves connecting with hundreds of people with learning disabilities living in East Sussex. They tell us their experiences and views on many different topics and situations."

Venue: St Mary's House (SMH Ground 2), 52 St Leonards Road Eastbourne East Sussex BN21 3UU

Lead: Involvement Matters Team

Sight Loss awareness training with The Royal National Institute of Blind People

The Royal National Institute of Blind People (RNIB) is the UK's leading charity supporting blind and partially sighted people. They offer practical and emotional support to those that need it, so they can continue living life to the full.

This interactive session will be an opportunity to understand more about Sight Loss including braille and Sighted Guiding taster training.

Venue: G09, Friars Walk, Lewes, BN7 2PB

Lead: Royal National Institute of Blind People

Building a Carer friendly community (with a focus on young carers)

The number of young carers in the UK has risen significantly in the last few years. We also know young adult carers aged between 16 and 18 years are twice as likely to be not in education, employment, or training. This session led by Care for the Carers will look specifically at young carers and how we can be more 'young carer aware'.

Venue: St Mary's House (Cuckmere 1), 52 St Leonards Road Eastbourne East Sussex BN21 3UU

Lead: Care for the Carers

Building a Carer friendly community

A further opportunity to understand how we can build a 'Carer Friendly East Sussex' to ensure that no carer is left to care alone and that all health services are 'carer aware'. As part of their initiative to build carer friendly communities

they are offering carer awareness training covering the following areas: A 'Carer Friendly Community' approach - why is this important?; Who are unpaid carers and what is the impact of caring?; The importance of identifying and supporting carers; Carer's rights – the new framework and What can we do to improve carers experience and the support available?

Venue: St Mary's House (Room SMH 103), 52 St Leonards Road Eastbourne East Sussex BN21 3UU

Lead: Care for the Carers

Exploring impact and working with our community

Equality Impact Assessments are required whenever policy or service changes are planned and/or when services are created or removed as they enable public sector organisations to demonstrate compliance with the Equality Act 2010. This session will provide an opportunity to look at how we understand and consider impact and work with our community to complete Equality Impact Assessments. Hear more about the mechanisms or support available to help us in understanding impact.

Venue: St Mary's House (SMH 103), 52 St Leonards Road Eastbourne East Sussex BN21 3UU

Lead: Seanne Sweeney, Equality & Engagement Officer, Adult Social Care and Health

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