



Informing, educating and empowering for the benefit of all

TOGETHER WE MAKE A DIFFERENCE



Our expertise, your advantage

The Brunswick Centre has a history of providing training across sectors and services. We have knowledge, expertise and experience on a variety of topics including LGBT young people; HIV (including stigma, living with & supporting people with HIV, transmission & prevention); drug use in a sexualised context (Chemsex), Benefits & Welfare Rights. We have an established wellbeing service, supporting people to self-care and manage long term conditions so we have the skills and expertise to offer workplace support so you, your colleagues and clients/patients can better manage stress.

What we can offer you

- Briefings
- Basic awareness sessions
- Information around our work and services
- Bespoke in-depth sessions to meet your specific requirements

Briefings, basic awareness sessions and information around our work and services typically last an hour and we can provide these at no cost. Bespoke packages are offered at a cost to suit your needs and your budget.

Why choose us?

- We are a well-established and respected local service
- We have years of experience and knowledge in our field
- You will receive relevant up to date information to help you in your working practice
- We are supportive and flexible

The benefits

- ▶ Improved knowledge and understanding
- ▶ Be able to offer a more inclusive service
- ▶ Meet Equality Act requirements
- ▶ Improved confidence in supporting your clients, patients and young people
- ▶ Healthier and supported workforce



Our areas of specialism



HIV prevention

We offer HIV prevention training on transmission, combination prevention methods which encompasses HIV point of care testing (PoCT), condom use, treatment as prevention meaning anyone on effective HIV treatment cannot pass on the virus. Pre-exposure prophylaxis (PrEP), which can prevent the sexual transmission of HIV. Post-exposure prophylaxis (PEP) which can stop HIV infection after it's entered the body. We can offer training on drug use in a sexualised context (Chemsex) by gay, bisexual men and other men who are homosexually active, the drugs used, harm reduction and links with sexual health, and appropriate referral pathways.



Living with HIV

We can offer a range of training from basic HIV awareness training, for example what it is, statistical information, the historical context, changes with current up-to-date information to more in-depth training, for example issues to do with living with HIV including but not exclusively HIV treatment, disclosure, stigma and discrimination, legal rights, sex and transmission, family planning, mental health, smoking, ageing, the menopause. Training can be tailor made to your organisations needs.

LGBT young people

We offer learning opportunities for children, young people and professionals to gain a greater awareness and understanding of issues facing LGBT (lesbian, gay, bisexual, trans) young people. Our training is shaped by the LGBT young people who access our youth service,

they are encouraged to have an input, meaning that information shared through our training and workshops is representing what is happening for LGBT young people in Kirklees right now.

Benefit and Welfare Rights

Through our Benefits and Welfare Rights service we have a wealth of experience and knowledge in supporting people to navigate the welfare benefits system including assisting with welfare benefit related problems, support with appeals and representation at tribunals.

Wellbeing in the workplace for you, your staff or your clients and patients

Increasingly, we are seeing health challenges, such as back and joint problems, insomnia, stress and anxiety, that are being managed by the prescription of wellbeing activities. Our team of trained and experienced wellbeing practitioners have developed effective, easy-to-use techniques which they can offer through a series of practical sessions to help your staff, clients and patients live healthily and manage stress and long-term chronic conditions.

“ Great engagement!
Lots of facts I did
not know e.g.
undetectable =
untransmittable!
Amazing work and
awareness ”

Student Nurse,
Huddersfield University

“ Very informative session. Learnt lots
of new information which I feel is
lacking in the wider public ”

Medical Student, Leeds University

Did you know?...

- There have been major developments in HIV treatment. Medication is available which keeps the virus suppressed and the immune system strong. People have improved health and will not transmit the virus if they are on effective treatment. This is a game changer in the fight against HIV.
- However, HIV stigma still exists. Positive Voices, 2018 highlights that 'in the NHS. One in 9 (11%) people living with HIV in the UK have been refused healthcare or delayed a treatment because of their HIV status. HIV is a protected characteristic under the Equality Act 2010 and differential treatment based on HIV status is illegal discrimination. Despite this, discrimination persists.
- Locally, LGBT young people are affected by homophobic, biphobic and/or transphobic (HBT) bullying, hate crime and physical attacks. Kirklees Young People's Survey (2018) reported that 57% of LGBT youth were bullied compared to 34% of non-LGBT youth.



TOGETHER WE MAKE A DIFFERENCE

The Brunswick Centre enables people from the communities we serve to make informed choices, build healthier relationships and live positive lives free of stigma.

www.thebrunswickcentre.org.uk

 @_thebrunswick_

 Brunswick-Centre - Kirklees Calderdale



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