

## One You South Gloucestershire LGBTQ Wellbeing Digital Resources

### Overview

The Diversity Trust CIC hosts the One You South Gloucestershire Wellbeing Service for LGBTQ+ Communities across South Gloucestershire. During the current government lock down we are sharing our resources online; via web, social media and other online tools.

### One-to-One Support

We provide one-to-one support for LGBTQ+ people aged 18+, and living in South Gloucestershire, via our social media platforms, phone, text and online messages. To get in contact please visit <https://www.diversitytrust.org.uk/wellbeing-services/> for contact and for more information.

### Online Support

We have an established Facebook group where we post information about what's going on in South Gloucestershire of interest to LGBTQ people. The group is a closed group and is open to individuals and professionals via Facebook (Facebook login required)  
<https://www.facebook.com/groups/LGBTQyate/>

### Online Sessions via [Zoom](#)

The Diversity Trust has been piloting online sessions for LGBTQ people. These sessions have involved guest speakers who have delivered virtual workshops. By networking through our various social media platforms, and by using our existing contacts, we will invite people to our online wellbeing workshops. If you would like to join the mailing list and join a virtual workshop email [wellbeing@diversitytrust.org.uk](mailto:wellbeing@diversitytrust.org.uk)

### Online Resources

We are promoting our online resources, which includes our YouTube Channel, blog posts, podcasts, newsletters and our active presence on social media including Facebook, Instagram, Twitter and YouTube. Here are the links:

Web <https://www.diversitytrust.org.uk/young-peoples-services/>

Newsletter sign up <https://www.diversitytrust.org.uk/subscribe/>

Blog posts <https://www.diversitytrust.org.uk/category/blogs/>

Newsletters <https://www.diversitytrust.org.uk/newsletters/>

Podcasts <https://www.diversitytrust.org.uk/category/podcast/>

Facebook <https://www.facebook.com/DiversityTrust>

Instagram <https://www.instagram.com/diversitytrust/>

Twitter <https://twitter.com/DiversityTrust>

YouTube [https://www.youtube.com/channel/UCYz1ZSS2PRTE\\_u4UoAxYNMQ](https://www.youtube.com/channel/UCYz1ZSS2PRTE_u4UoAxYNMQ)

Out in South Glos [https://www.diversitytrust.org.uk/wp-content/uploads/2019/07/OISG\\_July19\\_2.pdf](https://www.diversitytrust.org.uk/wp-content/uploads/2019/07/OISG_July19_2.pdf)

### LGBT e-Learning Module

We worked with the Public Health Team at South Gloucestershire Council to develop an e-Learning module for staff and professionals, which you can access on the learning and development website.

[https://learning.southglos.gov.uk/elearning/elearning\\_course\\_detail.asp?cid=236&pid=&fel](https://learning.southglos.gov.uk/elearning/elearning_course_detail.asp?cid=236&pid=&fel)

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**National resources:**

We'll actively share and make relevant the national resources to our LGBTQ+ audiences.

**One You: Home workouts:**

<https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/>

**One You: Staying at home tips:**

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

**Rethink:** Managing your mental health during the coronavirus outbreak.

<https://www.rethink.org/news-and-stories/blogs/2020/03/managing-your-mental-health-during-the-coronavirus-outbreak/>

**BBC News:** Coronavirus: How to protect your mental health.

<https://www.bbc.co.uk/news/health-51873799>

**FFLAG:** national charity supporting families and friends of LGBTQ people

<https://www.fflag.org.uk>

**Galop:** the LGBT+ anti-violence charity <http://www.galop.org.uk>

**Mind:** Coronavirus and your wellbeing.

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

**MindLine Trans + Helpline:** Helpline for Transgender People.

<https://bristolmind.org.uk/help-and-counselling/mindline-transplus/>

**Stonewall** campaigns for equality for LGBT+ people.

<https://www.stonewall.org.uk>

**Switchboard** provides a one stop listening service for LGBT+ people.

<https://switchboard.lgbt>

**Films for Young People, Families and Professionals**

We have made a wide-range of short films for LGBTQ people, families and for professionals which can be shared online. Please visit our YouTube Channel for more films

[https://www.youtube.com/channel/UCYz1ZSS2PRTE\\_u4UoAxYNMQ](https://www.youtube.com/channel/UCYz1ZSS2PRTE_u4UoAxYNMQ)

**Health Film**

[https://www.youtube.com/watch?v=pD9MSNuhg0E&list=UUYz1ZSS2PRTE\\_u4UoAxYNMQ&index=15](https://www.youtube.com/watch?v=pD9MSNuhg0E&list=UUYz1ZSS2PRTE_u4UoAxYNMQ&index=15)

**Contact Us**

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