Staff Pride Network [ONLINE] events: Body Clock Flow (Yoga)

Allison came to yoga and then Qi Kung (Chi Gong) after 3 decades as a nurse and midwife. She describes them as “something which keeps me sane(ish)!” She is motivated to provide accessible and inclusive practices to enhance wellbeing for all people and loves teaching and practicing them. You can read more about Allison on her website.

The Body Clock Flow is a sequence of Qi Kung movements and is a practice using the principles of Traditional Chinese Medicine in an easy to learn form.

We hope you enjoy this introductory session and we hope to run more opportunities to practice Yoga and Qi Kung with Allison in future.

The first session is: Mon, 25 May 2020 13:00 – 14:00 BST

Please book via EventBrite

Allison Ewing’s Website

Queen Margaret University
LGBT+ Staff Network

I joined QMU last year, but was disappointed that there was no LGBT+ Staff Network. I learned that the previous network fizzled out several years ago, but after speaking with colleagues, we decided to revive it.

We have around 10 members, including one person who is not queer themselves, but is the parent of a queer person. We’ve only met once in person, but have been holding monthly lunchtime videocalls since March.

We’ve now got an email address- LGBTStaff@qmu.ac.uk, Twitter @QMULGBTStaff and an Instagram @QMULGBTStaff of which you are most welcome to follow/contact us through, though these are very bare-bones at the moment. We are working on getting a rainbow logo and webpage set up.

Looking forward to meeting you at some point in the future!

Kitty Flynn

Co-Chair
The Book of Queer Prophets

The Book of Queer Prophets, 24 short stories on sexuality and religion curated by former Stonewall CEO Ruth Hunt, will be published on 28th May.

The publisher Harper Collins advertised on Twitter if anyone would like a proof copy and we were lucky to receive one.

SPN volunteer Gina Roberts (who submitted her PhD on 30th April!) wrote this insightful review: [https://www.ginamaya.co.uk/books-music/the-book-of-queer-prophets-curated-by-ruth-hunt.html](https://www.ginamaya.co.uk/books-music/the-book-of-queer-prophets-curated-by-ruth-hunt.html) and if you’d like to borrow it, get in touch.

At previous events we partnered with Lighthouse Bookshop and they are doing deliveries, if you’re interested in buying a copy:

[https://www.lighthousebookshop.com](https://www.lighthousebookshop.com)

STEM Equals at the University of Strathclyde

Like our sister project Evidence Base, led by the University of Edinburgh, STEM Equals at the University of Strathclyde is
one of eleven EPSRC funded projects under the Inclusion Matters initiative.

STEM Equals is a four-year research and impact project focused on creating more inclusive STEM communities for women and LGBT+ people in both academia and in industry.

Through an intersectional lens, the project examines working cultures within higher education and industry to understand specific challenges and to develop new initiatives to address systemic inequalities.

The project is funded by EPSRC with matched funding from the University of Strathclyde. The project industry partner is BAM Nuttall Ltd.

Read our latest newsletter Re/Act: Updates from the STEM Equals project.

Sign up to join us for our free event on 21st October LGBT in HE: Building networks, making change (spaces limited; registration required).

Stay tuned for soon-to-be-announced details for a special LGBT+ STEM Day event on 18th November.

LGBTQ+ Resources During COVID-19
Other Support Lists

- There are lists of support available through both Stonewall
  https://mailchi.mp/lgbthealth.org.uk/village-voices-covid-3?e=e23c8b0043 as well as from LGBTYS
  https://www.lgbtyouth.org.uk/our-services-for-young-people/ for those who are under 25.
- There is also the following interactive map of services in Edinburgh:
  https://edinburghcouncil.maps.arcgis.com/apps/webappviewer/index.html?id=3f516cd826d04c76ad3e93d41be48341
- And this wonderful resource list for LGBTQIA+ young people https://padlet.com/ceridwen/LGBTresources

Material Support

- We know that the ongoing crisis is proving particularly difficult for members of our community. If you are having trouble getting access to food here is a list of Trussel Trust foodbanks where you can collect food (and for those of us who are doing better, we can donate)
  https://www.trusselltrust.org/get-help/find-a-foodbank
- Citizens Advice Scotland
- Mutual Aid Trans Edinburgh (MATE) is offering direct support by and for queer and trans people in Edinburgh
  https://twitter.com/mate_edinburgh
- Pink Saltire are offering support through Dorothy Relief
  https://twitter.com/dorothyrelief
Groups

- Edinburgh Trans Women have moved their monthly meeting for all trans women at whatever stage of their transition to Zoom. You can contact them if you would like to join at info@edinburghtranswomen.org.uk

Exercise Classes

- Dance Base have made all their classes online and free during lockdown https://www.dancebase.co.uk/classes/online-classes/
- You can book into LGBTQ+ community yoga classes online from £1 - £10 dependent on how much you can afford to pay at Edinburgh Community Yoga http://edinburghcommunityyoga.co.uk/book-a-class/buy-wednesday-evening-lgbtq-yoga/

Helplines and Support

- LGBT Helpline http://www.lgbt.foundation/helpline
- Mindline Transplus https://bristolmind.org.uk/help-and-counselling/mindline-transplus/ (the link says Bristol but it serves the whole UK)
- Center for Countering Digital Hate https://www.counterhate.co.uk/dont-feed-the-trolls A Practical Guide to Dealing With Hate on Social Media