



Outcome, Islington Mind



Outcome Training

- Our **free** training programme draws from decades of experience running Outcome, an LGBTQI+ only community-led space
- It is **intersectional**: we all experience compound discrimination as the result of multiple identity positionings
- It **decentres** notions of the “norm” as white, straight, able-bodied, and cis
- Our training is **holistic, non-judgemental, and person-focused**: we focus on what participants need with the intention of improving LGBTQI+ people’s experiences of systems and services



Modules

- ★ Creating sustainable LGBTQI+ spaces
 - ★ Supporting LGBTQI+ people with their mental health
- ★ LGBTQI+ suicide prevention
- ★ LGBTQI+ Inclusion / Best Practice
- ★ Trans inclusion

Creating Sustainable LGBTQI+ Spaces



This training prioritises a community-led approach to creating safe and maintainable LGBTQI+ spaces

Who is this for?

- Generic and specialist projects
- Orgs launching new LGBTQI+ spaces
- Help with troubleshooting existing LGBTQI+ spaces

What will you learn?

- ✓ Inclusive practices geared around a community-led ethos: “nothing for us without us”
- ✓ How to *start, maintain* and *grow* your space
- ✓ Techniques to incentivise members and create consistency

What is the structure?

- Online or in-person
 - 1-3 hours
 - Interactive

Supporting LGBTQI+ people with their mental health



This training provides knowledge on mental health issues that LGBTQI+ people face and how best to support us

Who is this for?

- Organisations already working with LGBTQI+ people
- Organisations wanting to attract more LGBTQI+ people

What will you learn?

- ✓ The impact of structural inequalities through our non-medical model approach
- ✓ Techniques of working that support LGBTQI+ specific issues
- ✓ How to implement truly intersectional practices

What is the structure?

- Online or in-person
 - 1-3 hours
 - Interactive

LGBTQI+ Suicide Prevention



This training provides information on suicide risks within the LGBTQI+ community, and communication strategies

Who is this for?

- Generic and specialist projects
- Orgs supporting adults with mental health needs

What will you learn?

- ✓ Data and causes for high risks
- ✓ Vulnerable groups within LGBTQI+ community
- ✓ LGBTQI+ inclusive language and communication

What is the structure?

- Online or in-person
 - 1-2 hours
 - Interactive

LGBTQI+ Inclusion & Best Practice



This is organisation-focused training that helps you create safe spaces for your staff and clients/members

Who is this for?

- Managers and senior staff
- Organisations who want to create safer spaces
- Organisations that have specific issues in their workplaces

What will you learn?

- ✓ Inclusion techniques that create deep inclusion (not just rainbow flags!)
- ✓ Unpacking our equalities toolkit
- ✓ How to safely challenge discrimination in your workplace

What is the structure?

- Online or in-person
 - 1-4 hours
 - Interactive



Trans Inclusion

This training uses Outcome's experience supporting trans people, lived trans experience, and academic research

Who is this for?

- Orgs hoping to create more trans inclusive spaces
- Orgs with existing issues around trans inclusion (e.g. women's same-sex spaces)

What will you learn?

- ✓ Detailed information about transness and gender-diversity
- ✓ Debunked misinformation and context of the current sociopolitical climate
- ✓ How to safely challenge transphobia in your workplace

What is the structure?

- Online or in-person
 - 1-3 hours
 - Interactive
- Take-away readings

Please note the main version of this training is free. However, if you have a specific issue within your organisation, it may be that there is a fee to cover additional facilitatory/consultancy⁸ hours.



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for more information