

Tower Hamlets LGBT+ Practitioners Network Bulletin

Sharing research, best practice and LGBT+ community focused information

Issue 4 – March 2021

The Tower Hamlets LGBT+ Practitioner’s Network is part of our Tower Hamlets funded work to provide an LGBT voice in the borough. This is led by our community forum, but the network is complementary to that and aims to understand the experiences of practitioners around LGBT+ matters locally and to share learning around this.

LBT+ Women’s Health Week

March is Women’s History Month, with International Women’s Day on Monday 8th March starting LBT+ Women’s Health Week from 8th to 12th March.

The aim of LBT Women’s Health Week is to raise awareness about lesbian, gay, bisexual, trans and queer women’s health inequalities, to make it easier for service providers to empower service users and for communities to support LGBTQ women.

This year’s theme is Let’s Break the Silence, amplifying and raising awareness of the LBT women experience — menopause, cervical screenings, sexual violence, mental health and much more.

The National LGB&T Partnership run LBT Women’s Health Week because:

- 8.1% Lesbian, 5.9% bisexual and 12.1% Queer cis women and 15.4% trans women experienced inappropriate questions or curiosity because of their sexual orientation when accessing healthcare in the last year.
- 50.5% cis LGBQ women and 53.5% trans women found accessing MH services ‘Not easy’ or ‘Not at all easy’ in the last year.
- Lesbian and bisexual women are up to 10 times less likely to have had a cervical screening test in the past three years than heterosexual women.

This poor care either results in or exacerbates the fact that:

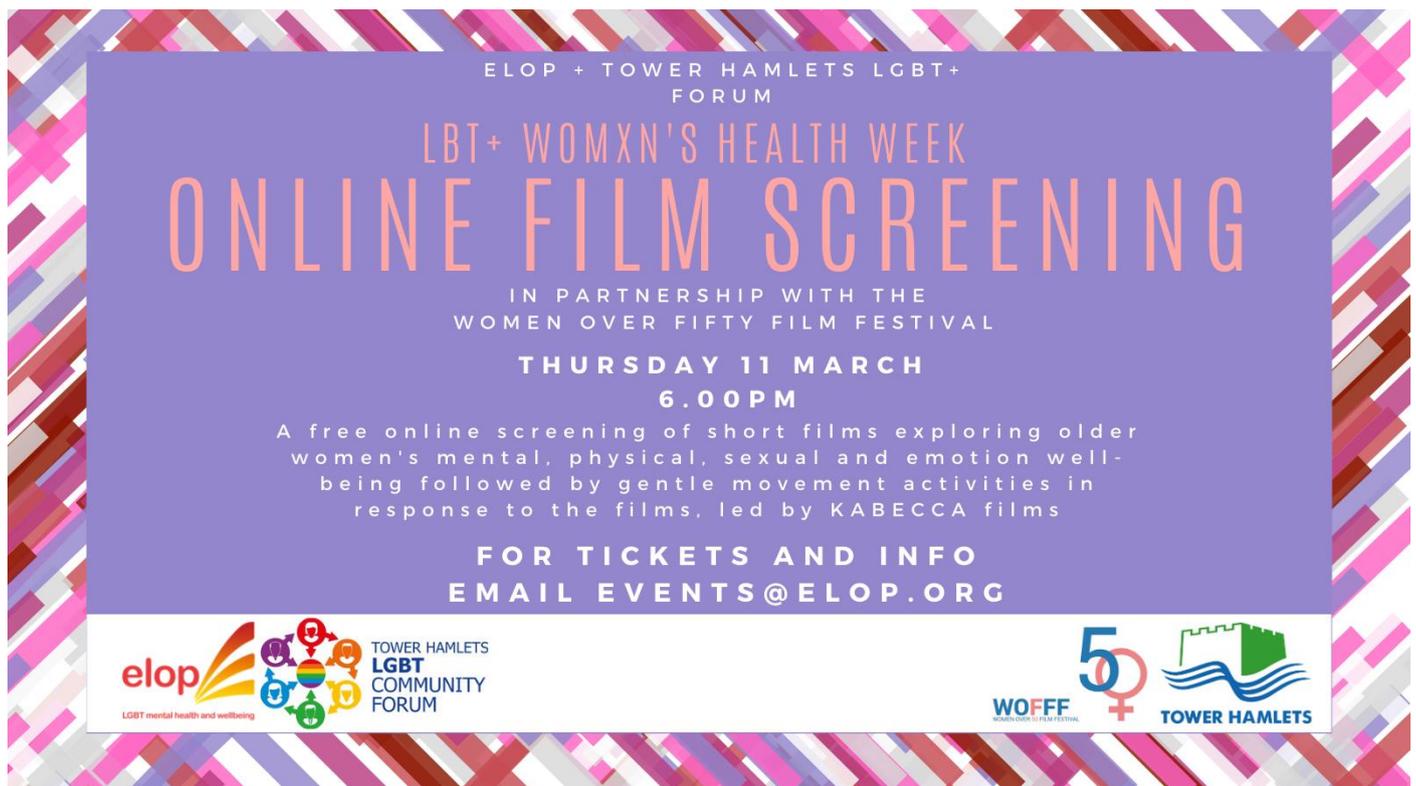
- 27% of lesbians and 42% of bisexual women report a long-term mental health condition.
- 28% of bisexual women and 14% of lesbians said they’d deliberately harmed themselves in the last year, compared to around six per cent of adults in general.

- The teen pregnancy rate is higher for lesbian and bisexual women than for heterosexuals, with adolescent bisexual women being twice as likely as heterosexual adolescent women to become pregnant.vi
- 19.2% of lesbian women and 30.5% of bisexual women in one study reported an eating disorder.
- Prevalence of all cancers is higher in lesbians (4.4%) and bisexual women (4.2%) than heterosexual women (3.6%).

The week is also an opportunity to celebrate, highlight, and learn from the work of groups and services which provide dedicated support to the women in our communities.

ELOP and the Tower Hamlets LGBT+ Forum have partnered with the Women Over Fifty Film Festival (WOFFF) for LBT+ Women's Health Week to show a series of short films exploring older women's mental, physical, sexual & emotional wellbeing, followed by a gentle movement activity in response to the films, led by Kabecca Films. The event is free and will be on Thursday 11th March at 6.00pm.

Email events@elop.org for more info or <https://www.eventbrite.co.uk/e/elop-presents-lbt-womxn-health-week-online-film-screening-with-wofff-tickets-141834736515> for tickets.



Tower Hamlets LBT Women's Campaign

Do you identify as a Lesbian, Bisexual, or Transgender Woman, and live, work or study in Tower Hamlets? Do you think there is limited visibility of LBT women in the borough? Want to help us celebrate Women's History Month and LBT Women's Health Week?

Join us by sharing a brief summary of who you are, so we can create a plaque for you. We could use your name, perhaps year of birth, first part of your postcode and something about you.

Here are examples:



To support and show solidarity with women who are struggling with their identity, we're looking for LBT+ women in Tower Hamlets to share their stories with us.

We want your stories to be a beacon to other women in the borough, to show them that they are not alone and to highlight the contribution LBT women make to the community overall.

Email us your stories to lgbtforum@elop.org or [download your own plaque template here](#).

Let's make our voices heard and break the silence.

<https://www.consortium.lgbt/nationallgbtpartnership/lbt-womens-health-week/>

<https://nationallgbtpartnershipdotorg.files.wordpress.com/2020/02/lbt-whw-press-release-2020-1.pdf>

LGBTforum@elop.org

Tower Hamlets LGBT+ Practitioners Network Bulletin

ELOP is a Registered Charity 1067474 & Company Limited by Guarantee 3355423

Page 3