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| A screenshot of a website  Description automatically generated | Thanks to generous funding awarded by Portsmouth City Council's Inclusion Grant, Toucan Diversity can provide fully funded disability training sessions in 2024. These would be free to attend, in April and May 2024. Training sessions are as follows:  Monday 22nd April 10am-3pm at Gunwharf Quays**: Disability Equality and Deaf Awareness Training** (In Person)  Monday 13th May 10am-1.30pm via Zoom: **Disability Equality Training** (Online via Zoom)  If you are interested in attending, remember that places are limited, so please head to [Events page to book](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Ftoucan-diversity.org.uk%2Fevents%2F&data=05%7C02%7Chiowicb-hsi.so.pccommissioning%40nhs.net%7C006bf7d8052f4fa0d41c08dc5f85a727%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638490275303458524%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=uVJKU8ZXEWU5gAxMH8SBSnT0soWAVKve%2B95OZG4bmS0%3D&reserved=0) and avoid disappointment!  When booking, you'll be prompted to enter a code. Please email [info@toucan-diversity.org.uk](mailto:info@toucan-diversity.org.uk), and they will be able to provide you with access. |

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| **Assets: PP and QR code attached to this email**  A screenshot of a webinar  Description automatically generated | **15th MAY 7:30-8:30PM**  **“How to have healthy conflict conversations”**  **with Annie Hanekom & Dr Sarah Coope**  **Join our Work Well Webinar Series**  **For Healthcare Teams Under Pressure**  Learn tools to help you handle stress, let go of guilt and have better conversations at work - even when you're under pressure.  At these free sessions, you’ll learn from experts sharing practical strategies on how to beat burnout, set boundaries and support your colleagues more effectively.  These online trainings take place in the evenings, so you can watch from home live (or catch up with the recording whenever you like)  [**REGISTER FOR YOUR**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.shapestoolkit.com%2Foffers%2FsPFDaV2m&data=05%7C02%7Chiowicb-hsi.so.pccommissioning%40nhs.net%7C006bf7d8052f4fa0d41c08dc5f85a727%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638490275303473200%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=%2BssAIvZXaIc4PCofbWNrVolGjSF3gsQzrkmKoqF1pBI%3D&reserved=0) [**FREE PLACE TODAY**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.shapestoolkit.com%2Foffers%2FsPFDaV2m&data=05%7C02%7Chiowicb-hsi.so.pccommissioning%40nhs.net%7C006bf7d8052f4fa0d41c08dc5f85a727%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638490275303480091%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=h7E8gUoD3pjjAJz%2BtlkLKMGsCmp9totfcyZDBgCf4J8%3D&reserved=0) |
| **Assets: social/newsletter graphic**  **A computer screen with a person on it  Description automatically generated** | **Autism Awareness Month**  April is Autism Awareness Month - an international opportunity for us all to increase understanding and acceptance of autism!  Check out this short video by the EDNA team to learn about Autism, its characteristics, strengths, and challenges that individuals may face in the workplace.  [EDNA - People Portal (hiowpeople.nhs.uk)](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.hiowpeople.nhs.uk%2Fedna%2F&data=05%7C02%7Chiowicb-hsi.so.pccommissioning%40nhs.net%7C006bf7d8052f4fa0d41c08dc5f85a727%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638490275303486916%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=HY2qcw0M5qEjpw0tuGkS9Y7EjQpZC2bMZ7rPLBy6QFc%3D&reserved=0) |
| **Assets: social/newsletter graphic/PDF poster**  **A person sitting at a table with a computer  Description automatically generated**  **A person smiling at the camera  Description automatically generated** | **Have you thought about having a T Level student in your non-clinical team?**  **Spill the Tea: everything you need to know about T Level placements**  **Tues 14 May 10am**  **Thurs 16 May 2pm**  Find out everything you need to know about T Level placements for 16-18 year-olds who are studying a non-clinical T Level such as digital, business administration and finance and how they can work in our Trusts.   * What is a T-Level? * How can your team host a T Level placement? * What does a placement look like? * Investing in your future workforce.   **You can register here:**  If you have any questions, please feel free to reach out Emma Gotz and the 350+ NHS Careers team, who are running the sessions -  Email [hiow350careers@solent.nhs.uk](mailto:hiow350careers@solent.nhs.uk)  Visit [https://hiow350careers.nhs.uk/](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fhiow350careers.nhs.uk%2F&data=05%7C02%7Chiowicb-hsi.so.pccommissioning%40nhs.net%7C006bf7d8052f4fa0d41c08dc5f85a727%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638490275303493738%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=q34aSFAcmxCwRixdkKZ95yQSMBblDSXeP7mlmBvGO0A%3D&reserved=0) and [T Level subjects | T Levels](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.tlevels.gov.uk%2Fstudents%2Fsubjects&data=05%7C02%7Chiowicb-hsi.so.pccommissioning%40nhs.net%7C006bf7d8052f4fa0d41c08dc5f85a727%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638490275303500630%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=ObX5POu5nFTCCOXHETSglUSRhduCKXWrFR1VqaXEpW4%3D&reserved=0) |
| **Assets: social/newsletter graphic/PDF poster**  **A screenshot of a website  Description automatically generated**  **A poster with text and leaves  Description automatically generated** | * **Online Menopause Meet-ups**   **Fortnightly on Thursdays: 1pm online**  A virtual meet-up to provide a safe space to talk about menopause. Menopause Meet-ups are for everyone, whether you are experiencing the menopause yourself or supporting someone who is, because menopause matters.  There is no set agenda, just an opportunity to share experiences and support each other over a virtual cuppa.  We hope to see you there!  **To join email:** [hiowmenopausesupportservice@solent.nhs.uk](mailto:hiowmenopausesupportservice@solent.nhs.uk) |