The Centre for BME Health training programmes provide a resource of information and opportunities for professionals and others to reflect and review their own understanding and practice. Completing our training will enable you to gain insight and confidence in navigating and responding to the varied needs of your populations. The training has been designed by people with considerable experience of working in diverse communities and in equality and diversity theory and practice. It is interactive in nature and comprehensive in content.

The Centre currently provides two training programmes:

**ENGAGING WITH BAME COMMUNITIES**
(Black, Asian and Minority Ethnic)

**CULTURAL COMPETENCE**
(Includes Self Awareness and Knowing Culture)
Who’s it for?
Although the immediate focus for our training is health researchers, we have deliberately designed all our training to be appropriate and applicable to anyone; health professionals, public sector workers, community groups and organisations or individuals with an interest.

Learning Outcomes
Our courses are interactive, involve considerable discussion and debate and focus on personal development and awareness.

Engaging with BAME Communities Training is to increase people’s confidence and competence in engaging with these communities. It does so by looking carefully at definitions, at why we need to engage, at issues that can hinder as well as help understanding (including common pitfalls) and by focusing on established and developing good practice. The training is based firmly within the context of broader equality and diversity law and principles.

The learning outcomes are, an understanding and awareness of:
- The need for equality and effective community engagement
- The Equality Act 2010
- Key definitions
- An introduction to Unconscious bias
- How to engage effectively
- Case studies of engagement, common pitfalls and issues of trust

Cultural Competence Training is in two parts (Self Awareness and Knowing Culture) and is designed specifically to ensure that delegates have the necessary knowledge, skills and confidence to become more culturally competent in healthcare and research. It does so by looking at the essential components of cultural competence – self-awareness, depth of knowledge, the appropriate skills and practical application. The training is challenging and interactive. It allows for personal development as well as broader discussion and sets the context for an increased awareness of communities that make up our local, national and international world.

The learning outcomes of Part One - Self Awareness
- Define cultural competence
- Understand the components of cultural competence
- Begin to appreciate the complexities involved in self awareness
- Define unconscious bias and know its various characteristics, features and associated issues
- Understand the difference between a stereotype and a generalisation

The learning outcomes of Part Two - Knowing Culture
- Define cultural competence
- Understand the components of cultural competence and identify how these help to promote more effective interventions
- Begin to appreciate the complexities involved in knowing communities and understanding culture
- Begin the process of identifying and selecting appropriate practical approaches, recognising what is important as knowledge
- Know what to do when you don’t know!

Testimonials
Engaging with BAME Communities
“Found the overall content very interesting. Good mix of slides, group work and discussion.”
“Very helpful and informative delivered at good pace. Lots of discussion and interest. A must for everyone.”

Cultural Competence
“Very enjoyable and thought-provoking were the self awareness sessions and unconscious bias session.”
“Vast knowledge of Julian and the way he presented his knowledge in a friendly and inclusive manner.”

Course Dates
There are regular courses scheduled throughout 2020. For further and up-to-date information, contact the Centre for BME Health to find out more:
- Visit us at: centreforbmeh3alth.org.uk
- Email us at: bmeh5ealth-em@leicester.ac.uk
- Follow us on twitter: @BMEhealthEM