

# The Culture Project

## Resources & Toolkit

### Access

Scope is a disability equality charity in England and Wales that provides practical information and emotional support when it's most needed. Scope campaigns relentlessly to create a fairer society.

<https://www.scope.org.uk/about-us/social-model-of-disability/>

### Anti-Racism Touring Rider

The Anti-Racism Touring Rider was created in Spring 2021 to establish the baseline of expectations between companies, venues and artists on a touring production.

<https://antiracismtouringrider.co.uk/blog/>

### LGBTQIA+

Stonewall is a charity that supports lesbian, gay, bi, trans, queer, questioning and ace (LGBTQ+) people everywhere. Stonewall imagines a world where all LGBTQ+ people are free to be themselves and can live their lives to the fullest.

<https://www.stonewall.org.uk/>

### Menopause

British Menopause society educates, informs and guides healthcare both primary and secondary care, on menopause and all aspects of post-reproductive health.

<https://thebms.org.uk/>

### Mental Health

Mind provides advice and support to empower anyone experiencing mental health. They campaign to improve services, raise awareness and promote understanding.

<https://www.mind.org.uk/about-us/>

### Neurodiversity

Changing the narrative about autism and neurodiversity through awareness, education and engagement.

<https://www.neurodiversityhub.org/>

### Socio-Economic

Independent funding for extraordinary early-career artists, makers, curators and producers to develop and thrive across the UK.

<https://jerwoodarts.org/resource/toolkit/>

### Unconscious Bias

The best way to reduce unconscious biases is to become aware of them. Start here with 16 examples of unconscious bias and tips to reduce them.

<https://builtin.com/diversity-inclusion/unconscious-bias-examples>

# Employee Assistant Programme

The employee assistance programme offers free and confidential assessments, short-term counselling, referrals, and follow-up services for employees. EAP counsellors may also work in a consultative role with managers and supervisors to address employee and organisational challenges and needs.

## TELEPHONE COUNSELLING

This involves weekly sessions with the same fully qualified counsellor. You can call from anywhere, provided it is quiet, and you are able to talk openly. It is convenient as it reduces the need for travel and makes it easier to fit in with work and other commitments.

## FACE-TO-FACE COUNSELLING

Face-to-face counselling takes place in a private practice or a confidential area. You work with the counsellor to identify problems and work towards solutions together. There are over 1600 counsellors across the UK and ROI so you will never have to travel too far.

## VIDEO COUNSELLING

This includes video counselling, instant messaging and voice chat. This is similarly flexible to telephone counselling and accessible from anywhere you feel comfortable. It is beneficial to those wanting face-to-face interaction but are unable to travel or limited for time.



Photo credit: Name goes here

Call  
0800 028 0199

[www.healthassuredeap.com](http://www.healthassuredeap.com)

Username - New  
Password - Adventures

## Useful Links

### One Dance UK

One Dance UK is the national body for dance in the UK, formed by the merger of the Association of Dance of the African Diaspora, Dance UK, National Dance Teachers Association and Youth Dance England.

[Read More](#)



### Access All Areas

Access All Areas was a founding partner of the BELONG manifesto that champions a better life for people with learning disabilities and autism. It has created the MADHOUSE wiki for the Inclusive Archive, as well as a variety of resource packs for professionals working with people with learning disabilities.

[Read More](#)



### Creative Access

Creative Access is a social enterprise providing career-long access, opportunities, support and training for people from under-represented groups, to make the creative industries reflect society.

[Read More](#)

