

LGBTQ+ Resources

Helpful resources for local, national, minoritised communities, and support regarding domestic abuse.





Sometimes people prefer to travel for support so it can be useful to know what is available in nearby areas as well as national sources of information.

As an organisation, we are keen to support local prides as this is a way to show our support of LGBTQ+ colleagues and service users, increase our knowledge and help the public know of and access our services. Also, the events are popular and fun.

North West

Cheshire and Chester

Silver Rainbows is a Cheshire based older people's LGBT network: www.silverrainbows.com



Gay Farmers' helpline someone to talk to who understands being gay in the farming community. Call 07837 931 894 or email: info@gayfarmer.co.uk

Chester Pride usually held in August.

Rainbow Tea Rooms by Chester Pride, Bridge Street, Chester.

Just Ask LGBT+ Helpline run by Chester Pride. They can help with a wide range of topics such as: coming out, hate crime, mental health support, social anxiety or isolation, gender transitioning, sexual health, domestic abuse, and anything else you might need. Email: justask@chesterpride.co.uk
Text or whatsapp: 07718 066 684 or call: 01244 257 602.

Halton

GLOW for LGBTQI+ young people in Halton. Delivered by The Studio, Lacey Street, Widnes with support from Halton Borough Council. GLOW provides access to youth worker support, information and advice. They provide a safe space for young people to socialise with access to informal educational opportunities and positive activities. For more information about the group and to see how you can get involved, contact them on glowlgbt@gmail.com or visit their Facebook page.

Greater Manchester

Indigo Gender Service is an NHS adult gender service pilot in Greater Manchester, which has been commissioned to provide care that is local, timely and easier to access. Indigo is a partnership between gtd healthcare, a not for profit organisation with an established presence of primary care and urgent care services in the North West, and LGBT Foundation, a national charity delivering services, advice and information for lesbian, gay, bisexual and trans communities. This is not direct referral. Patients can access via GP.



TransForum Manchester is a discussion forum and mutual peer support group for all gender diverse people and those in any way questioning their gender, together with their partners, family and friends.



BYou + supports LGBT+ adults in the Wigan borough.



BYou is an under 19s LGBT+ group in Wigan.
Email: b.youproject@wigan.gov.uk

Knowsley

Knowsley Youth Mutual delivers LGBT+ services.



Liverpool

Liverpool Pride usually held in July.

Services previously held at the Armistead have been moved or closed.

LGBTQ+ sexual health advice at Axxess clinic.



Young Person Advisory Service.



CMAGIC the charity provides counselling and psychological support.



CMAGIC Mersey Care, is a specialist service supporting trans and non binary people who are already on the Gender Identity Clinic waiting list. There are no new referrals.



Sahir House, Trans Health Merseyside (THM) is a monthly wellbeing peer support space held via Zoom covering a range of health and wellbeing issues. Every third Tuesday of the month from 6pm to 8pm, Sahir House. New participants must register before attendance. Contact Kath Charters for more details via transhealthmerseyside@sahir.uk.com

Butterfly Clinic Trans Sexual Health Clinic.



Liverpool Trans Wiki is a useful source of information.



Sefton and Southport

Embrace is a Sefton community network for all LGBT+ people who live, work or socialise in Sefton.

Southport LGBT+ Coffee Morning, Southport Life Rooms.

St Helens

St Helens Pride usually held in July.

Over the Rainbow a social and support group for young people aged 13-25 years who identify as LGBT+.



Warrington

TAGS is a friendly and supportive group for LGBT+ young people aged 13-25 years old in Warrington.

FRUIT social nights the event's got a lovely, friendly community around it now and they want to continue that for LGBTQ+ people in the town. Straight and cis allies are welcome too. Instagram handle is @fruit.warrington. They also have a Facebook event page.

National

National Charity Stonewall offers resources to support LGBT+ people.



LGBT Foundation provides a wide range of support services to LGBT+ people. Advice, support and information telephone line: 0345 3 30 30 30.

Gendered Intelligence is a not for profit community interest company aiming to increase understanding of gender diversity.

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Young people

Juno Dawson's This Book is Gay is a guide to sexuality and gender for young people, written by a young adult author and available to buy online.

The Proud Trust provides LGBT+ youth information.



Young Minds including their mental health guide for parents and young people.



FFLAG is a national voluntary organisation and registered charity. We are dedicated to supporting parents and families and their LGBT+ members.

It has a range of downloadable resources and leaflets including themes such as: How do I tell my children I am trans? How do I tell my parents I am trans? A guide to family and friends.



The Gingerbread person is a teaching tool for breaking the big concept of gender down into bite-sized, digestible pieces.



GIDS: Gender Identity Development Service is a clinic for young people presenting with difficulties with their gender identity.

Stonewall: provides resources, role models and support for all ages including schools (such as resources for a LGBTQ inclusive curriculum).

TransLondon: discussion and support group for all members of the trans community.

UK Trans Info: national charity focused on improving the lives of trans and non binary people.

Outhouse East: youth groups, free counselling and LGBTQ awareness sessions based in Colchester.



Anna Freud website has a new booklet resource, LGBTQI+ mental health, which explores important topics in relation to being a member of the LGBTQI+ community and provides advice for young people on where to go to get additional support for mental health problems.

Homeless

The Albert Kennedy Trust provides support for LGBT+ people who are homeless or living in a hostile home environment: www.akt.org.uk

Asylum Seeker: local and national

Sahir House, Many Hands One Heart

A network to support people seeking asylum and refugees living in Merseyside who identify as lesbian, gay, bisexual and or trans regardless of your HIV status. It provides a safe and confidential space to talk and receive advice, support and information. The network meets every Thursday 3.30pm via Zoom.



Rainbow Migration Supporting LGBTQI+ asylum seekers through the immigration system.



Black and Minority Ethnic Groups and People of the Global Majority

UK Black Pride The world’s largest celebration for African, Asian, Middle Eastern, Latin American and Caribbean heritage LGBTQI+ people.



African Rainbow Family Support for LGBTIQ people of African heritage and the wider Black and Asian Minority Ethnic groups.



Rainbow Noir is a social and peer support group for lesbian, gay, bisexual, trans, queer and intersex (LGBTQI) people of colour (POC) in Manchester. The group have a physical space, an online group space and also advocate for LGBTQI POC in and around Manchester.

RainbowNoirMCR@gmail.com

British Asian LGBT+ Support for South Asian LGBT+ people.



Queer China UK

Traveller Community

Traveller Pride supporting LGBT+ people from the traveller community. Call: 07395 355066 or email: travellerlgbtpride@gmail.com. For more information about ways to make contact go to: www.lgbttravellerpride.com/helpline-outreach-escape-plan

Faith

QUEST Liverpool, pastoral support for gay catholics.



Hidayah, LGBT muslims, international organisation with one part based in London. The website shares details of people's experiences who are from the north west.



Queer Muslim Project Instagram: countering queerphobia and Muslim hate one story at a time!

Muslim Women Network gay muslim women.



Keshet UK supporting Jewish LGBT+ people.

Gay Sikh background information.



Queer and Indian culture



Criminal Justice System

**Barrow Cadbury Trust and Durham University
August 2020 Executive Summary**



Experience of reporting crimes



Domestic Abuse

National Domestic Abuse Helpline also support LGBT people. There is growing understanding of the particular way LGBT+ domestic abuse may present.



It is not ok and support is there. To understand more, there is useful information on these pages:

End the fear



Broken Rainbow for LGBT (lesbian, gay, bisexual and trans) people, experiencing domestic abuse.

National Women's Aid

Worst Kept Secret, domestic violence project for anyone affected by domestic abuse 0800 028 3398. The phone call will not show up on land line bills.

Savera for women and men from black, minority ethnic and refugee communities experiencing domestic violence.

Southall Black Sisters for black and Asian women and children experiencing domestic and sexual violence, including forced marriage and honour crimes. Helpline: 020 85710800 10am to 5pm, Monday to Friday (closed Wednesday 12.30pm to 1.30pm). Languages: English, Hindi, Punjabi, Gujarati and Urdu.

Rights of Women are a women's voluntary sector organisation which provides free legal advice and information to women affected by sexual violence. They publish a range of free information on areas of sexual violence law to support women through the criminal justice process, including From Report to Court: a handbook for adult survivors of sexual violence.

Sexual assault

Safe Place Sexual Assault Referral Centre.

There are a number of sexual health clinics in Liverpool details can be found at www.sexualhealthliverpool.co.uk



Sexual harassment

Advice Place

Stalking

Stalking Helpline



BAME, Refugee or Abuse

Liverpool Resource to support BAME, refugee and LGBT people experiencing domestic abuse.



Safe Place Specialist Independent Sexual Violence Advisor for LGBT, men and people selling sex
mandie.jones@liverpoolch.nhs.uk
0151 295 3550.

Rape and Sexual Abuse Support Centre
(Cheshire and Merseyside) offer counselling,
access to Independent Sexual Violence Advisors
and an information line 0330 363 0063.



Survivors UK support for male survivors. Helpline:
0845 1221201, Mon, Tues and Thurs 7pm to 10pm.

M-Power for male survivors, Helpline: 0808 8084231,
Thursday 8pm to 10pm.

Our patients matter

Our patient advice and liaison service (PALS) can help patients, families and carers with questions, comments, or concerns about our NHS services.

If you need advice about our services, facilities, or staff, or would like to make a comment or raise a concern, contact our PALS and Complaints Team at:

PALS and Complaints Department, Mersey Care NHS Foundation Trust, V7 Building, Kings Business Park
Prescot, L34 1PJ

0151 471 2377 or 0800 328 2941
palsandcomplaints@merseycare.nhs.uk

To request the leaflet in an alternative format or language please speak to a member of staff.

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Kings Business Park
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www.merseycare.nhs.uk