



SAY HELLO TO LEAH!



Leah Emerson is on secondment with us part-time from Horizon in Blackpool as our Community Engagement worker.

Leah is already out and about visiting local LGB&T groups and making contacts. She's also currently working on the planning for various pieces of community engagement work including our next Trans workshop - look out for details in due course!

CONSULTATION RESULTS

"LANCASHIRE LGBT - DEFINING THE FUTURE"



We were overwhelmed by the response to this survey - a total of 335 people took the trouble to complete the survey!

They included people who use our services or are members of groups we support; parents of LGB&T children; people from organisations that we work with; and many others who were new to us.

Key Findings :

- 88% agreed with our mission statement in its current form
- 49% were not aware of the services we deliver
- The 5 services we deliver that were most important to the respondents were:
 - Working with schools to combat bullying: 71%
 - Information and support service: 66%
 - Support for local groups: 59%
 - Awareness raising with service providers: 58%
 - Advising on improvements to public services for LGBT people 51%
- Other services you would like us to deliver included:
 - Social/activity groups and events
 - Services/support/activities for older LGBT people
 - Mental health support and counselling
 - Support for young people
 - Sexual health services
 - Lesbian groups

- Other comments:
 - 52 people left comments. The majority were very positive comments about the work that we do
 - Many other comments were about the need to have a more visible presence and more publicity about our services
 - Other comments were about doing more for older lesbians and working closely with mental health professionals

A huge thank you to everyone who completed the survey! The results have gone to our trustees for discussion, and will inform our future planning.

QUALITY MARK UPDATE



Congratulations to [Renaissance at Drugline](#) for achieving the full Quality Mark!

Under the [Horizon](#) banner this organisation delivers a range of social and support groups for LGB&T people in Blackpool and has recently started one in Blackburn. Their [Healthier Living project](#) is a major source of non-clinical support to people affected by HIV in Lancashire. The original Drugline Lancashire Ltd was also a key player in the work of the Navajo partnership.

Congratulations also to [Carers Link Lancashire](#) who have been awarded "Working Towards" status.

PHYSICAL ACTIVITY & SPORT SURVEY with Lancashire Sport Partnership



Is participating in sport and physical activity something you enjoy doing regularly? Or is it your worst nightmare? WE WANT TO KNOW!

Lancashire LGBT has joined with Lancashire Sport Partnership to do some research into the levels of physical activity and participation in sport for LGB&T people in Lancashire.

There is very little information generally about LGB&T participation in sport and we are very keen to hear from LGB&T people in Lancashire about what works for you or what the barriers might be.

The findings from this research will inform a whole range of things - from Health and Wellbeing strategies locally, to deciding, for example, whether or not there is a need for a trans-only exercise class.

Whether or not you take part in sport of any kind, please take part in our short survey by clicking on the link below. We want to hear your views and about your experiences! Thanks!

You'll find the survey by [clicking here.](#)

NEW LGBT HATE CRIME WORKER

Sophie Bell is the new LGBT Hate Crime worker, and is based at Horizon in Blackpool.

Sophie will be supporting those who have been a victim of a hate crime within Lancashire (including residents), providing practical and emotional support, informing people of the range of support available and supporting clients through the criminal justice system. This will improve experiences within the Criminal Justice System, improve well-being and increase safety. Appropriate referrals will be made when necessary with the aim of minimizing duplication of services and developing a pan-Lancashire provision of support for victims.

Sophie is accepting referrals via email: lgbthatecrime@druglinelancs.co.uk

For other links and resources related to hate crime, domestic violence and forced marriage please check out our service directory [here](#).and our downloads page [here](#).

NEW YOUTH GROUPS IN FYLDE AND WYRE

It's great to hear that Quality Mark holder UR Potential is starting up two new groups for LGB&T young people. The groups will be based in St Annes and Fleetwood. Contact Louise Harrison at UR Potential for further details: 07453 959567 or 01253 344398.


Fylde LGB&T Group

Come along to our amazing support group today!

Ages between 11 to 17yrs
18+ contact below

Date- Every Monday
Time- 4pm to 6pm
Venue- St Annes location

If you are interested in joining our group or would like more details please contact
louise@urpotential.co.uk or
mobile: 07453 959567 contact our office on
01253 344398.



Wyre LGB&T Group

Come along to our amazing support group today!

Ages between 11 to 17yrs or
18+ please contact below

Date- Every Wednesday
Time- 4.30 pm to 6.30 pm
Venue- Fleetwood Location

If you are interested in joining our group or would like more details please contact
louise@urpotential.co.uk or
mobile: 07453 959567 contact our office on
01253 344398.



"MIND OUT" ONLINE CHAT - MENTAL HEALTH SUPPORT FOR LGB&T PEOPLE

LGB or T and needing someone to talk to online? "Mind Out" the LGBTQ mental health support service in Brighton has an online service which can be accessed anywhere in the UK and even internationally, as long as you have access to the internet. Their [website](#) has opening times (look for the pink chat bubble on any page) and you start chatting by clicking the bottom right tab. The service is run by trained online support workers and mental health advocates who are ready to provide emotional support, information or signpost you in the right direction.

Online Support

Run by and for LGBTQ people



The central graphic features the MindOut logo, which consists of the word 'mind' in blue and 'OUT' in red, with 'LGBTQ mental health service' and 'Registered charity number: 118098' below it. Surrounding the logo are several blue bubbles containing text: 'LGBTQ info and resources', 'Mental health support', 'Support for you or someone you know', 'Weekly support for -30's', 'Emotional support', 'Advice and information', 'Advocacy (weekly sessions)', and 'Weekly trans/non-binary sessions'. There are also images of a laptop, a smartphone, and a tablet.

MindOut online support is free, confidential, anonymous, non-judgemental and independent from other services
See website for opening times: www.mindout.org.uk

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