

lancashire **lgbt**

TRANS SUPPORT SERVICE



WWW.LANCSLGBT.ORG.UK

INTRODUCTION

Lancashire LGBT's Trans Support Service is for anyone who identifies as trans female/feminine, trans male/masculine, genderqueer, non-binary or is questioning/exploring their gender identity.

The service offers a programme of activities including:

- Information and Support Service
- Practical Workshops
- Annual Trans Residential Weekend

INFORMATION & SUPPORT SERVICE

Sometimes, we all need somebody to talk to. If you have any questions, you can contact **Lancashire LGBT's** confidential Information & Support Service on **07788 295521**

or email hello@lancslgbt.org.uk

The service is open every Monday, Tuesday and Wednesday between 9am and 4pm.



**“THIS GAVE ME THE CONFIDENCE AND SUPPORT
TO FACE THE STRUGGLES HEAD ON”**

PRACTICAL WORKSHOPS

As part of the Trans Support Service, Lancashire LGBT provides a rolling programme of specialist workshops across Lancashire for trans people.

All of our specialist workshops are FREE to attend and aim to give you practical skills and knowledge. Examples of our range of workshops include:

- Confidence and Self-Esteem Building
 - Voice Coaching
 - Mindfulness
- Navigating the Gender Transition pathway

For more information about any upcoming workshops and how to book a place, contact us on 07788 295521 or visit our website at www.lancslgbt.org.uk



“I’M NOT SO ISOLATED AND ALONE. I’M MORE CONFIDENT AND MOTIVATED. I WILL BE FINE. I WILL SUCCEED”

ANNUAL TRANS RESIDENTIAL WEEKEND

Each year, Lancashire LGBT hosts a residential weekend for trans people in Lancashire. The residential gives you the opportunity to spend a weekend away in a secluded location somewhere in Lancashire.

Throughout the weekend, you will have the opportunity to meet and socialise with other trans people, take part in specialist workshops, learn and relax - all in a safe, private and confidential environment.

For more information about when our next residential weekend will be taking place, contact us on **07788 295521** or visit our website at www.lancslgbt.org.uk



“THE INFORMATION PROVIDED AND THE SUPPORT
AVAILABLE WAS INVALUABLE”

CONTACT US

Lancashire LGBT is a registered charity working across all of Lancashire (including Blackburn with Darwen and Blackpool) for Lesbian, Gay, Bisexual and Trans people. Our aim is to support LGBT people to be happier, healthier and well connected.

If you would like to be involved in the **Trans Support Service** and any of its activities, or if you have any questions to ask, please contact us on **07788 295521** or e-mail **hello@lancslgbt.org.uk** for further information.

lancashire The logo for Lancashire LGBT features the word 'lancashire' in a grey, lowercase, sans-serif font. To its right, the letters 'lgbt' are written in a stylized, lowercase font where each letter is a different color: 'l' is red, 'g' is yellow, 'b' is blue, and 't' is purple. The letters are slightly overlapping and have a soft shadow effect.

www.lancslgbt.org.uk

REG. CHARITY NO: 1137578