

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 Helpline**
- **Befriending Services**
- **Practical Workshops**
- **Annual Trans Residential Weekend**

INFORMATION & SUPPORT HELPLINE

Sometimes, we all need somebody to talk to. If you have any questions, you can contact **Lancashire LGBT's** confidential Information & Support Helpline on **01772 900260**.

The helpline is open every Monday, Tuesday and Wednesday between 10am and 4pm.

BEFRIENDING SERVICES

For trans people who may be feeling socially isolated or requiring peer support, **Lancashire LGBT** may be able to provide a befriending contact.

Our befrienders are people who can regularly stay in touch with you via e-mail or telephone.



**“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**
- **How To Navigate The Process Of Gender Transition**

For more info about upcoming workshops and how to book a place, contact us on **01772 717461** 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 **01772 717461** 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 LGB and/or T 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 **01772 717461** or e-mail **hello@lancslgbt.org.uk** for further information.

lancashire The logo for Lancashire LGBT features the letters 'lgbt' in a stylized, lowercase font. Each letter is a different color: 'l' is red, 'g' is yellow, 'b' is blue, and 't' is pink. The letters are slightly overlapping and have a soft shadow effect.

www.lancslgbt.org.uk

REG. CHARITY NO: 1137578