



WELCOME PACK



lancashire **lgbt**



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ABOUT US



WE ARE THE PAN LANCASHIRE CHARITY SUPPORTING LGBTQ+ PEOPLE AND WE ARE BASED IN PRESTON. FOUNDED IN 2009 OUR VISION IS THAT ALL LGBTQ+ PEOPLE IN LANCASHIRE CAN BE SAFE AND FEEL A SENSE OF PRIDE AND BELONGING. OUR MISSION IS TO SUPPORT ALL LGBTQ+ PEOPLE IN LANCASHIRE TO BE HAPPIER, HEALTHIER AND BETTER CONNECTED. THE FOCUS OF OUR ACTIVITIES IS IMPROVING PHYSICAL AND MENTAL HEALTH AND WELLBEING AND REDUCING SOCIAL ISOLATION.

OUR VALUES:

WE ARE INCLUSIVE

WE SUPPORT

WE ENGAGE

WE EDUCATE

AND INFORM

CHARITY NUMBER - 1137578



OUR SERVICES



- INFORMATION AND SUPPORT SERVICE
- ONE-TO-ONE SUPPORT FROM A DEDICATED SUPPORT WORKER
- SUPPORT AND ACTIVITY GROUPS
- WEBINARS AND WORKSHOPS PROMOTING WELLBEING AND IMPROVING MENTAL HEALTH
- COUNSELLING SERVICE



Gender Outreach

WE ALSO HAVE A PARTNERSHIP WITH LEEDS AND YORK NHS GENDER IDENTITY SERVICE AND HOST THEIR DEDICATED GENDER OUTREACH WORKERS WHO OFFER 1-2-1 SUPPORT TO TRANS AND NON BINARY PEOPLE AT OUR OFFICE IN PRESTON.

OUR GROUPS



MANSPACE

SUPPORT GROUP

FOR MEN 18+ WHO IDENTIFY AS GAY, BISEXUAL OR QUESTIONING
(INCLUDING TRANS MEN & MASC IDENTIFYING NON-BINARY PEOPLE)

ONCE A MONTH
ONLINE



SCAN THIS CODE TO REGISTER
OR VISIT
WWW.SMARTSURVEY.CO.UK/S/MANSPEACE

ONCE A MONTH
IN PERSON



WWW.LANCSLGBT.ORG.UK
07788 295521



Manspace - Support group for Gay, Bisexual or questioning men (including trans men and masc identifying non-binary people) running once a month online and once a month in person you can register to join the group here <https://www.smartsurvey.co.uk/s/manspace/>

LESBIAN, BISEXUAL & TRANS WOMEN + NON-BINARY GROUP

Fortnightly Zoom meetings,
occasional in-person meets



Lancashire Lgbt
www.lancslgbt.org.uk



Scan Here to register!

Lesbian Gay Bisexual & Trans Women (also including non-binary people) online support group via Zoom roughly every 2 weeks on Thursdays, alternating between afternoon and evening meets. You can register to join the group here <https://www.smartsurvey.co.uk/s/2UFK2A/>



OUR GROUPS



STARTING THIS FEBRUARY

lancashire **LGBT**

Pan-Lancashire TRANS-MASC SUPPORT

Online support group for people aged 18+
with masc identities, including non binary

If you'd like to attend and have not yet
registered for the group please complete the
registration form at:

<https://smartsurvey.co.uk/s/transmascsupport>

Gender Outreach

Trans-masc is an online support group for anyone with masculine identities including non-binary. To join the group visit the website link below to fill out the registration form.

(Zoom link and invitation will be sent by email before session)

[www.smartsurvey.co.uk/s/transmascsupport](https://smartsurvey.co.uk/s/transmascsupport)

Gender Outreach

InclusiviTy @Preston

Trans and non-binary peer support and social group

University of Central Lancashire	Last Wednesday of every month: 6pm – 8pm
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For further details contact **0800 183 1486**
Or email: genderoutreachworker.lypft@nhs.net

lancashire **LGBT**

integrity | simplicity | caring

InclusiviTy @Preston: Join our inclusive peer support and social group in Preston at UCLAN. Join Gender Outreach Workers Jenny (She / Her) and Brad (He / Him) Please join in advance by calling 0800 183 1486. The group is at central Preston UCLAN.

Exact location will be provided when booking



OUR GROUPS



lancashire **LGBT**
www.lancslgbt.org.uk

VIEW OUR WEBSITE HERE



LGBT+ SWIMMING GROUP - BLACKPOOL



LAST THURSDAY OF THE MONTH

Book in advance to
hello@lancslgbt.org.uk

LGBT+ WALKING GROUP



THIRD SATURDAY OF THE MONTH, FEB-NOV

Check details on website link above
or call us on 07788 295521. No booking
necessary.

LGBTQ+ Swimming Group - Blackpool at Moor Park Leisure Centre, Last Thursday of every month. To join please complete the registration form at www.smartsurvey.co.uk/s/swimmingregistration

Go Out – LGBTQ+ walking group, medium length walks (5-7 miles), usually on the 3rd Saturday of the month, excluding December/January. To join contact Lancashire LGBT on 07788 295521 or email hello@lancslgbt.org.uk.

For other support groups, please visit the link below for a list of groups in your area.
www.lancslgbt.org.uk/peer-support-and-social-support-groups/



SUPPORT SESSIONS



WHAT TO EXPECT

OUR SUPPORT SESSIONS AIM TO IMPROVE MENTAL HEALTH AND OVERALL WELLBEING. WITHIN YOUR SESSIONS YOU CAN TALK OPENLY AND FREELY IN A CONFIDENTIAL AND SAFE SPACE ABOUT YOUR GOALS, VALUES, IDENTITY AND CHALLENGES YOU MAY BE FACING. THE SUPPORT WORKER WILL WORK IN COLLABORATION WITH YOU TO UNCOVER YOUR STRENGTHS, SET PERSONAL GOALS AND DEVELOP ACTION PLANS TO ACHIEVE THEM. THEY ALSO ENCOURAGE YOU TO TAKE OWNERSHIP OF YOUR OWN WELLBEING AND SUPPORT YOU TO MAKE POSITIVE CHANGES ALIGNED WITH YOUR VALUES AND DESIRES. THE SUPPORT WORKER WILL DO REGULAR MENTAL HEALTH ASSESSMENTS TO TRACK YOUR PROGRESS AND HELP YOU IDENTIFY AREAS OF IMPROVEMENT AND WILL OFFER A RANGE OF WELLBEING COACHING TASKS THAT ARE TAILORED TO YOUR SPECIFIC SUPPORT NEEDS.

TO ACCESS THE 1-2-1 SUPPORT SERVICE, YOU CAN EITHER FILL OUT OUR SELF-REFERRAL FORM OR A THIRD PARTY CAN REFER YOU TO THE SERVICE. YOU WILL THEN BE GIVEN 8 SESSIONS WITH OUR DEDICATED SUPPORT WORKER.



COUNSELLING



WHAT TO EXPECT

COUNSELLING CAN PROVIDE YOU WITH AN OPPORTUNITY TO TALK WITH SOMEONE WHO IS TRAINED TO LISTEN. ALL OUR VOLUNTEER COUNSELLORS HAVE LIVED EXPERIENCE OF BEING LGBTQ+ AND CAN HELP YOU TO UNDERSTAND ALL ASPECTS OF WHO YOU ARE AS AN INDIVIDUAL. COUNSELLING CAN HELP YOU UNDERSTAND FEELINGS THAT YOU MAY BE EXPERIENCING NOW, OR FROM THE PAST, AND ENABLE YOU TO LOOK AT THEM IN A MORE MANAGEABLE WAY. OUR COUNSELLORS AIM TO BUILD A SUPPORTIVE RELATIONSHIP THAT ENCOURAGES SELF-DISCOVERY AND SKILL DEVELOPMENT WHILE HELPING YOU DISCOVER YOUR POTENTIAL AND ENABLE YOU TO FIND YOUR OWN SOLUTIONS. TOGETHER WITH YOUR COUNSELLOR, YOU'LL SET PERSONAL GOALS AND WORK ON EMOTIONAL REGULATION, BEHAVIORAL CHANGES, AND PROBLEM-SOLVING.

TO ACCESS THE COUNSELLING SERVICE YOU CAN EITHER FILL OUT OUR SELF REFERRAL FORM OR A THIRD PARTY CAN REFER YOU TO THE SERVICE. YOU WILL THEN BE CONTACTED TO GO THROUGH OUR COUNSELLING REFERRAL FORM. THEN ONE OF OUR VOLUNTEER COUNSELLORS WILL MAKE CONTACT WITH YOU TO BOOK YOUR FIRST THERAPY SESSION.

THIS SERVICE IS MADE POSSIBLE BY THE NATIONAL LOTTERY COMMUNITY FUND



MENTAL HEALTH HOUR



Lancashire LGBT Mental Health Webinars

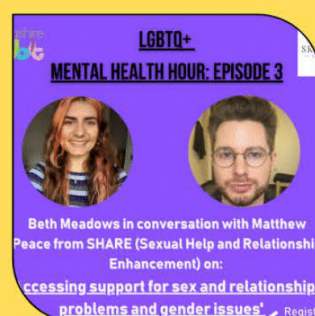
WE HAVE CREATED A UNIQUE SERIES OF WEBINARS EXPLORING THE INTERSECTIONS BETWEEN DIVERSE IDENTITIES AND LGBTQ+ MENTAL HEALTH, WITH A RANGE OF GUEST SPEAKERS.



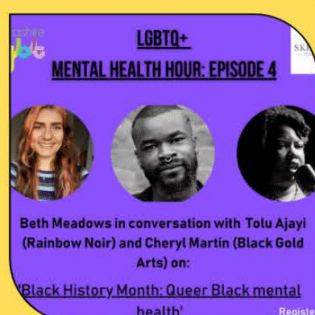
EPISODE 1: IDENTITY, SHAME & SELF-ACCEPTANCE



EPISODE 2: MIND < BODY < SPIRIT: A QUEER MUSLIM PERSPECTIVE



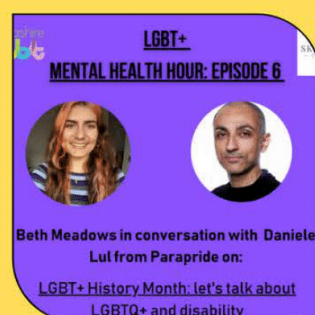
EPISODE 3: SUPPORT FOR SEX & GENDER ISSUES



EPISODE 4: QUEER BLACK MENTAL HEALTH



EPISODE 5: LET'S TALK TRANS MENTAL HEALTH



EPISODE 6: LET'S TALK ABOUT LGBTQ+ AND DISABILITY

AVAILABLE NOW ON OUR YOUTUBE CHANNEL

[WWW.YOUTUBE.COM/@LANCASHIRELGBT9897](https://www.youtube.com/@LANCASHIRELGBT9897)

SCAN



ME

WHAT IS WELLBEING ?



TIPS FOR SELF CARE



CONTACT US



WWW.LANCSLGBT.ORG.UK



HELLO@LANCSLGBT.ORG.UK



07788 295521

REFERRAL FORMS:

SELF REFERRAL

WWW.SMARTSURVEY.CO.UK/S/SELF-REFER/

SCAN



ME

THIRD PARTY REFERRAL

WWW.SMARTSURVEY.CO.UK/S/THPREF2324/

SCAN



ME



WWW.FACEBOOK.COM/LANCASHIRELGBT



WWW.INSTAGRAM.COM/LANCSLGBT



WWW.TWITTER.COM/LANCSLGBT



WWW.YOUTUBE.COM/@LANCASHIRELGBT9897

EMERGENCY CONTACTS



WE ARE NOT A CRISIS INTERVENTION SERVICE SO IF YOU REQUIRE EMERGENCY OR URGENT SUPPORT PLEASE USE THESE EMERGENCY CONTACTS.

EMERGENCY

IF YOU, OR THE PERSON YOU ARE WITH, IS AT IMMEDIATE RISK OF TAKING THEIR OWN LIFE GO TO YOUR NEAREST A&E OR CALL 999.

URGENT (NON EMERGENCY)

**MENTAL HEALTH CRISIS LINE - 08009530110
(OPEN 24 HOURS 7 DAYS A WEEK)**

**SAMARITANS HELPLINE - 116 123
(OPEN 24 HOURS 7 DAYS A WEEK)**

**SHOUT (TEXT SUPPORT) - 85258
(OPEN 24 HOURS 7 DAYS A WEEK)**

