



VOLUNTEER 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 IS A SUPPORT GROUP FOR GAY, BISEXUAL & TRANS MEN (AND MASC IDENTIFYING NON-BINARY PEOPLE) RUNNING ONCE A MONTH ONLINE AND ONCE A MONTH IN PERSON



LESBIAN, BISEXUAL & TRANS WOMEN AND NON-BINARY GROUP IS AN ONLINE SUPPORT GROUP HELD ROUGHLY EVERY 2 WEEKS ON THURSDAYS, ALTERNATING BETWEEN AFTERNOON AND EVENING MEETS

OUR GROUPS



TRANS-MASC IS AN ONLINE SUPPORT GROUP HELD ON THE THIRD TUESDAY OF EVERY MONTH FOR ANYONE WITH MASCULINE IDENTITIES INCLUDING THOSE WHO IDENTIFY AS NON-BINARY



INCLUSIVITY @PRESTON IS AN INCLUSIVE PEER SUPPORT AND SOCIAL GROUP HELD ON THE LAST WEDNESDAY OF EVERY MONTH IN PRESTON

OUR GROUPS



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

LGBT+ SWIMMING GROUP - BLACKPOOL



LAST THURSDAY OF THE MONTH

Book in advance to
hello@lancslgbt.org.uk

OUR LGBTQ+ SWIMMING GROUP IS HELD ON THE
LAST THURSDAY OF EVERY MONTH IN BLACKPOOL
AT MOOR PARK LEISURE CENTRE

VIEW OUR WEBSITE HERE



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.

OUR LGBTQ+ WALKING GROUP IS HELD ON
THE 3RD SATURDAY OF THE MONTH,
EXCLUDING DECEMBER/JANUARY. THE WALKS
ARE OF MEDIUM LENGTH (5-7 MILES) AND THE
LOCATION CHANGES REGULARLY

COUNSELLING

LANCASHIRE LGBT PROVIDES A COUNSELLING SERVICE TO LGBTQ+ PEOPLE (OVER 18) WHO WANT TO TALK TO SOMEONE WHO IS TRAINED TO LISTEN. THIS SERVICE IS RUN BY A TEAM OF VOLUNTEER COUNSELLORS WHO HAVE LIVED EXPERIENCE OF BEING LGBTQ+

THE AIM OF THIS SERVICE IS FOR COUNSELLORS TO:

- BUILD A SUPPORTIVE RELATIONSHIP WITH BENEFICIARIES
- ENCOURAGE SELF-DISCOVERY AND SKILL DEVELOPMENT
- HELP BENEFICIARIES UNLOCK THEIR POTENTIAL AND ENABLE THEM TO FIND THEIR OWN SOLUTIONS
- BUILD A SET OF PERSONAL GOALS AND WORK ON EMOTIONAL REGULATION, BEHAVIORAL CHANGES, AND PROBLEM-SOLVING

THIS SERVICE IS MADE POSSIBLE BY THE NATIONAL LOTTERY
COMMUNITY FUND



BEING A VOLUNTEER



**MANY OF THE SERVICES WE PROVIDE ARE RUN BY OUR
VALUED TEAM OF VOLUNTEERS**

**AS A LANCASHIRE LGBT
VOLUNTEER YOU WILL HAVE
THE OPTION TO BE EITHER:**

(I) AN EVENTS VOLUNTEER

**(Ii) A PEER SUPPORT
GROUP CO-FACILITATOR**

**OR, (III) A VOLUNTEER
COUNSELLOR**

VOLUNTEER QUALITIES WE LOOK FOR:

- **LIVED EXPERIENCE OF
BEING LGBTQ+**
- **SUPPORTIVE AND
EMPATHETIC**
- **PASSION FOR
SUPPORTING LGBTQ+
PEOPLE**
- **GOOD LISTENING SKILLS**
- **STRONG SENSE OF
BOUNDARIES**
- **COMMITMENT AND
RELIABILITY**
- **ENJOYS BEING PART OF A
TEAM**

BEING A VOLUNTEER



(I) EVENTS VOLUNTEER

AS AN EVENTS VOLUNTEER YOU WILL:

- **ATTEND EVENTS WITH LANCASHIRE LGBT TEAM MEMBERS**
- **MEET AND NETWORK WITH MANY PEOPLE**
- **HAND OUT LEAFLETS AND ANSWER QUESTIONS ABOUT OUR ORGANISATION AND OUR SERVICES**
- **RECOMMEND OUR SERVICES TO LGBTQ+ PEOPLE AND/OR THEIR FAMILIES**

(II) PEER SUPPORT GROUP CO-FACILITATOR

AS A PEER SUPPORT GROUP CO-FACILITATOR YOU WILL:

- **ATTEND AND CO-FACILITATE A PEER SUPPORT GROUP**
- **PLAN AND LEAD A GROUP DISCUSSION AROUND RELEVANT TOPICS FOR GROUP MEMBERS (SOMETIMES INCORPORATING A GROUP ACTIVITY)**
- **MODERATE GROUP DISCUSSION, ENSURING THE GROUP CONTINUES TO BE A SAFE SPACE FOR ALL MEMBERS**
- **SIGNPOST TO SPECIALISED SERVICES**

BEING A VOLUNTEER



(III) VOLUNTEER COUNSELLOR

AS A VOLUNTEER COUNSELLOR YOU WILL:

- PROVIDE SIX TO EIGHT COUNSELLING SESSIONS REMOTELY
- ABIDE BY CONFIDENTIALITY POLICY AND OUR OTHER POLICIES
- FOLLOW LANCASHIRE LGBT SAFEGUARDING PROCEDURES
- CONDUCT REGULAR MENTAL HEALTH AND WELLBEING ASSESSMENTS WITH BENEFICIARIES (GAD-7 AND PHQ-9)
- BE A MEMBER/STUDENT MEMBER OF AN ETHICAL BODY (BACP FOR EXAMPLE) AND AGREE TO SUPERVISION THROUGH YOUR COLLEGE/UNIVERSITY
- ATTEND MONTHLY COUNSELLOR PEER SUPPORT MEETING WITH PROGRAMME COORDINATOR AND SUPPORT WORKER

WHAT TO EXPECT



WHY VOLUNTEER WITH LANCASHIRE LGBT?

- ALL LANCASHIRE LGBT VOLUNTEERS RECEIVE A COMPREHENSIVE INDUCTION TRAINING
- PEER SUPPORT TRAINING IS PROVIDED TO PEER SUPPORT GROUP CO-FACILITATORS
- WE PAY FOR VOLUNTEERS TO BE DBS CHECKED
- WE PAY FOR VOLUNTEER COUNSELLORS TO RECEIVE SUPERVISION
- BECOME PART OF A FRIENDLY AND SUPPORTIVE TEAM
- MEET A COMMUNITY OF FELLOW LGBTQ+ PEOPLE
- RECEIVE SUPERVISION AND SUPPORT FROM OUR PROGRAMME COORDINATOR
- ATTEND PRIDE EVENTS AND JOIN LOCAL AND NATIONAL LGBT+ NETWORKS
- IMPROVE PROFESSIONAL DEVELOPMENT
- YOU WILL HELP LANCASHIRE LGBT FULFIL ITS MISSION TO PROVIDE SUPPORT TO ALL LGBTQ+ INDIVIDUALS, AND THEIR FAMILIES, IN LANCASHIRE



OUR CONTACTS



**FOR MORE INFORMATION CONTACT OUR
PROGRAMME COORDINATOR AT:**

didierm@lancslgbt.org.uk



WWW.LANCSLGBT.ORG.UK



07788 295521



WWW.FACEBOOK.COM/LANCASHIRELGBT



WWW.INSTAGRAM.COM/LANCSLGBT



WWW.TWITTER.COM/LANCSLGBT



WWW.YOUTUBE.COM/@LANCASHIRELGBT9897