



WELCOME PACK



lancashire **lgbt**



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:

INCLUSIVITY

COMPASSION

EMPOWERMENT

INTEGRITY

CHARITY NUMBER - 1137578



OUR SERVICES



- **INFORMATION SERVICE**
- **1-2-1 SUPPORT SERVICE**
- **COUNSELLING SERVICE**
- **SUPPORT AND ACTIVITY GROUPS**
- **WEBINARS AND WORKSHOPS PROMOTING WELLBEING AND IMPROVING MENTAL HEALTH**



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.

(See page 9 for more information)

OUR GROUPS



This is a support group inclusive of all masculine identifying people inclusive of non-binary people



This is a support group inclusive of all feminine identifying people inclusive of non-binary people

To register for any of our support groups please visit our website

www.lancslgbt.org.uk



OUR GROUPS



LGBTQ+ Swimming Group - at Moor Park
Leisure Centre, Blackpool



LGBTQ+ walking group, medium length
walks across Lancashire (5-7 miles)

To register for any of our activity groups please visit our website

www.lancslgbt.org.uk



OUR GROUPS



This is a support group for trans masculine identities including non-binary people.



This is a support group for all trans identities including non-binary people facilitated by the Gender Outreach Workers.

To register for any of our support groups please visit our website

www.lancslgbt.org.uk



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, behavioural 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 via our website. 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



1-2-1 SUPPORT



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 via our website. You will then be given 8 sessions with our dedicated support worker





GENDER OUTREACH



Gender Outreach Worker Information & Advice Line

Tel: 0800 183 1486 (Mon-Fri 10am-2pm)

The phone line is open to anyone under the care of the gender identity service (or on the waiting list). It is also open to family members, friends and professionals for information and signposting.



1-2-1 support

GOW run one to one support sessions by online video, by telephone or in person for those living in Lancashire. They can provide practical advice and discuss your individual needs and support available.

If you would like support from them, or would like to express interest in the Gender Outreach one to one support service, please email:
genderoutreachworker.lypft@nhs.net



Drop-ins & Peer support groups for Trans and Non-Binary people

GOW also run monthly drop-in services across Lancashire, including at UCLan and in Blackpool. GOW also run several support groups for trans and non binary people, including a trans and non binary support group which meets in Preston. To find out when, contact
genderoutreachworker.lypft@nhs.net or call 0800 183 1486

MENTAL HEALTH HOUR



LGBTQ+ MENTAL HEALTH HOUR



A series of webinars created by Lancashire LGBT, with LGBTQ+ mental health practitioners and LGBTQ+ community members

Topics include:

- Identity, shame and self-acceptance
- Sex and relationship issues
- Gender identity and Trans Mental Health
- Queer Black Mental Health
- Queer Muslim Mental Health
- Queer Disability and Mental Health

With many more webinars to come!

WATCH NOW ON OUR WEBSITE

WWW.LANCSLGBT.ORG.UK/MENTAL-HEALTH-HOUR

CONTACT US



WWW.LANCSLGBT.ORG.UK



HELLO@LANCSLGBT.ORG.UK



07788 295521

**SELF REFERRAL AND THIRD PARTY
REFERRAL FORMS CAN BE FOUND ON OUR
WEBSITE**

WWW.LANCSLGBT.ORG.UK

SCAN



ME



WWW.FACEBOOK.COM/LANCASHIRELGBT



WWW.INSTAGRAM.COM/LANCSLGBT



WWW.TWITTER.COM/LANCSLGBT



WWW.YOUTUBE.COM/@LANCASHIRELGBT

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)**

