



LGBTQ+

Directory of support for LGBTQ+ people

This directory was created as part of our one-year
LGBTQ+ Project exploring the mental health and
wellbeing needs of local LGBTQ+ people.

Last Updated July 2020

Disclaimer: Whilst every effort has been made to ensure the accuracy of the information provided in this directory, we do not accept any responsibility or liability for any errors that have occurred. We offer an impartial service and we cannot recommend or endorse any providers listed. We suggest that you contact each local group directly to find out more. This information does not represent a recommendation or an endorsement of a service or provider.

NATIONAL HELPLINES

Switchboard LGBT+ Helpline

Tel: 0300 330 0630 (Open 10:00-22:00 every day)

Web: www.switchboard.lgbt/help/

Provides an information, support and referral service for LGBT people – and anyone considering issues around their sexuality and/or gender identity.

LGBT Foundation Helpline

Tel: 0345 330 3030 (Monday - Friday; 10am - 6pm)

Web: www.lgbt.foundation/helpline

Helpline Service that provides thousands of hours of advice and support to thousands of people every year, both over the phone and via email.

Mermaids Helpline

Tel: 0800 801 0400 (Monday – Friday; 9am – 9pm)

Web: www.mermaidsuk.org.uk/contact-us/

Mermaids provides a helpline aimed at supporting transgender youth up to and including the age of 19, their families and professionals working with them.

Mindline Trans+ Helpline

Tel: 0300 330 5468 (Mondays and Fridays from 8pm to midnight)

Web: www.bristolmind.org.uk/help-and-counselling/mindline-transplus/

A national helpline, you can call from anywhere in the UK. A safe place to talk about your feelings confidentially. Volunteers with lived experience of Trans+ or allies.

Mind Out Online Support

Web: <https://www.mindout.org.uk/get-support/mindout-online/>

A national LGBTQ Mental Health Service based in Brighton. The online instant message service is confidential, non-judgemental and anonymous, open most evenings from 5:30-7:30pm, and on Sundays from 2-4pm.

National LGBT Domestic Abuse Helpline

Tel: 0800 999 5428

Monday to Friday, 10am-5pm; Wednesday to Thursday 10am-8pm

Part of Galop, the LGBT+ anti-violence charity: www.galop.org.uk

HEALTH & WELLBEING - LOCAL

Norfolk LGBT+ Project

Web: www.norfolklgbtproject.co.uk
Email: info@norfolklgbtproject.co.uk
Tel: 01603 219299

A charity providing support that is relevant to the health and wellbeing needs of the LGBT+ community in Norfolk and Waveney. Services include:

- **BLAH LGBT+ Youth Group** for young LGBT+ people and those questioning their sexuality and gender identity aged 25yrs and under. They currently have 4 groups – Norwich, King’s Lynn, Breckland (situated in Thetford) and Great Yarmouth.
- **Time Out** for gay and bisexual men and those questioning their sexuality aged 25+
- **Norfolk Trans Forum** for male to female trans people and those questioning their gender identity, aged 25+
- **Women Supporting Women** for lesbian and bisexual women and those questioning their sexuality aged 25+
- **FTM Norfolk** for those who were assigned female at birth and identify as male, FTM, genderqueer or who are questioning their gender identity
- **From Me to You** providing advice and support for families of LGBT+ individuals.

Norfolk LGBT+ Project also work with schools, offer LGBT+ Awareness Training and will soon be starting a LGBT+ multicultural group.

Norfolk and Waveney Mind

Web: www.norfolkandwaveneymind.org.uk/lgbtq

Our one-year pilot project explored the mental health and wellbeing needs of local LGBTQ+ people. Included events, workshops and consultations, as well as opportunities for LGBTQ+ people to volunteer and help steer the project. The website remains a really useful resource for the LGBTQ+ community.

Terence Higgins Trust Norfolk

Web: www.tht.org.uk/centres-and-services/norfolk

UK's leading HIV and sexual health charity, supporting people living with HIV, amplifying their voices, and helping the people using their services to achieve good sexual health. Services include HIV testing, STI testing, sexual health information, free condoms and training courses.

GENDER SUPPORT - LOCAL

Evolve

Web: www.map.uk.net/get-help/groups/evolve/

Email: evolve@MAP.uk.net

Tel: 01603 766994

Monthly group sessions for 11-25 year olds who are transgender, intersex, genderqueer and gender-questioning young people. A safe space for young people to meet and discuss trans* issues and also to just hang out in a trans* friendly environment.

FTM Norfolk

Web: www.norfolkigbtproject.co.uk/services/ftm-norfolk/

Email: reid@norfolkigbtproject.org.uk

For those who were assigned female at birth and identify as male, FTM, genderqueer or who are questioning their gender identity.

Non-Binary East Anglia

Web: www.facebook.com/pg/nonbinaryeastanglia/

Supportive of non-binary identities in East Anglia, anyone who feels &/or expresses themselves as anything other than 100% fe/male, a mix of both/neither

Norfolk Trans Forum

Web: www.norfolkigbtproject.co.uk/services/norfolk-trans-forum/

Email: trans@norfolkigbtproject.org.uk

For male to female trans people and those questioning their gender identity, aged 25+

Norfolk Trans SOFA

Web: www.facebook.com/groups/Norfolk.trans.sofa/

A place for support, discussion, questions and confidential sharing for the Significant Others, Friends and Family, Allies, of Trans & Gender Variant people. Meets last Tuesday of every month in Norwich.

Oasis Norfolk

Web: oasisnorfolk.com

A self-help and support group for trans people and their partners, family and friends. Barbara Ross OBE founded the Oasis group to provide a unique quality of advice and support for trans people in Norfolk.

GENDER SUPPORT - NATIONAL

Cliniq

Web: www.cliniq.org.uk

Trans and non-binary People's Holistic Wellbeing and Sexual Health Services. Available on Tuesdays between 4pm to 7pm at King's College Hospital, closest station Denmark Hill, London. Also provides counselling and wellbeing services at our centre near St Pancras station.

Gendered Intelligence

Web: www.genderedintelligence.co.uk

Mission is to increase understandings of gender diversity; vision is of a world where people are no longer constrained by narrow perceptions and expectations of gender, and where diverse gender expressions are visible and valued.

Gires

Web: www.gires.org.uk

GIRES stands for Gender Identity Research & Education Society, a UK wide organisation whose purpose is to improve the lives of trans and gender non-conforming people of all ages, including those who are non-binary and non-gender. Also delivers training, e-learning and information to public and private sector organisations.

Mermaids

Web: www.mermaidsuk.org.uk

Helping gender-diverse kids, young people and their families since 1995. Empowering thousands of people with its secure online communities, local community groups, helpline services, web resources, events and residential weekends.

Mindline Trans+ Helpline

Tel: 0300 330 5458 (Mondays and Fridays from 8pm to midnight)

Web: www.bristolmind.org.uk/help-and-counselling/mindline-transplus/

A national helpline, you can call from anywhere in the UK. The MindLine Trans+ provides a safe place to talk about your feelings confidentially. Volunteers with lived experience of Trans+ or are Allies responding to your calls as often as possible.

SOCIAL GROUPS - LOCAL

Norfolk LGBT+ MeetUp

Web: www.meetup.com/Norfolk-LGBT-Meetup/

Very popular social group (over 900 members) who aim to help LGBT+ people keep in touch with friends, make new friends, explore the area and keep active. Lots of activities and events.

Cromer Gay Community

Web: www.facebook.com/groups/1870766656490096/

The Cromer Gay Community Facebook page is set up to bring together gay people who have a focus in and for the town.

North Norfolk Lesbians 35+

Web: www.facebook.com/groups/1898141950479578/

A friendly place for lesbians over 35 to come and feel safe and have a chat and hopefully join us for one of our monthly get togethers!

Norwich Mature Gay Community

Web: www.facebook.com/groups/norwichmaturegaycommunity/

A group of mature gay men, their friends and admirers who have regular informal social gatherings at Lollards Pit pub in Norwich and organise a diverse range of well attended other activities, including walks, quiz nights, and meals.

Thetford LGBT+

Web: www.facebook.com/groups/597033837169910/

The only LGBT group for adults in Thetford aged 18+. All welcome to join, including straight friends. Shares information, organises events.

Women Supporting Women

Web: www.norfolklgbtproject.co.uk/services/women-supporting-women/

Email: wsw@norfolklgbtproject.org.uk

Tel: 01603 219299

Service for lesbian and bisexual women and those questioning their sexuality aged 25+, open to anyone who self identifies as a woman.

SPORT & EXERCISE - LOCAL

Gay Outdoors Club - Norfolk

Web: www.goc.org.uk/groups/norfolk/

The Gay Outdoor Club organises events nationally through a network of groups offering a wide range of different activities. The Norfolk group generally walk on the 4th Saturday or Sunday of each month.

Garden with Pride

Web: www.facebook.com/groups/GardenwithPride

Gardening Group for LGBT+ people and allies. Share your skills, tips, tricks and pics.

Ping with Pride

Email: info@proudcanaries.co.uk

LGBT+ inclusive table tennis, coaching, practice and fun games (and tea and biscuits). Meets at Trowse Manor Rooms on Wednesday evenings.

Proud Canaries

Web: www.proudcanaries.co.uk

Email: info@proudcanaries.co.uk

Official LGBT+ supporters group for Norwich City Football Club. They meet up before matches at Lollards Pit, as well as organise campaigns and events. They also have their own football team - Proud Canaries FC.

EPIC Norwich Pride 5K

Web: www.totalracetiming.co.uk/race/212

A 5K race around the tranquil Eaton Park to support Norwich Pride.

Norfolk LGBT+ MeetUp

Web: www.meetup.com/Norfolk-LGBT-Meetup/

Hosts lots of sporty activities and events.

Norfolk Roller Derby

Web: www.norfolkrollerderby.co.uk/post/nrd-featured-post

LGBTQ+ inclusive - regularly support/appear at Norwich Pride.

ARTS & HISTORY - LOCAL

Norfolk LGBT+ History Club

Email: joanne.foster-murdoch@norfolk.gov.uk

Club exploring and preserving local LGBT+ history. Regular meetings, events, history walks. Works closely with the Norfolk Heritage Centre's LGBT+ archive.

Norfolk LGBT History Society

Web: www.facebook.com/groups/lgbthm/

February is LGBT History Month. This group is a space to share events, ideas, articles, and find out all the latest local and international news on LGBTI+ issues.

Out at the Movies Norwich

Web: www.facebook.com/groups/OutAtTheMoviesNorwich/

Facebook group to share information about LGBTQ+ movies and events at Cinema City

Queer Art Club

Web: www.facebook.com/groups/QueerArtClub/

Space to celebrate all things queer and arty in Norfolk, where artists can share news and talents and create a vibrant arts culture for the Norwich Pride celebrations.

Sew Gay Norwich

Web: www.sewgaynorwich.shutterfly.com

A bunch of creative people who love to sew, knit, glue, stitch. Their current project is the Pride Patchwork - a quilt celebrating 50 years of LGBT+ history.

Sing with Pride

Web: www.singwithpride.org.uk

Email: info@singwithpride.org.uk

Choir from the LGBT+ community for everyone. Meets weekly on Thursdays at the Elms on Unthank Rd in Norwich. Welcomes people of all abilities: "if you love singing in the shower, you will love singing with us".

YOUTH & FAMILIES - LOCAL

BLAH LGBT+ Youth Group

Web: www.norfolklgbtproject.co.uk/services/blah-lgbt-youth/
Email: blah@norfolklgbtproject.org.uk

BLAH LGBT+ Youth project provides support for young LGBT+ people and those questioning their sexuality and gender identity aged 25 years and under. Currently have 4 youth groups – Norwich, King’s Lynn, Breckland (Thetford) and Great Yarmouth.

Evolve

Web: www.map.uk.net/get-help/groups/evolve/
Email: JenAlexander@MAP.uk.net

Monthly group sessions for 11-25 year olds who are transgender, intersex, genderqueer and gender-questioning young people. A safe space for young people to meet and discuss trans* issues and also to just hang out in a trans* friendly environment

From Me to You

Web: www.norfolklgbtproject.co.uk/services/from-me-to-you/
Email: info@norfolklgbtproject.org.uk

Providing advice and support for families of LGBT+ individuals, run by parents of LGBT+ individuals. Email, phone as well as one to one appointments are available.

Outreach Youth Project (Waveney)

Web: www.outreachyouth.org.uk
Email: info@outreachyouth.org.uk

Suffolk’s LGBTQ+ Youth work charity. Provides opportunities for young people to meet as a group and access one to one support – also have a Trans* Families project for parents/carers of gender diverse young people.

Proud Parents and Guardians Norwich

Web: www.facebook.com/groups/1433940135899093/

An opportunity for same sex families in Norwich to share advice, information, support and to be sociable.

Education

Lots of local schools now have LGBTQ+ Clubs. You can find out more from the Norfolk LGBT Project (email ewp@norfolklgbtproject.org.uk) and Norwich Pride (email education@norwichpride.org.uk). UEA Pride is a student peer support group providing welfare support and social opportunities (www.uea.su/opportunities/society/Pride/)

PRIDES

Great Yarmouth and Waveney Pride

Web: www.gywpride.org
Email: info@gywpride.org

Great Yarmouth and Waveney Pride is on Saturday 27th June 2020

Raising awareness, promoting equality, diversity, sexual and mental health. Would love you to volunteer.

Kings Lynn and West Norfolk Pride

Web: www.klwnpride.org.uk
Email: contact@klwnpride.org.uk

Kings Lynn and West Norfolk Pride is on Saturday 22nd August 2020

Run by a committee of local LGBT+ community members and their allies, professionals and activists, dedicated to bringing Pride to West Norfolk.

Norwich Pride

Web: www.norwichpride.org.uk
Email: info@norwichpride.org.uk

Norwich Pride is on Saturday 25th July 2020

Vision is to turn Norwich into a rainbow and mission is to live in a city where everyone feels safe and proud to be themselves. 10,000 people attend. Provides Quiet Spaces and access group (www.facebook.com/groups/NorwichPrideAccessGroup/) Always looking for volunteers. Just started a new Trans Advisory Group.

Prides Around the UK

- Suffolk Pride is Saturday 20th June www.facebook.com/NewSuffolkPride/
- Pride in London is Saturday 27th June 2020 www.prideinlondon.org
- Brighton and Hove Pride is 1st-2nd August www.brighton-pride.org
- Manchester Pride Festival is 28th-31st August is www.manchesterpride.com

You can find a list of over 200 Pride in the UK and Ireland on the UK Pride Organisers Network website: www.ukpon.lgbt. There's also Bi Pride (www.biprideuk.org), Black Pride (www.ukblackpride.org.uk) and in 2020 the first Muslim Pride (email imaanlgbtq@gmail.com) and there are Trans Prides in Brighton and London.

PUBS AND CLUBS

Norwich

- The Castle, 1 Spitalfields, Norwich, NR1 4EY www.thecastle-pub.com
- The Catherine Wheel, 61 St Augustines St, Norwich NR3 3BG www.inthewheel.co.uk
- Fetch, 75 Prince of Wales Road, Norwich NR1 1DG www.fetchnorwich.com
- Loft NR1, 78-80 Rose Lane, Norwich NR1 1PT www.loftnr1.co.uk
- Lollards Pit, 69-71 Riverside Road, Norwich NR1 1TA www.lollardspit.com

Great Yarmouth

- The Dukes Head, 13 Hall Quay, Great Yarmouth NR30 1HP
www.facebook.com/DukesHeadGreatYarmouth/
- Kings Wine Bar, 42 King St, Great Yarmouth NR30 2PN www.kingswinebar.org.uk

Kings Lynn

- The Hob, Littleport Street, King's Lynn, Norfolk PE30 1PP
www.facebook.com/TheHob.KingsLynn/

STAFF NETWORKS

Many organisations now have vibrant LGBTQ+ Staff Networks that support LGBTQ+ staff, raise awareness and visibility and help to make workplaces more LGBTQ+ inclusive. Here are a few I know about:

- Aviva Pride: www.facebook.com/AvivaPride/
- UEA Staff Pride: <https://portal.uea.ac.uk/equality/networks/staffpride>
- Norfolk and Suffolk Police LGBT+ Network: www.lgbtpolice.uk/east-anglia
- NNUH LGBT+ Staff Network: email EqualityandDiversity@nnuh.nhs.uk

We will soon be starting an LGBTQ+ Staff Network at Norfolk and Waveney Mind.

RELIGION AND FAITH - LOCAL

Created

Web: www.created.org.uk

For LGBT+ affirming Christians in the Norwich and Norfolk area. A meeting place for to connect, gather together and share experiences; a place of acceptance and a space of encouragement.

Octagon Unitarian Chapel

Web: www.octagonunitarianchapel928549612.wordpress.com/lgbt/

A welcoming community of open hearts and minds who seek meaning, nourish the spirit and engage with our diverse and changing world. Hosts a monthly LGBTQ+ Coffee and Cake event. Come and enjoy a cuppa and a piece of cake, stay as long as you wish.

St John's Timberhill

Web: www.stjohnstimberhill.org

Church of England, Church Family of all ages and backgrounds. The AIDS Remembrance Book for the Diocese is held here and each year they host the World AIDS Day service on 1st December. They have also organised an annual LGBTQ+ Carol Service for over 20 years.

RELIGION AND FAITH - NATIONAL AND INTERNATIONAL

This is a small sample of the groups available:

- Christians at Pride come to Norwich Pride: www.christiansatpride.com
- Galva supports LGBTI Vaishnavas and Hindus: www.galva108.org
- Imaan is the UK's leading LGBTQ Muslim Charity: www.imaanlondon.wordpress.com
- KeshetUK is for Jewish LGBT+ people and their families: www.keshetuk.org
- Quest provides pastoral support to LGBT+ Catholics: www.questlgbti.uk
- Sarbat addresses LGBT issues from a Sikh perspective: www.sarbat.net

For those who believe that human needs and values are more important than religious beliefs, and look to science rather than religion to understand the world, there is LGBT Humanists www.humanism.org.uk/community/lgbt-humanists/

OTHER KEY NATIONAL & INTERNATIONAL ORGANISATIONS

Agrespect

Web: www.agrespect.com

Promoting and supporting diversity in the countryside. There are thousands of LGBTQ+ people in the countryside. Agrespect wants to unite them, celebrate them and encourage inclusiveness in rural communities.

A-Sexual Visibility and Education Network

Web: www.asexuality.org

The world's largest online asexual community as well as a large archive of resources on asexuality.

Bi Community News

Web: www.bicommunitynews.co.uk

Bi-monthly bisexual magazine. Lots of information and resources on the website. There is no local Bi group in Norfolk I can find so do get in touch if you'd like to set one up.

Black Pride

Web: www.ukblackpride.org.uk

UK Black Pride is Europe's largest celebration for LGBTQ people of African, Asian, Caribbean, Middle Eastern and Latin American descent. UK Black Pride 2020 will take place on Sunday, June 28th at Haggerston Park, London.

Galop

Web: www.galop.org.uk

Galop is the UK's only specialist LGBT+ anti-violence charity. Mission is to make life just, fair and safe for LGBT+ people. Provides advice, support and advocacy to people who have experienced hate crime, domestic abuse and sexual violence.

Intersex UK

Web: www.facebook.com/intersexuk/

Intersex UK works to protect the bodily autonomy of intersex children, teens, and adolescents through government lobbying and educational outreach in the UK and Ireland.

Opening Doors London

Web: www.openingdoorslondon.org.uk

Helping LGBT+ over 50 to live happy, sociable and independent lives. Runs groups, activities, befriending, telefriending and training.

Pink Therapy

Web: www.pinktherapy.com

The UK's largest independent therapy organisation working with gender and sexual diversity clients. They have an online directory of therapists who work with gender and sexual diversity clients from an affirmative standpoint across the UK.

Regard

Web: www.regard.org.uk

National organisation of LGBTQ people who self-identify as disabled. Follows the Social Model of Disability - a way of thinking about disability that says it is society that needs to change by removing the barriers that deny us inclusion and equal rights. Provides information, advice and support; raises awareness and campaigns; aims to combat social isolation.

In terms of local support for LGBTQ+ disabled people, Norwich Pride's Access Group is a space where people can share ideas and news, ask questions and plan their Pride day: www.facebook.com/groups/NorwichPrideAccessGroup/

Stonewall

Web: www.stonewall.org.uk

Stonewall campaigns for the equality of lesbian, gay, bi and trans people across Britain. They have got lots of very useful research and resources on their website.

UK Lesbian and Gay Immigration Group

Web: www.uklgig.org.uk

UKLGIG supports lesbian, gay, bisexual, trans, queer or intersex (LGBTQI+) people through the asylum and immigration system.

