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LGBT Directory – INDEX

This directory is for the use of professionals, it should be used when signposting for LGB & T clients.

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1. SCENE DETAILS: PUBS AND CLUBS ETC.

Scene information often changes. Phone you're nearest project for updated information.

NEWCASTLE

THE YARD

2 Scotswood Road, Newcastle upon Tyne. NE4 7JB

☎0191 232 2037

HEAVEN'S ABOVE

Churchill Street (above The Yard) Newcastle upon Tyne. NE4 7JB

☎0191 2322037

THE EAGLE

42 Scotswood Road, Newcastle upon Tyne. NE4 7JD

☎0191 2304416

THE BANK

12 Scotswood Road, Newcastle upon Tyne. NE4 7JB

☎0191 230 3863

#CENTRAL

Fun bar with drag DJ's and entertainment.

15 Marlborough Crescent, Newcastle upon Tyne. NE1 4EE

SWITCH

4-10 Scotswood Road, Newcastle upon Tyne. NE4 7JB ☎0191 2303863

PINK ROOM

Back of Powerhouse. 15-19 Westmorland Road, Newcastle upon Tyne, NE1 4EQ

☎0191 261 9326

RUSTY'S

Cabaret/drag bar. Centre for Life, Times Square, Newcastle upon Tyne. NE1 4EP

☎0191 233 0414

BLONDE BARREL

Mixed bar serving food from 12 noon. 5 Times Square Newcastle upon Tyne. NE1 4EP

☎0191 261 7676

EAZY STREET

Cabaret & Trebles Bar. 8-10 Westmorland Road, Newcastle upon Tyne. NE1 4EG

☎0191 222 0606

POWERHOUSE NIGHT CLUB

7-19 Westmorland Road, Newcastle upon Tyne. NE1 4EG ☎0191 261 6824

SR44

Warehouse club, open Friday/Saturday nights.

42 Scotswood Road, Newcastle upon Tyne. NE4 7JD ☎0191 2304416

BOULEVARD CABARET SHOWBAR

3-9 Churchill Street, Newcastle upon Tyne. NE1 4HF ☎0191 2507068

Website: www.boulevardnewcastle.co.uk

SHOPS

ESCLAVAGE (Formerly NICE 'N' NAUGHTY) – Opening Soon

Adult Shop. 62 Scotswood Road, Newcastle upon Tyne, NE4 7JE ☎

Website:

DARKER ENTERPRISES (was Sven Adult Books)

20-22 Scotswood Road, Newcastle upon Tyne. NE4 7JB

☎0191 232 4581

PULSE & COCKTAILS

Unit 28/29 Blaydon Business Park, Gateshead. NE21 5SJ

☎0191 4146969

SAUNAS

Please call saunas for up to date times, price guide and themed nights.

NUMBER 52 SAUNA

52 Scotswood Road, Newcastle upon Tyne. NE4 7JB (Between Eagle & Nice 'n' Naughty)
Steam room, sauna room, Jacuzzi, restrooms, TV lounge and licensed refreshment room.

☎0191 2212 189. **Website:** www.number52sauna.co.uk

SHHH! SWINGERS CLUB (Formerly BASE Sauna)

85-89 Blandford Street, Newcastle upon Tyne, NE1 3PZ

Steam room, sauna room, large Jacuzzi, restrooms, video lounge, internet and fully licensed refreshment area. Swingers club on the evenings, gay men's sauna on a Sunday only.

Check for times/events. ☎0191 232 9772

Website: www.shhhnewcastleswingers.club **Website:** www.base-newcastle.com

CINEMA – LGBT Friendly

TYNESIDE CINEMA

A must-see piece of heritage, the Tyne cinema has been lovingly restored to preserve and celebrate the grandeur of its original 1937 art deco design. Shows numerous LGBT films and hosts many LGBT Film Festival events. Also home to the Tyneside Coffee Rooms – very gay friendly. Pilgrim Street Newcastle upon Tyne. NE1 6QG

Website: www.tynesidecinema.co.uk/ ☎0845 217 9909

SUNDERLAND

TTONIC

12 Vine Place, Sunderland City Centre. Gay friendly. ☎0191 565 5755

MIDDLESBROUGH

TINY

41-43 Albert Road, Middlesbrough, TS1 1NS. ☎01642 903933 Email: mail@clubtiny.co.uk

THE OAK

23 Newport Road, Middlesbrough. TS1 1LE

COUNTY DURHAM**JOE'S BAR**

Grange Road, Darlington. DL1 5YL ☎01325 464242 Every Monday.

INSIDE OUT

Night Club, Beaumont Street, Darlington. DL1 5SX. ☎01325 381238 Gay Monday nights.

SEEN

Beaumont Street, Darlington. DL3 7LX. ☎01325 467555. Gay Monday nights.

THE RETRO BAR

Skinnergate, Darlington. DL3 7LX. ☎01325 468 498 Gay Monday night's

AVALON

8 Blackwellgate, Darlington. DL1 5HL. ☎01325 469977 Gay Monday night's.

OSBOURNS

21a Elvet Bridge, DH1 3AA Durham, Durham ☎0191 383 0181 Gay Monday night's.

2. GAY AND BISEXUAL MENS SERVICES

This section is for men only, mixed gender groups are in appropriate sections, e.g. check Young LGBT section (5) for mixed gender groups.

NEWCASTLE

MESMAC NEWCASTLE

Newcastle only service funded and managed by Newcastle City Council 'Adult Social Care and Integrated Services'. Works with gay/bi men to increase positive choices around safer sex, sexual and mental health. Offers advice and information, general support & signposting to LGBTQI+ people. HIV testing by appointment Monday – Friday, HIV testing & STI DIY kits (supplied by New Croft) also by post. Helpline Mon-Fri 9.00am - 5pm. ☎0191 233 1333.

Fax: 0191 2115 804. **Email:** all@mesmacnewcastle.com

Web: www.mesmacnewcastle.com **Facebook:** www.facebook.com/MesmacNewcastle

Twitter: @TeamMesmac **Instagram:** MESMACNewcastle

YouTube: www.youtube.com/teammesmac

MARRIED MEN'S SUPPORT

Offers confidential support, one-to-one sessions or help over the phone.

Please contact Steve for Information/referral. ☎0191 233 1333

GMT (GAY MEN TYNESIDE)

An independent social group that offers social activities as an alternative to the commercial gay scene. Aiming to provide a relaxed & welcoming atmosphere. Open to gay/bisexual men aged over 21 years old. Meet every Wednesday evening between 7-10pm in the city centre.

Website: www.gay-men-tyneside.org.uk **Email:** info@gay-men-tyneside.org.uk

GASBAGS

A social support group for gay/bisexual men over the age of 18. Meets Thursday evenings between 6.30pm and 8.30pm. Contact Keith ☎ 0191 711 8934.

Email: enquiries.gbne@gmail.com **Website:** <http://gasbagsnortheast.weebly.com/>

Facebook: @gasbagsne **Twitter:** @gasbagsnortheas

NEWCASTLE RAVENS RUGBY TEAM

Newcastle's Gay Rugby team, meet for training from 19:00 to 21:00 every Tuesday at Percy Park Rugby Club, Preston Avenue, North Shields. NE30 2BE

Website: www.newcastleravens.co.uk/ **Facebook:** www.facebook.com/newcastleravens

OUTDOOR LADS

A weekly group for gay/bi men aged 18-35, organised indoor climbing, swimming, cycling etc.

Website: www.outdoorlads.com

3. LESBIAN AND BISEXUAL WOMENS SERVICES

Women only groups and services.

NEWCASTLE

SHINE

A service for ALL women in the Newcastle area. The SHINE website holds information previously located on the **LesBiSexy** website. Shine offers services for sexual health and health and wellbeing. Offering FREE HIV testing and STI DIY kit (supplied by New Croft) by appointment and by post. 3rd Floor, Newcastle Civic Centre, Newcastle upon Tyne. NE1 8QH. ☎0191 277 2050 Fax: 0191 2115 804. **Website:** www.shinewomen.co.uk
Email: shine@newcastle.gov.uk **Facebook:** @shinenewcastle **Twitter:** @ShineNewcastle

NEOLN (NORTH EAST OLDER LESBIAN NETWORK)

A North East group offering the chance to meet older lesbians (over 40). Meets 1st Saturday of each month 10.30am -11.30am at the Tyneside Coffee Rooms, other outings throughout the year. There is also a private Facebook page for members. For further info, please contact ☎07539 489 214 anytime, just leave a message & someone will get back to you.
Website: <http://neoln.btck.co.uk> **Email:** contact@neoln.co.uk

DYKE HIKES

Lesbian walking group who meet monthly. **Email:** dykehikes@gmail.com
Website: www.spanglefish.com/DYKEHIKES/

OUTLINE

North Tyneside services for lesbian and bisexual women, and those unsure of their sexuality. Meets 2nd and 4th Wednesday of each month, 6-8pm in the Howden area. Email: outline@orange.net Call: 07896702290 Wed 5-8pm only or text other times.

4. LGBT GROUPS & COMMUNITY

This section is for mixed gender groups, projects and services.

LGBT GROUPS AND SERVICES AROUND THE REGION

HART GABLES

A community-based project for LGBT people that provides a wide range of services in Teesside. **Main Office** (General Enquiries) Newtown Community Resource Centre, 123 Durham Road, Stockton on Tees. TS19 0DE. Hartlepool Branch: Rift House Community Centre, Masefield Road, TS25 4JY. ☎01642 675509.

Email: info@hartgables.org.uk **Website:** www.hartgables.org.uk

THE LGBT FED (FEDERATION)

Working to unite lgbt individuals, groups, organisations and communities across the North East. Undertaking research and developing self-sustaining activities that aim to change attitudes and behaviours towards lgbt people. Regular meetings for information sharing, support and socialising. Also a hate crime reporting centre.

Mailing address: LGBT Federation NE c/o Carnegie Building, Atkinson Rd, Newcastle NE4 8XS. **Email:** mail@lgbtfed.com **Website:** www.lgbtfed.com

OUTREACH CUMBRIA

LGBT helpline, every Thursday evening from 7-9.30pm ☎0800 3457 440. 2 Long Lane, Carlisle, Cumbria. CA3 8TA. Richard ☎07896 250 662 **Email:** info@outreachcumbria.co.uk
Website: www.outreachcumbria.co.uk

NORTHERN PRIDE - NEWCASTLE

Postal Address: Unit T1, Stonehills, Shields Road, Pelaw, Gateshead. NE10 0HW.

Email: info@npride.org.uk **Website:** www.northern-pride.com

SUNDERLAND PRIDE

Sunderland Pride office: 8 Bridge House, Bridge Street, Sunderland, SR1 1TE.

Groups: Thursday Mornings 50+ LGBTQ+ Group from 10 – 12. Thursday fortnightly (1st and 3rd week) Trans youth Group (13 to 24) from 5 – 8. Friday afternoon between 1 and 3

LGBTQ+ weekly group **Email:** info@sunderlandpridegroup.com

Website: www.sunderlandpridegroup.com ☎0191 435 1277

ACTIVITIES, SPORT & INTEREST GROUPS

NORTHERN PROUD VOICES

LGBT and friend's choir. Meet Thursdays 7pm - 9pm at Suite 4, Jury's Inn Hotel, Scotswood Rd, Newcastle upon Tyne NE1 4AD (Close to Central Station).

Email: northernproudvoices@hotmail.com **Website:** <http://northernproudvoices.co.uk>

Facebook: www.facebook.com/NorthernProudVoices

NEWCASTLE FRONTRUNNERS

A running group for everyone, meeting in the North East. Meetings schedule: Newcastle every Wednesday evening at 6.45pm and Sunday mornings at 8.50am at Gosforth Swimming Pool, Regent Farm Road. NE3 3HD. Check the website for full details or email.

Email: info@newcastlefrontrunners.co.uk **Website:** www.newcastlefrontrunners.co.uk

NEWCASTLE RAVENS RFC

Established in 2006 to encourage gay people to play and enjoy the sport of rugby. Based at Percy Park RFC, Preston Avenue, North Shields, Tyne and Wear NE30 2BE

Website: www.newcastleravens.co.uk

NEWCASTLE PANTHERS FC

An LGBT+ football club that anyone can play for regardless of gender, sexuality or prior experience with football or sport. Everyone is welcome. Dunston Enterprise Park, Gateshead, NE11 9DW. The Newcastle Panthers FC are online, check them out on Facebook!

Email: newcastlepanthers@gmail.com

GAY OUTDOOR CLUB

A national organisation with several regional groups, as well as specialist groups covering interests such as caving, cycling, swimming and day walks. Weekends away are organised.

Email: northeast@goc.org.uk Website: www.goc.org.uk

LGBT HISTORY PROJECT

The Project seeks to promote the inclusiveness of LGBT history. They are a regional based organisation covering the North East area, from Northumberland to County Durham.

Website: www.lgbthistoryproject.co.uk Email: contact@lgbthistoryproject.co.uk

BLACK & ETHNIC MINORITY COMMUNITY**RAINBOW HOME**

Rainbow Home is a charity providing support for LGBT asylum seekers and refugees in the North East of England. Working with people who have fled their countries because of persecution based on their sexual orientation or gender identity.

Meets 3rd Friday of the month. Contact ☎️ **07775861450**.

Facebook: @RainbowHomeNE **Twitter:** @RAINBOW_HOME_NE

NPL (NAZ PROJECT LONDON)

NAZ provides sexual health and HIV prevention and support services to Black, Asian and Minority Ethnic (BAME) communities in London. Providing sexual health information and services to the public, including HIV testing, support people living with HIV, support people who are LGBT (regardless of status). Also provide counselling on any sexual health, sexuality or relationship issue. Office is open Mon - Fri 9:30am-5:30pm. 30 Blacks Road, London W6 9DT ☎️ **020 8741 1879**. Email: naz@naz.org.uk Website: www.naz.org.uk

UK LESBIAN & GAY IMMIGRATION GROUP. The UK Lesbian & Gay Immigration Group (UKLGIG) is a charity that promotes equality and dignity for lesbian, gay, bisexual and transgender (LGBT) people who seek asylum in the UK, or who wish to immigrate here to be with their same-sex partner. ☎️ **0207 922 7811** Website: www.uklgig.org.uk
Email: admin@uklgig.org.uk

MEDICAL FOUNDATION FOR THE CARE OF VICTIMS OF TORTURE, NORTH EAST

A resource to signpost people who have experienced torture including rape as torture - e.g. asylum seekers, refugees. Counselling to anyone male/female any sexual orientation or gender identity - and at any stage of the asylum process. The Alan Smithson Rooms, City House, 1 - 3 City Road, Newcastle upon Tyne, NE1 2AF

☎️ **0191 261 5825** fax: **0191 222 1211**. Website: www.freedomfromtorture.org

SHAKTI South Asian lesbian & gay network, c/o London FRIEND, 86 Caledonian Rd, London N1 ☎️ **020 7837 3337** 7:30-9.30pm Tue/Wed/Fri

FORCED MARRIAGE UNIT ☎️ **0207 008 0151**

FORCED MARRIAGE HELPLINE 2-4pm ☎️ **0800 5999 247**

CARE, DISABILITY AND SENSORY IMPAIRMENT

LGBT CARER SUPPORT GROUP

The LGBT Carer Support Group is held on the last Monday of the month between 6-8pm, offering members a chance to receive carer support and take part in some fun and social activities. A Support worker is part of the group activities and so is on hand to offer the group an opportunity to speak to him about benefit entitlement, carer rights, training needs or any other issues, this can be either in the group setting or 1-2-1 support. ☎ Paul or Glen on: **0191 4900121** Email: enquiries@gatesheadcarers.com Website: www.gatesheadcarers.com

COMMUNITY SUPPORT & SOCIAL CARE DIRECT (Newcastle Social Services)

Give a range of advice and support to people who are deaf, hard of hearing, blind, partially sighted or deaf blind and their carers. Switchboard: ☎ **0191 278 8377**

Fax: 0191 278 8312. Text phone: ☎ **0191 278 8359**

Email: scd@newcastle.gov.uk

Royal National Institute for the Blind ☎ **0207 388 1266**

EMPLOYMENT & OCCUPATION

CIVIL SERVICE LGBT+ NETWORK

Supporting gay, lesbian, bisexual and transgender who work within the UK Civil service.

For more details Website: www.civilservice.lgbt

UNISON Northern Region LGBT Support

Provides support to lesbian & gay members of UNISON. Paul Riley, 140-150 Pilgrim St, Newcastle upon Tyne NE1 6TH. Email: p.riley@unison.co.uk ☎ **0191 245 0811** (voice) 0800 096 7968 (text). Website: www.northernunison.org.uk

PROUD 2 SERVE

Support for current & former lesbian & gay members of the Armed Services.

Email: info@proud2serve.net or fax: 08717 145 966. Website: www.proud2serve.net

FAITH COMMUNITY

NORTHERN LIGHTS - MCC

An inclusive church founded by LGBT people in the North East of England. MCC stands for 'Metropolitan Community Church'. Part of an international Christian denomination, founded in, and reaching beyond the LGBT communities. St. James's URC, NE1 8JF. ☎ **07770 543407**. Website: www.northernlightsmcc.org.uk E-mail: contact@northernlightsmcc.org.uk

ST DOMINIC'S PRIORY CATHOLIC CHURCH LGBT+ GROUP

Do you identify as LGBT+ or are you questioning your sexual or gender identity? Would you like to join a support group run by and for LGBT+ Catholics in the North East? We plan to meet one evening a month for a varied programme, which could include Mass, prayer, Bible study, discussion and social time. Do join us for our inaugural meeting. For more details phone ☎ **07858 934457** St Dominic's Priory Catholic church on New Bridge Street.

NEWCASTLE CATHEDRAL LGBT & ALLIES HUB

LGBT and allies meeting for people who are Christian or exploring faith. St Nicholas' Cathedral from 6pm one Saturday a month then to a local bar for social time. For more info: clare.mclaren@stnicholascathedral.co.uk

PINK TRIANGLE TRUST

A gay humanist charity, which arranges secular (non-religious) weddings/affirmations and other ceremonies throughout the country. ☎01926 858450 or

Email ceremonies@pinktriangle.org.uk

QUAKER GENDER & SEXUAL DIVERSITY COMMUNITY

A welcoming and supportive group for Quakers of all sexualities.

Website: <http://qgsdc.org.uk>

QUEST

Support group for lesbian/gay Catholics and others who struggle with their faith and sexuality.

Website: <http://questlgbti.uk/> ☎0300 123 1989

LGBT HUMANIST

A national group for atheist/ agnostic LGBT.

Website: www.lgbthumanists.org.uk/

MUSLIM YOUTH HELPLINE

Confidential helpline for young Muslims offers help with any type of problem.

☎0808 808 2008 Mon-Thurs 6pm-9pm, Sat 10am-10pm Website: www.myh.org.uk

PARENTS PARTNERS FRIENDS & FAMILY**PARENTS ENQUIRY NORTH EAST**

Offers advice, support for parents of gay, lesbian, bisexual and transgendered sons and daughters.

Facebook: www.facebook.com/parents-enquiry-north-east-298340382814/

Joan ☎0191 455 2868 at any reasonable time. Email: joansmall@penejoan.plus.com

ACCEPTANCE

Help line and support for parents of LGB people ☎01795 661463 Tue-Fri 7-9pm.

THE LGBT FAMILY GROUP

A new group for dads, mums and carers who identify as LGBT and their children. Family Fun Events open to families living in the Northumberland area with children under 12. Based at the Seaton Valley Children's Centre - Western Avenue Seaton Delavan NE25 0EP.

For more information and to book a place please contact Dorothy on ☎0191 2375184 or 07951838328.

ST PETERS HOUSE PROJECT

Support for wives and girlfriends of gay, bisexual and other men who have sex with men, offers non-judgemental listening ear and accurate advice and referrals. Help-line for women

☎01737 763 000 Website: www.stpetershouse.org.uk

FFLAG FAMILIES AND FRIENDS OF LESBIANS AND GAYS

Postal address: 7 York Court, Wilder Street, Bristol BS2 8HQ

☎0845 652 0311 Website: www.fflag.org.uk Email: info@fflag.org.uk

NORTH EAST RAINBOW FAMILIES

North East Rainbow Families is a private community page on Facebook which has around 100 LGBT families as well as LGBT people interested in starting a family signed up to it. You join by request via Facebook. Information is shared on LGBT parent events, ask questions to other families and share new things relevant to LGBT parenting e.g. legal changes, developments in clinic's or developments in LGBT parenting internationally.

For more info call Anna ☎07837608564

Facebook: www.facebook.com/groups/2297140280511185/

PARENTS (OF TRANSGENDER CHILDREN & YOUNG PEOPLE) SUPPORT GROUP

Meets in central Newcastle once a month, usually Tuesday or Wednesday evenings (6.30-8.30pm).

This is a peer support group, enabling parents & carers to share experiences and information. Facilitated by youth workers working with Trans children and young adults. Offers a safe space to talk about the ups and downs of parenting Transgender young people. Contact Debs for dates and venue of next meeting

Email: debswalker@trinityyouth.org.uk ☎ **07415104559**

OLDER PEOPLE**NEOLN (NORTH EAST OLDER LESBIAN NETWORK)**

A North East group offering the chance to meet older lesbians (over 40). Meets 3rd Sat of each month 1pm at MESMAC. Further info contact ☎ **07539 489 214** Tues 7-10pm

Website: <http://neoln.btck.co.uk/> **Email:** contact@neoln.co.uk

TRUE COLOURS - LGBT Group

Run by AGE UK Gateshead, meeting every other Wednesday from 2-4pm at the Resource Centre, 341-343 High Street Gateshead. Enjoy good company in a social setting, make new friends and help plan the future of the group. Email: sharon.dryden@ageukgateshead.org.uk
☎ **0191 477 3559**.

AGEUK GATESHEAD

AgeUK Gateshead can provide advice and support to older members of the LGBT communities. 341-343 High Street, Gateshead. NE8 1ED ☎ **0191 4773559**

Website: www.ageuk.org.uk/gateshead

AGEUK NORTH TYNESIDE

The **Transgender group** meets in Whitley Bay at Age UK's Whitley Bay Training Centre, Park Road, NE26 1LT 1st and 3rd Wednesday of every month from 7:00pm to 9:00pm. Cost: £2.00.

LGBT Social Network for 50+ LGBT social network for people aged 50+. Monthly meetings at Cullercoats Coffee, John St, North Shields NE30 4PL. For more information please call

☎ **0191 2877012**. Email: enquiries@ageuknorthtyneside.org.uk

Website: www.ageuk.org.uk/northtyneside **Twitter:** @ageUKNT

AGEUK COUNTY DURHAM

Age UK County Durham provide information and advice on welfare benefits and other entitlements to people aged 50+ living in County Durham, including home visits on request.

☎ **0191 374 6367** or Email: your.rights@ageukcountydurham.org.uk

A countywide network of weekly physical and social activities and monthly lunch clubs provide opportunities for socialising and maintaining good health and wellbeing. All activities welcome members of the LGBT community. These include the 50+ LGBT Group which meets on 2nd Wednesday of the month in Durham for information, support and friendship.

☎ George Barber **0191 374 6368** Email: info@ageukcountydurham.org.uk

Website: www.ageuk.org.uk/countydurham

AGEUK SUNDERLAND

LGBTQ+ Meaningful Connections, offers 1:1 support sessions tailored to the needs of the individual. The aim of alleviating loneliness and supporting with confidence building to join the LGBTQ+ social network groups is the main focus. There is a Lesbian Group and a Gay Men's up and running at the Bradbury Centre in Sunderland alternative, Monday's between 2 – 4pm. Thursday Mornings 50+ LGBTQ+ Group from 10 – 12 at Sunderland Pride, 8 Bridge House, Bridge Street, Sunderland, SR1 1TE. Call: **0191 5148322** or **0191 5141131**

Email: lindaOhlson@ageuksunderland.org.uk

NATIONAL

YORKSHIRE MESMAC

Leeds Office (Head Office), PO Box 417, Leeds. LS1 5PN ☎**0113 244 4209**. Fax: 0113245 8233. **Email:** leeds@mesmac.co.uk **Website:** www.mesmac.co.uk

LGBT – Foundation (formerly LGF)

Number 5 Richmond Street, Manchester. M1 3HF
☎**0345 3 30 30 30**. **Website:** www.lgf.org.uk

GMFA – Gay Men Fighting Aids

Unit 42, Eurolink Centre, 49 Effra Road, London SW2 1BZ
☎**0207 738 6872** **Website:** www.gmfa.org.uk

THT - Terrence Higgins Trust

Central office, 314-320 Grey's Inn Road, London. WC1X 8DP.
☎**0808 802 1221** for THT Direct
Email: info@ttht.org.uk **Website:** www.ttht.org.uk

STONEWALL

Tower Building, York Road, London. SE1 7NX.
Info Line: ☎**08000 50 20 20** (Mon-Fri 9:30am to 5:30pm).
Email: info@stonewall.org.uk **Website:** www.stonewall.org.uk

LONDON LESBIAN & GAY SWITCHBOARD

☎**0300 330 0630** (24 hours)

MEDIA

PRIDE WORLD RADIO

LGBT radio station with local news and info. Available through the Pride World Radio website, the FREE smart phone App and TuneIn Radio. **Twitter:** @Prideworldradio
Facebook: www.facebook.com/prideworldradio **Website:** www.prideworldradio.com

PRIDE RADIO - 89.2FM

Pride Radio FM 89.2. The North East's only dedicated Lesbian, Gay, Bisexual and Transgender (LGBT+) radio station. **Website:** www.prideradio.co.uk

PRIDE MEDIA CENTRE

A media hub for LGBT+ community and allies.
Incorporating Pride Radio, Pride World Radio and other LGBTQ+ organisations.
Unit T1, Stonehills, Shields Road, Pelaw, Gateshead. NE10 0HW.
Website: www.pridemediacentre.co.uk

5. YOUNG LGBTQ+ PEOPLE

This section is for male, female & mixed gender groups & services.

NEWCASTLE

MESMAC YOUNG GAY & BISEXUAL MEN'S SUPPORT

1 to 1 support open to young men from the Newcastle area aged **16 to 25** years who are (or think they may be) gay or bisexual. Contact MESMAC for Info or referral ☎ **0191 233 1333**.

LGBTQ+ Newcastle

Group meet at the George Street Social, 5 till 7.30pm first Tuesday of the month. For 15-21-year olds who identify as LGBTQ+ Kate ☎ **07590 230077**. Also 11-25 support, offering, 1:1 support, family support and activities. ☎ **01325 731160** On **Facebook @lgbtneasthkh**

T AND COFFEE

The Gender Identity Support Service For young people aged 15 to 25 years. Offering one to one support and access to support groups and activities. Meetings every Wednesday 3 till 6pm. Please contact prior to coming along. Debs: **Email: debswalker@trinityyouth.org.uk** ☎ **07415 104559**

UNDER 16s TRANSGENDER GROUP

Fun, safe group meeting in central Newcastle once a month (Saturdays/ school holidays). Suitable for 12 to 16 year olds who identify as Transgender, non-binary or are currently exploring their gender identity. Aim of the group is to enable young people to meet & socialise young people with similar experiences, to make friends and build up confidence and self-esteem, particularly around gender identity.

Email: debswalker@trinityyouth.org.uk ☎ **07415104559**

SUPPORT FOR TRANSGENDER CHILDREN

Support, information and guidance available now for transgender/ gender nonconforming children from 5-14 years and their parents & carers. Call Debs to be put in touch with the Trans children's worker, Emma. **Email: debswalker@trinityyouth.org.uk** ☎ **07415104559**

AKT (ALBERT KENNEDY TRUST)

A service to prevent LGBTQI youth homelessness. Also see Housing Section. George Street Social, 45-51 George Street, Newcastle upon Tyne NE4 7JN. **Email: admin@akt.org.uk** **Website: www.akt.org.uk** ☎ **0191 281 0099**

GATESHEAD/SOUTH TYNESIDE

PLUS GROUP

An LGBTQ+ social/issue based group for anyone 13 to 19 years of age who is lesbian, gay, bisexual, trans or questioning their sexual orientation. Meets every Wednesday in central Gateshead from 5 -7 pm. 12 Gladstone Terrace, Gateshead. NE8 4DY. **Contact: Rhoda** for info ☎ **0191 4777759 / 07960 316145**. **Email: rhodamccc@gmail.com** **Website: www.plusgroupnortheast.com** Facebook: @plusgroupNE

RAINBOW RENEGADES LGBTQI GROUP

A new support group set up by Washington Mind for young people aged 13-25. Tuesday evenings 5-7pm at Washington Mind, The Life House, Grasmere Terrace, Columbia, Washington NE38 7LP. Text **07507 330995**. ☎ **0191 4178043** **Email: ypp@washingtonmind.org.uk**

OURS/US/WE!

An LGBTQ+ arts group for 14-21-year olds who are creative. The Customs House, South Shields on Wednesdays 6-8pm. Opportunity to create music, visual art, writing and performances. For more info **Email:** izzy@customshouse.co.uk
Website: www.customshouse.co.uk/takepart/ours-us-we/

NORTH TYNESIDE**LGBTQ+ YOUTH AT THE BASE**

2 LGBTQ+ groups meet at the BASE, Mondays 4-7pm 10-13 year olds Tuesdays 5-8pm
SO WHAT! 14-18 year olds. Transport available, food and refreshments. Space to get changed – Be Yourself. The BASE is a service for ALL young people. Please contact before attendance, ask for Tom Roy, LGBTQ+ Project Worker ☎**07784225443**
Email: tom.roy@barnardos.org.uk The BASE 26 Esplanade, Whitley Bay, NE26 2AJ.
☎**0191 253 2127. Website:** www.barnardos.org.uk/thebase.htm

COUNTY DURHAM**LGBT HEALTH AND WELL-BEING**

Young people's service aged **15 to 25** who need support with their orientation or gender identity. Provide tailored support to encourage and enable young people to have the confidence to be themselves. Safe spaces provided and peer support groups. Can also provide family support. Also offering services to **11 to 14** year olds. ☎**01325731160**
Email: info@humankindcharity.org.uk **Website:** <https://humankindcharity.org.uk>

TAKE PRIDE

The Detached youth project in Consett is running an LGBT drop in every Wednesday from 6 till 7:30pm for 11 to 19 year olds. The venue is Glenroyd house, Medomsley Road, Consett. Facebook: Consett Detached Youth Project. ☎**01207 501863**

NORTHUMBERLAND**LGBT HEXHAM**

This group is **currently not running**. Please contact Amber Proctor to see if/when it may start again: aproctor1991@live.com Facebook page: www.facebook.com/lgbthexham?fref=ts

UNDER THE ONE ROOF

Under The One Roof Youth social group for LGBT young people from 13-19. Thursdays 6-9pm at the Oval, Roslin Park, Bedlington Station. Warm & friendly environment. Varied activities: film making, street dance, meals out etc. ☎**01670 531843** or **07415104559. Email:** debswalker@trinityyouth.org.uk

TEESSIDE**HART GABLES GROUPS:****BORN 2 BE - HARTLEPOOL**

A group for all LGBTQ+ youth ages 13-19. Every Friday (Excluding Bank Holidays) at the Rossmere Youth Centre, TS25 5EB, 5:30pm – 7:30pm.

BORN 2 BE - STOCKTON

A group for all LGBTQ+ youth ages 11-16. This group is held every Monday 4pm-6pm at the Newtown Community Resource Centre in the Innovation Hub

CLOUD 9/T-TIME - MIDDLESBROUGH

For 18+ LGBTQ+ people. The group is held every Wednesday between 3pm-5pm at the St Mary's Centre, Middlesbrough TS1 2RW

Website: www.hartgables.org.uk ☎ **01642 675509. Email:** info@hartgables.org.uk

OTHER YOUNG PEOPLES SERVICES

SOCIAL CARE & HEALTH (Social Services) Emergency Duty Teams

Darlington **0870 240 2994**, Co. Durham **0845 850 5010**, Gateshead **0191 477 0844**
 Middlesbrough **01642 593 456**, Newcastle **0191 232 8520**, North Tyneside **0191 200 6800**
 Northumberland **0845 600 5252**, South Tyneside **0191 455 6111**, Sunderland **0191 533 1608**
 Hartlepool **0870 240 2994**, Middlesbrough **0870 240 2994**, Redcar and Cleveland
0870 240 2994, Stockton **0870 240 2994**

STREETWISE

Not a gay/lesbian service but open to all young people. This service is very highly regarded amongst young people and workers. Offering information and advice on any issue, sexual health and contraception. A free counselling service is also available including online counselling. Dispensary Lane, Blackfriars, NE1 4XB **Website:** www.streetwisenorth.org.uk
Email: youthwork@streetwisenorth.org.uk ☎**0191 230 5400**.

CHILDREN NORTH EAST

An inclusive service which offers sexual and mental health services to young people. Offers counselling and drop-in services. 4 Graingerville North, West Rd, Newcastle upon Tyne. NE4 6UJ. ☎**0191 2733997**. **Email:** enquiries@children-ne.org.uk
Website: www.children-ne.org.uk/young-peoples-service

YOUTH INFORMATION SERVICE.

The Youth Information Team are based at Connexions, City Library, Fawcett Street, Sunderland. It is not available on a Monday and does not open until 1pm the other days. ☎**0191 567 0410** **Email:** jean.phillips@sunderland.gov.uk

TEENAGE KICKS

Teenage Kicks is a community-based outreach team who work with issues around sex & relationships. The team is made up of specialist workers who deliver small group work sessions to children and young people in Newcastle upon Tyne. ☎**0191 2292913**
Email:jessica.burns2@nuth.nhs.uk, lisa.pringle@nuth.nhs.uk, helen.hindhaugh@nuth.nhs.uk

16+ TEAM

16+ Team (formerly Leaving Care Team). This name reflects the range of young people aged 16 and above who receive services from Children's Social Care. These include care leavers, unaccompanied asylum seeking young people and vulnerable young people. Anderson House, Market Street (East), ☎**0191 278 2700**.

SCARPA (Safeguarding Children at Risk - Prevention & Action)

SCARPA provides targeted youth support to young people who go missing or are at risk of sexual exploitation. Provincial House, 150 Northumberland Street, Newcastle upon Tyne, NE1 7DQ **Website:** www.childrenssociety.org.uk/what-we-do/helping-children/our-programmes/children-risk-streets/scarpa ☎**0191 221 0836**. **Email:** sca@childsoc.org.uk

PAPYRUS

Confidential young suicide prevention advice. HOPELineUK ☎**08000 68 4141**, Mon-Fri 10:00 am to 10:00 pm, Weekends 2:00 pm to 10:00 pm.
Email: admin@papyrus-uk.org **Website:** www.papyrus-uk.org

CHILDLINE

Free counselling service for children and young people. ☎**0800 1111**
Website: www.childline.org.uk

RUNAWAY HELPLINE

Specialised support to missing children and adults as well as providing practical and emotional support for friends and family. The free, confidential helpline is available 24 hours a day by phone or text ☎️ **116000** Website: www.runawayhelpline.org.uk

UNIVERSITY/COLLEGE LGBT SOCIETIES

Please note these details change quite often with student turnover.

NEWCASTLE UNIVERSITY LESBIAN, GAY, & BISEXUAL SOCIETY

1st Floor, Students' Union. ☎️ **0191 239 3936** for students union or ☎️ **0191 239 3918** for LGB officer direct or write: LGB Society, Union Building, Newcastle University, Kings Walk, Newcastle. Email LGB.Union@NCL.ac.uk

UNIVERSITY OF NORTHUMBRIA. Thursdays 7.30 during term in the 'Annexe' (Students' Union). Open to non-students. Offers social events, speakers, support, trips out. Confidentiality assured. Equal opportunities Officer, Northumbria Students Union, 2 Sandyford Road, Newcastle, NE1 8SB. ☎️ **0191 227 3737**

NEWCASTLE COLLEGE LGBT SOCIETY

LGBT Officers c/o Students' Union on ☎️ **0191 200 4527**

NORTHUMBERLAND COLLEGE

Northumberland College now has a LGBT group that meets every Wednesday afternoon for socialising & support. Run in conjunction with Trinity and Changemakers.
☎️ Debs Walker **01670 531843** (office) **07415 104559** (work mob) **07790823040** (LGBT service mobile) Website: www.tyarainbow.org.uk

SOUTH TYNESIDE COLLEGE LGBT GROUP

Contact by Email: lgbt@stc.ac.uk

SUNDERLAND UNIVERSITY LESBIAN, GAY & BISEXUAL SOCIETY

Students Union ☎️ **0191 514 5512** ask for LGB officer
Equal Ops LGB Officer, USSU, Wear mouth Hall, Chester Road, Sunderland. SR1 3SD
Email: su.lgb-officer@sunderland.ac.uk

6. TRANS & GENDER VARIANCE SUPPORT

This section is for trans people only, mixed gender groups are in appropriate sections.

REGIONAL

NORTHERN REGION GENDER DYSPHORIA SERVICE (NHS)

Works with people with gender identity issues whether its people with desire to gender transition or people with concerns about their own gender identity. One-to-one work, couple work and group support is available. A referral from a GP or local Psychiatrist is required. Benfield House, Walkergate Park, Benfield Road, Newcastle upon Tyne. NE6 4QD
Opening Time: 9.00-17.00 ☎️ **0191 287 6130** or **0191 2876131**
Email: Dawn.tiernan@ntw.nhs.uk Email ady.davis@ntw.nhs.uk for more information.

GENDER IDENTITY SUPPORT SERVICE

Offering a comprehensive support service in the North East for people aged between 15 and 25. The team has many years experience working with individuals and their families, and can offer a range of support options, from one to one sessions and peer group support meetings to social outings and workshops. They will always aim to provide support and information tailored to your needs. Whether you are worried about coming out to your family, are worried about your legal, employment or education rights or medical treatment or you are just unsure about how you feel about your gender: the team are here to help. There is no right or wrong way to be yourself. Please get in touch if you would like advice and support or just want to meet other young people with similar experiences. **T & COFFEE** Group:

T AND COFFEE

The Gender Identity Support Service For young people aged 15 to 25 years. Offering one to one support and access to support groups and activities. Meets every Wednesday 3 till 6pm. Please contact prior for details:
Debs: ☎️ **07415 104 559** Email: debswalker@trinityyouth.org.uk

UNDER 16s TRANSGENDER GROUP

Fun, safe group meeting in central Newcastle once a month (Saturdays/ school holidays). Suitable for 12 to 16 year olds who identify as Transgender, non-binary or are currently exploring their gender identity. Aim of the group is to enable young people to meet & socialise young people with similar experiences, to make friends and build up confidence and self-esteem, particularly around gender identity. Email: debswalker@trinityyouth.org.uk
☎️ **07415104559**

SUPPORT FOR TRANSGENDER CHILDREN

Support, information and guidance available now for transgender/ gender nonconforming children from 5-14 years and their parents & carers. Call Debs to be put in touch with the Trans children's worker, Emma. Email: debswalker@trinityyouth.org.uk ☎️ **07415104559**

BE

Be: Trans Support & Development North is a Trans community support, development and campaigning organisation operating across the North of England. Offering a confidential 121 bespoke holistic support, advice and advocacy services to all gender diverse individuals and their families. They facilitate a variety of peer groups and social events, promote trans community cohesion, bring like minded people together in a safe and positive environment where they can benefit from interacting with each other. Provide Trans guidance, advice and awareness training to public, private and 3rd sector organisations.

BE also run a monthly social event open to all Trans and Gender Diverse Individuals and their Family, Friends and Allies as well as other groups (check the website for details).
Email: info@be-north.org.uk or gemma@be-north.org.uk Website: <http://be-north.org.uk>

TRANS AWARE

Trans Aware is a registered charity that supports gender variant people in the Teesside area and support remotely around the UK. Trans Aware run a group each Wednesday 5-8pm in the Arc, Stockton on Tees and offer a monitored online peer support group.

Contact Ellie Lowther ☎️ **07484190950** Facebook: www.facebook.com/transaware.training

NORTHUMBERLAND**NORTHUMBERLAND TRANSGENDER WELLBEING PARTNERSHIP**

A support/social group for adult Trans people. Meets every Tuesday evening from 6-8pm. Currently at Cygnus, 1 Council Road, Ashington. The group provides a welcoming, safe space with organised activities (discussions, films, trips) and access to counselling through Cygnus. For more information contact:

Lucy Greensmith ☎️ **01670 853977**. Email: LucyGreensmith@cygnussupport.com OR

Debs Hickling-Walker ☎️ **07415104559**. Email: debswalker@trinityyouth.org.uk

BLYTH TRANS

A trans support and meet up group based in Blyth, open to all who are trans, non-binary and questioning. Takes place every Friday at 9.30am - 11am at the Braidale House, Braidale Road, Blyth. NE24 5AN. ☎️ **07989199216**. Website: www.blythtrans.co.uk

Email: sophie@blythtrans.co.uk

NORTH TYNESIDE**NORTH TYNESIDE TRANS GROUP**

A place where people can meet 'like minded' people and discuss 'whatever's on your mind' £2 including refreshments, Find out what's going on in your area. Meet at Age UK North Tyneside's Care Academy Centre, Park Road Whitley Bay,

☎️ **0191 2808484** for info.

Email: emily.rudd@ageuknorthtyneside.org.uk

COUNTY DURHAM**T- BIRDS CLUB - TLS (The Local Spa)**

Hotel/Spa – Trans night with dressing room – mention heard from MESMAC when calling as they are very security conscious. High Street, Stanley, County Durham. DH9 0DQ

☎️ **07727601833** Hotel Number: **01207 281765**. Email: tbirdsclub@hotmail.co.uk

HUMANKIND (formerly DISC)

Service supporting children and young people of Trans Parents /Carers

Supporting children and young people whose parents/carers are going through transition

Mark Blyth Senior Family Worker ☎️ **01325731160** or Mobile **07825362463**

Email: gendersupport@humankindcharity.org.uk Website: <https://humankindcharity.org.uk>

NATIONAL

BEAUMONT SOCIETY. Gives details of country-wide groups. A national organisation offering support, counselling, & social activities for TV's. 27 Old Gloucester Street, London WC1N 3XX ☎️ **01582 412220**. Website: www.beaumontsociety.org.uk

GENDER TRUST

A service for adults throughout the United Kingdom who are Transsexual, Gender Dysphoric, Transgender or those whose lives are affected by gender identity issues.

Email: info@gendertrust.org.uk Website: www.gendertrust.org.uk

PRESS FOR CHANGE. Political lobbying and educational organisation, which campaigns to achieve equal civil rights and liberties for all transsexual and transgendered people in the United Kingdom, through legislation and social change. **Website:** www.pfc.org.uk

MERMAIDS. Support groups for children and teenagers with gender identity issues.
☎ **0808 801 0400** - 12 noon until 9pm **Website:** www.mermaidsuk.org.uk

TAVISTOCK AND PORTMAN. A service specifically for young people (under 18) with gender identity issues that covers the UK. Offers help and support also to families who are experiencing difficulties in the development of their child's gender identity. This specialist NHS service is staffed by a multi-disciplinary group with contributions from child and adolescent psychiatry, psychology, social work, psychotherapy and paediatrics.
Website: www.gids.nhs.uk ☎ **020 8938 2030/1** **Email:** gids@tavi-port.nhs.uk

GIRES (Gender Identity Research and Education Society)

GIRES' primary mission is to improve the circumstances in which trans people live, by changing the way that society treats them. It develops good practice guidelines, education programmes and literature, all specially tailored for each of the groups that it aims to influence. More details about the work of the society can be found on their website.

Melverley. The Warren, Ashted, Surrey. KT21 2SP.

☎ **01372 801554** **Email:** info@gires.org.uk **Website:** www.gires.org.uk

MINDLINE TRANS

A UK wide service offering a confidential, non-judgemental listening space for people who identify as Trans+, non-binary and their friends and families to talk and offer support.

Signposting and information also offered. ☎ **0300 330 5468** **Website:** www.bristolmind.org.uk
Email: mindline@bristolmind.org.uk

7. HIV SERVICES (Not exclusively lesbian or gay)

NEWCASTLE

MESMAC NEWCASTLE

FREE confidential HIV testing by appointment Monday-Friday, also available by post. Postal STI DIY test kits supplied by New Croft. Advice & info on HIV. Call ☎0191 233 1333. Email: all@mesmacnewcastle.com Website: www.mesmacnewcastle.com

SHINE

Offering free, confidential support and advice to women related to their sexual health & HIV. FREE confidential HIV and STI test service (STI kits supplied by New Croft), also offered by post. Email: shine@newcastle.gov.uk ☎0191 277 2050 Website: www.shinewomen.co.uk

FREE POSTAL HIV KIT

SR:24 Self-sampling HIV test kits are available to anyone living in England. Start your order at the website to see if you are eligible: <https://freetesting.hiv/>

BLUE SKY TRUST

Confidential service providing one to one and peer support to men, women and children affected by HIV in the North East. The Castlegate, Melbourne Street, Newcastle Upon Tyne NE1 2JQ ☎0798 915 5175. Email: info@blueskytrust.org Website: www.blueskytrust.org/

PATIENT PARTICIPATION TEAM

A group of HIV positive people offering the opportunity to talk privately with another positive person about living with HIV. Confidential and non-judgmental, 1-2-1 support, regular social events and meetings. Appointment can be made through sexual health services or: ☎ 07855 375 773 1-2-1 support ☎ 07854 807 220 Email: ppt.newcastle@gmail.com Website: <http://pptnewcastle.co.uk>

THRIVE

The THRIVE social group for HIV positive people, friends and family meets at the Tyneside Cinema. For information contact James on: jointhrivene@gmail.com

STAY - HOUSING SUPPORT DROP IN FOR HIV+ PEOPLE.

Places for People offer monthly drop-in sessions for HIV+ people. Housing advice/practical support with applications, queries and phone calls, One to One support and sign posting as required. For info call Vicky on: ☎07801400199. Website: www.placesforpeople.co.uk

WELFARE RIGHTS OFFICER, HIV SPECIALIST – REGIONAL

Offering full benefits screening, advice, advocacy and representation in all benefit issues. Advice and support in disclosure, discrimination, work and housing issues. Multi-disciplinary team member liaising with all other services offering a holistic service and signposting/referral when necessary. Call **Christine Stewart** ☎0191 282 3873

NEWCASTLE ADULT SOCIAL CARE

Specialist HIV Social Worker **Melanie Smith** (☎0191 282 4732) and a Social Care Assessment Officer providing support to people living in Newcastle who are infected and/or affected by an HIV diagnosis and attend RVI or New Croft House for health care. The Team provide an assessment of needs, provision of practical advice and support, referral to other agencies regarding housing, leisure, education, employment, migration, health and treatment issues. Emotional support and counselling for relationship, family and health concerns. Liaison with and referral to health psychology and other specialist services as required ☎0191 282 5329.

REGIONAL SPECIALIST HIV SOCIAL WORKERS

DURHAM COUNTY COUNCIL

Specialist HIV senior social worker **Vanessa Ord** can be accessed on ☎**03000263** or mobile ☎**07786027063**. A person has the option of self-referral and therefore need not disclose their condition to Durham County Council contact centre. The specialist social worker works county wide and therefore it does not matter which hospital you attend around the region, as long as your post code is within County Durham the social worker can assist with giving information and or assessing care and support needs. The best days to contact are Monday and Tuesday as the social worker role is part time.

MIDDLESBROUGH, DARLINGTON, HARTLEPOOL & STOCKTON

All of these are areas covered by Specialist Social Worker **Sharon McGurk** and Social Care Worker **Lisa Beck**. ☎**01642 835988** ☎**07827357153**. They will also work with any service user, from any area, providing they attend the clinic at the James Cook university hospital in Middlesbrough.

NORTHUMBERLAND David Minto ☎01670 536400.

For any other regional authority please ring your local social services department for advice.

SUNDERLAND Amanda Copeland, Email: amanda.copeland@sunderland.gov.uk

☎**0191 5699038**

TEESSIDE

INFECTIOUS DISEASES UNIT

Middlesbrough General Hospital. James Cook University Hospital Jane Gibson Clinical Nurse Specialist: HIV testing & support ☎**01642 854462**

THT TEESSIDE

Terrence Higgins Trust Teesside offers HIV & STI sexual health information advice and guidance, HIV testing and STI screening in the community Email: info.teesside@ttht.org.uk

REGIONAL

PHILIP PARKINSON HOMECARE

Philip Parkinson Homecare offer specialist HIV positive homecare across the region. Suite 12 Quay Level, St Peters Wharf, Newcastle upon Tyne. NE6 1TZ.
☎**0845 370 1230** Website: www.pphcare.co.uk

EYES OPEN

A regional steering group who raise awareness of HIV and support World Aids

Website: www.eyesopenart.org Facebook: www.facebook.com/eyesopenuk

Twitter: @EyesOpenHIV Instagram: @eyesopenuk

NATIONAL

SEXUAL HEALTH LINE ☎0300 123 7123

Free helpline, open 9am-8pm Monday – Friday and 11am - 4pm Saturday and Sunday.

THT (TERENCE HIGGINS TRUST) THT Direct ☎0808 802 1221 or switchboard

☎**020 7812 1600** Website: www.ttht.org.uk

GMFA (GAY MEN FIGHTING AIDS) ☎0207 738 6872

8. SEXUAL HEALTH AND HIV SERVICES

All Sexual Health Clinics open at various times during the week and for most services you require an appointment. Please phone your local clinic for further information.

NEWCASTLE

INTEGRATED SEXUAL HEALTH SERVICES

New Croft House, Market Street East NE1 6ND.

Appointments for contraception and sexual health services are available Monday to Friday.

Walk-in sessions for STI testing and GUM services are available on:

Monday – Friday 9am to 12.30pm.

Appointments for STI testing and GUM services are available on:

Monday – Friday 9am – 7pm

A drop in service for young people is available on Wednesday evenings, 4.30 - 6.30pm and Saturdays 10am to 12 midday.

The clinic is for young people aged 13 -19, run by nurses and youth workers from Teenage Kicks and also has its own separate waiting area. Attend the clinic on your own or with a parent, guardian or a friend for support.

☎ **0191 229 2999**. Website: www.newcastlesexualhealth.com

DEPARTMENT OF INFECTION & TROPICAL MEDICINE

Ward 19, Floor 6, New Victoria Wing, Newcastle RVI. Clinic times Monday – Friday 8am-1pm then 2pm -5pm (appointments only) ☎ **0191 282 31 06**.

Also Allan Harrison HIV clinical nurse specialist ☎ **0191 2829334**.

MESMAC NEWCASTLE

Free **HIV testing**, Mon – Friday by appointment, HIV & STI DIY tests also by post.

Call ☎ **0191 233 1333** to make an appointment or for more info. Also offering support from the HIV Worker. Website: www.mesmacnewcastle.com

GATESHEAD

GATESHEAD SEXUAL HEALTH SERVICES

Sexual Health Service, Trinity Square, West Street, Gateshead. NE8 1AD

Opening times:

Monday 8.45am – 4pm DROP IN. 4.30 - 7.15pm Appointments.

Tuesday 8.54am – 12.30pm Appointments. 1 - 7.15pm DROP IN.

Wednesday 10am – 12.30pm Appointments. 1-4pm DROP IN. 4 - 7.15pm Appointments.

Thursday 8.45am – 3.30pm DROP IN. 4 - 7.15pm Appointments.

Friday 8.45am – 12.30pm DROP IN. 1 - 6.30pm Appointments.

The clinic operates a walk in service, no appointment is necessary.

Appointments clinics are available and can be booked online or via the telephone.

☎ **0191 2831577** Website: www.gatesheadsexualhealth.co.uk

NORTH TYNESIDE

ONE TO ONE CENTRE INTEGRATED CONTRACEPTION AND SEXUAL HEALTH

SERVICE Queue and wait sessions and appointments available. New patients please attend one hour before closing. Opening times:

Monday – Wednesday 9am – 7.30pm.

Thursday 9am – 7.30pm

Friday 9am – 7.30pm

Saturday Call for times.

Brenkley Avenue (5 minutes from Shiremoor Metro) Shiremoor. NE27 0PR.

☎ **0191 2970441**. Website: www.northumbria.nhs.uk/sexualhealth

NORTH TYNESIDE GENERAL HOSPITAL – EMERGENCY CONTRACEPTION
For emergency contraception call the out of hours service ☎0191 293 2568

SOUTH TYNESIDE

PALMERS COMMUNITY HOSPITAL

Wear Street, Jarrow. NE32 3UX. Opening times:

Monday 9am – 12.10pm - drop in, 1pm - 7pm – appointments
Tuesday 9am – 12.30pm - appointments, 2pm –7pm – drop in.
Wednesday 9am – 12.10pm/4.30pm - 7pm appointments, 1pm – 4pm – drop in.
Thursday 9am – 12.10pm -drop in, 1pm – 4.15pm – appointments.
Friday 9am – 4.30pm drop in.
Saturday 9am – 11.30am appointments.

Appointments ☎0191 4028191 Web: www.southtynesidesexualhealth.nhs.uk

SUNDERLAND

SEXUAL HEALTH CLINIC (Sunderland Royal Hospital)

Sunderland Royal Hospital, Kayll Rd. Opening times:

Monday 8.45am -12pm Drop in, 1.30pm - 3.30pm, 4.30pm-7.20pm Appoints.
Tuesday 8.45am -12pm Drop in, 1.30pm - 4pm Drop in.
Wednesday 1.30pm - 3pm Drop in, 4.30pm - 7.20pm appointments.
Thursday 8.45am -12pm Drop in, 1.00pm - 4.15pm appointments.
Friday 1.30am - 4pm appointments.

☎0191 569 9021 or 0191 569 9022

NORTHUMBERLAND

MORPETH CLINIC

One to One Centre. Gas House Lane, Morpeth, NE61 1SR.

Opening times:

Monday to Friday: 9am to 7.30pm

Saturday: Call for times.

Last consultations are 45 minutes prior to closure.

☎01670 51 51 51

SEXUAL HEALTH & HIV CLINCS

Northumberland Contraceptive & Sexual Health Services.

Appointments are available across the county Monday to Friday 9.00am-7.30pm (exact time depends on location), clinics in: Berwick, Cramlington, Blyth, Hexham & Ashington

APPOINTMENTS & ADVICE

To make an appointment and to locate your nearest Northumberland service, please call:

☎ 01670 515151

COUNTY DURHAM

DURHAM

University Hospital of North Durham, North Road, Durham DH1 5TW. Opening times:

Monday 9am – 3.30pm (Q and wait) 9am to 11.30am (Appointments)
Tuesday 10am – 1pm (Appointments)
Wednesday 9am to 11.30am (Q and wait) & 2pm – 5pm (Appointments)
Thursday 10.30am to 1.30pm (Appointments) 3pm to 6pm (Appointments)
Friday 9am – 12 noon (Appointments)

☎ Appointments – 0191 333 2660/1. Advice – 0191 333 2927

DARLINGTON

Sexual Health Dept, Darlington Memorial Hospital, Hollyhurst Road. DL3 6HX

Opening times:

Monday 10am to 4pm (Q and wait)
 Tuesday 9am to 12pm & 1.30pm to 4pm (Appointments)
 Wednesday 9am to 12pm (Appointments)
 Thursday 11am to 5.30pm (Q and wait) 5pm to 6.30pm (Appointments)
 Friday 9am to 12pm (Appointments)

Appointments necessary. ☎01325 743203

BISHOP AUCKLAND

Bishop Auckland General Hospital. Escomb Annexe, Escomb Road, Bishop Auckland

Monday's 8.30am to 11am (Q and wait) & 2pm to 5pm (Appointments)
 Tuesday 2.45pm to 5.45pm (Appointments)
 Wednesday 8.30am to 11.30am (Appointments)
 Thursday 8.30am to 11.30am (Appointments)
 Friday 8.30am to 11.30am (Appointments)

Appointments ☎01388 455 700. Advice 01388 455 558

TEESSIDE**MIDDLESBROUGH**

James Cook University Hospital. Marton Road, Middlesbrough. TS3 4BW

Centre for Clinical Infection ☎01642 854389.

Direct dial telephone numbers for **REACTIVE TESTS** only:-

Jane Gibson 01642 854340 / 89 (mobile 07780613118 Private do not give out)

If Jane isn't available the following staff will pass details onto a consultant:

Jane / Brendan ☎01642 854462

Tracey / David ☎01642 854835

Donna / Richard ☎01642 835677

TEESSIDE SEXUAL HEALTH SERVICES

Sexual Health Services (GUM) in Teesside are contactable by 1 telephone number for the services ☎0300 330 1122 this operates as a central booking line for appointments and to signpost clients to the following clinics:

MIDDLESBROUGH

Live Well Centre, Dundas Shopping Centre & Indoor Market, Dundas Street, Middlesbrough TS1 1HR ☎0300 330 1122

REDCAR

Redcar & Cleveland leisure & Community Heart, Redcar TS10 1TD

☎0300 330 1122

HARTLEPOOL

One Life, Park Road, Hartlepool. TS24 7PW

Various sexual health, GUM and CASH services available, call for information.

☎0300 330 1122

STOCKTON

Lawson Street Health Centre. Lawson Street, Stockton on Tees. TS18 1HU

Various sexual health, GUM and CASH services available, call for information.

☎0300 330 1122

9. LEGAL ADVICE & POLICE LIAISON OFFICERS

NEWCASTLE & WEARSIDE

NEWCASTLE LAW CENTRE

Newcastle Law Centre is a registered charity established in 1978 to provide free legal advice and representation to people that are on low incomes, income support or facing discrimination. MEA House, Ellison Place, Newcastle upon Tyne. NE1 8XS ☎0191 230 4777
Email: info@newcastlelawcentre.co.uk **Website:** www.newcastlelawcentre.co.uk

DAVID GREY SOLICITORS Deals with crime, family, immigration, mental health and civil work including personal injury & actions against the Police and also deals with conveyancing. Legal Aid ☎0191 232 9547 **Website:** www.davidgray.co.uk

BEN, HOARE, BELL & CO Newcastle: ☎0191 224 6789 mental health, welfare and family and other various legal work. Wearside: ☎0191 565 3112 Various legal work but not conveyancing or wills. Jeff Dean's direct number is ☎0191 514 8370.
www.benhoarebell.com

BROWELL, SMITH & CO. ☎0800 107 3000 or 0191 221 1611 (regional offices)
Website: www.browells.co.uk occupational matters, immigration, wills, personal injury, welfare, conveyancing, mortgages, family, employment and clinical negligence.

EMMERSONS SOLICITORS Newcastle: 145 High Street, Gosforth, NE3 1HA
 ☎0191 284 6989 **Email:** gosforth@emmersons-solicitors.co.uk
 Sunderland: 52 John Street, SR1 1QN. Emerson's have a prison law department and have been helping gay prisoners. They are the only firm in Sunderland able to undertake prison law work. **Email:** amrobinson@emmersons-solicitors.co.uk ☎0191 567 6667
Website: www.emmersons-solcitors.co.uk

MUCKLE COMERCIAL LAW FIRM Time Central, 32 Gallowgate, Newcastle upon Tyne. NE1 4BF ☎0191 211 7777 **Website:** www.muckle-llp.com

HALLIDAY REEVES LAW FIRM PO Box 481, Gateshead, NE8 9DW. One of the largest legal aid providers offering legal advice in relation to asylum, human rights and family law. ☎0844 811 2147 or 0191 477 7728 **Email:** enquiries@hallidayreeves.com
Website: www.hallidayreeves.com

GIBSON & CO SOLICITORS Newcastle office address:77-87 West Road, Newcastle upon Tyne NE15 6PR ☎0191 273 3817. Hexham office address: 27 Priestpopple, Hexham NE46 1PB ☎01434 602 131 **Email:** ccs@gibsons-law.com **Website:** www.gibsons-law.com

TEESSIDE

Stephen Bosomworth at Newby's ☎01642 673733 No criminal work but most other areas such as wills, civil partnerships, employment etc

Clare Bailey at Punch Robson Solicitors ☎01642 353717

Paul J watson Solicitor Call: 01642293427 **Website:** www.pauljwatson.com/

OTHER

CITIZENS ADVICE BUREAUX

Ashington ☎01670 818 360 Durham ☎0191 384 2638 Gateshead ☎0191 478 5100
 Newcastle ☎08444994717. Sunderland ☎0191 416 6848 Darlington☎ 01325 256 999
 Information and advice on a wide range of issues including welfare benefits, housing and legal rights, debt, tax and consumer advice. **Website:** www.citizensadvice.org.uk

VICTIM CASEWORKER NORTHUMBRIA

Working with victims who need advocacy with multiple agencies or complex advocacy support with a single agency. Helping victims to gain access to and secure services from public sector and voluntary providers. Task orientated advocacy work **Kayleigh Russell**, Victim Support. 1 Archbold Terrace, Jesmond, Newcastle-Upon-Tyne. NE2 1DB
 ☎ **0191 2813791 ext 308** mobile: **07908958358** kayleigh.russell@victimsupport.org.uk

VICTIM CASEWORKER SUPPORTER

Contact Victim Care Unit ☎ **0845 277 0977**

LGBT MORTGAGES

A comprehensive consumer guide to real estate "LGBT mortgages". Helps to explain the different approaches that same-sex couples can take in getting a mortgage, establishing ownership of a home and other legal issues. **Website:** www.mortgageloan.com/lgbt/

POLICE LIASION OFFICERS (LGBT)

LGBT Police Liaison officers move areas quite often, if the officer is no longer available please ask for a community officer that covers your area. ☎ **0191 214 6555 (or ☎101)** give the name and location of the officer you want to speak to, to the contact handler.

NEWCASTLE

PC 995 Ross Turner	101 x 64242	City Centre
PC 8434 Dickinson	PC 3116 Tapping	PC 8582 Hunter
<i>Sgt 1907 Barr (LGB&T Officers Co-ordinator)</i>		
<i>PC 3827 Turnbull (Lead on LGB&T Engagement)</i>		

GATESHEAD

PC 2921 Jackson
 PC 3697 Carlin
 PC 62 Metcalf-Megginson
 PC 3013 O'Neil

NORTH TYNESIDE

PC 8659 Pallace
 PC 2244 Grant
 PC 3750 Rogerson
 PC 887 Goonan

NORTHUMBERLAND

PC 8012 Wilson
 PC 1620 Jameson
 PC 515 Heath
 PC 2785 Pattison
 A/Sgt 1220 Nicklin

SOUTH TYNESIDE

PC 1264 Seymour
 PC 957 Oley
 PC 8088 Stott
 PC 2194 Timion
 PC 8699 Hayhoe

SUNDERLAND

Sgt 8415 Victoria Ford-Stubbs	101 ext 66348	Southwick
PC 2940 Gemma Calvert	101 ext 66870	Gillbridge Police Station
PC 1765 Thomas	101 Ext 66055	Gillbridge Police Station
PC 2375 Welsh	101 Ext 66942	Farrington Police Station
PC 8595 Munro	101 Ext 66551	Houghton Police Station
PC 8287 Hall		

10. DOMESTIC ABUSE, RAPE, ASSAULT AND SEXUAL ASSAULT SERVICES

If the caller needs immediate help the most important thing to do is to let them know that you believe what has happened to them. It's fine to say that you are not equipped to counsel them but that you will listen to them now and will give them details about appropriate services. It's always important to check their immediate safety.

SAMARITANS

Outside of project opening hours call Samaritans at any time on: ☎08457 909090

NEWCASTLE

NEWCASTLE INTEGRATED DOMESTIC ABUSE SERVICE (NIDAS)

Newcastle Integrated Domestic Abuse Service (NIDAS) is a new service for victims of domestic abuse. NIDAS provides emergency accommodation for up to 14 families, IDVA service and outreach support. There are also domestic abuse independent living workers for the new outreach service. The service can also support men to access safe accommodation. To make a referral to NIDAS you can contact the helpline on: ☎0191 214 6501

Email: Nidas.Team@thirteengroup.co.uk Website: www.newcastleidas.co.uk

REACH SARC (Sexual Assault Referral Centre)

Offering people the opportunity to undergo a non police forensic examinations (this is not the same as a sexual health check). The service can be provided at a date and time suitable to the client. However, out of hours, or if there is no answer, people are encouraged to leave a message which will be responded to or alternatively send an email.

REACH SARC staff can advise on options available. The service also offers face to face counselling and support to men and women (aged 16+) living in Tyne and Wear or Northumberland, who have been raped or sexually assaulted. There are two centres, The Rhona Cross Centre in Newcastle and the Ellis Fraser Centre in Sunderland. The service offers the opportunity to have an informal conversation with a police officer, the purpose of which is to help a person decide if they wish to make a formal report to the Police or not.

☎0191 221 9222 Email: reach@northumbria.pnn.police.uk Website: www.reachsarc.org.uk

Newcastle SARC and Sunderland SARC. ☎0333 344 8283

Email: sarc.admin@sarc-support.cjsm.net

VICTIMS FIRST

Victims First Northumbria is an independent and free victim referral service. Ensuring victims of crime, whether referred by police, by another agency or referring themselves, are contacted by a co-ordinator who will give them help and support to cope and recover.

Website: www.victimsfirstnorthumbria.org.uk ☎0800 011 3116

NEWCASTLE WOMEN'S AID (Domestic Abuse Services)

Newcastle Women's Aid has over 40 years' experience of providing specialist support services to women and girls affected by domestic abuse. Services include, a confidential service, specialist domestic abuse floating support service (DAFS), Group programs including: the recovery toolkit & the freedom programme.

☎0800 923 2622 Mon-Fri 9am – 4.30pm Website: www.newcastlewomensaid.org.uk

RAPE CRISIS TYNESIDE AND NORTHUMBERLAND – For women & girls only.

Helpline available Tuesday, Wednesday, Thursday 6pm-8:30pm and Friday 11am-2pm.

☎0191 222 0272 Email: enquiries@rctn.org.uk Website: www.rctn.org.uk

TEESSIDE

ARCH NORTH EAST

Service for adult survivors of rape or sexual abuse, and their partners and family. One to one counselling available. 22 Holylake Road, Saltersgill, Middlesbrough, TS4 3JL. Help-line daily 8:30-4:00 ☎️ **01642 822331** 24hr answerphone outside helpline times.

Website: www.archnortheast.org

HELEN BRITTON HOUSE

Sexual assault referral centre providing a service to survivors of sexual assault & rape. 13 Trinity Mews, North Ormsby Health Village, North Ormsby, Middlesbrough. TS3 6AL Open Mon-Fri 9am-5pm, provides services for men & women including counselling, emotional support and accessing sexual health screening. ☎️ **01642 516888**

SEXUAL VIOLENCE HELPLINE

Open office hours and Monday & Wednesday evenings 4-7pm ☎️ **01642 835079**

NORTHUMBERLAND

NORTHUMBERLAND DOMESTIC ABUSE SERVICE (formerly 608030)

Northumberland Domestic Abuse Services (NDAS) is a registered charity that provides comprehensive support to those experiencing or affected by domestic/intimate partner violence and/or abuse. NDAS supports all women and men, including trans women and men, with the aim to protect and empower all service users by providing flexible and professional support throughout Northumberland.

NDAS also support gay and bisexual men. NDAS employs a team of women and girls workers, who can support lesbians, bisexual and trans-women who are experiencing or affected by domestic/intimate partner violence or abuse. Support can include; advice about domestic/intimate partner violence and/or abuse and the law, how to apply for housing, signposting for welfare rights advice, as well as practical support like making a safety plan or going to court. NDAS provides specialist services for people affected by or experiencing stalking and harassment and for young people aged 16-25. NDAS is currently setting up a service for children and young people (from the womb 0 – 16).

☎️ **01434 608030** Email: admin@nda.services Website: www.nda.services

CYGNUS SUPPORT (formerly WHAC)

Cygnus Support is a registered charity and is supported by a number of funding partners to provide high quality services that are predominantly free to the service user. They provide women, men and young people (age 14+) in Northumberland with high quality counselling, personal development, education and information on issues contributing to their general health and wellbeing. Cygnus Support offer a range of services both independently and in partnership with other organisations. These include: Domestic & Sexual Violence Support Service: A specialist service to support victims of domestic and sexual violence. 1 Council Road, Ashington, Northumberland. NE63 8RZ. Website: www.cygnussupport.com ☎️ **01670 853977**

GRACE - NORTHUMBERLAND RAPE CRISIS

A free and confidential service for women in Northumberland aged 16 or over who have experienced adult rape / sexual assault or childhood sexual abuse.

Helpline available Tuesday, Wednesday, Thursday 6pm-8:30pm and Friday 11am-2pm.

☎️ **0800 035 2794** Email: emailsupport@rctn.org.uk Website: www.gracenrc.org.uk

COUNTY DURHAM

WEAR VALLEY WOMEN'S AID

Providing support and advice for all women including lesbian and bisexual women, services include accommodation and outreach. Refuge at Bishop Auckland. Louise Brown case worker ☎01388 600094. Email: bishref_2003@yahoo.co.uk Website: www.wvwa.co.uk

DDASS - DERWENTSIDE DOMESTIC ABUSE SUPPORT SERVICE

Offers same sex domestic abuse support in the Durham area. They have specialist workers and are part of the LGBT Forum. Email: enquiries@ddaservices.org ☎0191 3782300

SOUTH TYNESIDE

SOUTH TYNESIDE WOMEN'S AID

In partnership with Places For People, Working together to end domestic abuse. Providing support, advice and temporary accommodation to women, with or without children who are at risk from domestic abuse. PO Box 29 South Shields NE33 1DL ☎0191 4548257

REGIONAL

SOMEONE CARES

A confidential counselling service for survivors of physical, emotional and sexual abuse. A not-for-profit organisation working throughout the North East of England. Friendly counsellors who will always put client needs first. Counselling with Someone Cares is free of charge.

☎0191 2578094 Email: enquiries@someonecares.org.uk

Website: www.someonecares.org.uk

PUBLIC PROTECTION UNIT

Victim support domestic violence workers working in partnership with Northumbria Police at Etal Lane police station. ☎101 ext 45170

NATIONAL

GALOP - NATIONAL LGBT DOMESTIC ABUSE HELPLINE

Helpline for LGBT+ people experiencing domestic abuse. ☎0800 999 5428 Mon - Wed 10am-5pm, Thur 10am-8pm, Fri 1-5pm, Sun 12-4pm. Tuesday 1-5pm trans specific.

Website: www.galop.org.uk Email: advice@galop.org.uk

NATIONAL DOMESTIC VIOLENCE. Freephone Helpline (24hrs) ☎0808 2000 247

THE NATIONAL ASSOCIATION FOR PEOPLE ABUSED IN CHILDHOOD

NAPAC Support Team are trained volunteers who will assist callers in any way they can. NAPAC does not offer counselling or on-going support but they are there to listen, validate and do whatever is most helpful to the caller, whether that be a listening ear or searching our database to give the relevant information on any local sources of help. ☎0808 801 0331

Website: <http://napac.org.uk>

THE MENS ADVICE LINE. Provides a range of services aimed primarily at men experiencing Domestic Abuse from their partner. ☎0808 801 0327 Website: www.mensadviceline.org.uk

THE MANKIND INITIATIVE. Supports male victims of Domestic Violence, though they help all callers regardless of sex, race or sexual orientation. There is also a referral system for single men or men with children fleeing from Domestic Violence and needing a safe refuge.

☎01823 334244. Website: www.mankind.org.uk

SAFELIVES

A national charity dedicated to ending domestic abuse. Website: www.safelives.org.uk

11. VICTIM SUPPORT & REPORTING HOMOPHOBIA

Available to anyone who has been affected by crime, either as a victim, witness or relative/friend of a victim. This includes people affected by ongoing harassment or violent relationships. The person does not have to have reported the crime to the Police.

VICTIM SUPPORT

If you've been a victim of any crime or have been affected by a crime committed against someone you know, victim support can help you find the strength to deal with what you've been through. The services are free and available to everyone, whether or not the crime has been reported and regardless of when it happened. National ☎️ **0808 168 9111**

Local: ☎️ **0808 168 9293** daytime ☎️ **0800 011 3116**. 8am-8pm Mon-Fri, 8-5pm Sat

Website: www.victimsupport.org.uk

NEWCASTLE

STOP HATE UK

To report hate crime in Newcastle, please call Stop Hate UK on ☎️ **0800 138 1625** (24 hrs access) or visit <http://www.stophateuk.org/talk-to-us/> where you can find a number of online reporting options.

GATESHEAD

STOP HATE UK

To report hate crime in Gateshead call: ☎️ **0191 433 2648** (24 hours a day) or visit <https://www.gateshead.gov.uk/article/2835/Hate-crime>.

SUNDERLAND

SUNDERLAND HATE CRIME REPORTING

Any incidents of hate or anti-social behaviour can be reported directly onto the Sunderland partnership website: www.sunderland.gov.uk/report-asb

Alternatively people can telephone Sunderland Council between the hours of 8:00am and 6:30pm Monday to Friday on: ☎️ **0191 5205550**

NORTHUMBERLAND

NORTHUMBERLAND HATE CRIME REPORTING

Call Northumberland County Council: ☎️ **0345 600 6400**

Email: ian.billham@northumberland.gov.uk

TRUE VISION/STOP HATE CRIME - HOMOPHOBIA REPORTING

TRUE VISION - TEESSIDE

This is a National hate crime reporting system, the Middlesbrough reporting line is: ☎️ **0800 555 111** or **01642 306672**

STOP HATE UK - MIDDLESBROUGH

You can report a hate crime by calling the 24 hour help line ☎️ **0800 1381625**.

Website: www.stophateuk.org

TRUE VISION - COUNTY DURHAM

Report hate crime in County Durham online at **Website:** www.report-it.org.uk/home

REGIONAL

ADVOCACY CENTRE NORTH: HATE CRIME ADVOCACY

Supports people across Northumberland, Tyne and Wear who have experienced or are at risk of hate crime. ☎️ **0191 235 7013** Email: advocacy@cvsnewcastle.org.uk

Website: www.advocacycentrenorth.org.uk

VICTIMS FIRST NORTHUMBRIA

Providing practical and emotional support to help victims of crime across Northumbria, helping them to cope and recover from their experience. Covering: Gateshead, Newcastle, North Tyneside, Northumberland, South Tyneside and Sunderland. Opening times: Monday – Friday: 8am – 8pm, Saturday: 9am – 5pm. ☎️ **0800 011 3116**

Website: www.victimfirstnorthumbria.org.uk

NATIONAL

EASS

The Equality Advisory & Support Service (EASS) is a free service designed to advise you on your rights under the Equality Act 2010 and Human Rights Act 1998. Advisers can talk to you about your rights should you be affected by an incident of discrimination and will support you in finding an informal resolution to your complaint. Call Monday to Friday 9am to 8pm and Saturday 10am to 2pm ☎️ **0808 800 0082** (free) Text phone **0808 800 0084**. Freepost address: FREEPOST EQUALITY ADVISORY SUPPORT SERVICE FPN4431

Website: www.equalityadvisoryservice.com

STOP HATE UK

The UK's only 24/7 nationwide LGB and T hate crime helpline. Stop Hate UK is one of the leading national organisations working to challenge all forms of Hate Crime and discrimination, based on any aspect of an individual's identity. Stop Hate UK provides independent, confidential and accessible reporting and support for victims, witnesses and third parties. ☎️ **0808 801 0661**. **Website:** www.stophateuk.org

LGBT HATE CRIME

Other helplines can be found at: www.lgbthatecrime.org.uk/#get-support

GLOBAL

REPORTOUT

ReportOUT is a global organisation which researches, documents, educates and advocates for SOGI (Sexual Orientation and Gender Identity) human rights. They bring to light human rights abuses and the lived experiences of SOGI people in every nation across the globe through research, and they use this to inform social change at the national and global level.

Website: www.reportout.org **Email:** contact@reportout.org Pride Media Centre, Unit T1, Stonehills, Shields Road, Pelaw, Gateshead. NE10 0HW. Twitter: @out_report
Facebook: SOGIReportOUT Instagram: SOGI_ReportOUT

12. MENTAL HEALTH SERVICES AND COUNSELLING

Most mental health services are accessible only through referrals from a GP. Additional contact numbers can be found in local Council's Directory of Community Care Services and also Directory of self-help and support groups.

NEWCASTLE AND GATESHEAD CRISIS RESOLUTION AND HOME TREATMENT TEAM

All urgent referrals for crisis services across Newcastle and Gateshead will be managed by contacting the Newcastle and Gateshead Crisis Resolution and Home Treatment team.

☎0191 814 8899 (service available 24 hours a day, 365 days a year).

PRIDE IN MIND

A social and support group for LGBTQ+ people with lived experience of mental health conditions. Facilitated by a worker from Gateshead Mental Health User Voice and a freelance worker and supported by ReCoCo. Meetings are on the second Friday of each month, 2-4pm at ReCoCo, Anderson House Market Street Newcastle. A safe space for people to talk and receive support and also plan social events such as meals out and trips to the cinema etc.

For more info contact Mish Loraine on ☎07902 403630. Email: mloraine@mhm.org.uk

SUPERBIA LGBT+ CARERS SOCIAL GROUP

Gateshead Carers, LGBT+ carers and their supporters. A friendly, informal group meeting at 8-9 Gladstone Terrace, Gateshead, NE8 4DY. 1ST Wednesday of the month, 10.30am-12noon. Call Paul on ☎0191 4900121 Website: www.gatesheadcarers.com

ARCUS LGBT+ DARLINGTON

Counselling service ☎07434 794059 Website: <https://arcuslgbt.com/counsellingtherapy>

I.M.P.A.C.T Northeast CIC

LGBT counsellors, mental health workers and family support workers available. Free mental health courses, working in partnership with Sunderland pride to provide support groups.

Email: info@impactnortheast.co.uk ☎ 0191 511 1393

LESBIAN AND GAY BEREAVEMENT HELPLINE London FRIEND, 86 Caledonian Rd, London N1. ☎020 7833 1674 Website: <http://londonfriend.org.uk/>

MENTAL HEALTH MATTERS HELPLINES

For confidential emotional support, **Newcastle:** ☎0845 601 2457 (6pm to 6am), **North Tyneside:** ☎0845 601 2458 (6pm to 6am), **Gateshead:** ☎0800 085 1718 (5pm-9am 24hr-weekends), **Sunderland:** ☎0800 013 0626 (5pm-9am 24hr-weekends). www.mhm.org.uk

TALKING HELPS NEWCASTLE

Talking Helps Newcastle is the NHS talking therapy service, it is a free, confidential service available to anyone aged 16 and above who is registered with a GP surgery in Newcastle.

Email: refer@talkinghelpsnewcastle.org ☎0300 555 1115

MIND

Offers general counselling service to people referred by their GP, consists of a six session plan. Wellbeing Centre, Dunsmuir Grove, Bensham, Gateshead. NE8 4QL.

☎01914774545 ☎0300 123 3393 (National) Website: www.mind.org.uk

RELATE - Northumberland and Tyneside

Offering a service to individuals, couples, families and young people, fully inclusive of LGBT and Q people. Appointments available through the week, evenings and weekends. 3rd Floor Mea House, Ellison Place, Newcastle. NE1 8XS. Ring to make an appointment.

☎ 0191 232 9109 Email: enquiries@relate-nt.org.uk Website: www.relate-nt.org.uk

RE THINK

Supports people living with severe mental illness. ☎0300 5000 927 Web: www.rethink.org

ADVOCACY

UKAN (UK Advisory Network) information on local services across the UK Local offices; North Tyneside ☎0191 259 6662, Newcastle ☎0191 2357013, Gateshead & South Tyneside ☎0191 477 7380 Website: www.u-kan.co.uk

HOLY ROOD HOUSE, Thirsk. Offers counselling and psychotherapy. Christian based – aware of homophobia and oppression perpetrated by Christianity. Donation for counselling asked for. ☎01845 522580. Website: www.holyroodhouse.org.uk

ABUSE SURVIVORS

Providing information, advice and support to those affected by abuse. Helpline and General Enquiries: ☎0844 357 4567 Website: www.abuse-survivors.org.uk

SAMARITANS

Free support 24 hours everyday. ☎116 123 Website: www.samaritans.org.uk

THE LISTENING SUPPORT SERVICE

Advice, support, and a signposting service for people who have a long-term illness; feel alone, worried or anxious, or look after someone in those situations. ☎0191 256 7070.

SUNDERLAND COUNSELLING SERVICE

A specialist service for men and women in Sunderland that provides counselling for those who have experienced sexual violence. Also provide counselling in Newcastle for men and women aged 16+ who have experienced sexual violence within the last 12 months (based at Sexual Assault Referral Centre). 51 John Street, Sunderland. SR1 1QN ☎0191 514 7007 Web: www.sunderlandcounselling.org.uk

TAKING 'SUICIDE CALLS'

- Be yourself. The 'right words' are unimportant. If you are concerned, your voice and manner will show it.
- Listen. Let the person unload despair, anger. If given this opportunity, the person will feel better by the end of the call. No matter how negative the call seems, the fact that it exists is a positive sign, a cry for help.
- Be sympathetic, non-judgemental, patient, calm, accepting. The caller has done the right thing by getting in touch with another person.
- If the caller is saying, "I'm so depressed, I can't go on." ASK THE QUESTION: "**Are you having thoughts of suicide?**" You are not putting thoughts into the person's head, you are doing a good thing for them. You are showing that you are concerned, that you take it seriously, that it is ok to share pain with you.
- If the answer is YES, you can begin by asking a series of further questions. Have you thought about how you would do it? Have you thought about when you would do it? Have you got what you need? 95% of callers will answer no at some point in this series or indicate that the time is set for some date in the future.
- Simply talking about their problems for a length of time will give suicidal people relief from loneliness and awareness that another person cares, a feeling of being understood. They also get tired. Their body chemistry changes. This takes the edge off their agitated state.
- Avoid arguments, problem solving, advice-giving, quick referrals, belittling and making the caller feel they have to justify their suicidal feelings. It's not how bad the problem is, it's how badly it's hurting the person.
- **Don't go it alone. Get help during the call and debrief afterwards.**

13. HOUSING

NEWCASTLE

AKT (Albert Kennedy Trust)

A service to prevent LGBTQI youth homelessness.

George Street Social, 45-51 George Street, Newcastle upon Tyne. NE4 7JN.

Email: admin@akt.org.uk **Website:** www.akt.org.uk

☎0191 281 0099. National ☎0161 228 3308

YOUR HOMES NEWCASTLE LGBT GROUP

If you are a LGBT tenant of Your Homes Newcastle they have an online group where you can have your say on their services. When consulting customers they will contact you by email to ask you for your views. The group also suggests issues and services they would like to give their views on. Your personal details are kept confidential and not given to anyone else. If you are interested in being part of the group contact **email:** getinvolved@yhn.org.uk

Website: www.yhn.org.uk

YOUR HOMES NEWCASTLE Your Homes Newcastle (YHN) has launched a website that is designed to make it easy for tenants and potential tenants to report repairs, pay rent, find a new home, get advice and support. The website is also designed to be easy to use by people with disabilities. **☎0191 278 8600 Website:** www.yhn.org.uk

NEWCASTLE CITY COUNCIL

Responsible overall for homelessness services in the city **☎0191 278 3899**

STREETWISE Unit 3, Dispensary Lane, Blackfriars, NE1 4XB (Behind The GATE)

Young people's advice, information and counselling service- including help with housing.

☎0191 230 5533 Website: www.streetwisenorth.org.uk

SHELTER (North East Housing Aid Centre) 1-2 Blackfriars Court, Dispensary Lane, Newcastle NE1 4XB. Drop-in at Blackfriars Court Monday to Friday 9am-5.30pm.

☎ 0344 515 1601 ☎0808 800 4444 (national) Email: shelternortheast@shelter.org.uk

Website: www.shelter.org.uk

TYNE AND WEAR HOMES

Gateshead, Newcastle, North Tyneside and South Tyneside Councils, and their respective housing organisations, have joined together to bring you an easier way to access the options available to you. **☎0191 2772020 Website:** www.tyneandwearhomes.org.uk

TEMPORARY ACCOMODATION SERVICE (TAS) Housing Services, Adult & Culture Services Directorate. Newcastle City Council. Cherry Tree View, Colby Court, Newcastle upon Tyne. NE4 6HL **☎0191 2771737**

NEWCASTLE HOMELESS LIAISON PROJECT (based at Housing Advice Centre) aims to provide a link between all service providers to the homeless in Newcastle **☎0191 277 1733**

CITIZENS' ADVICE CENTRE Advice and help about lots of issues including housing.

St Cuthbert's Chambers, 35 Nelson St, Newcastle upon Tyne, Tyne And Wear, NE1 5AN.

☎03444 994717 Website: www.citizensadvice.org.uk

PLACES FOR PEOPLE Supported living scheme within North Tyneside. Independent Living Project, 258C Station Road, Wallsend, Tyne & Wear. NE28 8RG.

Website: www.placesforpeople.co.uk **☎0191 2639749**

CHANGING LIVES + GAP & MAP SERVICES

Changing Lives work with people experiencing hardships that many would struggle to imagine: homelessness, sexual exploitation, life-threatening addictions, mental and physical health problems, long-term unemployment and poverty, and more. Central Office - St Margaret's, Heighley Street, Newcastle upon Tyne. NE15 6AR ☎0191 273 8891.

Email: central.office@changing-lives.org.uk **Website:** www.changing-lives.org.uk

CHANGING LIVES

Changing Lives, Virginia House, supported accommodation for seventeen vulnerable people 18 years and over. ☎0191 2733913

Changing Lives also offer support for rough sleepers at The City Road Drop In, City House, 1 City Road, Newcastle upon Tyne. NE1 2AF from 8am. ☎0191 232 5699

Housing Advice Centre: ☎0191 277 1711

Out of hours service: ☎0191 232 8520

Cherry Tree View (Manager, Gemma Waldron): ☎0191 277 1737 / 07789075588

ACE Project (Outreach Service): ☎0191 232 5699

Ron Eager House: ☎0191 232 5699

Joseph Cowen Centre: ☎0191 228 4929

Crisis Skylight: ☎0191 222 0622

SOUTH OF TYNE**PLACES FOR PEOPLE**

Supported living scheme within South Shields. 114 Dock Street, South Shields, NE33 5NQ

☎0191 454 3429 Email: lisa.thom@placesforpeople.co.uk Web www.placesforpeople.co.uk

DEPAUL TRUST

A National Charity, DePaul works with young people and young adults aged between 16-24. DePaul takes an holistic approach in meeting the needs of clients, offering a SMART and person-centred support plan. Through the detached and outreach service by providing tenancy support to those at risk of homelessness. The service offers purposeful activities in the emotional and well being schemes of work, whilst offering advice and guidance in getting into education, employment and volunteering. Elizabeth Diamond Building, All Saints Community Centre, Stanley Street, South Tyneside NE34 0BX. ☎0191 455 6584
<https://uk.depaulcharity.org/>

DURHAM**FOUR HOUSING GROUP**

3 Rivers house, Abbey wood Business Park, Durham, DH1 5TJ. ☎0191 384 1122

RAILWAY HOUSING ASSOCIATION

Bank Top House, Garbutt Square, Neasham Rd. Darlington ☎01325 482125

AMRP - Andrew Marshall Residential Properties Ltd

A gay friendly letting agent operating across the North East of England. Can help with: Find a home to rent, Looking to sell a property, Seeking a tenant and management service for an empty property, Assisting investors to build a property investment portfolio
Andrew Marshall - Director and Tenancy Co-ordinator for Durham: ☎0191 640 4604

Website: <http://amrp.co.uk>

TEESSIDE**CLEVELAND HOUSING ADVICE CENTRE**

16 Borough Road, Middlesbrough ☎01642 254544

STOCKTON ON TEES BOROUGH COUNCIL

16 Church Road, Stockton ☎01642 393939 Ask for housing Allocations.

COMMUNITY CAMPUS

89 – 90 Corporation Road. St Mary's Centre. Middlesbrough. TS1 2RW.

☎01642 247209 Accommodation for young people under 25.

SINGLE KEY

Temporary accomodation for 16-21 yr olds

22 Gribdale Road, Middlesbrough ☎01642 244549

NORTHUMBERLAND**YOUNG PERSONS PROJECT (Places for people)**

The Project provides support accommodation for young single people at risk between the ages of 16 – 25. 1 Jubilee Court, Blyth, Northumberland. NE24 2TF ☎01670 364398

NATIONAL**SLEEP IN**

Sleep In: ☎0300 500 0914 (National phone line for the general public) or

Email: roughsleeping@newcastle.gov.uk

ALBERT KENNEDY TRUST

Housing Advice for Young LGBTQI men and women. Foster and supported placements. London, Manchester and Newcastle bases. Website: www.akt.org.uk ☎0191 281 0099.

MANKIND

Information on places to stay for victims of domestic violence (not exclusively gay)

☎ 01823 334244 Website: www.mankind.org.uk

STREETLINK

A national charity that enables members of the public to connect people sleeping rough with local services ☎0300 500 0914

14. DRUG & ALCOHOL & NEEDLE EXCHANGES

Many of the following services will also be able to offer information and advice on safer drug use and may also offer a referral service for those with drug/alcohol misuse issues. Services are often provided freely or are funded by Local Authorities and benefit agencies. Some projects do charge for client referral services to those who are resident outside the project's area.

NEWCASTLE/NORTH TYNESIDE

NEWCASTLE TREATMENT AND RECOVERY (NTaR)

NTaR covers all of drug and alcohol services within Newcastle and is an ageless service. Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust are the lead provider in partnership with Humankind and Changing Lives under the name of NTAaR.

Integrated Drug and Alcohol Services, single point of access. Plummer Court, Carloliol Square, Newcastle upon Tyne. NE1 6UR. ☎0191 2061117 Email: NTARreferrals@cntw.nhs.uk

Website: <https://www.cntw.nhs.uk/services/drug-alcohol-service-addictions-services-newcastle/>

THE BASE

The BASE offers a Drop-In service Monday-Friday 1.00pm-5.00pm where young people aged 16-25 can get advice, information and support around a range of issues including drug support. 26 Esplanade, Whitley Bay, Tyne & Wear, NE26 2AJ. ☎0191 253 2127

NECA (North East Council on Addictions)

Promotion, prevention, recognition and treatment associated to use and misuse of substances including alcohol, drugs and gambling.

☎0191 414 6446 Email: info@neca.co.uk Website: www.neca.co.uk

NORTH TYNESIDE RECOVERY PROJECT (formerly PROJECT ANSWER)

Project answer provides all the services you could need to help with any drug problem under one roof. The service provides prescribing help, one to one psychological help as well as help with housing, getting work etc. there are out of hour's sessions for those in work.

You can telephone to get an appointment and you will usually be seen within one week. Former sorting office, Atkinson Terrace, Station Road, Wallsend. NE28 6SS.

☎0191 2466800

DRUG AND ALCOHOL LIAISON MIDWIFE (Royal Victoria Infirmary)

Co-ordinates the care of pregnant women who misuse drugs and alcohol ensuring they receive a high standard of maternity care, preferably within mainstream services. Opening hours Mon – Fri 9-5.30pm. ☎0191 2336161

DRUG AND ALCOHOL SOCIAL WORK TEAM

Drug and Alcohol Social Work Team, Shieldfield Centre Provide assessment for clients wishing to access residential rehabilitation. Opening hours Mon – Fri 9-5.30.

☎0191 2788100

NORTHUMBERLAND

BLYTH

Needle Exchange and Harm Reduction Team

22-26 Bowes Street, Blyth NE24 1BD. Opening times: Mon – Friday 9-5pm ☎01670 396360

GATESHEAD/SOUTH TYNESIDE

OAKTREES

Changing Lives, Oaktrees offers abstinence-based, structured, day programme of support based on a self-help model which aims to empower people to take responsibility for their recovery. ☎0191 477 2205

NECA SOUTH TYNESIDE

Suite 19, Cookson House, River Drive, South Shields. NE33 1TL. Monday-Thursday: 8.30 am-16.30 pm, Friday: 8.30 am-16.00 pm. ☎0191 4569999 Website: www.neca.co.uk

GATESHEAD EVOLVE

Substance misuse services, working with individuals and families affected by drugs and/or alcohol, who wish to stop or reduce their substance misuse and achieve recovery within their local community. 47 Jackson Street, Gateshead, NE8 1EE.

☎0191 5947821 Website: www.changegrowlive.org/content/gateshead-evolve

WEAR SIDE**SUNDERLAND RECOVERY PARTNERSHIP**

Offering support with drug and alcohol issues. Bridge House, Bridge St, Sunderland, Tyne and Wear SR1 1TE ☎0191 510 8252

WEAR RECOVERY

☎0800 234 6798. They take client details and GP and call them back to arrange an appointment and look at what's best in terms of referrals and treatment.

COUNTY DURHAM**THE CENTRE FOR CHANGE**

Support for drug use issues, self referral or from an agency or medical staff. 81-88 Whinney Hill, Durham, County Durham. DH1 3BQ

☎03000 266 666 option 2

NATIONAL**FRANK ABOUT DRUGS**

National service for drug information and support. Open 24hrs a day 7 days a week

☎0300 123 6600. Website: www.talktofrank.com

DRINKLINE

Support to callers worried about their own drinking and support for family and friends of people who drink. ☎0300 123 1110

ALCOHOL ANONYMOUS

Website: www.alcoholics-anonymous.org.uk ☎0800 9177 650

COMPLAINTS**ICA - Independent Complaints Advocacy, North East NHS**

This service includes people complaining about Public Health services even though they are in the Local Authority. North East NHS Independent Complaints Advocacy
The Carers Federation, Executive centre, Cuthbert House, City Road, All Saints, Newcastle NE1 2ET. Freephone ☎0808 802 3000

15. YOUNG PEOPLE AT RISK OF ABUSE

ORCHARD MOSAIC

A Barnardo's project for young people. ☎0191 212 0237

SCARPA (Safeguarding children at risk)

SCARPA can provide training sessions which cover the issues affecting young people who go missing or are involved in sexual exploitation, and risk taking lifestyles. SCARPA is a partnership between the Children's Society and Barnardo's North East. Brunswick Methodist Church. Brunswick Place, Newcastle upon Tyne. NE1 7BJ

☎0191 221 0836 Website: www.childrenssociety.org.uk

NSPCC

National service. Help for adults concerned about a child ☎0808 800 5000.

Website: www.nspcc.org.uk

16. SAFEGUARDING ADULTS & CHILDREN

SAFEGUARDING ADULTS ADVICE LINE (NEWCASTLE)

The Safeguarding Adults Unit has an advice line for professionals (anybody working or volunteering with adults with care and support needs in any sector). Advice can be given on a range of safeguarding adults related areas, including: individual cases, best practice, and policy and procedures (including Mental Capacity Act and Deprivation of Liberty Safeguards). The advice line can be accessed on the Safeguarding Adults Unit's main telephone number: ☎0191 278 8156, Monday-Friday, 9am-4pm.

SAFEGUARDING ADULTS REFERRALS

The Safeguarding Adults Unit does not receive safeguarding adult's referrals (e.g. Safeguarding Adults Initial Enquiry forms). All safeguarding adults referrals should be made to Community Health and Adult Social Care Direct (☎0191 278 8377) or the allocated Social Worker.

Website: www.newcastle.gov.uk/social-care-and-health/safeguarding-and-abuse/safeguarding-information-professionals/newcastle-safeguarding-adults-unit

CHILDRENS SOCIAL CARE INITIAL RESPONSE SERVICE

To raise a safeguarding children's alert. ☎0191 277 2500

OUT OF HOURS SOCIAL CARE DUTY TEAM

To raise a safeguarding adults or children's alert out of hours. ☎0191 2787878

LOCAL AUTHORITY DESIGNATED OFFICER

LADO ☎0191 277 4636

NORTHUMBRIA POLICE PUBLIC PROTECTION UNIT

For any concern where a crime has taken place ☎101 or ☎999 in an emergency.

NSPCC HELPLINE

☎0808 800 5000

PROBATION SERVICES

NORTHUMBRIA PROBATION SERVICE

☎0191 260 2540

Newcastle Tyne & Wear Safeguarding Contact Numbers

Admin Team		
Jayne Simpson	Admin Team Lead	0191 245556631
Michelle Waters	Secretary	0191 2456697
Sharna Middleton	Secretary	0191 2456698
Safeguarding and Public Protection Team		
Jan Grey	Head of Safeguarding and Public Protection	0191 2456631
Leesa Stephenson	Deputy Head of Safeguarding and Public Protection	0191 2456631
Safeguarding Adults		
Kath Armstrong	Safeguarding Practitioner	0191 2456697/98/31
Wendy Lumsden	Safeguarding Practitioner	0191 2456697/98/31
Sheona Duffy	Safeguarding Practitioner	0191 2456697/98/31
Dawn Gauld	Safeguarding Practitioner	0191 2456697/98/31
Safeguarding Children / Domestic Violence		
Leesa Stephenson	Safeguarding Children & MARAC	0191 2456697/98/31
Maria Shortall	Safeguarding Children & MARAC	0191 2456697/98/31
Tammy Hall	Safeguarding Children & MARAC	0191 2456697/98/31
Trainer/ Practitioner		
Phil Battista	Trainer / Practitioner	0191 2456697/98/31
Becky Wilson	Trainer/ Practitioner	0191 2456697/98/31

17. GROUP REFERRALS AND CALENDARS

For your own use!
