

Gender Support Groups and Organisations

Information Leaflet



National support groups

Age UK

Tel: 0800 678 1602

Web: www.ageuk.org.uk

Email: contact@ageuk.org.uk

Helpful advice for older people on a range of topics. Advice line available 365 days per year 8am-7pm.

Local branches throughout the UK.

a:gender

Tel: 07875 145 411

Web: www.agender.org.uk

Email: agender@homeoffice.gsi.gov.uk

Support network for trans sexual, transgender and intersex staff in the civil service.

Antidote

Tel: 0207 833 1674

www.antidote-lgbt.com

Offers information and support exclusively to LGBT people around drugs, alcohol and addiction.

Beaumont Society

27 Old Gloucester Street

London, WC1N 3XX

Tel: 01582 412 220

Email: enquiries@beaumontsociety.org.uk

Web: www.beaumontsociety.org.uk

A national UK support network for cross-dressers, transvestites and transsexuals. For those who feel the desire or compulsion to express the feminine side of their personality by dressing or living as women. Contact the information line (pre-recorded information).

Broken Rainbow

Tel: 0300 999 5428 / 0800 999 5428

Email: mail@brokenrainbow.org.uk

Web: www.brokenrainbow.org.uk

For gay, bisexual and transgendered people who experience domestic violence.

Confidential support and information helpline.

1-5pm Tuesday is a trans specific service

The Consortium of Lesbian, Gay, Bisexual and Transgendered Voluntary and Community Organisation

LGBT Consortium

Zone 5

Wrentham Business Centre

Prospect Park

Exeter

EX4 6NA

Tel: 020 7064 6500

Web: www.lgbtconsortium.org.uk

Email: admin@lgbtconsortium.org.uk

The consortium is the umbrella body for voluntary and community organisations working with lesbian, gay, bisexual and transgender communities.

Depend

Web: www.depend.org.uk

Email: info@depend.org.uk

A voluntary organisation whose aim is to provide support, advice and information for anyone who knows, or is related to a transsexual person in the UK.

ELOP

Tel: 0208 509 3898

www.elop.org

A London based LGBT mental health and wellbeing centre offering a holistic approach, with free counselling and young people's services.

Female to Male International

Web: www.ftmi.org

Email: info@ftmi.org

FTMI represents FTMs at events world-wide, it informs and educates diverse communities on FTM issues.

FTM Network

BCM FTM London

LONDON

WC1N 3XX

Tel: 07717140461

Web: www.ftmlondon.net

Email: f2mlondon@hotmail.com

Advice and support for female-to-male transsexual and transgender people, and for their families and professionals. "Buddying" scheme, newsletter (Boy's Own) and annual national meeting.

GALOP

National LGBT+ Domestic Abuse helpline Tel: 08009995428

Web: www.galop.org.uk

Email: help@galop.org.uk

A voluntary sector anti-violence and police monitoring group for lesbian, gay, bisexual and transgender people.

Gay Outdoor Club

BM GOC

London

WC1N 3XX

Tel: 08448 700 462

www.goc.org.uk

Provides a wide range of outdoor and indoor sports and recreational activities for gay, lesbian, bisexual and transgendered men and women.

The Gender Trust

76 The Ridgeway

Astwood Bank

B96 6LX

Tel: 01527 894 838

Email: gina@gendertrust.org.uk

Web: www.gendertrust.org.uk

The largest registered charity helping transpeople and all those affected by gender identity issues. "You don't have to be personally effected. You may be a friend, partner, parent, employer or health professional ... in fact anyone. We're happy to help you all".

Gendered Intelligence

www.genderedintelligence.co.uk

A not for profit Community Interest Company established in 2008. Gendered Intelligence works mainly with the trans community and those who have an impact on trans lives. Gendered Intelligence specialises in supporting young trans people aged 11-25.

GIRES (Gender Identity Research and Education Society)

Melverley
The Warren
Ashstead
Surrey
KT21 2SP

Tel: 01372 801 554

Email: info@gires.org.uk

Web: www.gires.org.uk

GIRES is 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.

Inclusive Mosque Initiative

Tel: 0203 189 1185

Email: admin@inclusicemosqueinitiative.org

Web: www.inclusivemosqueinitiative.org

Inclusive Mosque are looking at establishing a place of worship for the promotion and practice of an inclusive mosque space. The mosques aim to provide a peaceful, enriching environment for worship and remembrance of Allah; create an inclusive sacred space that welcomes all people; respect the natural environment; value gender expression and gender justice as an integral manifestation of Islamic practice; facilitate inter-community and inter-faith dialogue and collaborate with others who are seeking change for social and economic welfare and justice.

The LGBT Foundation

LGBT Foundation
5 Richmond Street
Manchester
M1 3HF
Tel: 0345 330 3030
Email: info@lgbtfoundation
Web: www.lgbt.foundation

The LGBT Foundation supports trans people through their helpline, sign-posting, groups, befriending and counselling. Its website also contains resources for health care professionals caring for lesbian, gay, bisexual or trans clients or patients.

London Friend

Helpline: 020 7837 3337 open Mondays, Tuesdays, Wednesdays and Fridays 7.30pm-9.30pm
www.londonfriend.org.uk

A long-running LGBT charity that offers a telephone support service, as well as many different drop-in counselling and support groups. It also runs a specific befriending service and a carers' support group. It is based in North London.

Mermaids

Mermaids
Suite 4
Tarn House, 77 The High Street, Yeadon, Leeds, LS19 7SP
Web: www.mermaidsuk.org.uk
Helpline: 0808 801 0400
Email: info@mermaidsuk.org.uk

Support for children and teenagers who are trying to cope with gender identity issues, and for their families and carers.

Mind – the Mental Health charity

www.mind.org.uk

Information and support, legal rights, guides to support services, helplines. Find your local MIND.

Outline

PO Box 21

Working

GU21 6ZH

Tel: 01483 727 667

Email: info@outlinesurrey.org.uk

Web: www.outlinesurrey.org

Confidential lesbian, gay, bisexual and trans support and information.

Patient Advice and Liaison Service (PALS)

You can find your nearest PALS office on the NHS Choices Website or ask your GP surgery, hospital or phone NHS111.

Offers confidential advice, support and information on health-related matters. They provide a point of contact for patients, their families and their carers.

Press for Change

BM Network

London

WC1N 3XX

Tel: 08448 708 165

E-mail: office@pfc.org.uk

Web: www.pfc.org.uk

Campaigns for civil rights for trans people. Provides legal help and advice, information and training for individuals.

The Samaritans

Tel: 116 123

Web: www.samaritans.org

Email: jo@samaritans.org

Chris

Freepost RSRB-KKBY-CYJK

PO Box 9090

Stirling

FK8 2SA

A safe place to talk any time you like. You do not have to be suicidal.

Shelter

Head Office

88, Old Street

London

EC1 9HU

Helpline Tel: 0808 800 4444.

E-mail: info@shelter.org.uk

Helpline - Advice on emergency housing and homelessness.
Monday to Friday 8am-8pm and Saturday and Sunday 8am-5pm.

Stonewall Housing

www.stonewallhousing.org

A charity that specialises on lesbian, gay, bisexual and transgender (LGBT) housing advice and support provider in England.

Stop Hate UK

Stop Hate UK

P.O. Box 484

Leeds

LS7 9BZ.

Tel. 0808 801 0661

24hr Helpline: 0800 138 1625

www.stophateuk.org

One of the leading National Organisations working to challenge all forms of Hate Crime and discrimination. Provide confidential independent support 24 hours a day.

Terence Higgins Trust

314-320, Grays Inn Road,

London

WC1X 8DP

Tel. 020 7812 1600

THT Direct 0808 802 1221

E-mail info@tht.org.uk

www.tht.org.uk

The HIV and sexual health charity for life. Produce guides focussing on sexual health issues specific to transmen and transwomen.

Trans Survivors Switchboard

www.switchboard.org.uk

Tel: 01273 204 050 (Helpline is open 7pm-9.30pm wed+thurs)

Email: info@switchboard.org.uk

Trans Survivors Switchboard is a new helpline for trans survivors of sexual violence, including survivors who are non-binary and questioning. They provide a confidential service which can be accessed anonymously by phone, web chat or email. The service is staffed by volunteers and is jointly run by Survivors Network and LGBT Switchboard.

TransBareAll

Web: www.transbareall.co.uk

Email: contact@transbareall.co.uk

A national organisation for trans people and partners, exploring sex and intimacy, body positivity and emotional well being. Running yearly events and workshops.

Transfriendly

Web: www.transfriendly.co.uk

Internet forum.

TranzWiki

www.TranzWiki.net

A directory of support groups

The UK Intersex Association

www.ukia.co.uk

An education, advocacy, campaigning and support organisation which works on behalf of intersexed people.

Wehappytrans.com

A place for sharing positive trans perspectives.

Women of the Beaumont Society

Web: www.beaumontsociety.org.uk

Operated by, and for, wives, partners, family and friends of those who are in a relationship with a gender dysphoric person.

Local support groups

Age UK Sunderland

Meaningful Connections

Bradbury Centre

Stockton Road

Sunderland

SR2 7AQ

Tel: 01919 514 8322

Email: lindaohlson:ageuksunderland.org.uk

Web: www.ageuk.org.uk/sunderland

Supportive opportunities in a safe and inclusive setting.

Age UK North Tyneside

Bradbury Centre

13 Saville Street West

North Shields

NE29 6QP.

Tel: 0191 280 8484

Email: enquiries@ageuknorthtyneside.org.uk

Web: www.ageuk.org.uk/northtyneside

Albert Kennedy Trust

George Street Social

45-51 George Street

Newcastle upon Tyne

NE4 7JN

Tel: 0191 281 0099

Created in 1989 to serve LGBT young people who are homeless, living in a hostile environment or in housing crisis. Information and advice on a range of topics including Housing, Benefits, Drug and alcohol use and Sexual health.

Barnados the Base

26, Esplanade

Whitley Bay

NE26 2AJ

Tel: 0191 2532127

Email: thebaseproject@barnados.org.uk

The Base is a holistic youth service working with socially excluded unemployed young people aged 16-24 years. Offering advice, information and support around issues that may be affecting you. There is a drop in service Monday to Friday 1-5pm.

Be Trans Support and Development North

Contact via e-mail hello@be-north.org.uk

Or via website www.be-north.org.uk

Be is based in Newcastle upon Tyne. Working to improve the lives of trans and non-binary people throughout the North East and West of England. Provide a host of services including one to one support, peer support, advocacy and social events. Working directly with gender diverse people, their friends and family and employers. Provide help and advice around coming out, transitioning (social and medical), your legal rights, health and wellbeing and much more.

Gender Space at Barnardo's

For trans young people 12-18 years old in the North of England support is for young people and parent/carers. Support via phone/internet platforms over 4 sessions.

Email: genderspace@barnardos.org.uk

Call Robin: 07922 574 185

Call Jeanette: 07885 202 009

Hart Gables

Innovation Hub
Newton Community Resource Centre
Stockton on Tees
TS19 0DE

Tel: 01642 675 509

Web: www.hartgables.org.uk

Email: info@hartgables.org.uk

Provides support, advice and guidance to the LGBT community in the Tees valley area. Offers confidential 1-2-1 support sessions.

Healthwatch North Tyneside

Web: healthwatchnorthtyneside.co.uk/ourwork/mental-health/

Mental health support in North Tyneside. Details of groups and services that you can contact to self-refer for support with your mental health needs.

Lancashire LGBT Trans Support Service

Web: www.lancslgbt.org.uk

Information and support helpline Mon- Wednesday 10am to 4pm:
01772900260

Lancashire LGBT Trans Support Service is for anyone who identifies as trans female/feminine, trans male/masculine, genderqueer, non-binary or is questioning/exploring their gender identity. The service offers a programme of activities including: Information & support helpline; Befriending service; Practical workshops; Annual trans residential weekend.

LGBT The FED

LGBT Federation North East
Carnegie Building
Atkinson Road
Benwell
Newcastle upon Tyne
NE4 8XS
Email: mail@lgbtfed.com
Web: www.lgbtfed.com

Working to unite LGBT individuals, groups, organisations and communities across the North East.

LGBT Unity Darlington

Gay Advice
9, Duke Street
Darlington
DL3 7RX
Tel: 01325 954813
Web: www.lgbtunitydarlington.wordpress.com

Community organisation set up on the back of the closure of GADD which seeks to improve the lives of LGBT people living and working in Darlington and the wider areas. Incorporating groups formerly run by GADD.

LGBT North East – Humankind

Sapphire House
Horndale Avenue
Aycliffe Business Park
Newton Aycliffe
Co Durham
DL5 6DS

NE Tel. 01325 731 160 (Option 2)

E-mail: lgbt@humankindcharity.org.uk

Web: humankindcharity.org.uk/service/lgbt-health-and-well-being-aged-15-25

Provides a comprehensive support service in the North East for people aged between 15 and 25.

A range of support options from 1:1 sessions and peer group support meetings to social outings and workshops.

MESMAC (North East)

MESMAC North East
3rd floor
Nelson Street
Newcastle upon Tyne
NE1 5AN

Tel: 0191 233 1333

Web: www.mesmacnortheast.com

Email: all@mesmacnewcastle.com

Community support for gay and bisexual men.
Information on many trans support groups.

Northern Front Runners

Web: www.newcastlefrontrunners.co.uk

Email: info@newcastlefrontrunners.co.uk

LGBT friendly running club.

Northern Lights Community Church

c/o St James' URC
Northumberland Road
Newcastle upon Tyne
NE1 8JF

Tel: 07770 543 407

Email: contact@northernlightsmcc.org.uk

Web: www.northernlightsmcc.org.uk

An inclusive church founded within the LGBT community.

Worship Sunday at 6.30pm at St. James URC, Northumberland Road, Newcastle upon Tyne. Also offer pastoral care.

Northern Proud Voices

Web: www.northernproudvoices.co.uk

Email: northernproudvoices@hotmail.com

The North East first and largest LGBT Choir- allies welcome. No auditions necessary.

OutREACH Cumbria

2, Long Lane

Carlisle

CA3 8TA

Helpline: 08003457440

E-mail: info@outreachcumbria.co.uk

Web: www.outreachcumbria.co.uk

Works with the statutory and voluntary sector providing equality advice and consultation on lesbian, gay, bisexual and transgender issues.

Pride Radio 89.2 FM

Web: www.prideradio.co.uk

Day time radio programme in the North East. Listen 24/7 via prideradio.co.uk

TLS (The Local Spa) T-Birds Club

Tel: 0793 248 8839

Hotel/Spa - trans night with dressing room in Stanley, County Durham. Mention MESMAC as they are very security-conscious. Every second Thursday of the month.

Trans Aware

109 Gloucester House

72 Church Road

Stockton on Tees

TS18 1TW

Web: www.transaware.org.uk

Tel: 07484190950

Email: elliecta@gmail.com

Provides resources, signposting, information, advocacy and community development in Hartlepool and surrounding areas.

Trans Mission

www.facebook.com/ukTransMission

Trans and gender variant information and support group based in Bradford.

Transgender Youth Support Service

Emotional and practical support and information available about trans issues open to transgender, nonbinary, gender non-conforming people or those with questions about their gender identity who are under 26 years of age and living in the North East (including Northumberland, Newcastle, North Tyneside, Gateshead and Sunderland). Also support for parents, carers and professionals.

Contact Debs Walker for venues and dates of groups or for further information and referral procedure at debswalker@trinityyouth.org.uk or on 07415 104 559

Tyneside Women's Health Newcastle/Gateshead

Tel: 0191 477 7898

Email: via website

www.tynesidewomenshealth.org.uk

To promote physical and mental health.

Various University and College LGBT Societies

See your local university or college for information.

Yorkshire Mesmac

www.mesmac.co.uk

Runs support groups for various ages at various locations.

Scotland

LGBT Health and Wellbeing (LGBT Healthy Living Centre) promotes the health, wellbeing and equality of lesbian, gay, bisexual and trans people in Scotland. It provides support, services and information to improve health and wellbeing and reduce social isolation.

www.lgbthealth.org.uk

Northern Ireland

Gender Jam NI is a community group for young trans, non-binary, questioning and intersex people in Northern Ireland.

www.theproudtrust.iorg/yputh-groups/gender-jam

Wales

The Unity Identity Centre (formerly known as Transgender in Wales) provides support and social inclusion activities for transgender individuals throughout Wales through centre activities, drop-ins, online forums and social meetings.

Unity Identity Centre - Twitter - @TiWWales

Online resources

The Angels	Forum supporting the TG community.	www.theangels.co.uk
Club Wotever	A London bar space for trans, queer, LGBT people and their friends, with an emphasis on queer/trans/performance.	www.woteverworld.com
Deep Stealth Productions	Deep Stealth strives for positive media representation for trans people.	www.deepstealth.com
Meta	A unique digital magazine which brings you the very best of trans and genderqueer news, advice and entertainment.	www.pocketmags.com/meta-magazine
Trans Media Watch	Aims to combat prejudiced or sensationalist media reporting of trans issues, and offer advice to people or organisations.	www.transmediawatch.org
Transfabulous	Former London-based organisation devoted to transgender performance art, with an interesting archive.	www.facebook.com/transfabulous

FTM Network	A British-based site acting as a friendship/support group for FtM transgender and transsexual people.	www.ftmlondon.org.uk
FTM Resource Guide	For trans men and friends, with tips on hormones, grooming, clothing, surgery and more.	www.ftmguide.org
TransGuys	Internet magazine for transgender men.	www.transguys.com
NHS Choices	The NHS page on gender dysphoria, covering terminology, symptoms and treatment.	www.nhs.uk
Clare Project	Brighton-based support group 'open to anyone wishing to explore issues around gender identity'.	www.clareproject.org.uk
Scottish Transgender Alliance	Support for trans people, equality organisations, policymakers and employers in Scotland.	www.scottishtrans.org
Trans Resource & Empowerment Centre	Based in Manchester, with monthly meetings, talks and workshops.	www.eastlaneshealthymins.co.uk/directory

Transgender Zone	Comprehensive website including medical information, a guide to venues and opinion about transgender representation in the media for both MtFs and FtMs.	www.transgenderzone.com
Tranzwiki	Comprehensive directory of groups campaigning for, supporting or assisting trans and gender non-conforming individuals including those who identify as non binary.	www.tranzwiki.net
Intersex UK	Committed to human rights for intersex people.	www.intersexuk.org
Trans London	London discussion group.	www.translondon.org.uk
Transunite	Network of local and online groups throughout the UK.	www.transunite.co.uk
All About Trans	List of support and community organisations in the UK that work with trans and non-binary people of all ages	www.allabouttrans.org.uk/support-organisation

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