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Hastings and Rother Rainbow Alliance



Supporting the Lesbian, Gay, Bisexual and Trans (LGBT) Communities of Hastings and Rother

Contact

Email: info@hrra.org.uk

Post: HRRRA, C/O Ore Community Centre, 455 Old London Road, Hastings, TN35 5BH (Postal Address only, office not staffed so no callers please)

Phone: HRRRA – 07593 444677

Web: <http://www.hrra.org.uk/>

Phone Line

HRRRA provides an information and listening phone line service for Lesbian, Gay, Bisexual and Trans people in Hastings and Rother.

Opening times:

Phone:

To Join

Please complete a membership form on the website. Membership is free and is open to anyone over 18 who lives, works or socialises in the Hastings and Rother area and who identify as Lesbian, Gay, Bisexual or Trans.

Facebook

<https://www.facebook.com/pages/Hastings-and-Rother-Rainbow-Alliance/106591219375987>

Hastings Rainbow 'Whats On'

"What's On" for the LGBT community in Hastings, Rother & surrounding areas. You will receive an email once a week. All email addresses will be kept private.

Join online: [http://yahoo.us5.list-](http://yahoo.us5.list-manage1.com/subscribe?u=c1c6a4b62186305b2e27ca1cb&id=c98482b2f3)

[manage1.com/subscribe?u=c1c6a4b62186305b2e27ca1cb&id=c98482b2f3](http://yahoo.us5.list-manage1.com/subscribe?u=c1c6a4b62186305b2e27ca1cb&id=c98482b2f3)

Or email hastingsrainbow@btinternet.com to join.

Police

In an emergency dial 999

POLICE: LGBT points of contact:-

Hastings District:

Jade Kennedy-Munden

Police Community Support Officer

Hastings Police Station, Bohemia Road, Hastings, TN34 1JJ

Telephone: 101 Ext. 560243

Email: Jade.KennedyMunden@sussex.pnn.police.uk

Rother District:

PS Sarah Porter

Telephone: 101 extension 564243

Work mobile: 07787685717

Email: sarah.porter@sussex.pnn.police.uk

Sussex Police – Serving Sussex

For non emergency reports of crime please ring 101.

Dial 999 for emergency.

HRRA Groups

Book Club (Lesbian) - 1st Tue of the month

More info email martinbarbara@btinternet.com

Rainbow Aces Bridge

All LGBT welcome. Meet at the St Leonard's pub, London Road, St Leonards (next to the Post office) on a Sunday afternoon starting after 3.

Contact Sloan email ksloan5@yahoo.com mobile at 07841 436 897

or Chris email chris.sygrove@hotmail.com mobile 07780 718 006

S.H.E - Sympathy. Help. Empathy. Bereavement Support

If you have been unfortunate enough to have experienced the loss of a partner, do get in touch. If you need friendship, support & understanding at this difficult time please contact Nadine on nadine.west1066@btinternet.com who will give you more information on this small informal group. All LGBT welcome.

Sunday Lunch Group – every Sunday

All LGBT welcome. Meet at Azur Restaurant, St. Leonards seafront, at 1.pm. Just turn up and ask for the Rainbow Alliance table (sometimes upstairs & sometimes downstairs). A carvery + veg option available at a special price of £6.95 or you can just have tea, coffee, drinks or order from the menu.

Email: info@hrra.org.uk

Phone: 07593 444677

Supper Club

All LGBT welcome. Dinner or lunch at various venues around the area. Look out for the next one in the 'Whats On' or email us.

Email: Nadine nadine.west1066@btinternet.com

Rachael rachaelyoung@waitrose.com

Trans Group - Meet in Hastings at 7pm on last Wednesday of the month.

Web: <http://www.hrra.org.uk/trans/trans-group/>

Email: Gary or Paris hrrat@hrra.org.uk

Walking Group

All LGBT welcome. Different length walks usually on a Sunday, often ending at a pub/cafe for lunch.

Email: Barbara martinbarbara@btinternet.com

Other Local Social Groups (including Brighton)

De la Warr Women's Tea

3pm - 5pm on 1st Thur of the month. The upstairs Cafe at De La Warr Pavilion, Bexhill. Contact Kenric rep for Bexhill, Marcia joymar@talktalk.net

Eastbourne Ladies Tea afternoon

3 to 5pm on 3rd Wed of the month at The Cumberland Hotel, 34-36 Grand Parade, BN21 3YT. More info contact Lesley radclyffes@talktalk.net

Eastbourne and Surrounding Sussex Lesbian social group.

Web: <http://www.meetup.com/The-sussex-lesbian-social-group>

Lesbian Link Brighton

A social network for lesbian women in East and West Sussex.

Web: www.lesbianlinkbrighton.co.uk

Theatre Group

Stables theatre, Hastings. Further info from ruswat2@tiscali.com.uk or John Russell @ 01424 440820

Eastbourne Rainbow

For 50+ LGBT in Eastbourne area. Socialising, information and support. Last Wednesday of month. 2.00pm to 3.30pm

Address: Girder room, Age Concern "The Venton Centre", Junction Road, Eastbourne BN21 3QY.

Phone: 07516670654 (text and voicemail only)

Email: derek@eastbournerrainbow.org.uk or ken@eastbournerrainbow.org.uk

Web: www.eastbournerrainbow.org.uk

Actually Gay Mens Chorus - Brighton

Proud to be at the centre of the Brighton community providing a place where gay men can socialise, improve vocal skills and perform to the public.

Email: billy.kelly@actuallycic.org

Web: www.actuallygmc.org

Gay Elderly Mens Society (GEMS)

Social group for mature gay men. Last Friday of month. 7-10pm.

Address: 1st Floor, Dorset Methodist Church Hall (off St James St) Dorset Gardens, Brighton. BN2 1RL

Phone: 079 7086 1755

Email: BrightonGems@aol.com

Web: <http://www.brightongems.com/>

National Organisations

Kenric

National organisation offering a social network to lesbians throughout the United Kingdom. Also local groups.

Phone: 07788 164731

Address: BM K, London, WC1N 3XX

Web: www.kenric.org/

Stonewall

National campaign and lobbying organisation. Stonewall works to achieve equality and justice for lesbians, gay men and bisexual people. Free information service offering information on sexual orientation issues and signposts to relevant organizations.

Info line: 0800 050 20 20 Freephone (Mon to Fri 9.30 to 5.30)

Email: info@stonewall.org.uk

Web: www.stonewall.org.uk

The Terrence Higgins Trust

The leading HIV and sexual health charity in the UK.

Web: www.tht.org.uk/

Unison

Fights discrimination and prejudice in the workplace on behalf of its lesbian, gay, bisexual and transgender (LGBT) members. We work together in local and national groups of LGBT members to campaign and provide support for our members.

Contact: Carola Towle, UNISON Centre, 130 Euston Road, London NW1 2AY

Email: out@unison.co.uk

Get help now: 0800 0 857 857 Lines are open 6am-midnight Monday-Friday and 9am-4pm Saturday.

Help Lines / Phone Lines

HRRA Phone Line

HRRA provides an information and listening phone line service for Lesbian, Gay, Bisexual and Trans people in Hastings and Rother.

Opening times:

Phone:

Brighton & Hove LGBT Switchboard

Phone: 01273 204050. Open weekdays 5pm-9pm and weekends 5pm-7pm
Or 01273 234009

Email: info@switchboard.org.uk

Website: www.switchboard.org.uk/

Address: Brighton & Hove LGBT Switchboard, Community Base, 113 Queens Road, Brighton, East Sussex. BN1 3XG

Why phone Switchboard?

The Switchboard Helpline is for information, listening and support.

Whether it's for going out, coming out or checking something out, speaking to an operator who is LGBT makes an important difference to our callers. The scope of information that Switchboard operators have to offer can range from gay hotels or saunas in the area, the date of Brighton Pride, to coming to terms with sexuality or HIV status.

Often people want inside information about the lesbian and gay scene, or don't know where else to go to find what they are looking for; finding lesbian/gay friendly accommodation, for example. Or it might be that you just want to talk to someone and don't know where to turn, that's what we are here for.

If you have been the victim of an LGBT hate crime our helpline can provide you with immediate support both emotionally and with the practicalities of dealing with what's happened to you.

The helpline answers around 20 calls a night, providing sympathetic and helpful listeners. All calls to Switchboard remain confidential.

TCrime

A facility to report transphobic hate incidents. If you need immediate assistance, dial 999 and contact us for help later.

Website: www.tcrime.net/

LGBT Consortium

A national membership organisation focusing on the development and support of LGBT groups, projects and organisations; so they can deliver direct services and campaign for individual rights. Fights for equal rights for LGBT with cancer, help with adopting, domestic abuse and much more.

Address; LGBT Consortium, PO Box 934, Taunton, Somerset TA1 9LU

Tel: 020 7064 6500

E-mail: admin@lgbtconsortium.org.uk

Web: <http://www.lgbtconsortium.org.uk/>

Health & Wellbeing (local & national)

Alcoholics Anonymous (AA)

LGBT Meeting: Every Sunday 7.30pm @ The Chapel Royal, Prince's Place, North Street, Brighton (side entrance).

Women's Group: Every Tuesday 6pm @ Friends Meeting House, Ship Street BN1 1AF.

Women's Group: Every Friday 10am @ Phoenix house (upstairs room), Phoenix place BN2 9ND.

General AA Help & Information: 01273 203 343 (Brighton)

Directory: <http://directory.zhooshbrighton.co.uk/entry/lesbian-gay-alcoholics-anonymous-aa/>

Web: <http://www.aa-gb.org.uk/southeast/brighton/>

Alzheimer's Society

LGB advice supporting lesbian, gay and bisexual people with dementia

Phone: 0300 222 1122

Web: http://www.alzheimers.org.uk/Gay_Carers

Drug & Alcohol Service LGBT

The service is for anyone aged 16+ who would prefer to use an LGB&T service, people do not need to have a 'problem' to access our service.

Opening times: 9am-5pm from Monday – Friday

Referral: Self or through other professional

Email: gary.smith@cri.org.uk

Phone: 01273 607575 / 07717 774658 (Brighton)

Web: <http://www.cri.org.uk>

Deaf Queer

For Deaf LGBTIQ people and our Allies.

Web: <http://news.deafqueer.org/>

Facebook: <https://www.facebook.com/deafqueer>

Gemma

Disabled lesbian friendship & support group.

Address: GEMMA, BM Box 5700, London. WC1N 3XX

Email: gemmagroup@hotmail.com

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Health & Wellbeing (local & national)

GLAMS - Multiple Sclerosis (MS)

A national self-help support group for LGBT people affected by Multiple Sclerosis (MS).

Address: GLAMS c/o MS Society, MS National Centre, 372 Edgware Road, London, NW2 6ND

Web: <http://www.mssociety.org.uk/ms-support/support-groups/lesbian-gay-bisexual-transgender>

Phone: 0208 438 0959 Monday to Friday 10-3

Email: glams.uk@googlemail.com

LGBT Consortium

A national membership organisation focusing on the development and support of LGBT groups, projects and organisations; so they can deliver direct services and campaign for individual rights. Fights for equal rights for **LGBT with cancer**, help with **adopting, domestic abuse** and much more.

Address; LGBT Consortium, PO Box 934, Taunton, Somerset TA1 9LU

Tel: 020 7064 6500

E-mail: admin@lgbtconsortium.org.uk

Web: <http://www.lgbtconsortium.org.uk/>

The ME Society – For those with chronic fatigue syndrome.

Support and social groups for people with ME/CFS, including groups for gay men and lesbians. You need to ask about these groups as they are not advertised on their website. 'Laid Back Lesbians Group' is the name of one.

Contact: colin.sussexme@btinternet.com

Telephone: 01273 674828 (Brighton)

Directory: <http://directory.zhooshbrighton.co.uk/entry/the-me-society/>

Web Address: <http://www.measussex.org.uk>

Planning For Later life

A downloadable booklet including making wills, planning funerals, your rights. http://www.stonewall.org.uk/documents/lgb_planning_for_later_life_guide_vfinal.pdf

HIV & Sexual Health (local)

Positively Social – Hastings & Eastbourne

Open to all people living with HIV.

Hastings - On the first Monday of every month. Time: 5.30pm- 7.30pm in a central location in St. Leonards.

Eastbourne - Every third Tuesday afternoon. Time 2.00 - 4.00pm.

These groups are open to people in East Sussex (including Brighton and Hove) living with HIV and aims to give informal support in an understanding environment to anyone who has been diagnosed as HIV positive.

Website: www.tht.org.uk Mobile: 07584 086590. THT Direct: 0808 802 1221
Eastbourne Office: 01323 649927

Hastings Services Terrence Higgins Trust

If you are a gay or bi-sexual man and would like to chat to someone about HIV related issues or sexual health please call or email us. We also offer free condoms, lube and other sexual health resources. For further information, please contact their local office on 01323 649927 or email

info.eastbourne@tht.org.uk

A guide to Terrence Higgins Trust Services in East Sussex:

- HIV Services. Supporting people to help make sense of their HIV diagnosis, managing side effects, sex and relationships, understanding medication, talking to your doctor, finding ways of having a healthier lifestyle. Support can be in person, by phone or email. Support for people at risk of HIV.
- Confidential information and advice on sexual health and HIV for men who have sex with men. Up to three one hour appointments depending on need. Sessions can be in person or on the phone.
- Web based support and information via netreach and myhiv.org.uk
- Information and advice on HIV, sexual health and local services.

Contact the Eastbourne office on 01323 649927 or email info.eastbourne@tht.org.uk

Sexual Health

Hastings: Station Plaza Health Centre, Station Plaza, Hastings, East Sussex.
TN34 1BA

Phone: 01424 464750

Fax: 01424 464751

The clinic is open Monday to Friday 8:30am to 7:15pm

A walk in clinic with five bookable appointments is available each morning.

St Leonards: Arthur Blackman Clinic (ABC), Battle Road, St. Leonards-on-Sea, East Sussex. TN37 7AN

Tuesday - 4:00pm to 7:15pm (walk-in)

Bexhill: Bexhill Health Centre, Holliers Hill, Bexhill-on-Sea, East Sussex.
TN40 2DZ

Monday - 5:30pm to 7:15pm (walk-in)

Mental Health

Mind Out

Our LGBT mental health project is run by and for LGBT people. We provide: advocacy, advice and information, casework support, peer support groups, suicide prevention, including peer support, mental health promotion and anti-stigma events, LGBT affirmative practice training. Our services are free, confidential, independent and impartial. New services include an out of hours online support service and a peer mentoring service.

Address: MindOut, LGB&T Mental Health Project, Community Base, 113 Queens Road, Brighton, BN1 3XG

Email: info@mindout.org.uk

Phone: 01273 234839

Web: www.mindout.org.uk

Facebook: <https://www.facebook.com/pages/MindOut/295354033899959>

Counselling

Proud 2 Connect – Relate Counselling for LGBT couples.

The service provides relationship counselling to LGBT people, delivered by Relate counsellors who identify as LGBT, and have been specifically selected for this project.

Telephone: 01273 697997 or help-line 01273 204050 (from 5pm daily)(Brighton)

Web Address: <http://www.relate4u.org/connect.htm>

Jeff Turner – Hypnotherapy & Life Management Counselling

Anxiety and phobias, stress, depression or relationship issues: Whatever the problem I can help. Gay therapist with over 20 years experience working with LGBT issues. Individual and couples counselling. [Phone: 01424 814545](tel:01424814545). [For special local rates quote RAINBOW](#). (Hastings)

Website: www.gaylifemanagement.co.uk or www.lifemanagement.co.uk

Pink Therapy

A national organisation providing LGBT therapy, counselling and related training. Local therapists in this area.

Website: www.pinktherapy.com/

Email: admin@pinktherapy.com

Phone: 020 7836 6647

Post: Pink Therapy, BCM 5159, London WC1N 3XX

Domestic Violence/Abuse

Broken Rainbow UK

The National Lesbian, Gay, Bisexual and Trans* (LGBT) Domestic Violence Helpline provides confidential support to all members of the LGBT communities, their family, friends, and agencies supporting them. The helpline is run by trained LGBT people and provides a space where you can talk through what is going on, and explore your options.

Online chat support is accessible from our website.

Phone: 0300 999 5428. Or call our freephone number 0800 999 5428

Email: help@brokenrainbow.org.uk

Web: <http://www.brokenrainbow.org.uk/>

Rise (Refuge, Information, Support and Education)

Rise offers help and support to people affected by domestic abuse.

Confused, scared and isolated because of an abusive partner or ex-partner?

Need to talk to someone? Think you may be in an abusive relationship?

Concerned about your family situation? Worried and confused about a relationship? Rise has a specialist worker to support any LGBT person experiencing domestic violence and abuse.

Email LGBT@riseuk.org.uk

Telephone: 01273 622822 If we can't respond immediately we will try to call you back by the next working day. Please leave your name and a safe contact number for us to call you back.

If you are in danger now call 999

National Domestic Violence Helpline: 0808 2000 247

Address: RISE, PO Box 889, Brighton BN2 1GH

Web: <http://www.riseuk.org.uk/>

Hate crime, domestic violence and criminal law - Stonewall

Web:

https://www.stonewall.org.uk/at_home/hate_crime_domestic_violence_and_criminal_law/default.asp

Survivors – male rape & abuse

A national charity for male survivors of rape and childhood sexual abuse.

Phone: UK National Helpline 0845 122 1201 7pm-9.30pm Mon/Tue/Thu.

Address: SurvivorsUK, Unit 1, Queen Anne Terrace, Sovereign Court, The Highway, London, E1W 3HH

Office line: 0203 5983898 (Monday – Friday 9.30 – 4.30pm)

Helpline: 0845 122 1201 Monday & Tuesday 7- 9.30pm, Thursday 12-2.30pm

Website: <http://www.survivorsuk.org/>

Email: info@survivorsuk.org

See also **LGBT Consortium** on page 10

Homeless Help (local but not LGBT specific)

St John Ambulance

Help includes first aid, foot care, sexual health, flu jabs, socks, blankets, stop smoking.

Nurse Co-ordinator, Roger Nuttall

Email: Roger.nuttall@sja.org.uk

Phone: 01424 435358

Web: <http://www.sja.org.uk/sja/what-we-do/community-projects/homeless-service/hastings-homeless-service.aspx>

The Snowflake Night Shelter

We provide supervised overnight accommodation to homeless people who would otherwise be sleeping rough in **Hastings and St Leonards** during the extreme winter months (mid-November to end-February inclusive). Our Guests are referred to us via local organisations, primarily the Seaview Project and the St John Ambulance Homeless Service.

Email: info@snowflake-nightshelter.org.uk

Phone: 07547482627

Address: 3 Mill Place, Caldbec Hill, Battle, East Sussex TN34 0JR

Web: <http://www.snowflake-nightshelter.org.uk/>

Seaview Project

We're an open access wellbeing centre offering help and inspiration for people living on society's margins.

Help, comfort, friendship, accommodation.

Address: Southwater Centre, Hatherley Road, St Leonards-on-Sea, East Sussex TN37 6LB

Phone: 01424 717981

Email: admin@seaviewproject.org.uk

Web: <http://www.seaviewproject.co.uk/>

Parenting

CoParents - Find a CoParent or Sperm donor

We connect aspiring parents and donors with one another, making parenthood a reality.

Web: <http://www.coparents.co.uk/>

Gay Dad Support

To benefit you will need to be or have been in a heterosexual relationship with a woman and to have children with her. You don't have to identify as gay, you could be bisexual or just plain confused about your sexuality, just knowing it isn't heterosexual.

Yahoo group: <http://groups.yahoo.com/group/gaydadsupport/>

Website: www.gaydadsupport.net/

LGBT Adoption & Fostering

New Family Social: <https://www.newfamilysocial.org.uk/>

Support and information for prospective and existing LGBT adopters and foster carers.

Email: membership@newfamilysocial.co.uk

Call us: You are welcome to give us a call, however most of us are juggling work and parenting, so please be patient! If we can't pick-up, please leave a message when prompted – we will receive it.

Phone: 0843 2899457

Address: New Family Social, Harvey's Barn, Swaffham Bulbeck, Cambridge, CB25 0NA

Facebook: <https://www.facebook.com/newfamilysocial>

Twitter: <https://twitter.com/lgbtadoptfoster>

Parenting & advice for LGBT

Including adoption, fostering, wanting a baby, step parenting, gay dad guide

Website: www.stonewall.org.uk/at_home/parenting/

Pink Families

Provides information & resources for LGBTI families & their supporters, & celebrates the many shapes families can be. Our aim is to assist families of all types to be healthy, proud & informed. Contact via website.

Facebook: <https://www.facebook.com/PinkFamilies?fref=ts>

Web: <http://www.pinkfamilies.com/>

Pride Angel

We are dedicated to connecting sperm donors, egg donors and co-parents worldwide.

Web: <http://www.prideangel.com/>

LGBT Young People & Family Support

Local – Brighton – National

Local

Some People

Local group in Hastings (East Sussex County Council)

Are you lesbian, gay, bisexual, transgender or questioning your sexuality and/or gender? If you're aged 14 to 19, come and join us.

Make new friends, get online, find out more about your LGBTQ community, get support for bullying, health, coming out, relationships and more.

We meet every Tuesday, from 6-8pm in Hastings.

Contact Neil Fidler or Nicola Marshall

Email: somepeople@eastsussex.gov.uk

Phone: or text Nicola 07974 579865.

Web: <http://www.connexions360.org.uk/thingstodo/lgbtu/pages/lgbtu.aspx>

Targeted Youth Support Service

Offers young people assistance when they need additional advice, information and support. We offer support around issues like sexual and mental health, drugs and alcohol issues, family and relationships, training, money and accommodation. Youth work sessions include sports and arts based activities, getting involved in youth councils and local volunteering opportunities.

Contacts:

TYS Eastbourne Phone: 01323 466665

TYS Hasting Phone: 01424 724150

TYS Lewes and Wealden Phone: 01273 335130

TYS Rother Phone: 01424 726101

Flyer:

<http://www.connexions360.org.uk/thingstodo/LGBTU/Documents/Some%20People%20flyer.pdf>

Web: <http://www.eastsussex.gov.uk/atoz/heading1464.aspx>

LGBT Young People & Family Support

Brighton

Transformers – Trans Youth Brighton

Are you trans or questioning your gender identity and aged 16-25? Then why not come along to Transformers, Brighton's Trans Youth Group?

Transformers meets on the second and last Friday of each month, from 5pm to 7pm, in a central Brighton location.

For more information about Transformers or 1:1 support, please contact Allsorts.

Phone: 01273 721 211

Email: transformers@allsortsyouth.org.uk

Facebook: <https://www.facebook.com/TransformersTransYouthBrighton>

Web: <http://www.allsortsyouth.org.uk/groups/transformers/>

Allsorts Youth Project

A project based in Brighton to support and empower young people under 26 who are lesbian, gay, bisexual, trans* or unsure (LGBTU) of their sexual orientation and/or gender identity.

Email: youth@allsortsyouth.org.uk

Phone: 01273 721211

Web: <http://www.allsortsyouth.org.uk/>

Male Matters

A vibrant youth group for young gay, bisexual, trans or unsure guys aged 16 - 25. Meetings take place the third Thursday of the month between 5pm – 7pm in a central Brighton location.

Phone Ben: 01273 271 211

Email: bendew@allsortsyouth.org.uk

Web: <http://www.allsortsyouth.org.uk/groups/male-matters/>

Bi Brighton - Bi Youth Network

Are you bi/pan/poly/omni/queer or see your sexuality as fluid and are aged 16-25? Then why not come along to our bi social network?

Bi Brighton is a lively monthly social group for young bi men, women and trans people aged 16-25. We meet on an adhoc basis.

If you'd like to come along to the group for the first time, or for more information about the network, please contact Allsorts.

Phone: 01273 721 211

Email admin@allsortsyouth.org.uk

Facebook: <https://www.facebook.com/allsortsyouth>

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LGBT Young People & Family Support

Brighton

TAG - Under 16's LGBTU Youth Group

TAG is a fun youth group for lesbian, gay, bisexual, trans or unsure (LGBTU) young people under the age of 16.

We meet twice a month at a central Brighton location (contact us for more details).

If you would like to come along to TAG or speak to a worker, contact our Youth Support Workers

Email: youth@allsortsyouth.org.uk

Phone: 01273 721211

A worker will then arrange a 1:1 meeting with you before the next group meet-up.

Web: <http://www.allsortsyouth.org.uk/groups/tag/>

TAG also offers 1:1 support with **LGBTU Youth Support Workers**. If you would like to talk through any concerns in a confidential setting – we can arrange a meeting in central Brighton or in your school.

Sara's Group (Parents and Carers of LGBTU Young People)

For the parent or carer of a lesbian, gay, bisexual or trans child or young person. Would you like to meet with other parents/carers? Would you like information about issues facing your child or family? We are Allsorts Parents Group, a new group of parents and carers of LGBT children and young people hoping to share our experiences and support one another.

For information contact us

Email: parents@allsortsyouth.org.uk

Phone: the parent facilitator on 07982316017

Or call the Allsorts office on 01273 721211

Web: <http://www.allsortsyouth.org.uk/parent-carers/group/>

LGBT Young People & Family Support

National

It Gets Better Project

The It Gets Better Project's mission is to communicate to lesbian, gay, bisexual and transgender youth around the world that it gets better, and to create and inspire the changes needed to make it better for them.

Email: info@itgetsbetter.org

Web: <http://www.itgetsbetter.org/>

The Safe Network

Supporting lesbian, gay, bisexual or transgender children and young people who have difficult experiences when they reveal their sexual orientation or identity. Offering support to LGBT youth groups, clubs and many different organisations in their efforts to help parents and families understand, accept and support their lesbian, gay, bisexual and transgender children.

Address: The Safe Network, NSPCC National Training Centre, 3 Gilmour Close, Beaumont, Leys, Leicester LE4 1EZ

Tel: 0845 608 5404

Email: enquiries@safenetwork.org.uk

Web:

http://www.safenetwork.org.uk/training_and_awareness/Pages/supporting-lgbt-young-people.aspx

Going to University?

Stonewall's University Guide is for lesbian, gay and bisexual prospective students and all those in between. It will help you to choose a university that will welcome you and support you in being yourself.

Web: <http://www.gaybydegree.org.uk/>

Diversity Role Models

Our vision is a world where all children and young people can live, learn, grow and play safely, regardless of issues relating to gender and sexuality. Our mission is to eliminate homophobic and transphobic bullying.

We achieve this by providing high quality, pioneering educational workshops involving role models and through collaborating with individuals and organisations.

Email: info@diversityrolemodels.org

Address: c/o RBS, Suite 1.3, 40 Islington High Street, London. N1 8XB

Phone: 020 7278 8659

Web: <http://www.diversityrolemodels.org/>

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LGBT Young People & Family Support

National

Pace Yourself LGBT

Free information for LGBT young people, their family and friends. We help LGBT and questioning young people feel more comfortable about who they are and their sexuality. We raise awareness of homophobic bullying and support those who are being bullied. We raise awareness of the alarmingly high number of young LGBT people who harm themselves. We inform LGBT young people, their parents and their friends. Based in Manchester but lots of online help, advice & guides.

Email: ulgbt@hotmail.com

Web: <http://paceyourselfuk.weebly.com/>

FFLAG - Families and Friends of Lesbians and Gays

We are a national voluntary organisation and registered charity dedicated to supporting parents and their lesbian, gay and bisexual daughters and sons. If you, your family or friends need support, reassurance or information, please call our confidential helpline or visit the website.

Address: FFLAG, PO Box 495, Little Stoke, Bristol, BS34 9AP

Tel: 0845 652 0311

Web: <http://www.fflag.org.uk/>

Schools Out

For equality, safety and visibility in education for all LGBT

Our aim is to make our schools safe and inclusive for everyone. Flyers & posters available.

General Enquiries email: secretary@schools-out.org.uk

Helpline FEMALE: Sue Sanders 07960 493 544

Helpline MALE: Tony Fenwick 01582 451 424

Web: <http://www.schools-out.org.uk/>

Gay Marriage / Civil Partnership

Marriage & Civil Partnership Guides

Web: <https://www.facebook.com/PinkFamilies?fref=ts>

The Old Rectory

Luxurious and elegant gay friendly B&B accommodation – or if you book the whole house, the perfect private address for civil partnerships, private parties or wedding ceremonies.

Address; The Old Rectory, Harold Road, Hastings, East Sussex TN35 5ND

Tel: 01424 422410

Web: <http://www.theoldrectoryhastings.co.uk/>

Saltcote Place

Name of contact: Paul or Alan

Address: Saltcote Place, Saltcote Lan, Playden, Rye, East Sussex. TN31 7NR

Phone: 01797 222220

Email: stay@saltcote.co.uk

Web: www.saltcoteweddings.co.uk

Venues: Includes Hastings, Ticehurst, Pluckley.

<http://www.furtherafield.com/gay-marriage/venues-for-your-big-day>

Planning: <http://www.furtherafield.com/gay-marriage/planning-your-big-day>

Gay friendly wedding venues & services

Web: <http://www.gay-friendly-wedding-venues.com/>

Bisexual

The Bisexual Index

Lots of info on groups, Q&A's, coming out, BiFest etc.

Email: press@bisexualindex.org.uk

Web: www.bisexualindex.org.uk/

Brighton Bothways

A bisexual group based in Brighton. A friendly, open-minded group and welcome all bisexual, bi-curious and bi-friendly people, their partners, friends, family and allies.

Email: info@brightonbothways.org.uk

Call/Text: 07505 385094 - Please leave a message and we will call back.

Or join our e-mail list at the following address: brightonbothways-subscribe@yahoogroups.com

Web: <http://www.brightonbothways.org.uk/>

Bi Community News

Web: <http://bicommunitynews.co.uk/>

Biscuit

An online magazine for today's discerning bisexual woman

Web: <http://thisisbiscuit.com/>

Getting Bi in a Gay/Straight World is a pocket sized booklet about bi life, with theory, history, personal stories and more. Published by [BiPhoria](#) in the UK and available in English and Spanish

Web booklet:

<https://www.flickr.com/photos/61249209@N04/sets/72157626275005967/show/>

For hard copy booklet : order here

Web: <http://biphoria.org.uk/publications.html>

See also: Young People & Family Support on pages 16 to 20

Trans

Trans Group – local

Meet in Hastings at 7pm on last Wednesday of the month.

Web: <http://www.hrra.org.uk/trans/trans-group/>

Email: Gary or Paris hrrat@hrra.org.uk

GIRES - Gender Identity Research and Education Society

Information for trans people, families and professionals who care for them.

Phone: 01372 801554

Address: GIRES, Molverley, The Warren, Ashted, Surrey KT21 2SP

Web: www.gires.org.uk

Trans patient support: <http://www.patient.co.uk/support/Gender-Identity-Research-and-Education-Society.htm>

Mermaids – children & teens

Mermaids is a support group for gender variant children and teenagers.

They aim to support children and teenagers up to the age of 19, who are trying to cope with gender identity issues

Address: BM Mermaids, London. WC1N 3XX

Information line: (0208) 1234819 : Monday to Saturday

Web: www.mermaidsuk.org.uk

The Gender Trust

For all adult transsexual people and their families & friends.

The Gender Trust is the largest UK charity in a position to help anyone affected by gender identity issues. The Trust is a membership organisation but its services are available to all. They can offer: custom training and support to organisations/companies in the private/public sector; a corporate membership; transgender policy review and development services.

Email: info@gendertrust.org.uk

Helpline 01527 894838 (before 10pm please).

Address: 76 The Ridgeway, Astwood Bank, Worcs. BB96 6LX

Web: www.gendertrust.org.uk

Gendys Network

For all who have encountered gender identity problems personally, transsexuals, transgendered people and gender dysphoric people of either sex, and for those who provide care, both professional and lay.

Email: gendys@gender.org.uk

Address: Gendys Network, BM GENDYS, London WC1N 3XX

Web: <http://www.gender.org.uk/bt/>

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Trans

Beaumont Trust

An educational charity. Information available on all aspects of transgender, talks, helpline, leaflets.

Helpline 07000 287878 (Tues & Thurs 7-11pm).

Address: BM Charity. London WC1N 3XX

Email: beaumonttrust@gmail.com

Web: <http://www.gender.org.uk/bt/>

Beaumont Society

National Membership organisation/Social, support and self-help group - for all TV/CD/TG, wives and partners.

Info. line 01582 412220 Helpline on skype.

Email: enquiries@beaumontsociety.org.uk

Address: 27 Old Gloucester St London WC1N 3XX

Web: <http://www.beaumontsociety.org.uk>

Transliving

The international support group and lifestyle magazine for the cross dressing and transgendered community. Events in Eastbourne, shopping & forum.

Helpline (Stacy) 01268 583761 (9am-8pm Mon to Fri)

Email: stacy@transliving.co.uk

Address: PO Box 3 Basildon Essex SS13 TWA

Web: www.transliving.co.uk

Wobs (Women of the Beaumont Society)

Offers support and advice to partners of transvestites, transsexuals & gender dysphoric persons.

Phone Helpline - 01223 441246

Web: <http://www.gender.org.uk/wobsmatters/>

TCrime

A facility to report transphobic hate incidents. If you need immediate assistance, dial 999 and contact us for help later.

Web: www.tcrime.net/

Female to Male - Brighton

Our regular meetings are now held on the third Friday of every month. 7pm-9pm.

Address: Space For Change, 14 Windlesham Avenue, Brighton, BN1 3AH.

Web: <http://ftmbrighton.wordpress.com/>

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Trans

The Clare Project

A self supporting group based in Brighton and Hove open to anyone wishing to explore issues around gender identity.

Our main activity is our weekly 'Drop-In' every Tuesday, which aims to provide a safe and confidential place for people to meet with others who share their life experiences, and find information, support and companionship. A facilitator and a psychotherapist are at the drop-in each Tuesday.

Whilst the group is mainly attended by transgender, transsexual and gender dysphoric people, we aim to be all-inclusive as we recognise the complexities surrounding the issue of gender identity. We have no religious affiliation.

It's best if you can contact us directly at the Tuesday afternoon drop-in.

Address: Dorset Gardens Methodist Church, Dorset Gardens, (off St James's Street), Brighton BN2 1RL

Facebook: <https://www.facebook.com/groups/150508746234/>

Email: clareprojectinfo@gmail.com

Postal address: The Clare Project, c/o Community Base, 113 Queens Road, Brighton BN1 3XG

Downloadable booklets <http://www.clareproject.org.uk/home/support/support-resources>

Web: <http://www.clareproject.org.uk/>

Depend

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.

Address: Depend, BM Depend, LONDON. WC1N 3XX

Email: info@depend.org.uk

Web: <http://www.depend.org.uk/frameset.html>

A Guide for Parents & Family Members of Trans People in UK

http://cdn0.genderedintelligence.co.uk/2012/11/17/17-18-49-Booklet_for_parents_and_family_members1108.pdf

See also: Young People & Family Support on pages 16 to 20

Homophobia

EACH Action

Educational Action Challenging Homophobia

The award-winning charity for adults and young people affected by homophobia and transphobia. It is also a not-for-profit training agency for employers and organisations committed to realising an equal and safe working environment for all regardless of age, sex, ability, ethnicity, faith, gender identity or sexuality. Consultancy and expert support is provided regularly to local councils, the Education and Criminal Justice System, the Fire Service, Health, Libraries, Youth, Housing and Social Services, registrars, the Department for Education, Children and Young People's Services, the trades unions, professional associations, the Church of England and the third sector.

Actionline: 0808 1000 143

Email: director@eachaction.org.uk

Web: <http://www.eachaction.org.uk/>

Inclusion for All

For teachers, governors, pupils, parents.

Shaun Dellenty devised Inclusion for All after 15 years of working in U.K. schools, during which time he witnessed school staff and school governors at every level, unable or unwilling to pro-actively tackle homophobic bullying. Many wonderful school staff lacked the training to support children who were obviously suffering, some of whom were questioning their identity and many of whom did not conform to established gender stereotypes. He saw some school leaders ignoring homophobic bullying and saw some teachers using and condoning homophobic and transphobic language. He saw some gay teachers living in fear of being 'outed' living inauthentic lives and saw brave out gay teachers being openly bullied by parents, pupils and even their colleagues with no support.

Web: <http://www.inclusionforall.co.uk/>

See also:

National Organisations – Stonewall, Unison – page 7

Help Lines / Phone Lines – page 8

LGBT Young People & Family Support page 16 to 20

Pubs / Clubs / Bars / Restaurants

The Forbidden Fruit

An entertainments bar that provides food during the day in a chilled out atmosphere. At night a fun, lively environment with Drag acts, singers and comedians. 119 Queens Road, Hastings, TN34 1RL

Phone: 01424 426745

Email: the_forbiddenfruit@hotmail.co.uk

Facebook: <https://www.facebook.com/pages/The-Forbidden-Fruit/419286498185922>

Web: <http://theforbiddenfruithastings.co.uk/>

Garbo's Club Disco

Ladies disco in Eastbourne. Regular lesbian discos.

At: The Cumberland Hotel, 34 - 36 Grand Parade, Eastbourne, BN21 3YT

Contact: Lynn - 07905 639628 or Linda - 07904 035229

Email: - lynm27@hotmail.co.uk

The Hart

A venue for Gay, Lesbian, Bisexual and Transgender. We take great pride in celebrating diversity, and to that end, everyone is warmly welcomed.

Address: 89 Cavendish Place, Eastbourne, East Sussex. BN21 3RR

Phone: 01323 643151

Web: <http://thehart.co.uk/>

Land of Green Ginger Cafe Bistro (gay owned and run)

45 High Street, Hasting, East Sussex. TN34 3EN

Phone: 01424 434 191

Web: <http://www.land-of-green-ginger.co.uk/>

Mikis Bar

Pink Mondays every Monday night plus 1st Monday of the month special guests. Chic and cosy seaside bar serving fresh coffees throughout the day and delicious cocktails and tapas into the late night.

Address: 8 Marine Court, Saint Leonards TN38 0DX

Facebook: <https://www.facebook.com/mikisbarhastings>

Email: miki@mikisbar.co.uk

Web: <http://www.mikisbar.co.uk>

Hotels & Accommodation

Zanzibar Boutique Hotel

Rooms from £99

Address; 9 Eversfield Place, St Leonards-on-Sea, East Sussex TN37 6BY

Phone: 01424 460109

Website: <http://www.zanzibarhotel.co.uk/>

The Old Rectory

Rooms from £80

Luxurious and elegant gay friendly B&B accommodation – or if you book the whole house, the perfect private address for civil partnerships, private parties or wedding ceremonies.

Address; The Old Rectory, Harold Road, Hastings, East Sussex TN35 5ND

Tel: 01424 422410

Website: <http://www.theoldrectoryhastings.co.uk/>

Swan House

Prices from £80 per night single – from £120 per night double

Address: Swan House, Hill Street, Hastings TN34 3HU

Tel: 01424 430014

Email: res@swanhousehastings.co.uk

Web: <http://www.swanhousehastings.co.uk/>

Les Deux Messieurs

A UK guide to gay-friendly getaways, profiling the best of Britain's design-led hotels, boutique B+Bs, and self-contained apartments and houses, and reviewing them from a gay perspective. Highlighting exemplary eateries, places of interest and local pursuits, Les Deux Messieurs' discerning and enjoyable reviews aim to inform gay travellers (men and women) and their friends, and help them book stays away with confidence.

Website: <http://deuxmessieurs.com/>

Gay accommodation in East Sussex

<http://www.gay-accommodation-east-sussex.co.uk/>

Purple Roofs

Find Gay & Lesbian Friendly Bed & Breakfasts, Inns, Hotels, Travel Agents & Tour Operators

Web: <http://www.purpleroofs.com/>

A Guide for Gay Visitors to Britain

https://www.stonewall.org.uk/documents/visitor_guide_english.pdf

Notes

