



LGBTQ₂⁺ RESOURCE PACK

**NORTHEAST
LONDON**



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BARKING & DAGENHAM

Flipside Youth Group

Flipside is a youth group for young people aged 11 to 19 (up to 25 for people with SEN) who identify as LGBTQ+. They have guests who run workshops including creative writing, poetry, cooking, yoga and meditation, dance; LGBTQ+ people come and talk about their life experiences, they go on trips and outings: locally - bowling, cinema, mini golf, Broadway theatre, London - inc. taking part in Pride in London parade, galleries, museums, parks and further afield.

Email: Flipside@lbdd.gov.uk

Website: <https://tinyurl.com/yc7p9w5b>

Phone: 07955404363 or 07875993500

Instagram: [@Flipside_ldn](https://www.instagram.com/_@Flipside_ldn)

The Outside Project

The Outside Project is an LGBTIQ+ Community Shelter, Centre and Domestic Abuse Refuge in response to those within the LGBTIQ+ community who feel endangered, who are homeless, 'hidden' homeless and feel that they are on the outside of services due to historical and present prejudice in society and in their homes.

Email: community@lgbtiqoutside.org

Website: <https://lgbtiqoutside.org/>

Instagram: <https://www.instagram.com/LGBTIQOUTSIDE/>

Address: The Ripple Centre, Ripple Road, Barking, IG11 7FN

LGBT+ Barking and Dagenham

Adult Social Network

This inclusive group hosts regular Monday night socials at the Pipe Major pub in Dagenham. It welcomes all members of the LGBTQ+ community and allies, offering a relaxed environment to connect and build friendships.

More information available on Eventbrite

Address: Pipe Major, 1 Yew Tree Avenue, Dagenham, RM10 7FN

City of London & Hackney

Give Out

An award-winning international LGBTQI+ community foundation enabling our community and allies to give in one place to support LGBTQI activism worldwide. They provide grants to LGBTQI+ organisations around the world, ensuring that they have more of the resources they need to defend our communities, tackle inequalities and campaign for lasting change.

Email: info@giveout.org

Website: <https://giveout.org/>

Instagram: https://www.instagram.com/giveout_org/

Address: 3rd Floor, Thomas Ford House, 23-24 Smithfield Street, London, EC1A 9LF

Stonewall

Stonewall drives positive change in public attitudes and public policy. We ensure LGBTQ+ people can thrive throughout our lives by building deep, sustained change programmes with the institutions that have the biggest impact on us, whether we're learning, working, praying or playing sport. We make sure that the world hears and learns from LGBTQ+ communities, and our work is grounded in evidence and expertise. And we're committed to empowering people to create change in their own communities.

Email: advice@stonewall.org.uk

Telephone: [08000 502020](tel:08000502020)

Website: <https://www.stonewall.org.uk/>

Instagram: <https://www.instagram.com/stonewalluk>

Address: [192 St John Street, London, EC1V 4JY](#)

AKT

National LGBTQ+ youth homelessness charity; focused on prevention and early action. Provides: safe homes, mentoring, training, advocacy and support to young people who are homeless or living in a hostile environment after coming out to their parents, care givers and peers.

Website: <https://www.akt.org.uk/>

Email: contact@akt.org.uk

Telephone: [020 7831 6562](tel:02078316562)

Address: [48 Chocolate Studios, 7 Shepherdess Place, London, N1 7LJ](#)

Goslings

Goslings is London's largest and popular badminton club for LGBT+ players and their friends. They provide four weekly safe and inclusive spaces for those wishing to learn, get fit and play badminton. Open to players of all levels and abilities.

Website: <https://goslingslondon.com/>

Email: committee@goslingslondon.com

HAVERING

Kaleidoscope

Kaleidoscope is a free social group for young (17-24 years) LGBTQ+ people in Havering. Their social group runs the first Tuesday of every month at Lumiere, Mercury Gardens RM1 3EE.

Website: <https://www.kaleidoscoperomford.com/>

Instagram: <https://www.instagram.com/kaleidoscope.romford/?hl=en>

Facebook: <https://www.facebook.com/groups/1432277350603088>

LGBTQ+ Drop-In Sessions

Part of Havering's youth services, these sessions cater to young people aged 11-18, offering a supportive environment for LGBTQ+ youth to engage and access resources.

Website: <https://familyserviceshub.havering.gov.uk/kb5/havering/directory/advice.page?id=hYJmuqgLlsQ>

NEWHAM

Newham's LGBT+ History Month

Newham's LGBT+ History Month is truly a borough-wide celebration with all events taking place online and in-person throughout February of each year.

Email: monica.thomas@newham.gov.uk

Website: <https://www.newhamlgbthistory.org/>

Phone: 020 3373 1276

Instagram: <https://www.instagram.com/newhamlondon/>

Forrest Gayte Pride

Their primary aim is to give a voice to LGBTQIA+ residents of Newham through events and education; creating a platform for the queer community to speak out and express themselves in a safe, inclusive space, during pride and beyond. They work to create a safe and welcoming environment within the community for those at risk, in particular the marginalised members of Newham, offering help, advice and support to those who need it, as well as educating and engaging with the allies who want to stand by the LGBTQIA+ community.

Email: weareforestgaytepride@gmail.com

Website: <https://forestgaytepride.com/>

Instagram: <http://instagram.com/forestgaytepride>

Queer Newham

Queer Newham is a local initiative to raise awareness on gender equality and support the well-being of the LGBTQIA+ community in Newham. They run event all year round from interactive and creative sessions such as salsa and poetry writing, to cake and a chat.

Email: queernewham@gmail.com

Website: <https://queernewham.weebly.com/>

Out To Swim

Out To Swim is an aquatics club for adults based in London, most of their members are LGBTQ+, but they welcome all allied adults with an interest in aquatic sport, including those with disabilities. They offer participation in swimming, lessons, open water, water polo and artistic swimming, all taught by their dedicated team of experienced coaches and teachers. Although entirely optional, many of their members enjoy competing in tournaments all around the world!

Website: <https://www.outtoswim.org/london>

Instagram: <http://instagram.com/outtoswim>

Kings Cross Steelers RFC

The Steelers' claim to the title of the "world's first gay rugby club", they train Tuesday and Thursday from 7pm-8:30pm at Memorial Park. Whether you are a beginner and new to the sport and want to try it out or whether you are experienced and you want to develop your skills. The Steelers is the place for you. This team is for men (trans men included).

Website: <https://www.pitchero.com/clubs/kingscrosssteelers>

Phone: 07898734897

Address: Memorial Park, 71 Holland Road, London, E15 3BP

Instagram: <https://www.instagram.com/kxsrfc/>

East London Vixens

East London Vixens are a women's rugby team based in east London. They won the Women's Rugby Team of the Year 2016 and are looking for players of all abilities to join them. They train on Tuesdays and Thursdays at 7pm at West Ham memorial Park, closest tube stop is West Ham. Coaching is led by James Adamson.

Website: <https://www.eastlondonrfc.com/teams/56252>

Phone: 07824393919

Email: katsalhouse@yahoo.com

Address: Memorial Park, 71 Holland Road, London, E15 3BP

REDBRIDGE

Redbridge Rainbow Community

They exists to support and connect LGBTQ+ people in Redbridge through inclusive events, advocacy, and community outreach. They work to reduce isolation, promote equality, and improve local services by raising awareness and challenging discrimination.

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

Phone: [020 3336 3766](tel:02033363766)

Email: info@redbridgerainbowcommunity.org.uk

Address: 2nd Floor, c/o One Place East, Ilford Chambers, 11 Chapel Rd, Ilford IG1 2DR

Waltham Forest

Rainbow Mind

Rainbow Mind supports LGBTQ+ mental health and offers support and a safe space to connect with others. We're not afraid to speak up for better mental health support for all, or to try doing things differently. We listen to our community and respond to people's needs.

Email: rainbowmind@mindchwf.org.uk

Website: <https://www.mindchwf.org.uk/>

Address: 15a Homerton Row, Hackney, E9 6ED

Instagram: <https://www.instagram.com/chwfmind/>

LGBTQ+ Asylum Support Group

This is a support group ran by elop taking place every Thursday 3:15-5:15pm,. The group is for LGBTQ+ refugees and asylum seekers.

Email: events@elop.org

Website: elop.com

Phone: 07908553744

Address: 56-60 Grove Rd, London E17 9BN

TOWER HAMLETS

Tower Hamlets LGBT Community Forum

The Forum holds monthly meetings where members come together to issues that affect the local and national LGBT community, and meet other local LGBT people for both networking and socialising.

Email: LGBTforum@elop.org

Website: <https://thlgbtvoices.wordpress.com/>

Address: 56/60 Grove Road London E17 9BN

Clinic S

They offer a free and confidential service to women, men, trans and gender non-binary individuals, working in the sex or adult entertainment industry.

Website: <https://www.alleast.nhs.uk/clinic-s/>

Phone: 0207 480 4737

Address: Ambrose King Centre, Mount Terrace, Royal London Hospital, E1 2BB

Safe East

Safe East supports young people to take control of their health & wellbeing and make safer, healthier choices relating to substance use & sexual health. We offer a holistic person-centred approach and empower our young people to make informed choices. They offer sexual health support to anyone up to the age of 25 who lives or studies in the borough. They also offer substance use support for under 19-year olds who live or study in the borough, or up to 25 years for those who are in the care system or have Special Educational Needs and Disabilities.

Email: compass.towerhamletsyphws@nhs.net

Website: <https://www.compass-uk.org/services/tower-hamlets-compass-safe-east/>

Phone: 020 3954 0091

Address: Spotlight, 30 Hay Currie Street, London, E14 6GN

Positive East

Info and Advice around HIV related issues, including benefit advice, housing issues and employment law. Peer and Group support (with LGBTQ+ specific groups), health and wellbeing programme, counselling and psychotherapy service. HIV/STI testing.

Email: talktome@positiveeast.org.uk

Website: <https://www.positiveeast.org.uk/>

Phone: 020 7791 2855

Address: 159 Mile End Road, London E1 4AQ

Micro Rainbow

They provide safe housing to LGBTQI asylum seekers and refugees, facilitating access to employment, volunteering, training and education for LGBTQI refugees through our moving on programme. They also provide social inclusion activities to reduce the extreme isolation faced by LGBTQI+ people.

Email: Hussainmaskur1@yahoo.co.uk

Website: www.apanjon.org

Phone: 07580457474

Queen Mary Legal Advice Centre

They provide advice on Immigration and Family Law issues specifically to members of the LGBT+ community, through a project called the PINK Law Clinic.

Email: lac@qmul.ac.uk

Website: <http://www.lac.qmul.ac.uk/>

Phone: 020 7882 39391

Address: Queen Mary University of London, Mile End Road, London, E1 4NS

Aponghor

is a safe and welcoming environment for Bengali members of the LGBTQIA+ community. The group provides information and support for issues including mental, physical and sexual health and wellbeing, asylum seeking and immigration, families and housing. They hold free monthly meet-ups at Popular Union and dates can be found on their Facebook page.

Email: Ahmed_sohel@icloud.com

Website: <https://www.facebook.com/people/Aponghor-British-Bangladeshi-LGBT/100067612755142/>

Phone: 07411 747985

Address: Popular Union, 2 Cotall St, Poplar, London, E14 6TL

Apanjon

This is a LGBTQ+ Bangladeshi community organisation. Services include: monthly support meetings, advice on sexual and mental health, one-to-one counselling, legal advice, signposting, dance & music programmes, cultural programmes, gay nights and more. They also campaign for equality and justice for LGBT community in Bangladesh.

Email: Hussainmaskur1@yahoo.co.uk

Website: www.apanjon.org

Phone: 07580457474

Address: Second floor, 102-105 Whitechapel High Street, London E1 7R

London Spikers

They are a men's volleyball club in London offering a welcoming atmosphere for beginners and a chance for pros to prove their talents at league matches. The club thrives on the diversity of its membership and is very proud of the values and strength gained from having a mixed collection of players gay, bisexual + and straight from the UK and from more than 20 nations.

Email: Ahmed_sohel@icloud.com

Website: <https://www.londonspikers.org/>

Instagram: @londonspikers

London Royals

The UK's first and only LGBTQ+ field hockey club, based in the heart of London. They bring together players of all skill levels who share a love for the sport and a commitment to fostering an environment of belonging, both on and off the pitch. They are trans/non-binary inclusive and have many trans/non-binary folk in the club. You can play for whichever team you identify with. For non-binary players, essentially the choice is your

Email: londonroyalshc@gmail.com

Website: <https://londonroyals.co.uk/>

Address: Trench Street, Wapping, London E1W 2QD L

Bender Defenders

This is a queer and trans martial arts community empowerment movement. They confront rising hate crime by teaching martial arts to queer and trans people and run self defence classes for the community. They welcome queers of all abilities at their beginners classes, particularly those who don't feel at home in mainstream gyms. Classes run every Saturday in their Bethnal Green location.

Email: the.bender.defenders@gmail.com

Website: <https://benderdefenders.com/>

Instagram: @bender_defenders_

Address: St. Margaret's House, 21 Old Ford Rd., London E2 9PL

London Cruisers

A fun and inclusive community that revolves around their shared love for basketball. They regularly participate in international tournaments, engage in competitive domestic leagues, and organise a plethora of social events. We train twice a week, with sessions on Thursday evenings and Sunday afternoons. Their doors are open to lesbian, bisexual, trans women; and non-binary people.

Email: londoncruisers@gmail.com

Website: <https://londoncruisersbasketball.co.uk/>

Address: Green Spring Academy, Gosset Street, London, United Kingdom, E2 6NW

Tower Hamlets LGBT Community Forum

The Forum holds monthly meetings where members come together to issues that affect the local and national LGBT community, and meet other local LGBT people for both networking and socialising.

Email: LGBTforum@elop.org

Website: <https://thlgbtvoices.wordpress.com/>

Address: 56/60 Grove Road London E17 9BN

The Common Press

As London's first consciously queer intersectional bookshop, they provide a safer space for our LGBTQIA+ community to exist both during the day and at night in social settings. The store hosts a diverse range of events every day, including dance classes, yoga sessions, book clubs, family-friendly events, book launches, workshops, and parties. There isn't an event they haven't hosted, and you can also live-stream an event with them.

Website: <https://www.commonpress.co.uk/>

Instagram: @thecommonpress

Address: 118 Bethnal Green Road, London, E2 6DG

Step Forward

Offers support for local young people (11-25 years old) living in and around Tower Hamlets, facing disadvantage, they help them reach their potential and thrive. Step Forward has an LGBTQ+ group called 'Step Out'. It's a friendly and safe space for LGBTQ young people to explore, learn, discuss and socialise.

Email: info@step-forward.org

Website: <https://www.step-forward.org/>

Phone: 020 7739 3082

Address: 234 Bethnal Green Road, London E2 0AA

ALTERNATIVE CARE SERVICES

LGBTQI+ adult care provider, offering Dementia And Alzheimer's Care, Live-In Care, Overnight Care, Post-Discharge Care, Respite and Holiday Care, Care For Young Adults. Everyone they serve is supported without the fear of judgment, transphobia, biphobia, discrimination, homophobia or stigma.

Email: info@alternativecareservices.co.uk

Website: <https://alternativecareservices.co.uk/>

Phone: 0207 993 4159

Address: Oxford House, Derbyshire Street, Bethnal Green, London E2 6HG

WIDER LONDON SERVICES

Star Support

Star Support is a London-based LGBTQI+ domestic abuse refuge and community support service, working in partnership with The Outside Project. They are here to support London's queer community by providing safe accommodation, community-centered support and advice. This means that our services are founded by LGBTQI+ people with lived experience of domestic violence and homelessness. They are delivered by LGBTQI+ people, for LGBTQI+ people

Website: <https://www.starsupport.org.uk/>

Pride Sports

Pride Sports was founded in 2006 and was the first, and still one of only a few organisations in the UK working solely to challenge homophobia, biphobia and transphobia in sport and improve access to sport for LGBT+ people.

Email: info@pridesports.org.uk

Website: <https://pridesports.org.uk/>

Galop

Galop works directly with thousands of LGBT+ people who have experienced abuse and violence every year. They specialise in supporting victims and survivors of domestic abuse, sexual violence, hate crime, honour-based abuse, forced marriage, so-called conversion therapies, and other forms of interpersonal abuse. They are a service run by LGBT+ people, for LGBT+ people, and the needs of the community are at the centre of what they do.

Email: help@galop.org.uk

Website: <https://galop.org.uk/>

Phone: 0800 999 5428

Stonewall Housing

Stonewall Housing are an LGBT+ housing and homeless charity that works to ensure lesbian, gay, bisexual and trans people live in safer homes, free from fear, and where they can celebrate their identity and support each other to achieve their full potential.

Email: info@stonewallhousing.org

Website: <https://stonewallhousing.org/>

Phone: 0207 993 4159

Address: 8 Coppergate House, 10 White's Row, London E1 7NF

Switchboard

Switchboard is the national LGBTQIA+ support line. For anyone, anywhere in the country, at any point in their journey. Switchboard can discuss anything related to sexuality and gender identity. Whether it's sexual health, relationships or just the way you're feeling. This is your space – to explore, talk and be truly heard.

Email: hello@switchboard.lgbt

Website: <https://londonfriend.org.uk/>

Phone: 0800 0119 100

London LGBTQ+ Community Centre

The London LGBTQ+ Community Centre is a sober, intersectional community centre and café where all LGBTQ+ people are welcome, supported, can build connections and can flourish. Their vision is for a more connected, belonging and thriving LGBTQ+ community in London.

Email: hello@londonlgbtqcentre.org

Website: <https://londonlgbtqcentre.org/>

Address: 60-62 Hopton Street, Blackfriars, SE1 9JH, London

London Friend

Established in 1972 London Friend is the UK's oldest Lesbian, Gay, Bisexual and Trans charity. They are here to support the health and mental wellbeing of the LGBT community in and around London. They offer counselling and support around issues such as same-sex relationships, sexual and gender identity and promoting personal growth and self-confidence. They're also home to Antidote – the UK's oldest LGBT drug and alcohol service. Their social groups provide a safe space to meet and socialise as an alternative to the bar and club scene.

Email: office@londonfriend.org.uk

Website: <https://londonfriend.org.uk/>

Phone: 020 7833 1674

Address: 86 Caledonian Road, London N19DN

Brixton Umbrella Circle

Brixton Umbrella Circle is an independent, peer led, self-help group for older (50+) LGBTQ's. It offers a forum for mutual support, socialising and addressing individual and collective experiences (past and current) in a social, cultural and political context.

Email: brixtonumbrellacircle@gmail.com

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

Website: [Brixton Umbrella Circle](#)

Black Trans Alliance

Black Trans Alliance C.I.C founded in 2020 is a black queer and trans led non-profit organization that supports black trans and non-binary people in London and the wider community. BTA's mission is to support, protect and amplify the voice of black transgender persons in London and the wider community; through advocacy, education, visibility and empowerment. In addition to providing support, we also offer information and campaign for the rights of transgender people.

Website: <https://www.blacktransalliance.org/>

Address: 7 Bell Yard, London, WC2A 2JR

Instagram: <https://www.instagram.com/blacktransalliance>

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

Mosaic Trust

To support, educate and inspire young LGBT+ persons and those around them. We do this by providing accessible activities, programmes and services that aim to empower community members, provide essential resources, advocate for young LGBT+ rights, and embrace, promote and endorse the diversity of young persons.

Phone: [0300 800 5428](tel:03008005428) / [07550 124 393](tel:07550124393)

Email: welcome@mosaictrust.org.uk

Website: <https://www.mosaictrust.org.uk/>

Rainbows Across Borders

Rainbows Across Borders is a voluntary self-help group for lesbian, gay, bisexual & transgender (LGBT) asylum seekers who are fleeing persecution of oppressive homophobic/transphobic regimes. The group is based in Croydon.

Website: <https://www.rainbowsacrossborders.org.uk/>

Email: info@rainbowsacrossborders.org.uk

House of Rainbow

Their foundation is to create a place of safety for black LGBTIQ+ people of faith.

Website: <https://www.houseofrainbow.org/>

Instagram: http://instagram.com/houseofrainbow_

Phone: +447521130179

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

Free2B

Free2B Alliance is a London based community organisation, supporting LGBTQ+ young people and their parents. They provide 1:1 and group services in schools and in the community including trans groups, with all of our provisions co-developed with our members. We challenge homophobia, biphobia and transphobia and we provide LGBTQ+ awareness training to schools and organisations to promote inclusivity.

Phone: 07757502726

Website: <https://free2b.lgbt/>

Email: hello@free2b.lgbt

Instagram: <https://www.instagram.com/free2b>

Spectra

Spectra delivers supportive, knowledgeable, non-judgemental peer-based services to under-served communities.

Website: spectra-london.org.uk

Email: info@spectra-london.org.uk

Phone: 0800 587 8302 / 020 3322 6920

Address: Spectra, St Charles Centre for Health and Wellbeing, Exmoor Street,
London W10 6DZ

KeshetUK

KeshetUK aspires to work with all UK Jewish communities, including various Liberal, Masorti, Orthodox and Reform, cross-communal and non-denominational organisations. They work with Jewish schools, youth and young adult organisations, synagogues, and wider community organisations to become more inclusive of LGBT+ people through education and training.

Email: info@keshetuk.org

Website: www.keshetuk.org

Phone: 020 7443 5133

Albert Kennedy Trust

LGBTQ+ youth homelessness charity working with young people aged 16 - 25 who are struggling with their housing situation or living in hostile, unsafe environments.

Email: gethelp@akt.org.uk

Website: <https://www.akt.org.uk/>

Phone: 020 7831 6562

Address: AKT, 19-20 Parr Street, London, N1 7GW

LGBT Foundation

We are a national charity with LGBTQ+ health and wellbeing at the heart of everything we do. We celebrate and empower LGBTQ+ individuals and our diverse communities to realise their full potential, every day. We provide services and activities that give a lifeline to those in need, offering hope and support on their journey towards achieving their aspirations.

Website: <https://lgbt.foundation/>

Phone: 0345 330 3030

Address: LGBT Foundation, Fairbairn House (2nd Floor), 72 Sackville Street, Manchester M1 3NJ



Created by Simeon Taylor