



LGBT*Q

in hertfordshire

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This is a guide to services in and around Hertfordshire, for Lesbian, Gay, Bisexual, Trans* people, and those Questioning their identity (LGBT*Q people).

It provides local and national information as well as giving practical tips and advice.

Contributions are from statutory and voluntary Hertfordshire services, as well as local people.

BARS+CLUBS

The Load of Hay

27 Pinner Road, Watford, Herts, WD19 4ET

01923 441113

www.loadofhay.co.uk

The California Inn

82, Chapel Street, Luton, LU1 5DD

01582 488098

www.california-inn.co.uk

Kink Bar

23 Dunstable Place, Luton, LU12QT

01582 615172

www.kinkbar.co.uk

Flame nightclub

58 Wellington Street, Luton, LU1 2QH

www.flame-nightclub.co.uk

Pink Punters Nightclub

2 Watling Street, Fenny Stratford,
MK2 2BS

01908377444

www.pinkpunters.com

London!

Outside Hertfordshire, there are a wide range of places to socialise. One of the most vibrant is London. Time Out London provides a full listing of activities for LGBT*Q people of all ages and their friends and families.

www.timeout.com/london/lgbt



SOCIAL + SUPPORT GROUPS

University of Hertfordshire LGBT Society

Sexuality, welfare and sexual health questions answered.

www.uhsulgbt.co.uk

 [uhsu_lgbt](https://twitter.com/uhsu_lgbt)

Lezgo

Watford (regular meets). Social and support group for LGB women.

07845 608 545 – Lin

Helpline – 0808 180 7223

Hertfordshire Gay Outdoor Club

The Hertfordshire group walks on the 2nd Saturday of each month. The group covers all of Hertfordshire and sometimes organises invasion parties into neighbouring counties.

www.goc.org.uk/groups/hertfordshire

Broxbourne & East Herts LGB&T Support

B3Living would like to hear from LGB&T people interested in developing a new social/support group for the Broxbourne & East Herts area. Contact Ken Andersson at B3Living.

01992 453 700

Barnet Lesbian + Gay Group

Supporting LGBT people in Barnet

www.barnetgay.com

Beaumont Society Social

Activities for Trans people

www.beaumontsociety.org.uk

24/7 Helpline 01582 412220

FTM Network

Self help group for female to male transgender and trans* people, or those exploring their gender.

07948 250 778

www.ftmlondon.org.uk

Hertfordshire Cortex

Social support group for trans* people

<https://sites.google.com/a/tgcortex.com/www>

[com/www](https://sites.google.com/a/tgcortex.com/www)

cortexherts@yahoo.co.uk

Young People

Young Pride in Herts

LGBT*Q social support for 13-25 year olds

01920 484784 or 01923 803440

youngprideinherts@gmail.com

www.youngprideinherts.org

Queer Youth

Online discussion forums for LGBT*Q youth

www.queeryouth.org.uk

Project Indigo

Provides a safe space for young people who identify as LGBT*Q or who are questioning their sexual or gender identity.

Based in Hackney.

www.offcentre.org.uk/project-indigo

0208 986 4016

Mermaids

Support group for trans* children and teenagers, up to the age of 19, who are trying to cope with gender identity issues.

0208 1234 819 (Mon – Sat 3-7pm)

www.mermaidsuk.org.uk

Youth Connexions Hertfordshire

Provides youth work, information, advice, guidance and support for young people aged 13-19 (up to 25 for young people with learning disabilities). For young people leaving care, support is provided up to the age of 21 through Youth Connexions One Stop Shops. www.youthconnexions.org

Youth Connexions LGBT group

A group of young people looking at what services are available to the young LGBT people of Herts and how support can be improved both short term and long term. As members of Herts1125, the group will be consulting with young LGBT people and report their findings in the Hertfordshire Young People's Manifesto that is launched annually in October. If you are a young person and would like to know more, please contact

youth.connexions@hertfordshire.gov.uk

Youth Connexions one-stop shops

A 'Youth Connexions One Stop Shop' is a venue where local partners come together to deliver a wide range of services for young people. These services include the provision of youth work, information, advice, guidance and support on education, work, training and volunteering, advice on drugs, finance, health, including sexual health, housing and much more.

www.youthconnexions-hertfordshire.org

0300 123 4043

Older Adults

Open Doors London (ODL)

ODL, with Age UK Camden as the lead agency, and in partnership with Age UKs across London, is the biggest project providing information and support services with and for older Lesbian, Gay, Bisexual and Transgender (OLGBT) people in the UK.

www.openingdoorslondon.org.uk
020 7239 0400



Trans* people

Trans* is an umbrella term for people across the gender spectrum. This can include terms such as transgender, transvestite, transsexual, gender-queer, gender-fluid, non-binary, genderless, gender variant, trans man, trans woman and more!

The Beaumont Society

Support to people (inc families and friends of people) who crossdress, are transvestite or who are transsexual.

01582 412220 (24 hrs)

email@beaumontsociety.org.uk

www.beaumontsociety.org.uk

Monica Helms, creator of The Transgender Pride flag, describes its meaning:

“Light blue stripes are traditional for baby boys. Pink for girls. The white stripe is for those who are intersex, transitioning or feel a neutral or undefined gender. No matter which way you fly it, it is always correct, signifying us finding correctness in our lives.”



FTM Network

Self-help group for female to male transgender and trans* people, or those exploring their gender.

www.ftmlondon.org.uk

07948250778

Gendered Intelligence Creative

Workshops for trans youth (under the age of 25) and facilitated workshops to all young people within schools, colleges, youth groups and other settings from across the UK.

www.genderedintelligence.co.uk

USEFUL LINKS

www.grp.gov.uk

Government panel who assess applications for gender recognition certificates.

www.transgenderzone

Online support for trans* people

Press for Change

lobbying & education

www.pfc.org.uk

www.gendertrust.org.uk

Working to improve the lives of trans* people. Helpline and other support available.



The Hertfordshire Pride Society

We're as diverse as we are individual

The Hertfordshire Pride Society is a group of friendly, passionate, creative volunteers from the local lesbian, gay, bisexual and trans* (LGBT*Q) community and their straight allies who plan and organise the annual Herts Pride event.

If you wish to get involved and become part of Team Herts Pride volunteering as a steward (at the event) or for further information about Herts Pride visit our website www.hertspride.co.uk



HERTS PRIDE

SOCIAL CARE Hertfordshire Health+Community Services

Health and Community Services run the County Council's Adult Social Care Department including:

- Help for those over 18 living in Hertfordshire, with care and support
- Information, advice and guidance to find local services
- Maintain or regain physical, emotional or mental health and independence
- Personal social care and eligibility, options for support
- Supporting family carers
- Follow up allegations of abuse and neglect and help those at risk stay safe

Information on local services, support for carers and physical and mental health advice :

www.hertsdirect.org

0300 123 4044

or by dropping into your local library

Specialist advice from Hertfordshire County Council Customer Services

0300 123 4042.

If you are in hospital you can ask the ward staff to let us know you wish to talk to us.

CHILDREN'S SERVICES

Children's Services places the interests of children firmly at the centre of everything, working with families to offer quality advice, support and guidance; build children's confidence and self-esteem and prepare them for life ahead.

They aim to help children with a variety of needs: those who may have learning difficulties, physical difficulties, social problems, are particularly gifted, need help in schooling or need someone to talk to.

It is their aspiration that all children and young people enjoy a happy, healthy and safe childhood that gives them the foundations for adulthood and the opportunity to get the best out of life.

For further information :

Child protection 0300 123 4043

School term dates 0300 123 4043

School admissions 0300 123 4043

School transport 0300 123 4043

Childcare enquiries 0300 123 4052

Free School Meals 0300 123 4048

Telephone lines are open Monday to Friday, 8am-8pm and Saturdays, 9am-4pm. Lines are closed on Sundays and public holidays.

HOUSING INFO

If you have a housing need, you can go to your local district council offices to find out your options. They will be able to give you advice, and they may be able to help you find accommodation in the private sector, council housing or with a housing association.

If you want to buy your own place but can't afford to buy on the open market, many housing associations have options such as shared ownership, where you part-buy and part-rent your home. For more info, see www.helptobuyese.org.uk who cover the East and South East of England.



LGBT*Q Housing Support

Stonewall Housing

Specialist LGBT housing advice and support provider in England providing housing support for LGBT people in their own homes, supported housing for young LGBT people, as well as free, confidential housing advice for LGBT people of all ages.

0207 3595767

www.stonewallhousing.org

Albert Kennedy Trust

The Albert Kennedy Trust supports young LGBT 16-25 years olds who are made homeless or living in a hostile environment.

contact@akt.org.uk

www.akt.org.uk

020 7831 6562

020 7405 6929

Housing Emergency

If you have an emergency housing need and need immediate assistance please use the contact details below:

Shelter Housing Advice Line

8am-midnight every day

0808 800 4444

London Lesbian & Gay Switchboard

calls at local rate

0300 330 0630



COMING OUT

Coming out is not necessarily a one-off event. People may come out many times during their lives.

There is no one prescribed way to come out as lesbian, gay or bisexual. You may feel comfortable being open about your sexuality with some people but not with others. Coming out to certain people, such as family, colleagues and friends may be difficult and takes courage. Reactions to someone coming out can range from very positive, to less welcoming.

Once you have made the decision to tell people about your sexuality, you may want to think about how you tell them.

Don't feel under pressure to come out – take your time. Only you will know when you feel comfortable and ready to do it.

To hide your sexuality from other people often means lying and pretending. You will need to think about whether hiding your sexuality is more or less stressful than being open about it.

If you decide to come out, but are unsure how others might react, you could consider making contact with a support group first. There are helplines, community groups and agencies across the country which are there to support and advise you.

It could also be good to start by telling one or two trusted friends first, before coming out to other people.

If you do come out, but get a negative reaction, don't despair. Talk to someone for more support. Generally, however, you may be surprised by how positive the experience of coming out can be.

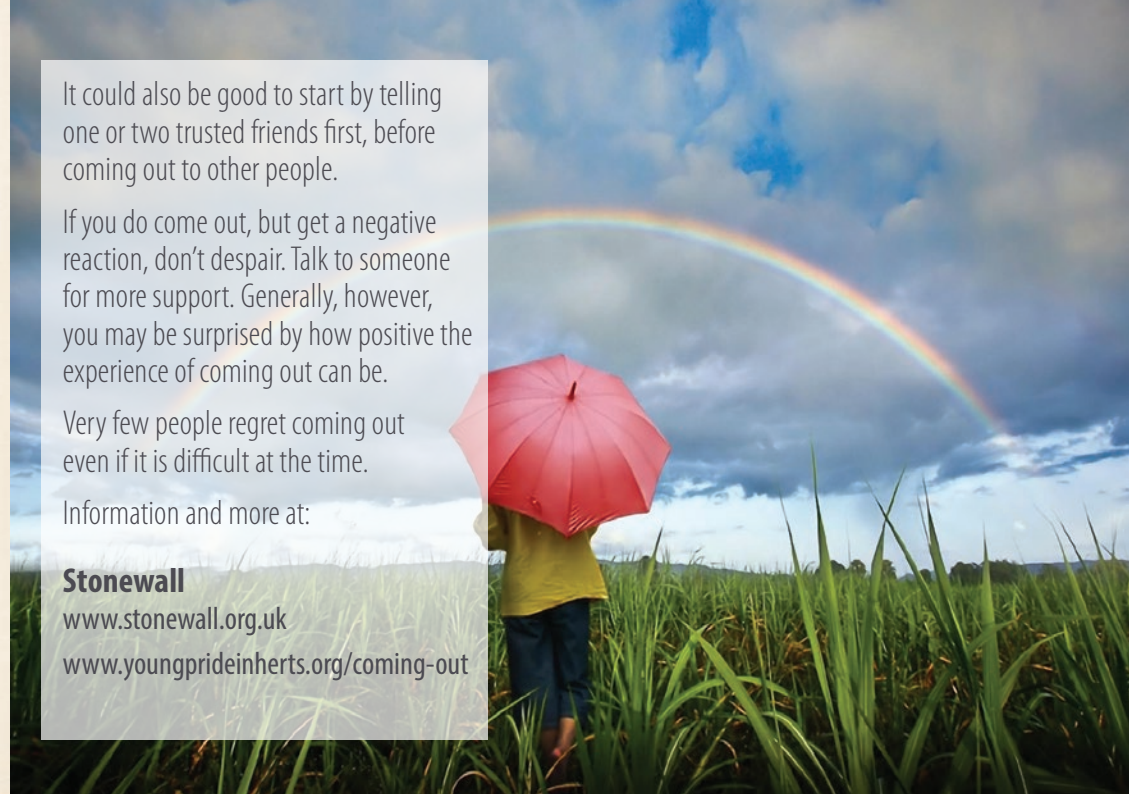
Very few people regret coming out even if it is difficult at the time.

Information and more at:

Stonewall

www.stonewall.org.uk

www.youngprideinherts.org/coming-out



EMOTIONAL HEALTH & WELLBEING

Emotional health is an important part of everyone's life, but it can be especially important for LGBT*Q people when: Coming out, dealing with gender identity issues, meeting other LGBT*Q people, starting a family or starting new relationships.

LGBT*Q people can sometimes find it difficult to seek support, but it's important that you feel able to ask for the support that you need, and deserve, when you need it.

All of the services listed next are positive about supporting LGBT*Q people with their emotional health. This can range from health concerns such as stress, anxiety and depression, to more serious mental health issues.

Hertfordshire Partnership University NHS Foundation Trust (HPFT)

The NHS provider of mental health and specialist learning disability services in Hertfordshire. We provide services for all aspects of mental health and emotional wellbeing for all ages. If you need to use these services please speak to your GP or use the web address below to find out about local facilities in Hertfordshire.

www.hpft.nhs.uk

You can also contact us directly if you feel that you need support from us using our Single Point of Access :

0300 777 07 07 (weekdays 8am-7pm)

*Herts LGBT*Q guide supports...*

it's time to talk. it's

time to change

let's end mental health discrimination

Herts Mind Network

Providing a range of person-centred services across Hertfordshire to improve the wellbeing of anyone experiencing emotional distress.

08444 77 22 12 info@hertsmindnetwork.org
www.hertsmindnetwork.org

Guideposts Trust

Support and group activities for people recovering from mental health issues, in the Watford, 3 Rivers and Herts mere areas

01923 235 554
www.guidepoststrust.org.uk/hertfordshire/

Mind in Mid Herts

Helps people suffering from mental health issues in St Albans, Harpenden, Welwyn Garden City, Hatfield, Hertford and Stevenage.

01727 865 070
www.mindinmidherts.org.uk

Viewpoint

Service user led Charity which supports people with mental health or drug and alcohol problems to use their expertise and experiences to bring about change for the better.

01707 328 014 info@hertsviewpoint.co.uk
www.hertsviewpoint.co.uk

LGBT*Q Services near Herts

PACE

North London organisation promoting Lesbian, Gay and Bisexual wellbeing. Offers counselling, mental health advocacy, helpline and more.

Info Services: 02077001323

www.pacehealth.org.uk

info@pacehealth.org.uk

Pink Therapy

Pink therapy is the UK's largest independent therapy organisation working with gender and sexual diversity clients.

admin@pinktherapy.com

020 7836 6647

www.pinktherapy.com

National helplines

London Lesbian+Gay Switchboard

www.llgs.org.uk 0207 8377324

Samaritans

08457 90 90 90 (24hrs)

SEXUAL HEALTH & HIV

Sexual health awareness is an important topic for everyone – whether you are sexually active or not. It's important to remember things such as...

- Using condoms during sex
- Saying No to sex that you do not want
- Talking openly about sex with your partner
- Regular check-ups at a sexual health clinic
- Awareness of Sexual Transmitted Infections (STIs)
- Awareness of viruses such Hepatitis and HIV
- Sexual confidence, assertiveness and responsibility
- Feeling emotionally comfortable with your sex life



Sexual Health GUM Clinics

GUM Clinics provide confidential or anonymous services.

www.sexualhealthhertfordshire.co.uk

Hertford County Hospital

Walk in : Mon (9-1:30), Tues (9-4), Wed (9-1), Thur (9-4), Fri (9-12) Mon 2-4:30 (under 25s)

Appointments 01707 373358

St Albans City Hospital

Walk in : Mon-Fri 9.15 -11:30am

Appointments 01727 897333/332

Stevenage Leisure Park (Kingsway)

Walk in : Mon, Tue, Thur, Fri 9-4, Wed 9-1

Appointments 01438 847500

Watford General Hospital

Walk in : Mon-Thur 9:30am - 3:30pm (doors open 9am)

Appointments
01923 217206



HertsAid

Countywide services include :

- HIV support, also for families and carers
- Clinical tests, rapid HIV Chlamydia, free condoms
- Educational training, HIV, sexual health

Ware 01920 484 784

Watford 01923 803 440

www.hertsaid.co.uk

Young People's Sexual Health

Queensway Health Centre, Hatfield

Walk in clinic, Saturday 11am -1:30pm

01707 264577

Parkway Health Centre

Welwyn Garden City Walk in clinic
Friday 3pm - 5pm

01707 373358

Hertford County Hospital

Walk in clinic, Monday 2pm - 4:30pm
(under 25s only)

01707 373358

Watford General Hospital Awareness Clinic

Walk in clinic, Tuesday 4pm - 6pm
(under 24s only)

01727897333/332

Stevenage Leisure Park (Kingsway)

Walk in clinic Wednesday 1:30pm -4:30pm
(under 25s only)

01438 847500

See pages 8/9 for more info for young people.



Public Health Hertfordshire

Supporting Hertfordshire's diverse community to live healthier, happier lives

Hertfordshire County Council is committed to promoting and celebrating diversity and equality of opportunity for all of Hertfordshire's residents.



HAPPINESS
&
WELLBEING

HEALTHY
WEIGHT
& KEEP
ACTIVE

SMOKING

SEXUAL
HEALTH

ALCOHOL

DRUGS

Hertfordshire's Public Health team provides a range of information and services to support the LGBT community. For information, advice and guidance on how to stay healthy in Hertfordshire please visit:

www.hertsdirect.org/healthinherts

Trans* People's Sexual Health

CliniQ

A holistic sexual health and wellbeing service for all trans* people, partners and friends. Free counselling and support on many issues for trans* people. They offer a full range of confidential sexual health services including cervical screening for trans*men.

5pm to 7.30pm every Wednesday on a walk-in or appointments basis at the 56 Dean Street clinic in Soho.

www.cliniq.org.uk

PERSONAL SAFETY

If you are faced with an emergency, dial 999.

Hertfordshire Constabulary has specially-trained hate crime officers covering the whole county. These are dedicated officers who offer people who have experienced a hate crime help, support and advice. Alternatively hate crime can also be reported online through the True Vision website which all police forces in England, Northern Ireland and Wales are signed up to. The online report will then be forwarded to the relevant local police force. People may not always feel comfortable with talking directly to the police. Online reporting allows people to report a hate crime via a system which will then be dealt with by dedicated hate crime officers.

True Vision website www.report-it.org.uk

Lesbian and Gay Liaison Officers (LAGLOs)

Hertfordshire Constabulary has trained a number of officers and staff as Lesbian and Gay Liaison Officers (LAGLOs). Though they are not all LGBT*Q themselves (many are) they are there to assist both victims and investigators of crimes. If you are a victim of any kind of crime and feel that you would be more comfortable talking to a LAGLO, just ask.

Victim Support

Victim Support is an independent charity that supports victims of crime, people who have to attend court as witnesses and their families and friends. The support is free and confidential.

www.victimsupport.org.uk

Support line 0845 45 65 995



Top tips for YOUR personal safety...

KEEP COMPANY – but if you must walk alone :

Be aware of **DANGER SPOTS**, like wasteland, dark alleys, poorly lit areas etc.

Be aware of **WHAT'S AROUND YOU** Avoid hoods, earphones or using your phone

KEEP IN CONTACT Tell someone where you are and what time you expect to return

NEVER ACCEPT A LIFT with a stranger or someone you don't know very well

Be aware : **ALCOHOL+DRUGS** impair your ability to keep yourself safe



If you, or anyone you know, has felt mistreated out and about in Herts, we want to help. DO SOMETHING ABOUT IT!
www.hertsdirect.org/docs/pdf/l/lgbttoolkitd.pdf

Hate crimes

1 in 8 people have been a victim of homophobic crime in the last year.

7 in 10 did not report this to anyone.

DOMESTIC ABUSE

Domestic abuse affects every corner of society regardless of gender, class, age, race, religion, disability, sexual orientation or lifestyle.

Domestic abuse rarely involves a 'one-off' incident. It is more usually a pattern of coercive and controlling behaviour by one person (or group) over another. Domestic abuse will often escalate from something seemingly small such as name calling or threats, to incidents of physical or sexual abuse,

and can begin at any stage of a relationship, sometimes continuing after a relationship has ended.

Domestic Abuse is defined as 'any incident of threatening behaviour, violence or abuse (psychological, physical, sexual, financial or emotional) between adults (and young people) who are or have been intimate partners or family members'.



MYTH

Domestic abuse only occurs between a husband and wife.



TRUTH

Domestic abuse occurs between intimate partners in a relationship – whether married or not.

This includes heterosexual, same sex, bisexual, or transgender relationships, civil partnerships, marriages and also between family members.

Safer Places

East Herts and Broxbourne, have specialist workers who work with the LGBT*Q community around Domestic Violence.

They also have refuges that can accommodate members of the LGBT*Q community (women only, but case by case particularly in trans* circumstances)

www.saferplaces.co.uk

08450 177668

Herts Sunflower

A one-stop shop of information about services and support available.

This website is a directory of services and provides online reporting facility.

www.hertssunflower.org

SEXUAL ASSAULT

Sexual Assault Referral Centre (SARC)

The SARC provides a range of services to anyone who has been raped or sexually assaulted. They provide a committed, sensitive and specialist service to meet the needs of victims of rape and sexual assault in Hertfordshire.

To self-refer (Monday to Friday 8am to 4pm - over 18 years only)

0808 178 4448

www.hertssunflower.org

If you need to speak to a police officer from the specialist rape unit call **101** and ask for **SARC**.

Services include :

- Information about reporting to the police.
- Sexual health information and referrals.
- Support through the criminal justice process.
- Practical support and referrals to other services within Hertfordshire.
- Advice on personal safety and security.

USEFUL NUMBERS FOR PERSONAL SAFETY

Police (non-emergency number)	101
Sexual Assault Referral Centre (SARC)	0808 178 444 8
Rape Crisis Hertfordshire	01707 276 512
Rape Crisis Watford	0845 303 0900
Victim Support	0845 30 111 65
Survivors UK (for men)	0845 122 1201
Broken Rainbow, LGB support	0845 260 4460
Hertfordshire Domestic Abuse Helpline	08 088 088 088
National Domestic Violence Helpline	0808 2000 247
Free Legal Advice for DV Victims	0870 922 0704
Independent Domestic Violence Association	01707 638420



CRIME

Contacting the police when you need them

Only call **999** in an emergency where :

- There is risk of injury
- There is risk of serious damage to property
- You suspect a crime is in progress
- It is a serious incident which needs immediate police attendance



If it's a non- emergency:

- Call the police on **101**
- Call into any police station
- Download, fill in and return by post, a self-reporting incident form for Hate/ Homophobic Transphobic crime at www.report-it.org.uk

Hertfordshire Police also operates :
(emergency and non-emergency)

01707390990 (TEXTPHONE)

07786207091 (SMS)

contactus@pnn.police.uk

LIBRARY SERVICES

Libraries have a lot on offer, and membership is free. You can enjoy:

- Lots of LGBT books, fiction and non-fiction, on health, coming out, civil partnerships, travel... Music CDs, film on DVD and Blu-ray, and magazines for loan and reference.
- Free internet for an hour a day
- Free ebook and audio book downloads
- Author and cultural events including the celebration of LGBT History Month

An LGBT resource list is available in libraries or on the LGBT library webpage.

0300 1234049

www.hertsdirect.org/services/libraries/books/Booklists/



PARENTING

Being a parent is one of the best jobs in the world, but it can also be one of the toughest as family life can often be challenging and demanding. Sometimes you may feel like you don't know which way to turn. Parenting and family support is available locally across Hertfordshire so whether you want to attend a short course or just need some friendly advice there is help at hand.

There's lots of information available for LGBT*Q parents whether you are starting a new family, coping with changes within your family or generally looking to the future. The Stonewall parenting webpage contains lots of information including guides for gay dads, LGB women wanting to conceive, same sex adoption, fertility treatment, parental responsibility and co-parenting.

www.stonewall.org.uk/at_home/parenting

The Stonewall info-line (Mon-Fri 9:30-16:30) can also direct you to a range of support and information :

0800 050 20 20

Family Information Service

03001234052

Pride Angel

information around sperm and egg donors as well as fertility support

www.prideangel.com

Co-parenting for LGBT*Q people

Parentline Plus

Offers help and support through an innovative range of free, flexible, responsive services – shaped by parents for parents.

01707270696 Helpline: 0808 800222

www.parentlineplus.org.uk

The Alternative Parenting Show

One-stop shop, which gives valuable information to same-sex and heterosexual couples and single men and women on how to make the dream of having a family a reality.

www.alternativeparenting.co.uk





Fostering & Adoption

Hertfordshire County Council is committed to treating all fostering and adoption applicants equally. They are Stonewall Diversity Champions and a member of New Family Social – a support network for adopters and foster carers from LGBT communities.

For fostering visit www.hertsdirect.org/fostering

For adoption visit www.hertsdirect.org/adoption

Further information is also available from
www.newfamilysocial.org.uk

Alternatively, if you would like to speak to someone from the fostering and adoption recruitment team, call 0800 917 0925.

Support for families of LGBT*Q people

Families + Friends of Lesbians + Gays (FFLAG)

FFLAG offers support and advice to lesbian, gay and bisexual people, and their friends and relatives. They run local groups and have produced guidance aimed at both parents and their children.

08456520311

www.fflag.org.uk



Share your memories of life in Hertfordshire



You can add new memories to the LGBT section at www.hertsmemories.org.uk

It is easy to use and open to everyone to participate.

GETTING HITCHED!



Getting married or civil partnered will likely be one of the most important days of your life. As well as ensuring the same rights as others in areas like tax, social security, inheritance and workplace benefits it's about affirming peoples love for one another. The Hertfordshire Registration Service is the body responsible for the Registration of Partnerships and Civil Weddings.

Couples can now convert a civil partnership to a marriage if they want to

A Registrar will work with you to plan your ceremony which will draw on the wide range of options available and will incorporate individual choices of readings and music as desired. For further information on Wedding or Civil Partnership Registration, venues or to make a booking please contact any of the Hertfordshire Register Offices.

Alternatively you can view the Hertfordshire guide on planning your celebration at www.hertsdirect.org/your-community/register

Hertfordshire Registrars

Hatfield

01707 283 921

Hatfield.registrars@hertfordshire.gov.uk

Bishop's Stortford

01279 652 273

Bstortford.registrars@hertfordshire.gov.uk

Broxbourne

01992 623 107 / 01992 623 578

Broxbourne.registrars@hertfordshire.gov.uk

Hertford

019925 555 90 / 01992 55 55 91

Hertford.registrars@hertfordshire.gov.uk

St Albans

01727 77 40 30

Stalbans.registrars@hertfordshire.gov.uk

Stevenage and Hitchin

01438 316 579

Stevenage.registrars@hertfordshire.gov.uk

Watford

01923 231 302

Watford.registrars@hertfordshire.gov.uk

TRAVEL

Whether just having a holiday or planning a special break such as a honeymoon, there are a range of agencies that cater for LGBT*Q people. Most of these can be found online. Some examples :



Travelling within the UK

www.lgbttraveluk.com

LGBT*Q honeymoons

www.perfectgayhoneymoons.co.uk

International gay & lesbian travel association

www.iglta.org

General portal for LGBT*Q travel

www.queertrip.com

UK government advice for LGBT*Q people travelling abroad.

www.gov.uk/lesbian-gay-bisexual-and-trans-gender-foreign-travel-advice

USEFUL INFORMATION

London Lesbian + Gay Switchboard

www.llgs.org.uk 0207 8377324

In an emergency always dial 999

POhWER

Information, advice, support and advocacy to people who experience disability, vulnerability, distress and social exclusion.

0300 456 2370

www.pohwer.net

Friends+Family of Lesbians+Gays (FFLAG)

www.fflag.org.uk

0845 6520311

Project for Advocacy, Counselling + Education (PACE)

www.pacehealth.org.uk

02077001323

Terrence Higgins Trust

Sexual Health & HIV

www.tht.org.uk 08451221200

Stonewall

Gay rights and campaigning and info service

www.stonewall.org.uk

08000502020

Hertfordshire Single Point of Access

For mental health, anxiety, depression

0300 777 0707

Beaumont Society

Support for Trans* people

www.beaumontsociety.org.uk

01582412220

Press for Change

Campaigning for rights of Trans people

www.pfc.org.uk

Galop

Preventing and challenging homophobic and transphobic crime

www.galop.org.uk

Naz Project

Sexual Health and HIV info and support to LGBT minority ethnic communities

www.naz.org.uk

Outlet

Gay and Lesbian accommodation rental service

www.outlet.co.uk

Regard

The national organisation of Disabled Lesbians, Gay Men, Bisexuals and Transgendered People

www.regard.org.uk

Albert Kennedy Trust

Supporting lesbian, gay, bisexual and trans homeless young people.

02078316562

www.akt.org.uk

HertsHelp

Help and support if you don't know where to turn. They will listen to your problem and, if preferred, they can telephone people on your behalf.

0300 123 4044 (local rate)

www.hertsdirect.org/hertshelp

ABOUT THIS GUIDE

The Herts LGBT*Q Guide exists because of the partnership work of local people, through the Hertfordshire LGBT Partnership.

Its design and production has been made possible due to the support of these organisations :

DISCLAIMER – The information provided by external organisations is for general guidance only. The partners do not endorse any of the external organisations, services or information listed in this guide. While the partners have aimed to provide accurate and up to date information we cannot guarantee at any time that all the information is up to date and accurate. The partners cannot accept liability for misleading or inaccurate information or omissions in information given to us by external information providers.



Herts Valleys

Clinical Commissioning Group

NOTES

Designed by Shine Design Ltd



Hertfordshire Partnership 
University NHS Foundation Trust



SOME PEOPLE ARE GET OVER IT!

SOME GUYS HARRY ARE GET OVER IT!

SOME PEOPLE ARE GAY GET OVER IT!

GAY

SOME PEOPLE ARE BI. GET OVER IT!

SOME PEOPLE ARE TRANS. GET OVER IT!

GAY.