

## **LGBTU+**

### **Allsorts**

Allsorts is a youth project based in Brighton. We support and empower young people under 26 who are lesbian, gay, bisexual, trans or unsure (LGBTU) of their sexual orientation and/or gender identity. We run a variety of groups, which you can access after an initial appointment with one of our youth workers. To arrange a meeting to come along, either phone or email us. Building is wheelchair accessible.

01273 721211 [youth@allsortsyouth.org.uk](mailto:youth@allsortsyouth.org.uk) <http://www.allsortsyouth.org.uk>

### **Allsorts Parents and Carers Group**

Our Parents and Carers Group (formerly known as Sara's Group) is provided as a welcoming space for parents and carers of children or young people that are trans or gender questioning. The group offers the opportunity to meet with other parent/carers with similar experiences.

01273 721211 <http://www.allsortsyouth.org.uk/parents-carers> [parents@allsortsyouth.org.uk](mailto:parents@allsortsyouth.org.uk)

### **Beyond the Binary**

An online magazine for non-binary people. Stories, experiences, arts, culture & entertainment.

<http://beyondthebinary.co.uk/>

### **BLAGSS – Brighton Lesbian and Gay Sports Society**

BLAGSS is a sports and social group that now has around 500 lesbian, gay, bi-sexual and transgender members from across Brighton and Hove, Sussex and beyond. Membership is £15 per year.

<http://www.blagss.org/> [membership@blagss.org](mailto:membership@blagss.org)

### **Brighton and Hove LGBT Switchboard**

Has been providing a service to the lesbian, gay, bisexual & trans communities since 1975. The helpline is run by trained volunteers. You can call about anything that's on your mind, including emotional and relationship difficulties, sexual or gender identity, hate crime or what's on and where to go in Brighton and Hove. Switchboard is open Monday-Friday 5-9pm, Saturday and Sunday 5-7pm

01273 204050 <http://www.switchboard.org.uk/>

### **Gendered Intelligence**

Gendered Intelligence is a not-for-profit Community Interest Company, established in 2008. We work with the trans community and those who impact on trans lives; we particularly specialise in supporting young trans people under the age of 21. We deliver trans youth programmes, support for parents and carers, professional development and trans awareness training for all sectors and educational workshops for schools, colleges, Universities and other educational settings. Our mission is to increase understandings of gender diversity. Our vision is of a world where people are no longer constrained by narrow perceptions and expectations of gender, and where diverse gender expressions are visible and valued.

<http://genderedintelligence.co.uk/> 0207 832 5848

### **Gender Identity Research & Education Society (GIRES)**

GIRES is a UK wide organisation whose purpose is to improve the lives of trans and gender non-conforming people of all ages, including those who are non-binary and non-gender. GIRES is a volunteer operated membership charity that, in collaboration with the other groups in its field, hears, helps, empowers and gives a voice to trans and gender non-conforming individuals, including those who are non-binary and non-gender, as well as their families.

<http://www.gires.org.uk/> 01372 801 554

### **Hastings & Rother Rainbow Alliance Trans Support Group (HRRAT)**

HRRAT welcomes all those who identify as “trans”. “Trans” is used as an umbrella term and includes (alphabetically and not exclusively): Androgyne, Bigender, Cross-dresser (CD), Drag King, Drag Queen, Female to Male (FTM), Genderqueer, Intersex, Male to Female (MTF), Trans Men, Trans Women, Transgender (TG), Transsexual (TS), Transvestite (TV). The group meets in Hastings, East Sussex, England, and is a friendly place for all trans people in the surrounding area. Your privacy and identity are fully respected and people can socialise, share experiences, and provide each other with support. Our aim is to be inclusive and you will be very welcome no matter where you may be on the “spectrum” or what stage of transition you may be at (if any).

[hrrat@www.hrra.org.uk](mailto:hrrat@www.hrra.org.uk) <http://www.hrra.org.uk/> 07593 444677

### **LGBT Community Safety Forum**

The Brighton and Hove community forum aims to undertake cultural, educational and social safety community activities and LGBT community/inclusion and accessibility initiatives, as well as acting as a bridge between the community and services such as the city council and Sussex police. It aims to be a place where members of the public can have their say and can ask direct questions to those in charge of community safety in the city, as well as bringing together other LGBT groups across the city, in order to become a more powerful voice for the LGBT community.

01273 231189 text: 07827811454 <http://www.lgbt-safety-forum-brighton.com/>  
[info@lgbt-safety-forum-brighton.com](mailto:info@lgbt-safety-forum-brighton.com)

### **LGBT Health and Inclusion Project**

The LGBT Health and Inclusion Project (LGBT HIP) is a project to engage with lesbians, gay men, bisexual and trans (LGBT) people who live, work, study or socialise in Brighton and Hove on their healthcare and Council service needs, and other city-wide issues in order to influence future provisions. They aim to be the bridge between the local LGBT communities and the Council, NHS and other services. They are operated by and based at the Brighton and Hove LGBT Switchboard.

<http://www.switchboard.org.uk/projects/health-and-inclusion-project/> [brighton@switchboard.org.uk](mailto:brighton@switchboard.org.uk)

## **MermaidsUK**

Family support group for teenagers, parents and professionals dealing with gender identity issues.

MermaidsUK work: to reduce isolation and loneliness for parents and young people dealing with gender issues; empower families and young people with the tools they need to negotiate the education and health services; reduce suicidality and self-harm in the young people who contact Mermaids, equip their parents to support their children to the same end; improve self-esteem and social functioning in young people suffering with gender issues; and improve awareness, understanding and practices of GP's, CAMHS, Social Services and other professionals.

<http://www.mermaidsuk.org.uk/> 0344 334 0550 [info@mermaidsuk.org.uk](mailto:info@mermaidsuk.org.uk)

## **Navigate Brighton**

Navigate is a group for transgender men, trans masculine people, genderqueer people, non-binary people, those assigned intersex and/or female at birth that fit somewhere else on or off the spectrum or those who are questioning their gender identity. We will provide a social space, support, advice and co-ordinate local campaigns relevant to those we support. Inclusion is important to us. Our aim is to be a diverse group, whether you are intending to transition or not, and regardless of surgery or hormone use.

<https://navigatebrighton.wordpress.com/>

## **Trans Can Sport**

Trans Can Sport is a project in Brighton & Hove created to help get Trans people into exercise and healthy living. All of our sessions are free or low cost at point of access. The rationale behind Trans Can Sport is that trans people often feel unable to access regular sporting and leisure facilities. There are many reasons for this, but most notably because sport is heavily gendered. Changing facilities are a minefield for trans people to navigate to the extent that will stop people exercising full stop. Even the activities themselves barr people from participating, with gender segregation being endemic. Trans Can Sport is open to anyone who feels their transgender identity prevents them from accessing sport. We also welcome friends, family and allies to join us.

<https://transcansport.wordpress.com/about/> [transcansport@gmail.com](mailto:transcansport@gmail.com)