

Referrals, Resource & Activities List

Emergencies

999	<p>Emergency Services Helpline: 999 For severe medical and mental health emergencies.</p>
A&E	<p>A&E Go to your nearest A&E for medical and mental health emergencies. You can find your nearest Accident and Emergency department here:</p> <p>https://www.nhs.uk/Service-Search/other-services/Accident%20and%20emergency%20services/LocationSearch/428</p>
Samaritans	<p>Samaritans Free 24-hour telephone helpline (116 123) providing emotional support for those experiencing feelings of distress or despair or suicidal thoughts.</p> <p>https://www.samaritans.org</p>
GP	<p>GP Talk to your local GP about mental health issues. You can find your nearest GP here:</p> <p>https://www.nhs.uk/service-search/find-a-gp</p>

Activity and Social Groups

Arts	<p>Wise Thoughts Pioneering LGBTQI+ and BAME arts charity that combines creative use of diverse art forms such as film, visual art, performance and theatre and delivers targeted services.</p> <p>http://www.wisethoughts.org</p>
	<p>Bits & Pieces Playful, provocative and unapologetically queer workshop series running in Brighton and London that uses life drawing and creative writing to enable people to create deeper connections with themselves and their communities.</p> <p>https://www.eventbrite.co.uk/o/bits-amp-pieces-27412802729</p>
	<p>The Horse Hospital Three-tiered progressive arts venue in London providing an encompassing umbrella for the related media of art, film, fashion, literature and music.</p> <p>https://www.thehorsehospital.com/about</p>

	<p>Queer Collective Aims to provide accurate representation for every subgroup of the LGBTQ2S+ community with a particular focus on local queer artists.</p> <p>https://www.queercollectiveto.com</p>
Bikers	<p>Gay Bikers Motorcycle Club UK and Europe's largest LGBT+ motorcycle club. Inclusive and member-led; primarily a road-riding club.</p> <p>https://www.gbmcc.co.uk</p>
Bird Watching	<p>Gay Birders' Club LGBT birdwatching club which facilitates contact between birdwatchers worldwide. Numerous events throughout the year.</p> <p>http://www.gbc-online.org.uk</p>
Bridge	<p>South London Gay Bridge Group Growing group for bridge players who meet in each other's homes.</p> <p>http://www.londongaybridge.co.uk</p>
	<p>West London Gay Bridge Club The only LGBT bridge group to be affiliated to the English Bridge Union.</p> <p>http://wlqbc.co.uk</p>
Camping	<p>Freedom Club Friendly LGBT camping and caravan club.</p> <p>http://freedomclub.co.uk</p>
	<p>Gay Caravan & Motorhome Club Longest-running UK-based club for members of the gay community who own a caravan, tent or motorhome and are keen to share times away in the UK and Europe with others.</p> <p>http://www.thegcmc.co.uk</p>
Classic Cars	<p>Gay Classic Car Group Club for all LGBTQ+ classic car enthusiasts and their friends.</p> <p>http://www.gccg.org.uk</p>
Craft	<p>Queer Craft Monthly meet open to all LGBTQA+ who enjoy crafting in all its many forms; every third Monday.</p> <p>https://make.town/product/queer-craft-monthly</p>

	<p>Stitch Bi Stitch Relaxed, free, sober meetup for queer people who enjoy crafting. Monthly meetings for crafting and hanging.</p> <p>https://www.meetup.com/Stitch-Bi-Stitch</p>
Dating	<p>Feeld LGBTQ+ positive dating app. Whether you're looking to make deeper connections or want to be true to your authentic self, Feeld allows you to choose from 20+ sexualities and gender identities, pair profiles and create group chats.</p> <p>https://feeld.co</p>
	<p>Urban Connections Hosts relaxed, friendly dating events for men who identify as gay or bi.</p> <p>http://www.urbanconnections.co.uk</p>
Discussion	<p>A Change Of Scene Free monthly forum for gay and bisexual men to share their lives and experience as an alternative to the gay scene.</p> <p>www.facebook.com/achangeofscene</p>
	<p>The Quest Exists to create transformational spaces in which gay, bi and queer men are enabled to explore and cultivate wholehearted living.</p> <p>https://www.thequestawaitsyou.com</p>
Doctor Who	<p>The Sisterhood of Karn London-based group for LGBT Doctor Who fans.</p> <p>https://www.facebook.com/The-Sisterhood-of-Karn-167900596603412</p>
Film Clubs	<p>Scene Out: LGBTQ+ socials for film, theatre and adventures LGBTQ+ social group for those looking to make friends with shared interests.</p> <p>https://www.meetup.com/Scene-Out-LGBTQ-group-for-Film-Theatre-and-Adventures</p>
	<p>Last Frame Club Queer film club focusing on underrepresented filmmakers and important stories. Holds screenings and workshops throughout the year. Interested in promoting Womxn and LGBTQI+ stories and filmmakers. Currently hosts an annual queer film festival and a queer horror club.</p> <p>https://www.lastframeclub.com</p>
	<p>Queer Cinema Club Queer film club for queer folx.</p>

	https://www.instagram.com/queer_cinema_club/?hl=en
Film Making	<p>Queer Film Network Not-for-profit, community-led organisation made up of LGBTQIA+ film programmers focused on bringing together queer film exhibitors to share resources and ideas.</p> <p>https://queerfilmnetwork.org</p>
	<p>Scream Queens: LGBTQ Cinema Club (Horror, Cult & Queer) LGBTQ group for cult & LGBTQ films in London. Especially for fans of old, new and cult, horror and LGBTQ films. Also offers a place to meet for a drink or meal before or after the film.</p> <p>https://www.meetup.com/SCREAMQUEENSLONDON</p>
Haircuts	<p>Barbarette Small, self-financed, fully accessible hub offering gender-neutral cuts at affordable prices. Queer and trans friendly.</p> <p>https://www.barberette.co.uk/london</p>
	<p>Open Barbers Hairdressing service for all lengths, genders and sexualities offering a personalised and warm haircutting experience with a queer and trans friendly attitude.</p> <p>https://openbarbers.com</p>
History	<p>The London School of Economics and Political Science Collection containing primary source material mainly relating to gay and lesbian rights. Particularly strong on campaigning from the late 1950s to the 1990s.</p> <p>https://www.lse.ac.uk/library/collection-highlights/lgbt-collections</p>
Massage	<p>Men in Touch UK Offers experiential sessions and workshops that help create a deeper connection to yourself and to others. Works with gay, bi, trans, straight and queer men to integrate physical, emotional and spiritual wellbeing.</p> <p>https://menintouch.co.uk</p>
Meditation	<p>London Gay Bi Trans Men's Mindfulness Meditation Group Friendly and diverse group of men that meets weekly to socialise and learn skills to improve mental health and well-being.</p> <p>http://www.meetup.com/buddhist-meditation-for-gay-and-bisexual-men</p>
Mindfulness	<p>Evolving Minds Offers one-to-one coaching to enable people to make the most of their life energy. Also runs a weekly meditation group for gay men.</p>

	https://evolvingminds.org.uk
Miscellaneous	<p>Sappho Events Creates safe, sober and social events for LGBTQIA+ women and non-binary people across the UK. Welcomes lesbian, gay, bisexual, queer, pansexual, asexual, intersex and questioning women, including trans masculine and trans feminine, non-binary and gender-fluid people.</p> <p>https://www.sapphoevents.co.uk</p>
	<p>Anatomie Rope Club Anatomie is a sex-positive and kink-positive London venue and home to a thriving network of shibari (Japanese rope bondage art) enthusiasts. Also offers a consent-focused space for learning and practising shibari.</p> <p>https://anatomiestudio.com</p>
	<p>OutdoorLads Friendly group of gay, bisexual and trans men who get together to enjoy a wide range of outdoor adventures and activities</p> <p>https://www.outdoorlads.com</p>
Reading	<p>London Gay Reading Group Oldest gay reading group in London. (Has yet to restart in-person events.)</p> <p>http://www.lgrg.org.uk</p>
Social / General	<p>London Friend: Social Groups London Friend offers a variety of social and support groups focusing on specific gender or sexual identities as well as mixed LGBTQ+ and activity-based groups.</p> <p>https://londonfriend.org.uk/social-support-groups</p>
	<p>Lesbian Art & Culture, Wine & Dining Group Social group for lesbian/queer women who enjoy art and other cultural activities, as well as fine wine and dining.</p> <p>https://www.meetup.com/Lesbian-museum-and-gallery-lates</p>
	<p>LGBT Culture Lovers Social group for those in the LGBTQ+ community to meet up for cultural pursuits—highbrow or lowbrow.</p> <p>https://www.meetup.com/LGBT-Culture-Lovers</p>
	<p>Queers Without Beers Social space for a diverse array of LGBTQI+ people that doesn't revolve around alcohol.</p> <p>https://www.meetup.com/Queers-Without-Beers</p>

	See also https://www.instagram.com/proudandsober
	<p>Queer Culture Club London-based, volunteer-led collective for queer women and trans and GNC people. Weekly events.</p> <p>https://www.instagram.com/queercultureclub</p>
	<p>Eventbrite, Meetup, and Timeout offer constantly updating options for events and groups.</p> <p>https://www.meetup.com/cities/gb/17/london/lgbtq</p> <p>www.timeout.com/london (search LGBTQ+)</p> <p>https://www.eventbrite.com/d/united-kingdom--london/lgbtq</p>
	<p>Gay's The Word UK's oldest LGBT bookshop and a touchstone for the broader LGBT community. It also hosts various groups (Lesbian Discussion Group, Trans London, and LGBT Book Group) and book-related events.</p> <p>www.gaystheword.co.uk</p>
	<p>East End Lesbians Bunch of East End Lezzers, Bi and Queer gals out for fun and trouble.</p> <p>https://twitter.com/eastendlesbians?lang=en</p>
	<p>Gay Essex Men's Social Social and support group for gay and bisexual men, MSM and those unsure, across south Essex.</p> <p>http://gemsgroup.co.uk</p>
	<p>LGBT Foundation's Women's Programme Offers spaces for all self-identifying lesbian, bi, queer or questioning women, trans women, non-binary people wishing to access a women-centred space, and for those whose gender identity includes woman some or all of the time. Its spaces are inclusive of women of colour, older women and disabled women.</p> <p>https://lgbt.foundation/women</p>
	<p>Kenric UK's longest-running social group for women identifying as lesbian.</p> <p>https://kenriclesbians.org.uk</p>
	<p>LGBT Community Centre London A safe, sober, intersectional community centre and café where all LGBTQ+ people are welcome and supported and can build connections and flourish. Its</p>

	<p>vision is for a more connected, belonging and thriving LGBTQ+ community in London.</p> <p>https://londonlgbtqcentre.org</p>
Theatre	<p>Queer Collective East London's performance collective for LGBTQI+ people, exploring queer identity and how to present it theatrically.</p> <p>https://www.arcolatheatre.com/participation/communitycompanies</p>
Tours	<p>London Gay Tours Books LGBT and LGBT-friendly activities, tours and transfers in London.</p> <p>https://londongaytours.com</p>
	<p>Queer Tours of London Aims to shine a light on London's rich LGBTQ+ history through creative and life-affirming interactive tours.</p> <p>https://queertoursoflondon.com</p>
	<p>Soho: Drag Queen Disco Diva Tour Dance and sing your way through the iconic streets of Soho with your fabulous Drag Queen Host.</p> <p>https://www.getyourguide.co.uk/london-l57/soho-drag-queen-disco-diva-tour-t401015</p>
Writing	<p>Bent Bars Letter-writing project for lesbian, gay, bisexual, transgender, transsexual, gender-variant, intersex and queer prisoners in Britain</p> <p>https://www.bentbarsproject.org</p>
	<p>Cipher Press Independent publisher that amplifies writing by queer and trans-identified authors.</p> <p>https://www.cipherpress.co.uk</p>
	<p>Gay Authors' Workshop Association of LGBT people who are creative writers (poets, dramatists, fiction and non-fiction writers). Aims to support writers by providing opportunities for them to meet, read, discuss and develop their work.</p> <p>http://www.gayauthorsworkshop.uk</p>
	<p>LGBT's the Word Creative writing group for everybody in the LGBTQ community.</p> <p>https://www.facebook.com/events/1284908861569256</p>

	<p>London Queer Writers London Queer Writers is a network aiming to provide developmental, educational, social and performance opportunities for LGBTQIA writers.</p> <p>https://www.facebook.com/LondonQueerWriters</p>
	<p>Out On The Page Set up in 2018 to connect, develop and promote LGBTQ+ writers and writing; aims to be a catalyst for change.</p> <p>https://www.outonthepage.co.uk</p>
	<p>Paradise Press Publishing arm of Gay Authors' Workshop (see below). Publishes a wide range of fiction, poetry and non-fiction by lesbians and gay men.</p> <p>http://paradisepress.org.uk</p>
	<p>The Queer Ancestors' Project Devoted to forging sturdy relationships between LGBTQI people and their ancestors. Using history as a linchpin, it builds community by providing queer and trans artists aged 18 to 26 free interdisciplinary workshops in printmaking, writing and queer history.</p> <p>https://www.queerancestorsproject.org</p>

Dance

	<p>Out4Dance Directory of LGBTQ+ friendly dance courses countrywide. Aims to list classes which people will feel comfortable attending either on their own or with a partner/friend. The majority of classes require no previous experience.</p> <p>https://www.out4dance.co.uk/classes</p>
	<p>Rainbow Nation Dance Academy Highly active social group catering for all ages, abilities, genders and sexualities. Runs a variety of performance arts and fitness classes.</p> <p>www.thegmdc.com</p>
Ballroom & Latin	<p>The Pink Jukebox Ballroom and Latin dance club for members of the LGBT community and their friends.</p> <p>http://pinkjukebox.com</p>
Country	<p>The Gay Gordons</p>

	<p>Scottish Country Dance Club for members of the London LGBTQIA+ community and their friends.</p> <p>http://thegaygordons.org</p>
Latin	<p>Exilio LGBTQ+ Latin dance club.</p> <p>http://www.exilio.co.uk</p>
Line Dancing	<p>The Cactus Club LGBT line dancing classes and social club.</p> <p>http://www.thecactusclub.co.uk</p>
Open Floor Movement	<p>Dance Out Loud LGBTQ community-focused group for everyone who loves to dance.</p> <p>https://www.meetup.com/The-Dance-Out-Loud-Group</p>
Tango	<p>Queer Tango London London-based Argentine tango organisation open to everyone.</p> <p>http://www.queertangolondon.com</p>

Music

Choirs	<p>Diversity Choir London's original LGBT+ community chamber choir.</p> <p>http://www.diversitychoir.co.uk</p>
	<p>Joyful Noise Choir Inclusive peer support group/community choir for people living with HIV providing opportunities to connect with others and raise awareness. Activities include practices, workshops and public performances.</p> <p>https://www.madtrust.org.uk/project/naz</p>
	<p>London Gay Men's Chorus Boasting over 200 members, the LGMC is the largest gay choir in Europe.</p> <p>http://www.lgmc.org.uk</p>
	<p>The Fourth Choir London's LGBT+ chamber choir for professional singers and advanced amateurs.</p> <p>http://www.thefourthchoir.com</p>

	<p>The Pink Singers Fun, friendly London-based LGBT community choir.</p> <p>http://www.pinksingers.co.uk</p>
Jazz	<p>London Gay Big Band Twenty-piece jazz orchestra made up of predominantly LGBT musicians and vocalists.</p> <p>http://www.londongaybigband.com</p>
Symphony Orchestras	<p>London Gay Symphony Orchestra LGBT symphony orchestra dedicated to performing exciting repertoire and pushing boundaries for amateur orchestras.</p> <p>http://lgso.org.uk</p>
	<p>London Gay Symphonic Winds Friendly ensemble of over 40 LGBTQ+ players of woodwind, brass and percussion instruments brought together by their passion for music.</p> <p>http://www.lgsw.org.uk</p>

Politics and Equal Rights

Campaigning	<p>LGBT Consortium Focuses on the development and support of LGBT+ groups, organisations and projects so they can better deliver direct services and campaign for LGBT+ rights.</p> <p>https://www.consortium.lgbt</p>
	<p>UNISON Fights discrimination and prejudice in the workplace on behalf of its LGBT+ members.</p> <p>https://www.unison.org.uk/about/what-we-do/fairness-equality/lgbt</p>
Conservative	<p>LGBT+ Conservatives Providing an LGBT+ voice within the Conservative Party and a Conservative voice in the LGBT+ community.</p> <p>https://www.lgbtconservatives.org.uk</p>
Humanists	<p>Humanists UK Promotes humanism and LGBT equality and diversity worldwide.</p> <p>http://www.galha.org</p>

Human Rights	<p>The Kaleidoscope Trust UK-based charity dedicated to fighting for the human rights of LGBT+ people across the Commonwealth and beyond.</p> <p>http://kaleidoscopetrust.com</p>
Labour	<p>LGBT+ Labour Dedicated to ensuring the Labour Party and trade unions campaign for LGBT+ rights and to encouraging members of the LGBT+ community to support the Labour movement.</p> <p>http://www.lgbtlabour.org.uk</p>
Liberal Democrats	<p>LGBT+ Liberal Democrats Dedicated to ensuring that the Liberal Democrats remain at the forefront of the campaign for LGBT+ equality and liberation.</p> <p>http://lgbt.libdems.org.uk/en</p>

Religion

Catholic	<p>Quest Pastoral support for LGBT+ Catholics.</p> <p>https://questlgbti.uk</p>
Christian	<p>OneBodyOneFaith Grassroots charity that works for the full inclusion of LGBT+ people in the Christian churches.</p> <p>http://onebodyonefaith.org.uk</p>
Family	<p>Naz and Matt Foundation Tackles religious and cultural homophobia with a view to helping parents to accept their LGBTQI+ children.</p> <p>https://www.nazandmattfoundation.org</p>
Jewish	<p>Jewish LGBT+ Group Longest established Jewish LGBT+ group in the world, membership of which is open to all LGBT+ Jewish men and women. Primarily a social rather than religious group.</p> <p>http://www.jqlg.org.uk</p>
Muslim	<p>Hidayah LGBTQI+ Leading Queer Muslim charity founded to provide support and welfare for LGBTQI+ Muslims, to promote social justice and education about their community and to counter discrimination, prejudice and injustice.</p>

	https://hidayahlgbt.com
	<p>IMAAN UK's leading LGBTQI Muslim charity.</p> <p>https://www.facebook.com/imaanlgbtq</p>

Sport and Fitness

General	<p>Out For Sport London Supports LGBTQ+ inclusive sports clubs and teams to increase participation in sport by all LGBTQ+ Londoners.</p> <p>https://outforsport.wordpress.com</p>
	<p>Gay Outdoor Club Operates throughout Great Britain and provides a wide range of outdoor and indoor sports and recreational activities for everyone in the LGBTQI+ community.</p> <p>http://www.goc.org.uk</p>
	<p>Outdoor Lads Friendly group of gay, bisexual and trans men who get together to enjoy adventures and activities including hiking, climbing, camping, biking, canoeing, sailing and skiing.</p> <p>http://outdoorlads.com</p>
Badminton	<p>Goslings London London's largest badminton club for LGBT+ players and their friends of all levels and abilities.</p> <p>http://www.goslingslondon.com</p>
	<p>LYC London Socially engaging and diverse badminton club for players and their friends of all levels and abilities</p> <p>http://www.lyclondon.com</p>
Basketball	<p>London Knights Inclusive men's and women's basketball team.</p> <p>https://www.facebook.com/londonknightsbasketball</p>
Boxing	<p>Knockout Friendly boxing club for London's LGBTQ+ community and allies.</p>

	https://www.knockoutboxinglgbt.com
	<p>London Gay Boxing Club Boxing club for lesbians, gay men and their friends. Trains every Thursday at Ringtone Boxing Gym.</p> <p>https://www.facebook.com/gayboxing</p> <p>http://www.ringtoneboxinggym.com</p>
Canoeing	<p>Rainbow Paddlers Only canoeing club in the UK to offer weekly adult paddlesport sessions run by and for the LGBTQ+ community.</p> <p>https://www.thepiratecastle.org/rainbow-paddlers-lgbtq-paddlesport</p>
Climbing	<p>ClimbingQTs Climbing group and social club for LGBTQIA+ people of all abilities.</p> <p>https://www.instagram.com/climbingqtsuk</p>
Cricket	<p>Grace's Cricket Club World's first LGBTQ+ inclusive cricket club.</p> <p>http://www.gracescricket.org.uk</p>
Cycling	<p>CycleOut London Cycling club and social group for LGBTQIA+ people and their friends.</p> <p>http://www.cycleoutlondon.org.uk</p>
Football	<p>LGBTQ Football Teams in London Leading London-based LGBTQ football clubs that offer the chance to play without fear, discrimination, exclusion or judgement:</p> <p>https://theculturetrip.com/europe/united-kingdom/england/london/articles/lgbtq-football-teams-in-london-that-you-can-join-today</p>
	<p>Gay Football Supporters' Network Founded to play football and support and campaign for the LGBTQ+ football community.</p> <p>https://www.gfsn.co.uk</p>
	<p>Leftfooters FC Inclusive recreational football team for London's LGBT community.</p> <p>http://www.leftfooters.co.uk</p>
	<p>London Titans FC Large, friendly football club serving London's LGBT+ community.</p> <p>http://www.londontitans.com</p>

	<p>Queerspace FC Your local friendly queer kickabout.</p> <p>https://www.instagram.com/queerspace_fc</p>
	<p>Stonewall FC Long established football club that exists to increase LGBTQ+ participation in the game. Welcomes players of all ages and abilities.</p> <p>http://www.stonewallfc.com</p>
Golf	<p>Out2Golf UK Inclusive and welcoming community for all LGBT+ golfers from seasoned pros to beginners.</p> <p>https://www.out2golfuk.com</p>
Gyms	<p>Jubilee Hall Trust Operates gyms in Covent Garden, Hampstead, Southwark and Westminster.</p> <p>http://www.jubileehalltrust.org</p>
	<p>Soho Gyms Operates a chain of high quality, low cost gyms across London.</p> <p>https://www.puregym.com/city/soho-gyms</p>
	<p>Sweatbox Gym Gay sauna in Soho with gym, sauna and spa facilities.</p> <p>https://www.sweatboxsoho.com/events</p>
	<p>Third Space London-based luxury health club with branches in Tower Bridge, Soho, Marylebone and Canary Wharf.</p> <p>https://www.thirdspace.london</p>
Martial Arts	<p>Ishigaki Jujitsu Largest UK LGBT+ martial arts club. Venues in London and Brighton.</p> <p>http://ishigaki.org.uk</p>
	<p>KB Fitness Owned and run by women. Martial arts classes (kickboxing, kung fu and self-defence) with a difference.</p> <p>http://kbkickboxing.co.uk</p>

Rugby	<p>Kings Cross Steelers World's first LGBTQ+, inclusive rugby club, dedicated to providing members of the LGBTQ+ community and its allies with the opportunity of playing and enjoying ever-improving standards of rugby.</p> <p>http://www.pitchero.com/clubs/kingscrosssteelers</p> <p>Clapham Feelers LGBTQ+ Touch Rugby team and social club</p> <p>https://www.instagram.com/clapham_feelers/</p>
Running	<p>London Frontrunners Inclusive running and triathlon club for LGBT+ people and their friends.</p> <p>https://londonfrontrunners.org</p>
Sailing	<p>Sailing & Cruising Association Inclusive sailing and powerboat club for LGBT+ people, their families and friends.</p> <p>http://gaysailing.org.uk</p>
Scuba Diving	<p>Gay and Lesbian Underwater Group Scuba diving club and social group for LGBT divers and their friends.</p> <p>http://www.glug.co.uk</p>
Softball	<p>London Raiders Predominantly LGBTQIA+ softball club based in London. Caters for all abilities from experienced to new players.</p> <p>http://www.londonraiders.co.uk</p>
Squash	<p>OutPlay Squash London-based group for LGBT+ squash players and their friends of all levels of ability.</p> <p>https://outplaysquash.com</p>
Step Class	<p>Jacky's Fitsteps Ballroom and Latin fitness classes. Ideal for toning, building muscle strength and slimming down. (Jacky also runs the Pink Jukebox, a ballroom and Latin dance club for LGBT people and their friends: see above, under Dance.)</p> <p>https://jackysjukebox.com/jackys-fitsteps-classes</p>
Swimming	<p>Out to Swim Inclusive LGBTQ+ aquatics club based in London, Brighton and Bristol. Offers a comprehensive programme for all levels of ability.</p>

	http://www.outtoswim.org
Tennis	<p>South London Smashers LGBTQ tennis club based in south London. Welcomes all levels of ability.</p> <p>www.Meetup.com/southlondonsmashers</p>
Volleyball	<p>London Spikers Volleyball Club London-based gay, queer and inclusive men's volleyball club.</p> <p>http://londonspikers.org</p>
Walking	<p>Gay Sunday Walking Group Walking / hiking / rambling club for gay men and lesbians and their gay-friendly friends.</p> <p>http://gswg.org.uk</p>
Wrestling	<p>LAW Wrestling Club Friendly club based in Brighton promoting wrestling and grappling.</p> <p>https://www.facebook.com/lawwrestlinguk</p>
Yoga	<p>Brewers Street Yoga Yoga classes for men of all abilities (including nude yoga and yoga for gay men and their friends). Based in Soho.</p> <p>https://www.brewerstreetyoga.com</p>
	<p>Rainbow Nation Dance Academy: Yoga Male-only yoga sessions. Participants are guided through a dynamic Vinyasa flow-based class, connecting breath to movement in a series of postures and poses designed to increase inner strength and flexibility. Classes are relaxed and friendly with emphasis on fun and mutual support.</p> <p>https://thegmdc.com/yoga</p>
	<p>YogaNu Nude yoga classes, workshops and retreats for men. Based in Islington.</p> <p>www.yoganu.co.uk</p>

Abuse	<p>Galop Advice and support for LGBT+ people who have experienced hate crime and domestic abuse.</p> <p>http://www.galop.org.uk</p>
	<p>National Association for People Abused in Childhood Supports recovery from any form of child abuse.</p> <p>http://napac.org.uk</p>
	<p>Survivors UK Provides information, support & counselling for male victims/survivors of rape and sexual abuse, as well as their family and friends.</p> <p>https://www.survivorsuk.org</p>
Addiction	<p>Antidote at London Friend LGBTQ+ drug and alcohol support / harm reduction service.</p> <p>https://londonfriend.org.uk/antidote</p>
	<p>UK SMART Recovery A programme which teaches rational, easy to learn and self-empowering skills to help participants abstain from any addictive behaviour and to develop a lifestyle that supports sustained recovery.</p> <p>https://www.smartrecovery.org.uk</p>
Alcohol	<p>Alcoholics Anonymous Works towards the personal recovery and continued sobriety of individual alcoholics who turn to it for help.</p> <p>http://www.alcoholics-anonymous.org.uk</p>
Autistic / Neurodiverse / Atypical	<p>Atypical Group at London Friend Provides a confidential and safe space for LGBTQIA+ people on the autism/neurodiversity spectrum. Welcomes anyone with a formal or self-diagnosis of autism / Asperger's / AD(H)D.</p> <p>https://londonfriend.org.uk/london-friend-groups</p>
Cocaine	<p>Cocaine Anonymous A fellowship of men and women who share their experience, strength and hope with each other in order to solve their common problem and help others to recover from their addiction.</p> <p>https://www.cocaineanonymous.org.uk</p>
Co-Dependency	<p>Co-Dependents Anonymous A fellowship of people whose common purpose is to develop healthy</p>

	<p>and loving relationships by working through the problems that co-dependency has caused in their lives.</p> <p>https://codauk.org</p>
Counselling and Therapy	<p>A Change Of Scene Free monthly forum based in Soho which allows gay, bisexual and queer men to share their lives and experience.</p> <p>https://www.facebook.com/achangeofscene</p> <p>https://twitter.com/changeoscene?lang=en</p>
	<p>Albany Trust Long established LGBT+ charity based in South London offering specialist counselling, psychotherapy services and high quality professional support around gender, sexuality and relationship issues.</p> <p>http://www.albanytrust.org</p>
	<p>CliniQ Offers a holistic sexual health, mental health and wellbeing service for all trans people, their partners and friends.</p> <p>https://cliniq.org.uk</p>
	<p>Cruse Bereavement support service.</p> <p>https://www.cruse.org.uk</p>
	<p>Dean Street Psychosexual Sexual health clinic in Soho focused on the needs of the LGBTQI+ community. Offers psychosexual counselling to help individuals and couples experiencing sexual difficulties.</p> <p>https://www.dean.st/help-advice</p>
	<p>ELOP Innovative, holistic, community-led LGBT charity based in East London promoting mental health, wellbeing, empowerment and equality of LGBT communities. Provides information, advice, advocacy, counselling and support services, as well as organising social and community events.</p> <p>http://elop.org</p>
	<p>London Friend Offers short-term and low cost LGBTQ+ counselling and free domestic abuse counselling.</p> <p>https://londonfriend.org.uk/counselling</p>

	<p>METRO Collaborative equality and diversity charity providing health, community and youth services across England. Works to celebrate difference.</p> <p>https://metrocentreonline.org</p>
	<p>NAZ Agency that works across London to address sexual health inequalities in Black, Brown and Global Majority communities. Provides counselling and psychotherapy to members of these communities who experience difficulties with their sexuality, relationships and sexual health.</p> <p>http://naz.org.uk</p>
	<p>Pink Therapy Directory of private LGBTQIA+ and LGBTQIA+ friendly therapists.</p> <p>http://www.pinktherapy.com</p>
	<p>Spectra Supports people of all sexualities, gender identities, cultural influences and ethnicities who want to make positive changes to their lives. Focuses on sexual health and emotional wellbeing.</p> <p>https://spectra-london.org.uk</p>
	<p>The British Association for Counselling and Psychotherapy Directory of UK counsellors and therapists.</p> <p>https://www.bacp.co.uk/about-therapy/using-our-therapist-directory</p>
	<p>The British Association of Dramatherapists Professional body for Dramatherapists in the UK.</p> <p>http://badth.org.uk</p>
	<p>UK Therapy Guide Points people in need of help and support towards skilled, trained and regulated therapists.</p> <p>http://uktherapyguide.com</p>
Crystal Meth	<p>Crystal Meth Anonymous CMA's fellowship is a way of life without Crystal Meth. It advocates a twelve-step recovery programme for spiritual development, irrespective of religious belief or background.</p> <p>http://crystalmeth.org</p>
Debt	<p>Debtors Anonymous UK Twelve-step programme for anyone who wants to stop incurring unsecured debt.</p>

	<p>http://debtorsanonymous.org.uk</p>
Disability	<p>Deaf Rainbow UK Provides information and resources for Deaf LGBTIQ+ people and everyone else.</p> <p>http://deafrainbowuk.org.uk</p>
	<p>Rainbow Friends London Social group for people who identify as LGBTQ and as having a learning disability.</p> <p>https://twitter.com/ldandlgbtlondon</p>
	<p>Regard National organisation providing information, advice and support to LGBTQ people who self-identify as disabled. Also campaigns on issues affecting disabled LGBTQ people.</p> <p>http://www.regard.org.uk</p>
	<p>Royal National Institute of Blind People Offers advice and help regarding every aspect of sight loss.</p> <p>https://www.rnib.org.uk</p> <p>https://www.facebook.com/rnibuk</p>
	<p>Unique LGBT London-based social group run by and for disabled LGBTQ people.</p> <p>https://www.facebook.com/groups/921586837959960</p>
Drugs	<p>Narcotics Anonymous UK Fellowship of recovering drug addicts who can help those who have a problem with drugs to get and stay clean.</p> <p>http://ukna.org</p>
Eating Disorders	<p>Anorexics and Bulimics Anonymous Fellowship of individuals dedicated to finding and maintaining recovery in their eating practices and to helping others gain recovery. The only requirement for membership is a desire to stop unhealthy eating practices.</p> <p>http://aba12steps.org</p>
	<p>B-Eat UK eating disorder charity dedicated to ending the pain and suffering caused by eating disorders.</p>

	<p>https://b-eat.co.uk</p>
	<p>Overeaters Anonymous Provides insight into the problem of eating compulsively, strength to deal with it and a very real hope that there is a solution.</p> <p>http://www.oaqb.org.uk</p>
Gambling	<p>Gamblers Anonymous Fellowship of men and women who share their experience, strength and hope with each other in order to solve their common problem and help others do the same.</p> <p>http://www.gamblersanonymous.org.uk</p>
Gender	<p>CliniQ See above, under Counselling and Therapy.</p>
	<p>Gendered Intelligence Trans-led grassroots organisation that works to increase understanding of gender diversity and improve trans people's quality of life.</p> <p>https://genderedintelligence.co.uk</p>
	<p>Mermaids LGBTQ+ charity that supports transgender, non-binary and gender-diverse children, young people and their families</p> <p>https://mermaidsuk.org.uk</p>
	<p>Organisation Intersex International in the UK Organisation devoted to systemic change with a view to ending the fear, shame, secrecy and stigma experienced by intersex children and adults.</p> <p>https://oiiuk.org</p>
	<p>QueerCare Community care organisation providing training, support and advocacy for trans and queer people in the UK.</p> <p>https://www.facebook.com/queercare</p>
	<p>The Beaumont Society Largest and longest established transgender support group in the UK.</p> <p>http://www.beaumontsociety.org.uk</p>
	<p>The Beaumont Trust</p>

	<p>Charitable educational resource that aims to inform professional organisations and the public about transgender issues, care, support, equality and integration.</p> <p>http://www.beaumont-trust.org.uk</p>
	<p>The Gender Trust Provides support and information for all those affected by gender identity issues.</p> <p>http://gendertrust.org.uk</p>
	<p>TMSA UK support group for trans masculine, non-binary and gender-variant AFAB people.</p> <p>https://twitter.com/tmsauk</p>
	<p>TransUnite UK Directory of transgender support groups</p> <p>https://www.transunite.co.uk</p>
Helplines	<p>Samaritans See above, under Emergencies.</p>
	<p>Switchboard LGBT+ Helpline Oldest LGBT+ telephone helpline in the UK. Also offers instant messaging and email support.</p> <p>http://switchboard.lgbt</p>
Housing	<p>Stonewall Housing LGBTQ+ organisation providing advice and support on issues relating to housing (including domestic abuse). Operates a free helpline.</p> <p>http://stonewallhousing.org</p>
	<p>The Albert Kennedy Trust Supports LGBTQ+ young people aged 16-25 facing or experiencing homelessness or living in a hostile environment.</p> <p>https://www.akt.org.uk</p>
Mental Health	<p>Islington Mind: Outcome Islington-based client-led LGBTQI+ specialist service which aims to provide a sanctuary for LGBTQI+ people in which they can socialise free from discrimination and explore therapies to improve their mental health.</p> <p>https://www.islingtonmind.org.uk/our-services/outcome</p>

	<p>Mind Provides support and advice for those with mental health problems. http://www.mind.org.uk</p>
	<p>South London and Maudsley NHS Foundation Trust Provides the widest range of NHS mental health services in the UK. https://slam.nhs.uk</p>
	<p>Rainbow Friends London See above, under Disability.</p>
Parents	<p>Families and Friends of Lesbians and Gays National voluntary organisation and registered charity dedicated to supporting parents and families and their LGBT+ members. https://www.fflag.org.uk</p>
	<p>Families Together London London-based support group and listening ear for the parents, families and friends of LGBT people. https://www.familiestogetherlondon.com</p>
	<p>LGBT Mummies Supports LGBT+ people on the path to motherhood or parenthood. https://lgbtmummies.com</p>
Refugees and Asylum Seekers	<p>Rainbow Migration Provides practical and emotional support for LGBTQI+ people seeking asylum. https://www.rainbowmigration.org.uk</p>
	<p>Say It Loud Club Community of LGBTQ+ asylum seekers and refugees in the UK. https://www.sayitloudclub.org</p>
	<p>Islington Mind: Outcome Drop-in for asylum seekers & refugees Wednesdays 11:00am–3.00pm. https://www.islingtonmind.org.uk/our-services/outcome</p>
	<p>English Classes at London Friend Relaxed conversational English classes for LGBTQ+ refugees and asylum seekers or anyone who wants to improve their English and practise conversation.</p>

	<p>https://londonfriend.org.uk/social-support-groups</p>
	<p>Rainbow Railroad Global not-for-profit organization that helps LGBTQI+ people facing persecution based on their sexual orientation and / or gender identity.</p> <p>https://www.rainbowrailroad.org</p>
Sex Addiction	<p>Sex Addicts Anonymous in the UK Group of men and women who share their experience, strength and hope in order to find freedom from addictive sexual behaviour and help others recover from sex addiction. Welcomes people of all sexual identities.</p> <p>http://saauk.info/en</p>
	<p>Sex and Love Addicts Anonymous UK Open to anyone who knows or thinks they have a problem with sex addiction, love addiction, romantic obsession, co-dependent relationships, fantasy addiction and / or sexual, social and emotional anorexia.</p> <p>http://www.slaauk.org</p>
Sexual Health	<p>Sexual Health Clinic Finder NHS sexual health clinic finder.</p> <p>https://www.nhs.uk/service-search/sexual-health/find-a-sexual-health-clinic</p>
	<p>Axis Clinic Chemsex support and sexual health clinic which also offers safer sex advice, mental health support and advice around PrEP & PEP.</p> <p>https://londonfriend.org.uk/axis-a-new-chemsex-clinic-for-south-london</p>
	<p>Central London Action on Sexual Health Provides free and confidential sexual health services in London and Surrey for LGBT+ people, sex workers, homeless people, young people, drug users, members of BAME communities and MSM.</p> <p>https://www.sexualhealth.cnwl.nhs.uk/about-us</p>
	<p>Dean Street NHS sexual health clinic which also offers safer sex advice, counselling and chemsex advice.</p> <p>http://dean.st</p>
	<p>GMI Partnership Pan-London community-based collaboration between three charities to provide sexual health and wellbeing services for all.</p>

	<p>http://gmipartnership.org.uk</p>
	<p>LGBT HERO National charity which aims to improve the health, enhance the wellbeing and champion the rights of LGBTQ+ people. It is also the organisation behind GMFA, the sexual wellbeing project for gay, bi and trans men who have sex with men.</p> <p>https://www.lgbthero.org.uk/about-lgbt-hero</p>
	<p>Living Well Offers a wide range of high-quality psychological, psychosocial and behavioural change services designed to help people improve and maintain their physical, mental and emotional health and wellbeing. Supports ethnic minorities, LGBT+ people, women, those living with HIV and other long-term health conditions and other marginalised groups.</p> <p>http://www.livingwellcic.com</p>
	<p>NAZ Agency that works to address sexual health inequalities in Black, Brown and Global Majority communities. Focuses predominantly on sexual health improvement and HIV support services for these communities.</p> <p>http://naz.org.uk</p>
	<p>Positive 21 Peer support group for gay, bisexual and MSM men living with HIV.</p> <p>http://positive21.org.uk</p>
	<p>Positive East Exists to improve the quality of life of individuals and communities affected by HIV. Based in east London.</p> <p>http://www.positiveeast.org.uk</p>
	<p>SASH (Support and Advice on Sexual Health) London Provides free, non-judgemental and confidential support to improve people's sexual health, relationships and mental health.</p> <p>https://www.sashlondon.org</p>
	<p>Spectra Offers non-judgmental, accessible, peer-led services and support to marginalised and disadvantaged communities in London. In addition to sexual health services, it provides support groups, peer mentoring and counselling for trans and gender-diverse people.</p> <p>https://spectra-london.org.uk</p>

	<p>The Terrence Higgins Trust Provides support to people living with HIV. Also campaigns for greater political and public understanding of the personal, social and medical impact of HIV and sexual ill health.</p> <p>http://www.tht.org.uk</p>
Women	<p>LGBT Foundation's Women's Programme Aims to support and empower all lesbian, gay, bisexual and trans women, non-binary people wishing to access a women-centred space, and those whose gender identity includes woman some or all of the time. Its spaces are inclusive of women of colour, older women and disabled women.</p> <p>https://lgbt.foundation/women</p>
	<p>Women/NB only club nights G.IRL events: https://www.instagram.com/g.irlevents/?hl=en</p> <p>LICK events: https://www.instagram.com/lickevents/?hl=en</p> <p>Gal Pals events: https://galpals.club/events</p> <p>G.IRL is probably most appropriate for women who are just starting to get involved in the queer scene. LICK and Gal Pals may be more appropriate for those already involved, but they have a more specific emphasis on non-binary people and trans women.</p>
Youth	<p>Mermaids See above, under Gender.</p>
	<p>METRO See above, under Counselling and Therapy.</p>
	<p>Mosaic Supports, educates and inspires London's young LGBT+ people.</p> <p>https://www.mosaictrust.org.uk</p>

Recommended Reading

- **Ace: What Asexuality Reveals about Desire, Society, and the Meaning of Sex** Angela Chen

- **Burn the Binary: Selected Writing on the Politics of Being Trans, Genderqueer, and Non-Binary** Riki Anne Wilchins
- **Codependent No More: How to Stop Controlling Others and Start Caring for Yourself** Melody Beattie
- **Conscious Loving: The Journey to Co-Commitment** Gay Hendricks, Kathlyn Hendricks
- **Cruise Control: Understanding Sex Addiction in Gay Men** Robert Weiss
- **Exile and Pride: Disability, Queerness, and Liberation** Eli Clare
- **Facing Codependence: What It Is, Where It Comes from, How It Sabotages Our Lives** Pia Mellody
- **Facing Love Addiction: Giving Yourself the Power to Change the Way You Love** Pia Mellody
- **Feel The Fear and Do It Anyway: How to Be More Confident** Susan Jeffers
- **Gay Spirituality** Toby Johnson
- **Healing the Shame that Binds You** John Bradshaw
- **Intersex: Fixing Sex** Katrina Karkazis
- **Lust, Men and Meth: A Gay Man's Guide to Recovery** David Fawcett
- **Mutual Aid** Daniel Spade
- **On Connection** Kae Tempest
- **Out of the Shadows: The Psychology of Gay Men's Lives** Walt Odets
- **Out of the Shadows: Understanding Sexual Addiction** Patrick J Carnes
- **Recovery of Your Inner Child: The Highly Acclaimed Method for Liberating Your Inner Self** Lucia Capacchione
- **Sexual Anorexia: Overcoming Sexual Self-Hatred** Patrick Carnes
- **Standing Up for the Human Rights of Intersex People — How Can You Help?:_**
<https://oiigermany.org/wp-content/uploads/How-to-be-a-great-intersex-ally-A-toolkit-for-NGOs-and-decision-makers-December-2015.pdf> Dan Christian Ghattas
- **Straight Jacket: Overcoming Society's Legacy of Gay Shame** Matthew Todd
- **10 Smart Things Gay Men Can Do to Improve Their Lives** Joe Kort
- **The Artist's Way** Julia Cameron
- **The Body Keeps the Score** Bessel Van Der Kolk
- **The Empath's Survival Guide: Life Strategies for Sensitive People** Judith Orloff
- **The Language of Letting Go: Daily Meditations for Codependents** Melody Beattie
- **The Transgender Issue** Shon Faye
- **The Trauma Heart** Judy Crane
- **The Velvet Rage: Overcoming the Pain of Growing Up Gay in a Straight Man's World** Alan Downs
- **Walking the Tiger: Healing Trauma** Peter A Levine
- **We Can Do Better Than This: 35 Voices on the Future of LGBTQ+ Rights** Amelia Abraham
- **Who Says I'm an Addict?** David Smallwood
- **You Can Heal Your Life** Louise Hay

If you are on this list and would like to be taken off, or if you would like to be added, or notice any mistakes or incorrect information, please email daniel@londonfriend.org.uk.



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