

Referrals, Resource & Activities List

Emergencies

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

Activity and Social Groups

Arts	Wise Thoughts A Pioneering global majority & LGBTQI+ Arts Charity based in Haringey, London. Wise Thoughts creates dynamic local, national and international arts initiatives that help address social justice issues. http://www.wisethoughts.org
	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. https://www.eventbrite.co.uk/o/bits-amp-pieces-27412802729
	The Horse Hospital An artist-led, not-for-profit independent arts venue in central London. It uplifts countercultural and experimental art across music, performance, film, fashion, and visual art, while serving as a living archive of countercultural activity. https://www.thehorsehospital.com/about
	Queer Collective Canadian non-profit organisation committed to creating accurate & positive representation for every subgroup of the LGBTQ2S+ Community, with an emphasis on uplifting local queer artists. https://www.queercollectiveto.com

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>
	<p>Feminist Bird Club A non-profit birding club for women, LGBTQ+, and BIPOC people, with global chapters leading local inclusive walks, fundraising events, and safe outdoor connection spaces.</p> <p>https://www.ellekayetaxidermy.co.uk/copy-of-about</p>
Bridge	<p>South London Gay Bridge Group Growing group for bridge players who meet in each other's homes.</p> <p>https://www.southlondongaybridge.club/</p>
	<p>West London Gay Bridge Club The WLBC is a friendly gay bridge club in Paddington, West London, meeting to play bridge and socialise. It is the only such club affiliated with the English Bridge Union.</p> <p>http://wlbc.co.uk</p>
Camping	<p>Freedom Club Friendly camping and caravan club for gay, lesbian, bisexual and transgendered people.</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>
	<p>Boondock or Bust LGBT inclusive Camping Grounds</p> <p>https://boondockorbust.com/boondocking-guide/a-guide-to-lgbtqia-campgrounds-camping/</p>

Chess	Yas Queen! Chess Club. An inclusive community for anyone who feels underrepresented in traditional chess spaces. Proudly women-led and LGBTQ+ friendly, the club welcomes players of all genders—as well as allies—who share a passion for building a welcoming and empowering environment. The mission of Yas Queen is to make chess accessible, fun, and confidence-building for everyone, whether learning the basics or refining advanced strategies. https://www.yasqueen.uk/
Classic Cars	Gay Classic Car Group Club for all LGBTQ+ classic car enthusiasts and their friends. http://www.gccg.org.uk
Dating	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. https://feeld.co
	Urban Connections Hosts relaxed, friendly dating events for men who identify as gay or bi. http://www.urbanconnections.co.uk
	In-person Speed Dating for LGBTQIA+ Women, Trans and NB people. A relaxed in-person speed dating event for LGBTQ+ women, trans, and non-binary people. Events occur on the 2nd Tuesday of every month. https://www.sapphoevents.co.uk/events
Discussion	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. www.facebook.com/achangeofscene
	The Quest Exists to create transformational spaces in which gay, bi and queer men are enabled to explore and cultivate wholehearted living. https://www.thequestawaitsyou.com
Doctor Who	The Sisterhood of Karn London-based group for LGBT Doctor Who fans. https://www.facebook.com/The-Sisterhood-of-Karn-167900596603412
Film	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. https://www.instagram.com/lastframeclub/

	<p>Queer Cinema Club Queer film club for queer folx.</p> <p>https://www.instagram.com/queer_cinema_club/?hl=en</p>
	<p>Queer Filmmakers Network The Queer Filmmakers Network aims to connect, support and champion LGBTQIA+ Filmmakers.</p> <p>https://queerfilmmakersnetwork.org/</p>
	<p>The Arzer TA queer-owned cinema with an adjoining bar and café, dedicated to screening LGBTQ+ films, cult classics, and queer-coded favourites. Named in honour of Dorothy Arzner, a trailblazing lesbian filmmaker from Hollywood's early sound era, the venue in SE1 serves as a vibrant space celebrating queer cinema, community, and creative expression.</p> <p>https://theartzner.com</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.instagram.com/screamqueenslondon/?hl=en</p>
Gardening	<p>LGBTQ+ Garden Group It's a regular monthly group, Sessions run at the polytunnel at Vine Road Park every 3rd Saturday of the month from 1 to 2:30pm.</p> <p>https://barnescommon.org.uk/eventbrite-event/lgbtq-growing-group-session-17/</p>
	<p>Rainbow Grow Rainbow Grow is a Hackney-based, LGBTQI+ led community gardening initiative. Open to all those who support the aim of providing a friendly space for members of the LGBTQI+ community to grow and learn to grow edible plants in an urban environment.</p> <p>https://rainbowgrowhackney.wordpress.com/</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>
	<p>Barber Streisand A gay-friendly, unisex barbershop offering sharp, no-nonsense haircuts for all genders</p> <p>https://barberstreisand.com/</p>
History	<p>The London School of Economics and Political Science Collection containing primary source material mainly relating to gay and</p>

	lesbian rights. Particularly strong on campaigning from the late 1950s to the 1990s. https://www.lse.ac.uk/library/collection-highlights/lgbt-collections
	Queer Britain The National LGBTQ+ Museum https://queerbritain.org.uk/
Massage	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. https://menintouch.co.uk
Meditation	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. http://www.meetup.com/buddhist-meditation-for-gay-and-bisexual-men
Mindfulness	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. https://www.facebook.com/gaymensmindfulnessmeditationgroup/
Misc.	Sappho Events The group welcomes lesbian, gay, bisexual, queer, pansexual, asexual, intersex, and questioning women, including trans, non-binary, and gender fluid people, of all races, religions, classes, ages, and abilities. Plenty of events are available. Existing spaces in the UK abound for heteronormative and LGBT+ male friends, while this group focuses on ladies and non-binary folk. https://www.sapphoevents.co.uk
	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. https://anatomiestudio.com
	OutdoorLads Friendly group of gay, bisexual and trans men who get together to enjoy a wide range of outdoor adventures and activities https://www.outdoorlads.com
	House Of Happiness - Sober Club Night Alcohol and drug free clubbing experience. https://www.instagram.com/houseofhappinessofficial/ https://www.eventbrite.co.uk/o/the-house-of-happiness-56338154703
	Ethical Non Monogamy Group Non-profit socials to build a non-monogamy fam in London. Inclusive & judgement/discrimination free community https://www.instagram.com/enmfamlondon/?hl=en
Outside UK	Turkey

	<p>Setting off with the dream of a fair, equal and free world under the rainbow in 2011, we contribute to the production of social policies necessary for a life where LGBTI+ in Turkey will not feel under pressure regarding their gender identity and sexual orientation.</p> <p>https://spod.org.tr/homepage/</p>
	<p>Poland</p> <p>They run happenings with educational stands and a dance party in the city. We work with informal groups. They provide free educational materials for libraries, schools and places of culture.</p> <p>https://teczowytyarnow.pl/tcr-en/</p>
	<p>Rainbow Railroad</p> <p>In countries around the world, LGBTQI+ people face violence and oppression simply because of who they love or who they are. Rainbow Railroad helps them get to safety.</p> <p>https://www.rainbowrailroad.org/</p>
	<p>Asian Region of the International Lesbian, Gay, Bisexual, Trans and Intersex Association</p> <p>ILGA World is the International Lesbian, Gay, Bisexual, Trans and Intersex Association, a worldwide federation of more than 2,000 organisations from over 160 countries and territories campaigning for the human rights of lesbian, gay, bisexual, trans and intersex people (LGBTI).</p> <p>https://www.ilqaasia.org/</p>
	<p>Afghanistan: Rainbow Afghanistan</p> <p>Rainbow Afghanistan Organisation was founded in May 2022, through a group of young Afghan LGBTQIA+, and aimed to serving the needs of Afghan queer communities. The main objective is to let the world know about the existence and voice of LGBTQIA+ individuals in Afghanistan.</p> <p>https://www.arcenciel-international.be/world-resources/rainbow-afghanistan</p>
	<p>Germany</p> <p>The LSVD – Association for Queer Diversity is a civil rights association and represents the interests and concerns of lesbian, gay, bisexual, trans* and intersex as well as other queer people (LGBTIQ*).</p> <p>https://www.lsvd.de/de/home</p>
Reading	<p>London Gay Reading Group</p> <p>Oldest gay reading group in London who meet on the third Friday of each month online. Everyone is welcome.</p> <p>https://www.facebook.com/groups/Londonlgbtbooks/</p>
	<p>London Book Club for Gay Men</p> <p>An open book club for gay men in London who meet every 4-6 weeks to discuss a different book. The meeting is at a different member's house each time.</p>

	<p>https://www.facebook.com/groups/LondonBookClubforGayMen/?locale=en_GB</p>
	<p>Sappho Queer Book Club (In Person) The group calls on queer booklovers to join an evening of sapphic bookish chats. Every month, they read and discuss a new piece of sapphic literature.</p> <p>https://www.sapphoevents.co.uk/events</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>Queer Dining Club London A friendly group that welcomes everyone.. They meet once a month for dinner at a restaurant in London.</p> <p>https://www.instagram.com/queerdiningclubldn/</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>Eventbrite, Meetup, and Timeout offer constantly updating options for events and groups.</p> <p>https://www.meetup.com (search LGBTQ+) https://www.timeout.com/london/lgbt 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://www.facebook.com/EastLLs/?locale=en_GB</p>
	<p>Gay Essex Men's Social Social and support group for gay and bisexual men, men who have sex with men, or those unsure, across south Essex.</p> <p>http://gemsgroup.co.uk</p>
	<p>LGBT Foundation's Women's Programme Offers welcoming spaces for all self-identifying lesbian, bi, queer, or questioning women, trans women, non-binary people seeking women-centred environments, and</p>

	<p>those whose gender identity includes woman some or all the time. These spaces actively include 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. They provide an enriching and enjoyable social programme of online and face-to-face events for lesbians mainly in London and the Southeast. Volunteers also run events across the UK.</p> <p>https://kenriclesbians.org.uk</p>
	<p>LGBT Community Centre London 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. Our vision is for a more connected, belonging and thriving LGBTQ+ community in London.</p> <p>https://londonlgbtqcentre.org</p>
	<p>Queeros East A social meet up group for LGBTQIA+ people on the East Edge of London - E6/E7/E12/E13/E16/IG1/IG11</p> <p>https://www.instagram.com/queeros.east/</p>
	<p>Queer Edge An east London queer collective, providing inclusive safe spaces for the local queer community, irrespective of age, gender or sexuality. A community-led project.</p> <p>https://www.queeredge.co.uk/</p>
	<p>My G Work LGBTQ+ professionals and graduates. Offering networking, mentoring, events, and resources to foster allyship and inclusive communities.</p> <p>https://www.mygwork.com/</p>
	<p>Asexual and Aromantic Meetup A relaxed and friendly social meetup for anyone who is, or thinks they may be, on the asexual and/or aromantic spectrums. A place to meetup and enjoy coffee, cake and a chat!</p> <p>https://www.eventbrite.co.uk/e/sexual-and-aromantic-meetup-tickets-519822201197</p>
	<p>London Asexual & Aromantic Spectrum Meetup A safe and friendly social environment for those who identify or are questioning whether they might be on the asexual and/or aromantic spectrum(s), who are partners with someone who does, or who are just plain curious or supportive, to meet, hang out, chat, enjoy company, and feel part of a community. This includes those who identify as allosexual and aromantic(-spectrum) as well as those who to and those who do not use the split attraction model.</p> <p>https://www.meetup.com/London-Asexuality-Meetup/</p>

	<p>Queer China UK A community-driven organisation that connects, supports, and empowers Chinese LGBTQIA+ people in the UK through arts, culture, and community-centred programmes. With a mission to build belonging, amplify underrepresented voices, and improve access to creative expression for queer people of Chinese heritage.</p> <p>https://queerchinauk.com/</p>
	<p>Intersex UK A group of British NGO-human rights defenders, who specialise in educating and consulting on issues affecting the Intersex community. The group provides information on Intersex issues and fight for a child's right to bodily autonomy.</p> <p>https://londonlgbtqcentre.org/lgbtq-organisations/intersexuk/</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/</p>
	<p>Queer Theatre Produces authentic LGBTQIA+ stories through theatre, musicals, and events while nurturing queer talent via acting classes, workshops, play readings, and networking in London.</p> <p>https://www.queertheatre.co.uk/aboutqt</p>
Tours	<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://www.london.gov.uk/programmes-strategies/arts-and-culture/commission-diversity-public-realm/london-unseen-heritage-tours-and-trails/london-unseen-meet-our-guides/queer-tours-london</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>
	<p>Queer London Tours Dedicated to celebrating the city's rich LGBTQ+ history and vibrant culture through engaging historical walking tours. Led by a passionate guide, the tours explore the stories, events, and landmarks that have shaped London's queer community</p> <p>https://queerlondontours.com/</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>London Queer Writers A collective of LGBTQIA identifying poets, spoken word artists, educators, and academics sharing words of love, equality, and empowerment.</p> <p>https://www.facebook.com/LondonQueerWriters</p>
	<p>DIF Producing and publishing new writing that goes beyond the mainstream - collaborating with artists, grass roots arts venues, readers groups, indie publishers and booksellers.</p> <p>https://www.bedif.org/</p>
	<p>Paradise Press Publishing arm of Gay Authors' Workshop. 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 our ancestors. Using history as a linchpin, we build community by providing Queer and Trans people, age 18 to 26, free interdisciplinary workshops in printmaking, writing, and Queer history.</p> <p>https://www.queerancestorsproject.org</p>

Dance

	<p>Out4Dance Out4Dance is to help promote social ballroom & Latin dancing within the LGBT+ Community.</p> <p>https://www.facebook.com/Out4Dance/</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>https://rainbownationdance.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 Scottish Country Dance Club for members of the London LGBTQIA+ community and their friends.</p> <p>http://thegaygordons.org</p>

	LGBTQ+ Latin dance club. http://www.exilio.co.uk
Line Dancing	The Cactus Club LGBT line dancing classes and social club. http://www.thecactusclub.co.uk
Tango	Queer Tango London London-based Argentine tango organisation open to everyone. http://www.queertangolondon.com

Music

Choirs	Diversity Choir London's original LGBT+ community chamber choir. http://www.diversitychoir.co.uk
	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. https://www.madtrust.org.uk/project/naz
	London Gay Men's Chorus Boasting over 200 members, the LGMC is the largest gay choir in Europe. http://www.lgmc.org.uk
	The Fourth Choir London's LGBT+ chamber choir for professional singers and advanced amateurs. http://www.thefourthchoir.com
	The Pink Singers Fun, friendly London-based LGBT community choir. http://www.pinksingers.co.uk
	West London Choir A vibrant, inclusive LGBTQ+ singing group that creates a supportive space for queer people in West London to enjoy music, with a focus on pop, show tunes, and anthems, performing at local events and Pride celebrations, often alongside the larger West London Queer Project (WLQP) community initiative. https://www.instagram.com/westlondonqueerchoir?igsh=MWt5NHcxcW9kczAxcQ==
Jazz	London Gay Big Band Twenty-piece jazz orchestra made up of predominantly LGBT musicians and vocalists. http://www.londongaybigband.com
Symphony	London Gay Symphony Orchestra

Orchestras	LGBT symphony orchestra dedicated to performing exciting repertoire and pushing boundaries for amateur orchestras. http://lgso.org.uk
	London Gay Symphonic Winds Friendly ensemble of over 40 LGBTQ+ players of woodwind, brass and percussion instruments brought together by their passion for music. http://www.lqsw.org.uk

Politics and Equal Rights

Campaigning	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. https://www.consortium.lgbt
	UNISON Fights discrimination and prejudice in the workplace on behalf of its LGBT+ members. https://www.unison.org.uk/about/what-we-do/fairness-equality/lgbt
Conservative	LGBT+ Conservatives Providing an LGBT+ voice within the Conservative Party and a Conservative voice in the LGBT+ community. https://www.lgbtconservatives.org.uk
Humanists	Humanists UK Promotes humanism and LGBT equality and diversity worldwide. http://www.galha.org
Human Rights	The Kaleidoscope Trust UK-based charity dedicated to fighting for the human rights of LGBT+ people across the Commonwealth and beyond. http://kaleidoscopetrust.com
Labour	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. http://www.lgbtlabour.org.uk
Liberal Democrats	LGBT+ Liberal Democrats Dedicated to ensuring that the Liberal Democrats remain at the forefront of the campaign for LGBT+ equality and liberation. https://lgbt.libdems.org.uk/

Religion

Catholic	Quest Offers fellowship to LGBT+ Catholics by providing information, member bulletins and through social media. https://questlgbti.uk
Christian	OneBodyOneFaith Grassroots charity that works for the full inclusion of LGBT+ people in the Christian churches. http://onebodyonefaith.org.uk
Quaker	Quaker Rainbow A fellowship of LGBTI+ people within the Religious Society of Friends (Quakers) in Britain. They welcome people seeking an inclusive spiritual home within Quakers. https://www.facebook.com/groups/qgsdc/
Family	Naz and Matt Foundation Tackles religious and cultural homophobia with a view to helping parents to accept their LGBTQI+ children. https://www.nazandmattfoundation.org
Jewish	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. http://www.jlg.org.uk
Muslim	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. https://hidayahlgbt.com
	IMAAN UK's leading LGBTQI Muslim charity. https://www.facebook.com/imaanlgbtq

Sport and Fitness

General	Out For Sport London Supports LGBTQ+ inclusive sports clubs and teams to increase participation in sport by all LGBTQ+ Londoners. https://outforsport.wordpress.com
	Gay Outdoor Club



	<p>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</p> <p>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>
	<p>Proud Sports</p> <p>A community-driven organisation dedicated to strategically organising sports activities and cultural events across London. Their mission focuses on uplifting underrepresented and minority groups, including the LGBTQIA+ community, culturally diverse communities, refugees, individuals experiencing vulnerabilities, full-time carers, NHS staff, and regional communities.</p> <p>www.proudsports.co.uk</p>
	<p>The Change Foundation</p> <p>An award-winning charity that uses sport to change the lives of marginalised young people.</p> <p>https://www.thechangefoundation.org.uk/</p>
Badminton	<p>Goslings London</p> <p>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</p> <p>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</p> <p>Inclusive men's and women's basketball team.</p> <p>https://www.facebook.com/londonknightsbasketball</p>
Boxing	<p>Knockout</p> <p>Friendly boxing club for London's LGBTQ+ community and allies.</p> <p>https://www.knockoutboxinglgbt.com</p>
	<p>London Gay Boxing Club</p> <p>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.ringtonboxinggym.com</p>

	<p>Benderdefender Queer/trans martial arts classes https://www.kocommunityprojects.com/</p>
Canoeing	<p>Rainbow Paddlers Only canoeing club in the UK to offer weekly adult paddle sport sessions run by and for the LGBTQ+ community. https://thepiratecastle.org/kayaking-canoeing-clubs-london/rainbow-paddlers/</p>
Cricket	<p>Grace's Cricket Club World's first LGBTQ+ inclusive cricket club. http://www.gracescricket.org.uk</p>
Cycling	<p>CycleOut London Cycling club and social group for LGBTQIA+ people and their friends. http://www.cycleoutlondon.org.uk</p>
	<p>LDN Riders The UK's Largest & most Active LGBTQ+ Cycling Club https://www.ldnriders.com/</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: https://theculturetrip.com/europe/united-kingdom/england/london/articles/lgbtq-football-teams-in-london-that-you-can-join-today</p>
	<p>Trans Masculine Football Club Homme FC is a London-based football club and community project dedicated to trans masculine individuals, promoting arts, culture, and community through sports. https://www.instagram.com/homme_fc</p>
	<p>Gay Football Supporters' Network Founded to play football and support and campaign for the LGBTQ+ football community. https://www.gfsn.co.uk</p>
	<p>London Freedom FC London's newest founded Inclusive club. Playing in both the GFSN and London Unity League. Welcoming members of all abilities and backgrounds. https://www.instagram.com/londonfreedomfc</p>
	<p>Leftfooters FC Inclusive recreational football team for London's LGBT community. http://www.leftfooters.co.uk</p>
	<p>London Titans FC</p>

	<p>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 low-cost gyms across London.</p> <p>https://www.puregym.com/city/soho-qyms</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>
	<p>Camden Kempo London's iconic LGBTQIA+ martial arts community where empowerment meets energy—and a little bit of sass. Classes blend dynamic, practical self-defence training with mindfulness and a strong sense of community. A welcoming space where everyone—no matter their experience level—can learn, grow, and thrive.</p>

	https://camdenkempo.com/
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>
	<p>Queer Running Club QRC is first and foremost a community — a decentralised, inclusive space where queer-identifying people can come together to run freely, without judgement or fear. It exists to create connection, belonging, and empowerment through movement, celebrating authenticity and solidarity in every stride.</p> <p>https://queerrunningclub.com/</p>
	<p>Gayzelles Based in Abbey Wood, Thamesmead, and Woolwich, this LGBT+ running club provides a welcoming and inclusive space for runners of all abilities. The club brings together members of the LGBTQIA+ community and allies to run, connect, and support one another while promoting fitness, visibility, and a sense of belonging in Southeast London.</p> <p>www.instagram.com/gayzelles</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.gluq.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	OutPlay Squash

	London-based group for LGBT+ squash players and their friends of all levels of ability. https://outplaysquash.com
Step Class	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.) https://jackysjukebox.com/jackys-fitsteps-classes
Swimming	Out to Swim Inclusive LGBTQ+ aquatics club based in London, Brighton and Bristol. Offers a comprehensive programme for all levels of ability. http://www.outtoswim.org
Tennis	South London Smashers LGBTQ tennis club based in south London. Welcomes all levels of ability. www.Meetup.com/southlondonsmashers
Volleyball	London Spikers Volleyball Club London-based gay, queer and inclusive men's volleyball club. http://londonspikers.org
Walking	Gay Sunday Walking Group A London-based walking group for LGBTQ+ people and their friends and relations. http://gswg.org.uk
Wrestling	LAW Wrestling Club Friendly club based in Brighton promoting wrestling and grappling. https://www.facebook.com/lawwrestlinguk
Yoga	Brewers Street Yoga Yoga classes for men of all abilities (including nude yoga and yoga for gay men and their friends). Based in Soho. https://www.brewerstreetyoga.com
	YogaNu Nude yoga classes, workshops and retreats for men. Based in Islington. http://yogantu.co.uk/

Support & advice

Abuse	Galop Advice and support for LGBT+ people who have experienced hate crime and domestic abuse.
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	http://www.galop.org.uk
	National Association for People Abused in Childhood Supports recovery from any form of child abuse. http://napac.org.uk
	Survivors UK Provides information, support & counselling for male victims/survivors of rape and sexual abuse, as well as their family and friends. https://www.survivorsuk.org
	Mankind Male sexual harassment/unwanted experiences. https://mkcharity.org/
	One In Four One in Four is one of the UK's leading specialist charities, with over 21 years' experience supporting the long-term recovery of adults and children who have survived sexual abuse and violence. https://oneinfour.org.uk/
Addiction	Antidote at London Friend LGBTQ+ drug and alcohol support / harm reduction service. https://londonfriend.org.uk/antidote
	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. https://www.smartrecovery.org.uk
Alcohol	Alcoholics Anonymous Works towards the personal recovery and continued sobriety of individual alcoholics who turn to it for help. http://www.alcoholics-anonymous.org.uk
Autistic / Neurodiverse / Atypical	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. https://londonfriend.org.uk/atypiqueers-rules/
Cancer	OutPatient We run online and in-person support groups to help you meet other LGBTQ+ people affected by cancer. https://outpatients.org.uk/
Cocaine	Cocaine Anonymous

	<p>A fellowship of men and women who share their experience, strength and hope with each other 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</p> <p>A fellowship of people whose common purpose is to develop healthy 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</p> <p>A free monthly forum for gay and bisexual men to share their lives & experience. Events are free. Email achangeofscene@yahoo.com to book a place</p> <p>https://www.facebook.com/achangeofscene</p>
	<p>The Black, African and Asian Therapy Network</p> <p>Home to the largest community of Counsellors and Psychotherapists of Black, African, Asian and Caribbean Heritage in the UK.</p> <p>www.baatn.org.uk</p>
	<p>Black Psychotherapy</p> <p>A collective of racialised therapists and trainees offering therapy that centres the experiences of racialised communities. Their work is rooted in the belief that healing should not be defined or limited by the white gaze. Guided by decolonial, intersectional, and anti-oppressive values, our approach draws from intersectional feminism, Black Liberation, and Black Psychology.</p> <p>www.blackpsychotherapy.org</p>
	<p>Albany Trust</p> <p>A specialist counselling and psychotherapy charity, focusing on a positive approach to sexuality and relationships.</p> <p>http://www.albanytrust.org</p>
	<p>CliniQ</p> <p>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</p> <p>Bereavement support service.</p> <p>https://www.cruse.org.uk</p>
	<p>The Loss Foundation</p> <p>The UK's only charity offering bereavement support for those affected by a loved one's death from cancer.</p>

	<p>https://thelossfoundation.org/</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://metrocharity.org.uk/</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 Specialist LGBTQ+, Gender, Sex and Relationship Therapists in the UK.</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</p>

	Professional body for Dramatherapists in the UK. http://badth.org.uk
	Arcus Nationwide LGBT online counselling https://arcuslgbt.com/
	UK Therapy Guide Points people in need of help and support towards skilled, trained and regulated therapists. http://uktherapyguide.com
Crystal Meth	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. http://crystalmeth.org
Debt	Debtors Anonymous UK Twelve-step programme for anyone who wants to stop incurring unsecured debt. http://debtorsanonymous.org.uk
Disability	Deaf Rainbow UK Provides information and resources for Deaf LGBTIQA+ people and everyone else. http://deafrainbowuk.org.uk
	Rainbow Friends London Social group for people who identify as LGBTQ and as having a learning disability. https://twitter.com/landalgbtlondon
	Regard National organisation providing information, advice and support to LGBTQ people who self-identify as disabled. Also campaigns on issues affecting disabled LGBTQ people. http://www.regard.org.uk
	Royal National Institute of Blind People Offers advice and help regarding every aspect of sight loss. https://www.rnib.org.uk
	Unique LGBT London-based social group run by and for disabled LGBTQ people. https://www.facebook.com/groups/921586837959960
Drugs	Narcotics Anonymous UK Fellowship of recovering drug addicts who can help those who have a problem with drugs to get and stay clean.

	http://ukna.org
Eating Disorders	<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.oagb.org.uk</p>
Gambling	<p>Gamblers Anonymous Fellowship of men and women who share their experience, strength and hope with each other 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>QueerCare Community care organisation providing training, support and advocacy for trans and queer people in the UK.</p> <p>https://queercare.network/</p>
	<p>Mindline Trans+ A confidential emotional, mental health support helpline and signposting service for people who identify as Trans, A Gender, Gender Fluid, Non-binary. We are also able to offer support to friends and family. We support everyone dealing with any Transgender issues, be it for they themselves, their parents, siblings, colleagues, friends, or professionals.</p> <p>www.mindinsomerset.org.uk/our-services/adult-one-to-one-support/mindline-trans/</p>
	<p>The Trans Advocacy and Complaints Collective UK TACC (Trans Advocacy and Complaints Collective) is a UK-based community group focused on supporting transgender, intersex, and detrans individuals through advocacy, information sharing, and organised activism.</p>

	https://tacc.org.uk/
	The Beaumont Society Largest and longest established transgender support group in the UK. http://www.beumontsociety.org.uk
	TMSA UK support group for trans masculine, non-binary and gender-variant AFAB people. https://twitter.com/tmsauk
	TransUnite UK Directory of transgender support groups https://www.transunite.co.uk
	Trans Legal Clinic Trans-led specialist gender identity legal practice https://www.translegalclinic.com/
	Not A Phase Dedicated to creating a thriving, supportive space for the trans+ and gender non-conforming community. https://notaphase.org/
Intersex	Organisation Intersex International in the UK OII Europe (Organisation Intersex International Europe) is the umbrella organisation of European human rights based and intersex-led organisations. https://www.oiieurope.org/
	Interconnected (ICON) Peer support and a safe space for people with I/VSC (intersex traits/variations of sex characteristics) and their loved ones to connect, share their experiences and learn from each other. https://interconnecteduk.org/
Helplines	Samaritans See above, under Emergencies .
	Switchboard LGBT+ Helpline Switchboard is the national LGBTQIA+ support line. For anyone, anywhere in the country, at any point in their journey. 0800 0119 100 (10am-10pm) http://switchboard.lgbt
Housing	Stonewall Housing Stonewall Housing has been providing support, housing, advice and advocacy to the LGBTQ+ community since 1983.

	<p>https://stonewallhousing.org/referralform/</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>
	<p>The Outside Project 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.</p> <p>https://lgbtiqoutside.org/</p>
Legal	<p>LEGAL Workspace Advice Pride Beats Prejudice is one of the UK's few free legal verbal advice clinics with a specific focus on serving the LGBTQ+ community. As an organisation, it aims to reach young LGBTQ+ people in London, ensuring they understand their legal rights and have an equal opportunity to thrive.</p> <p>https://www.pridebeatsprejudice.com/</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.</p> <p>http://www.mind.org.uk</p>
	<p>South London and Maudsley NHS Foundation Trust Provides a range of NHS mental health services in the UK.</p> <p>https://slam.nhs.uk</p>
	<p>Rainbow Friends London See above, under Disability.</p>
	<p>Way Through They provide confidential support for individuals facing challenges related to mental health, drugs, alcohol, and associated issues. Its mission is to offer a safe, compassionate space where people can access the help they need and begin their journey toward recovery and wellbeing.</p>

	www.waythrough.org.uk
	St James Place For men with suicidal thoughts https://www.jamesplace.org.uk/
	The Trevor Project A nonprofit organization focused on suicide prevention and crisis intervention for LGBTQ+ young people. Its core work is to provide immediate, confidential support. https://www.thetrevorproject.org/
	You Are Loved You Are Loved confronts the alarming rates of premature deaths from suicide and drugs in the LGBTQ+ community. https://www.youare-loved.com/
	Queer Self Harm Support Their mission is to enhance understanding and support for people affected by self-injury. They work to challenge stigma, address the underlying causes, and ensure that everyone who reaches out is truly heard, believed, and supported. At the core of their mission is a commitment to compassion, connection, and meaningful change. https://www.selfinjurysupport.org.uk/
Parents	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
	Families Together London London-based support group and listening ear for the parents, families and friends of LGBT people. https://www.familiestogetherlondon.com
	LGBT Mummies Connecting #lgbt families worldwide. https://www.instagram.com/lgbt_mummies
Refugees, Asylum Seekers and international topics	Rainbow Migration Supporting LGBTQI+ people through the asylum and immigration system https://www.rainbowmigration.org.uk
	Say It Loud Club

	<p>Say it loud club is committed to providing social, emotional, educational and advocacy support for LGBTQ+ refugees and asylum seekers in the UK.</p> <p>https://www.sayitloudclub.org</p>
	<p>Islington Mind: Outcome FFFTL is part of Outcome, Islington Mind's LGBTQI+ community-led mental health project. FFFTL is for anyone who is LGBTQI+ and currently seeking asylum on the grounds of sexuality/gender, as well as for anyone who is granted refugee status on these grounds.</p> <p>https://www.islingtonmind.org.uk/our-services/outcome/freedom-from-fear-to-love/</p>
	<p>Rainbow Railroad Global not-for-profit organisation that helps LGBTQI+ people facing persecution based on their sexual orientation and or gender identity.</p> <p>https://www.rainbowrailroad.org</p>
	<p>International Railroad for Queer Refugees Supporting the rights and safety of LGBTQ+ refugees to facilitate their journey to Canada.</p> <p>https://irqr.net/</p>
	<p>Trans Rescue An organisation committed to supporting transgender individuals and members of the wider queer community who are facing life-threatening circumstances in some of the world's most dangerous regions. With more than 165 successful rescues across areas including the Middle East and Africa, the organisation's mission is to save lives—one rescue at a time.</p> <p>https://transrescue.org/</p>
	<p>Out & Proud African LGBTI Out & Proud African LGBTI (OPAL) is a charity supporting LGBTI+ asylum seekers and refugees in the UK, France and the Netherlands.</p> <p>https://africanlgbti.org/</p>
	<p>Micro Rainbow Providing housing support, advice and activities to LGBT refugees and asylum seekers</p> <p>https://microrainbow.org/</p>
	<p>St James Piccadilly The group supports people navigating the Hostile Environment, offering solidarity, support, and community. Many members are LGBTQ+ individuals from countries where it is unsafe or illegal to express their identities, particularly in connection with their faith.</p> <p>www.sjp.org.uk/community</p>
Sex Addiction	Sex Addicts Anonymous in the UK

	<p>Sex and Love Addicts Anonymous, or SLAA, is a Twelve Step, Twelve Tradition oriented Fellowship based on the model pioneered by Alcoholics Anonymous. SLAA is 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. You are welcome here.</p> <p>http://saa.uk.info/en</p>
	<p>Sex and Love Addicts Anonymous UK</p> <p>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</p> <p>NHS sexual health clinic finder.</p> <p>https://www.nhs.uk/service-search/sexual-health/find-a-sexual-health-clinic</p>
	<p>Axis Clinic</p> <p>The Axis Clinic is predominantly a drop-in service for clients who would like advice, information and, support around chemsex. Axis will also run alongside the existing PrEP clinic and clients booking sexual health and PrEP appointments will also have the option to book in for chemsex advice and support.</p> <p>https://londonfriend.org.uk/axis/</p>
	<p>Central London Action on Sexual Health</p> <p>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</p> <p>NHS sexual health clinic which also offers safer sex advice, counselling and Chemsex advice.</p> <p>http://dean.st</p>
	<p>GMI Partnership</p> <p>The GMI Partnership deliver high-quality HIV prevention and support services across London, combining their expertise, staff, and volunteer networks. Anchored in diverse communities, the partnership focuses on improving accessibility by bringing services directly to people in familiar, non-clinical spaces, making support more approachable and inclusive.</p> <p>http://qmipartnership.org.uk</p>
	<p>LGBT HERO</p> <p>LGBT HERO is the national health and wellbeing charity dedicated to uplifting and supporting LGBTQ+ people.</p>

	<p>https://www.lgbthero.org.uk/about-lgbt-hero</p>
	<p>Living Well A community-based not-for-profit organisation that provides a wide range of mental health and wellbeing services designed to help people improve their health and enhance their quality of life. Their mission is to help all communities, especially focused on supporting those from underserved and marginalised groups, such as those from HIV, BAME and LGBTQ+ communities.</p> <p>http://www.livingwellcic.com</p>
	<p>NAZ A sexual health charity working to address sexual health inequalities in Black, Brown and Global Majority and LGBTQ+ communities. With over 30 years of experience working across London to provide culturally specific interventions to communities disproportionately impacted by poor sexual, reproductive and HIV outcomes.</p> <p>http://naz.org.uk</p>
	<p>Positive 21 Peer support group for gay, bisexual and MSM men living with HIV.</p> <p>https://www.consortium.lgbt/member-directory/positive21/</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 Terrence Higgins Trust is at the forefront of the fight against HIV, ending new cases of HIV in the UK by 2030, and eradicating HIV stigma.</p> <p>http://www.tht.org.uk</p>
Women	<p>LGBT Foundation's Women's Programme Creating Spaces for all LGBTQ+ Women to Thrive A space for LGBTQ+ women! The aim is to support and empower LGBTQ+ women through events and resources.</p>

	<p>https://lgbt.foundation/women</p>
	<p>Women and Non-Binary Only Club Nights</p> <p>G.IRL Events</p> <p>G.IRL is ideal for women who are new to the queer nightlife scene and want a welcoming introduction to community spaces.</p> <p>G.IRL on Instagram</p>
	<p>LICK and Gal Pals</p> <p>Offers events with a focus on non-binary people and trans women.</p> <p>LICK on Instagram</p>
	<p>Gal Pals</p> <p>Gal Pals is a queer dance party celebrating queer women, trans, and non-binary people, with monthly nights in London (Lafayette) and Brighton (Komedia).</p> <p>Gal Pals Events</p>
	<p>London Bisexual Women Games, Snacks & Wine Group</p> <p>A chilled evening for bisexual, pansexual, and queer women (trans and enby inclusive) to hang out, play board or card games, sip wine (BYO to share!), snack on treats (please bring some too), and enjoy some laughs in good company. Each night has its own unique theme!</p> <p>www.meetup.com/london-bisexual-women-games-wine-group/</p>
Youth	<p>Mermaids</p> <p>See above, under Gender.</p>
	<p>METRO</p> <p>See above, under Counselling and Therapy.</p>
	<p>Mosaic</p> <p>Supports, educates and inspires London's young LGBT+ people.</p> <p>https://www.mosaictrust.org.uk</p>
Revenge Porn	<p>Revenge Porn Helpline</p> <p>UK service supporting adults (aged 18+) who are experiencing intimate image abuse, also known as revenge porn.</p> <p>https://revengepornhelpline.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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