



## Trans / Non-Binary National Resource List

### **Albert Kennedy Trust**

**National**

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AKT is a national charity for LGBTQ+ people aged 16-25. They support those facing or experiencing homelessness or living in a hostile environment. They offer resources to help young people access safe homes alongside employment, education or training.

They provide specialist housing advice, emergency support packs, and peer support alongside a safe, affirming place to stay. They have centres in Manchester, Newcastle London and Bristol but provide support throughout the UK.

<http://www.akt.org.uk>

[gethelp@akt.org.uk](mailto:gethelp@akt.org.uk)

Facebook: [aktcharityuk](#)

Twitter: [aktcharity](#)

Instagram: [aktcharity](#)

### **Bent Bars Collective**

**National**

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The Bent Bars Project is a letter-writing project for lesbian, gay, bisexual, transgender, transsexual, gender-variant, intersex, and queer prisoners in Britain. The project aims to develop stronger connections and build solidarity between LGBTQ communities outside and inside prison walls.

Bent Bars aims to work in solidarity with prisoners by sharing resources, providing mutual support and drawing public attention to the struggles of queer and trans people behind bars.

The project also collects and distributes information for LGBTQ prisoners on a range of issues, including harm reduction practices, HIV and HepC prevention, homophobia, transphobia and coming out in prison.

<http://www.bentbarsproject.org>

[bent.bars.project@gmail.com](mailto:bent.bars.project@gmail.com)





## The Beaumont Society

National

Beaumont is the largest and longest established trans support group in the UK. It provides support to any trans person as well as having a sister organisation to support partners. They also aim to promote better understanding of transgenderism in wider society. Joining the society gives access to a Members Area where you can connect with other trans people in a safe and affirming environment.

<https://www.beaumontsociety.org.uk>

[enquiries@beaumontsociety.org.uk](mailto:enquiries@beaumontsociety.org.uk)

## British Asian LGBTI

National

The British Asian LGBTI Group was founded in order to unite one of the most under-represented groups within the LGBTI umbrella, thereby reducing isolation and discrimination faced. They are also focussed on defending global LGBTI rights, queer visibility and understanding the intersection of race and sexuality.

<https://britishasianlgbti.org/>

[britishasianlgbti@gmail.com](mailto:britishasianlgbti@gmail.com)

Facebook: [BritishAsianLGBTI](#)

Twitter: [BritishAsianLGBTI](#)

## CliniQ

London

CliniQ is a Trans and non-binary community interest organisation focussed on sexual health and counselling/wellbeing services. They are a queer inclusive and non-judgemental service for trans clients, members of the trans community, and their friends and families. They offer a safe and confidential space for those who may not feel comfortable accessing mainstream services, and their counselling can be offered online.

<https://cliniq.org.uk>

[admin@cliniq.org.uk](mailto:admin@cliniq.org.uk)

Facebook: [cliniQlondon](#)

Twitter: [clini\\_Q](#)





## Distinction

National

Distinction is a network that supports the partners of trans and non-binary people, giving them a safe space to discuss and share their experiences and challenges in what can be a very difficult time for them as well as the partner they are supporting. They have a private Facebook group that can be joined by request, to provide a safe space for those seeking support.

<https://distinctionsupport.org/>

[contact@distinctionsupport.org](mailto:contact@distinctionsupport.org)

## FFLAG

National

FFLAG is a national charity dedicated to supporting the families and friends of LGBT+ people. This includes those who identify as bi, queer, trans in addition to lesbian/ gay. They offer support via local parents groups to help families to understand, accept and support their LGBT+ members with love and pride.

<https://www.fflag.org.uk>

0300 688 0368

[support@fflag.org.uk](mailto:support@fflag.org.uk)

Facebook: [OfficialFFLAG](#)

Twitter: [OfficialFFLAG](#)

## Friday/Monday

National

Friday Monday provides information about sex and drugs, particularly aimed towards gay/bisexual men (or any man who has sex with other men) and people taking part in chemsex. They work in association with the Terence Higgins Trust to provide support and guidance.

<http://www.fridaymonday.org.uk>

0808 802 1221

[healthpromotion@tht.org.uk](mailto:healthpromotion@tht.org.uk)

Facebook: [TerenceHigginsTrust](#)

Twitter: [THTorguk](#)

Instagram: [THTorguk](#)





## Galop

National

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Galop is an LGBT+ anti-violence organisation. They provide advice, advocacy, and support to lesbian, gay, bisexual and trans+ people experiencing hate crime, sexual violence or domestic abuse. They have a national LGBT+ domestic abuse casework and helpline service in addition to one in London.

[www.galop.org.uk](http://www.galop.org.uk)

0800 999 5428

[advice@galop.org.uk](mailto:advice@galop.org.uk)

Facebook: [galopuk](https://www.facebook.com/galopuk)

Twitter: [galopuk](https://twitter.com/galopuk)

Instagram: [galopuk](https://www.instagram.com/galopuk)

## GIRES

National

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The Gender Identity Research and Education Society is a volunteer operated membership charity whose purpose is to improve the lives of trans and gender non-conforming people of all ages, including those who are non-binary and non-gender.

They use evidence from individual lived experiences, alongside scientific research into gender identity development, to educate all those who are able to improve their wellbeing. They contribute to policy development regarding equality and human rights for these individuals, especially in healthcare.

They also have a Wiki that provides a directory of groups campaigning for, assisting or supporting Trans/Non-Binary/Gender Non-Confirming people.

<https://www.gires.org.uk/>

01372 801554

<https://www.tranzwiki.net>

Facebook: [GiresMessages](https://www.facebook.com/GiresMessages)

Twitter: [GIRESUK](https://twitter.com/GIRESUK)

## Intercom Trust

South West

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Intercom Trust is a lesbian, gay, bisexual and trans+ charity working across Cornwall, Plymouth, Devon and the wider South West. They provide help, support and advocacy to those affected by LGBT+ issues including homophobic/transphobic prejudice, crime and discrimination.





<https://www.intercomtrust.org.uk>      0800 612 3010      [office@intercomtrust.org.uk](mailto:office@intercomtrust.org.uk)

Facebook: [TheIntercomTrust](#)      Twitter: [IntercomTrust](#)      Instagram: [IntercomTrust](#)

## Prep Now

National

I Want Prep Now is part of the Terence Higgins Trust and provides information about Pre-Exposure Prophylaxis, a means of preventing HIV transmission from sex. It is not currently available on the NHS in England.

They provide information about why and when you might want to take Prep, how to use it effectively and where you can obtain it legally. There is also information about what to do if you have been recently exposed to HIV.

Facebook: [iwantprepnw](#)      <https://www.iwantprepnw.co.uk/>      Twitter: [iwantprepnw](#)

## LGBT Foundation

National/International

The LGBT Foundation is a national charity delivering advice, support and information to lesbian, gay, bisexual and trans (LGBT) communities. Their website includes a variety of resources and a helpline which can be accessed from abroad.

<https://lgbt.foundation>      0345 330 3030      [helpline@lgbt.foundation](mailto:helpline@lgbt.foundation)

Facebook: [LGBTfdn](#)      Twitter: [LGBTfdn](#)      Instagram: [LGBTfdn](#)

## Mermaids

National

Mermaids supports children and young people (up to their 20<sup>th</sup> birthday) who identify as transgender or gender diverse, their families, and professionals involved in their care. The Mermaids Helpline is open for calls and webchat from Monday-Friday, 9am-9pm. They offer emotional and social support as well as signposting to other services.





<https://www.mermaidsuk.org.uk>

[info@mermaidsuk.org.uk](mailto:info@mermaidsuk.org.uk)

Facebook: [MermaidsGender](#) Twitter: [Mermaids Gender](#) Instagram: [mermaidsgender](#)

## MindOut

National/Brighton

MindOut is a mental health service run by and for lesbian, gay, bisexual, trans and queer people. They welcome all members of the LGBTQ community and those who may not identify as such including men who have sex with men, intersex people, and those questioning their gender or sexual identity.

They provide information, advocacy, peer support/mentoring, online support and counselling in addition to a helpline service. There are specific groups for younger people and those from minority ethnic groups.

<https://www.mindout.org.uk>

01273 234 839

[info@mindout.org.uk](mailto:info@mindout.org.uk)

Facebook: [mindoutlgbtq](#)

Twitter: [MindOutLGBTQ](#)

Instagram: [mindoutlgbtq](#)

## National Trans Youth Network

National

The NTYN is a network of trans youth groups based all over the UK. They provide opportunities for trans people up to the age of 25 to get together for social events and to provide mutual support. They are also keen to promote better education on trans issues in the education system, by raising up the voices of those with lived experience of being trans.

<https://www.ntyn.org.uk/>

<https://twitter.com/transyouthnet>

## Press for Change

National

Press for Change are the UK's leading experts in Transgender Law. They provide legal advice and information for trans people and their allies throughout the UK and are an





entirely voluntary run organisation. Their website explains how the main UK equality laws apply to trans people, and they offer advice by phone and email.

<http://www.pfc.org.uk/>

0844 870 8165

[office@pfc.org.uk](mailto:office@pfc.org.uk)

Facebook: [pfc.org.uk](https://www.facebook.com/pfc.org.uk)

Twitter: [pfcuknews](https://twitter.com/pfcuknews)

### **The Proud Trust**

### **National/Manchester**

The Proud Trust is an LGBT+ Youth Charity. They help young people empower themselves to make a positive change, both individually and for their communities. They do this through youth groups, peer support, managing the Manchester LGBT Centre, delivering training/events, undertaking research and creating resources.

They organise groups across the UK for LGBT+ young people, or those questioning their gender or sexuality. There are also some trans-only youth groups. All information is accessible via their website.

<https://www.theproudsttrust.org/>

0161 660 3347

[info@theproudsttrust.org](mailto:info@theproudsttrust.org)

Facebook: [TheProudTrust](https://www.facebook.com/TheProudTrust)

Twitter: [TheProudTrust](https://twitter.com/TheProudTrust)

Instagram: [the\\_proud\\_trust](https://www.instagram.com/the_proud_trust)

### **Stonewall**

### **National**

Stonewall is a UK-Wide Charity that aims to improve the experiences of LGBT people on a large scale. They aim to empower LGBT people to be themselves, transform institutions to create inclusive and accepting cultures, reach out to change hearts and minds to support LGBT people, and challenge laws that permit discrimination on the basis of sexuality or gender identity. They produce a wide variety of resources on different aspects of LGBT experiences, as well as campaigns and events promoting acceptance and inclusion of all.

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

<https://www.stonewall.org.uk/contact-us>

Facebook: [stonewalluk](https://www.facebook.com/stonewalluk)

Twitter: [stonewalluk](https://twitter.com/stonewalluk)

Instagram: [stonewalluk](https://www.instagram.com/stonewalluk)





**Terence Higgins Trust**

**National**

The Terence Higgins Trust aims to empower and support people living with HIV to lead healthy lives. THT Direct is a helpline open from 10am-6pm Monday to Friday, and 10am-1pm Saturday to Sunday, offering emotional support to those worried about their sexual health or concerned about others. They also have a variety of online services accessible via their website, including counselling, peer support and information about HIV and sexual health.

<http://www.tht.org.uk/>

0808 802 1221

Facebook: [TerenceHigginsTrust](#)

Twitter: [THTorgUK](#)

Instagram: [thtorguk](#)

**Trans / Non-Binary**  
**Local Resources**

**BASIS Yorkshire**

**Leeds**

Basis supports sex workers who identify as women, living or working in any part of the Leeds Sex Industry. This includes those working on the streets, indoors and online. Services include support with sexual health, housing, benefits, employment, mental health, food/utilities/clothing and emotional support.

They also offer support and information to adult women and young people of any gender at high risk of or experiencing sexual exploitation. This includes emotional support, and support through criminal justice. They are a non-judgemental, trauma informed service who work to end stigma, create safety and promote empowerment. They put women and young people’s voices at the heart of everything that they do.

<http://www.basisyorkshire.org.uk>

0113 243 0036

Facebook: [BasisYorkshire1](#)

Twitter: [BasisSexWork](#) | [BasisYorkshire](#) | [Basis\\_yp](#)





  
**BLAGY****Bradford**

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BLAGY is a social and support group for Lesbian, Gay, Bisexual and Trans people aged 14-25. They meet weekly on a Wednesday evening from 5-8pm.

<https://mesmac.co.uk/our-areas/bradford/social-support-groups/blagy>

[bradford@mesmac.org.uk](mailto:bradford@mesmac.org.uk)

01274 395815 / 07810 550534

**Bradford Equity Partnership****Bradford**

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The Equity Partnership is a charity set up and delivered by LGBT people in Bradford and the surrounding areas. They aim to develop LGBT Communities by supporting existing groups and helping new ones start. They run a quarterly LGBT network for people to come together and discuss issues.

They run training programmes for organisations and send representatives to meetings of NHS Groups, Local Council etc to ensure the voices of the LGBT community are heard and their views considered.

<https://www.equitypartnership.org.uk/>

[admin@equitypartnership.org.uk](mailto:admin@equitypartnership.org.uk)

Facebook: [EquityPartnershipLGBT](#)

Twitter: [LGBTBradford](#)

**Gender Outreach Workers****Yorkshire / Lancashire**

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Part of MESMAC, the Gender Outreach Workers provide one-on-one support sessions and facilitate support groups for people on the waiting list for the Leeds Gender Identity Service. They provide information as well as connection to other people in the same situation.

<https://www.leedsandyorkpft.nhs.uk/our-services/services-list/gender-identity-service>

0113 244 4209

Facebook: [LeedsGenderOutreachWorkers](#)

[genderoutreachworker.lypft@nhs.net](mailto:genderoutreachworker.lypft@nhs.net)





## Leeds Survivor Led Crisis Service

Leeds

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LSLCS offers help and support to people experiencing a mental health crisis. They have an LGBT Peer Support Group and a Trans/Non-Binary Peer Support Group in conjunction with MESMAC. Further details of times can be found on their website as they are currently subject to change.

<http://www.lslcs.org.uk/services/group-work-2/lgbttransgroup>

0808 800 1212

[survivor.led@lslcs.org](mailto:survivor.led@lslcs.org)

Facebook: [Leeds.Survivor.Led](https://www.facebook.com/Leeds.Survivor.Led)

Twitter: [LSCLS](https://twitter.com/LSCLS)

## Maggi Stratford

Leeds/National

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Maggi has over 12 years' experience teaching Voice to the Trans Community in Leeds. She is the voice teacher at the local Gender Identity Clinic and also offers private teaching. Since the coronavirus outbreak she has successfully moved all of her teaching online and has clients across the country. Testimonials and further details are available on her website.

<https://www.maggistratford.com/voice-and-gender>

[maggistratford@gmail.com](mailto:maggistratford@gmail.com)

0770 642 7606

Facebook: [transvoicelleeds](https://www.facebook.com/transvoicelleeds)

## MESMAC

Yorkshire

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MESMAC is a sexual health organisation with bases in Leeds, York, Bradford, Hull, Wakefield and Rotherham. They offer services to various communities including men who have sex with men, drug users, sex workers and LGBT+ young people and adults. Their work includes HIV and STI testing, support/counselling, contraception and gender outreach work. They also host a variety of social groups which are linked elsewhere in this document.

<https://www.mesmac.co.uk>

0113 244 4209

[leeds@mesmac.org.uk](mailto:leeds@mesmac.org.uk)





## Non-Binary Leeds

Leeds

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NBL is a peer-led support and social group for non-binary people in the local area, providing practical and emotional support in a safe and friendly environment. They run monthly support sessions as well as a network to help with legal and healthcare related issues. There are regular social events such as coffee evenings and karaoke, open to anyone who feels the space is for them.

<https://www.nonbinaryleeds.org.uk/>

[nonbinaryleeds@gmail.com](mailto:nonbinaryleeds@gmail.com)

Facebook: [nonbinaryleeds](#)

Twitter: [nonbinaryleeds](#)

## TransLeeds

Leeds

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TransLeeds is a support and advocacy group for transgender-identifying people in the local area, as well as their families/friends. They are a voluntary run organisation and aim to provide practice help with all stages and aspects of transitioning. They have regular support groups at a confidential location in central Leeds, as well as regular social events such as films, board games and karaoke. People of all faiths, sexualities and backgrounds are welcomed.

<https://transleeds.lgbt/>

[contact@transleeds.lgbt](mailto:contact@transleeds.lgbt)

Facebook: [TransLeeds](#)

Twitter: [TransLeeds](#)

## TransMission

South / West Yorkshire

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Trans Mission aim to make it easier for trans and gender variant people to get relevant information, advice and support as needed. They started out as a 'Coffee Morning in the Evening' but now also run peer support mentoring, workshops, trans awareness training and social events. There are groups meeting in Leeds, Bradford, Doncaster, as well as separate groups for partners and family members.

<https://www.uktransmission.org/>

[enquiries@uktransmission.org](mailto:enquiries@uktransmission.org)

Facebook: [UKTransMission](#)

07946 072565

Twitter: [trans\\_missionuk](#)





**TransWakefield**

**Wakefield**

TransWakefield is a place for the local trans community to come together to socialise and support one another. They aim to provide practice support, advice and guidance to trans people and their families. They can help with clothes, makeup and learning to live in a new gender role, as well as access to support workers. The location of their meetings is confidential, but within the central Wakefield area. Please use the contact form on the website if you would like to join the group.

<https://www.transwakefield.org.uk/>

**LGBT Sports Clubs**

**Outdoor Lads: Various**

**Leeds/National**

Outdoor Lads is a friendly group of gay, bisexual and trans men who get together to enjoy adventures and activities. These are based all over the UK and enjoy activities that include hiking, climbing, camping, biking, canoeing, scrambling, running and sailing as well as social events.

[www.outdoorlads.com](http://www.outdoorlads.com)

**0161 420 1001**

[support@outdoorlads.com](mailto:support@outdoorlads.com)

**Facebook:** [OutdoorLads](#)

**Instagram:** [OutdoorLads](#)

**Leeds Frontrunners: Running**

**Leeds**

Leeds Frontrunners is an inclusive running club, welcoming anyone who identifies as LGBTQ+, their friends/family and even people who just love running and are happy to look beyond labels. Their members range from total beginners to competitive racers. They meet on Saturdays at 9am and Thursdays at 7pm.

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

[leedsfr@virginmedia.com](mailto:leedsfr@virginmedia.com)

Facebook: [LeedsFrontrunnersRunningClub](#)

Twitter: [LFrontrunners](#)





## Strike Back: Martial Arts

Leeds

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Strike Back is an LGBT Inclusive kickboxing group. They challenge homophobic views whilst helping people develop self-defence and kickboxing skills. They hold classes on Tuesdays and Thursdays at 8pm.

<http://leedslgbtsport.weebly.com/strikeback.html>   [strike.back.kickboxing@gmail.com](mailto:strike.back.kickboxing@gmail.com)

Facebook: [Strike Back \(Group\)](#)

Twitter: [strikebackkb](#)

## Bad Mittens: Badminton

Leeds

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The Bad Mittens is an LGBT+ inclusive badminton group. They welcome new players and those with intermediate skills. The focus is on social badminton, rather than competition within the group. They are based in Armley and meet on Monday and Wednesday evenings to play, alongside social events.

<https://www.mesmac.co.uk/our-services/leeds/support-social-groups/the-bad-mittens>

Facebook: [BadMittensLeeds](#)

Twitter: [TheBadMittens](#)

## Yorkshire Terriers: Football

Leeds

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The Yorkshire Terriers are the only LGBT+ football club in Yorkshire and helped set up the national gay football league, but also play in the local straight flexi-league. They have regular social events in addition to training and matches. New players are always welcome no matter their gender, sexuality or ability level.

<http://leedslgbtsport.weebly.com/yorkshire-terriers-fc.html>   [mcleanj94@gmail.com](mailto:mcleanj94@gmail.com)

Facebook: [yterriersfc](#)

Twitter: [yterriersfc](#)

Instagram: [yterriersfc](#)





## Leeds Hunters: Rugby

Leeds

The Leeds Hunters are an inclusive Rugby Union club, welcoming all men: gay, bi, straight or trans. They hold training sessions on Wednesday evening and Saturday morning and participate in both local and national matches, as well as social events.

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

[membership@theleedshunters.com](mailto:membership@theleedshunters.com)

Facebook: [TheLeedsHunters](#)

Twitter: [\\_TheLeedsHunters](#)

## LGBT University Societies

If your university/college has an LGBT Society and we have not included you, please get in touch and we will be very happy to add your organisation to our list! 😊😊

### University of Leeds LGBT+

Leeds Students Union

The LGBT+ Society aims to make coming to university a positive experience for all LGBT+ students. They hold daily coffee hours in the union (look for the rainbow flag) as well as frequent social events and nights out

<https://www.luu.org.uk/clubs-and-societies/browse-clubs-and-societies/lgbt/>

[luu.lgbt@leeds.ac.uk](mailto:luu.lgbt@leeds.ac.uk)

Facebook: [luu.lgbt.soc](#)

Twitter: [LUULGBTSoc](#)

Instagram: [luulgbsoc](#)

### University of Leeds QTIPOC

Leeds Students Union

The QTIPOC Society provides a supportive space for queer, trans and intersex people of colour. Their aim is to uplift these voices and increase the visibility of the





community. They hold regular events including sober potlucks, coffee hours and social gatherings. Their Facebook page is private to provide a safe space for members, but can be accessed by messaging the social channels below.

<https://www.luu.org.uk/clubs-and-societies/browse-clubs-and-societies/qtipoc/>

[qtipocleegs@gmail.com](mailto:qtipocleegs@gmail.com)

Facebook: *Private*

Instagram: [qtipocleeds](#)

### **Leeds Beckett Equals Society**

### **Beckett Students Union**

The Equals Society is Beckett’s LGBTQ society, aiming to create a welcoming space for all members of the community. They run a variety of events throughout the year including nights out, bowling, coffee, board game nights, karaoke and discussion forums. This year they are focussing particularly on equality, diversity and inclusion.

<https://www.leedsbeckettsu.co.uk/groups/equals-society-lgbtq/articles/welcome-to-equals-society>

[equalsociety@outlook.com](mailto:equalsociety@outlook.com)

Facebook: [EqualsSociety](#)

Twitter: [EqualsSociety](#)

Instagram: [equalsociety](#)

### **Leeds Arts Spectrum LGBTQ+**

### **Leeds Arts Students Union**

Spectrum is the Leeds Arts LGBTQIA+ society. They aim to create a platform for fellow queer students to showcase their work, as well as a safe space to socialise, discuss and celebrate being LGBTQIA+.

<https://www.leedsartsunion.org.uk/spectrum>

Facebook Group: [Spectrum](#)



The LGBTQ Society exists to support all students who identify as LGBTQ at the Conservatoire. They host regular social events, including opportunities to perform and collaborate, baking competitions, quizzes, films and nights out.

Facebook Group: [LComSULGBTQ](#)

## **LGBT Affirming Faith Groups**

Resources for people of most faith backgrounds are accessible via the links below; if you know of any other organisations that we could include, then please let us know!

<https://www.outlife.org.uk/being-lgbtq-and-religious>

<https://www.stonewall.org.uk/category/faith-religion>

### **Christian**

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[\*\*\*Inclusive Church\*\*\*](#) provides a directory of LGBT+ affirming churches, both in the Leeds area and throughout the country.

### **Muslim**

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[\*\*\*Hidayah\*\*\*](#) provides support to LGBTQI+ Muslims, including social events in Leeds and throughout the UK.

