

### Healthy Gay Nottingham

Gay and Bisexual men's health project. Outreach work, LGB Awareness training, group work, one to one support, also support in reporting homophobic incidents.

**The Health Shop, Broad Street, Hockley, Nottingham NG1 3LP**

**Tel: 0115 947 6868 Fax: 0115 8599297**

Email: [healthygaynottingham@nottingham-pct.nhs.uk](mailto:healthygaynottingham@nottingham-pct.nhs.uk)

Website: [www.healthygaynottingham.org.uk](http://www.healthygaynottingham.org.uk)

### Nottingham and Nottinghamshire Lesbian & Gay Switchboard

Confidential information, advice and support from trained volunteers.

Switchboard times: Monday – Friday 7pm – 10pm

**c/o VAC 7 Mansfield Road, Nottingham NG1 3FB**

**Tel: 0115 934 8485 or 01623 621 515**

Email: [Nottingham@lgswitchboard.fsnet.co.uk](mailto:Nottingham@lgswitchboard.fsnet.co.uk)

Website: [www.nottslgs.org.uk](http://www.nottslgs.org.uk)

### Nottingham Counselling Service

Trained counsellors available who are gender aware, including Gay, Black and Asian workers. Counselling available Monday – Friday 9am – 8.30pm and Saturday 9am – 1 pm

**32 Heathcote Street, Nottingham**

**Tel: 0115 950 1743**

### Nottinghamshire LGBT

A service for Lesbian, Gay, Bisexuals and Trans people that provides information and support on safer sex, HIV and Aids.

Opening times: Monday – Friday 7pm – 10pm

**NGLS, 7 Mansfield Road, Nottingham, NG1 3FB**

**Tel: 0115 934 8485 or 01623 621515**

### The Gender Trust

The UK's largest charity for people with gender identity issue's

**Tel: 0845 231 0505**

Website: [www.gendertrust.org.uk](http://www.gendertrust.org.uk)

### Nottinghamshire's Rainbow Heritage

A local LGBT History project sponsored by the Heritage Lottery fund. The project is gathering interviews, artefacts and memorabilia. It organises events and displays each February for LGBT History Month and at other times of the year. If you would like to be involved in any way contact:

**Tel: 0115 934 9529**

Email: [nottsrh@hotmail.co.uk](mailto:nottsrh@hotmail.co.uk)

Website: [www.nottsrainbowheritage.org.uk](http://www.nottsrainbowheritage.org.uk)

### Outburst

Outburst is a safe space for young people aged 12 -25 who are lesbian, gay, bisexual, trans or questioning, to be themselves, meet friend, get involved in activities such as the choir, glee club, watch movies, get some help but most of all just have fun! Outburst meets every Wednesday night at the NGY myplace on Castle Gate from 6pm – 8pm. It's free to come along (you just need to pay £1 to become a member of the NGY myplace) Confidentiality is of the utmost importance to us.

**Tel: 0115 952 5040**

Email: [outburst@base51.org.uk](mailto:outburst@base51.org.uk)

Website: [www.outburst.org.uk/](http://www.outburst.org.uk/)

### Relate

We offer expert counselling for difficulties in adult relationships (including sexual problems) and a specialised sex therapy service. We welcome enquiries from those in same sex relationships. You can come to see us either as an individual or together with your partner as a couple.

**96 Mansfield Road, Nottingham**

**Tel: 0115 950 7836**

### Speakeasy Counselling Service

Counselling for anyone ages 13-25 inclusive, living within Nottingham or surrounding areas. Any issue. One-off, short-term, long term and emergency available by appointment.

**24-32 Carton Street, Nottingham**

**Tel: 0115 992 6102**

### **Trans-Action**

Transgender action group - A source of information on social events in the East Midlands and a conduit to the Police and Local Authority and the Health Service (NHS and Private) if you have any problems due to being Transgender. Trans-Action does NOT organise social events.

**Nottingham Lesbian and Gay Switchboard**

**Tel: 0115 934 8485**

### **Homophobic Incident Line**

A dedicated free phone line for reporting homophobic/transphobias incidents to Nottinghamshire Police. Calls are answered by trained officers who are aware of confidentiality issues. If the incident is urgent always call 999.

**Tel: 0800 085 8522**

### **Bi Community News**

Bi Community News is the hub of the UK's bisexual community.

Website: [www.bicommunitynews.co.uk](http://www.bicommunitynews.co.uk)

### **Broken Rainbow**

Broken Rainbow offers support to LGBT victims and survivors of domestic violence and abuse.

**Tel: 0845 260 4460**

Website: [www.broken-rainbow.org.uk](http://www.broken-rainbow.org.uk)

### **FFLAG**

Families and friends of Lesbians and Gays (FFLAG) is a national voluntary organisation supporting the parents and families of LGB people.

**Tel: 0845 652 0311**

Website: [www.fflag.org.uk](http://www.fflag.org.uk)

### **Stonewall**

Stonewall is the UK's largest campaigning and lobbying group on LGB issues.

**Tel: 08000 502 020**

Website: [www.stonewall.org.uk](http://www.stonewall.org.uk)

UK Lesbian and Gay Immigration Group

The UK Lesbian and Gay Immigration Group (UKLGIG) provides advice on immigration and seeking asylum for LGB people.

Tel: 020 7922 7811

Website: [www.ukilig.org.uk](http://www.ukilig.org.uk)



Information and Support

Fountain Medical Centre

We are inclusive of all identities,  
regardless of how people define  
themselves.

