



What's happening in South East London for lesbian, gay, bisexual and transgender people?

This list has been compiled by Susan Hailes, the chair of Lewisham LGBT Forum.
If you have any amendments or additions please email lewishamlgbtforum@gmail.com

ONE-OFF EVENTS

* **Deptford Pride** – celebrate being LGBTQI+ in Deptford – annual Pride event which started in 2017. This year it will be on Saturday 18th August from 1200 until 0000 hours on Deptford High Street in the Deptford Market Yard (by Deptford Train Station) SE8 4BX. Workshops, live music, cabaret, stalls. Twitter: @DeptfordPride Email: lgbtq@deptfordhighstreet.co.uk

GROUPS

* **LGBTQI gardening project** – Lewisham LGBT Forum and Sydenham Garden are working together to offer a LGBT+ gardening project for six weeks for free – aimed at people who would benefit from safe contact with nature – perhaps due to being victims of hate crime or in recovery from anxiety and depression – but open to all residents in Lewisham. Starting on Wednesday 27th June 2018 at 11am until 1.30pm at De Frene Market Garden until 1st August – maximum of 12 people able to take part. If you are interested please contact Susan on 07903458611 or email lewishamlgbtforum@gmail.com prior to attending.

* **Lewisham LGBTQI Book Club** – monthly book reading group run by Lewisham LGBT Forum which encourages members to read books of LGBTQI interest, with no pressure to read a whole book a month. Regular visits and readings from LGBTQI authors and readings by what other members have enjoyed. Book themes encouraged but no set text. Meets on the last Monday of the month, at Lewisham Library, 199-201 Lewisham High Street, London SE13 6LG at 7pm-8.30pm. Twitter: @LGBTLewisham Email: lewishamlgbtforum@gmail.com

* **Lewisham LGBT Forum** – a community meeting (usually bi-monthly) where partners from agencies also attend so information on local LGBT events can be shared and jointly organised and feedback given to and from partnership agencies such as the police, NHS, Metro Charity on incidents which impact on LGBT residents. Follow on Twitter or email to find out when/where the next meeting is. Twitter: @LGBTLewisham or email: lewishamlgbtforum@gmail.com <http://LewishamLGBTForum.wordpress.com> or search for Lewisham LGBT Forum on Facebook groups.

* **TAGS - London Transgender and Gender non-conforming swimming group** - meet every Friday at 8pm at the Glassmill Leisure Centre in the café area (Glassmill is opposite Lewisham DLR/Train station). Pool used is a training pool which is made private through use of shutters. Changing rooms separate from main pool and a choice of masculine identified or feminine identified but users can choose which they would feel more comfortable in. Monthly 'Significant Others' swims for approved friends/guests of regular swimmers. Cost is £3.65 to swim. <http://on.fb.me/1QFo6cs> or <http://tagswim.co.uk/> (swimming lessons are available at their sister-group which meets in Swiss Cottage – see their Facebook page for details).

* **METRO Live, Shine, Snap, Bridge, Star and Spark - free and confidential youth groups and service for LGBTQ young people aged 16-25 in Lewisham, Greenwich and Bexley, Bromley, Croydon, Lambeth and Southwark.** Meet weekly in boroughs they represent – please contact for more specific location info. Socials, activities and trips - for more information please contact youth@metrocharity.org.uk or T02083055004. www.metrocharity.org.uk

- * **Zest - LGBTQ youth group for under 16s from Bexley, Bromley, Greenwich or Lewisham** - meet weekly from 4.30pm to 6.30pm (meeting currently in Woolwich). Social, activities and trips. Contact youth@metrocharity.org.uk or T02083055004. www.metrocharity.org.uk
- * **LGBT Mental Health Advocacy Service and drop-in** – weekly drop-in run by Metro Charity where people can socialise, speak to advocates, seek support or discuss mental health issues and gain help accessing services. Monthly programme of events and activities. Every Thursday 12.30pm until 3.30pm at METRO Woolwich, 1st Floor Equitable House, 7 General Gordon Square, London SE18 6FH. Email: mentalhealth@metrocharity.org.uk or 020 8305 5009
- * **London Gay and Lesbian Friends Meetup** meet every Monday at the Ye Olde Rose and Crown pub in Greenwich on Crooms Hill SE10 8ER from 1400 until 1600. <http://meetu.ps/c/3sZz4/hY1gn/a>
- * **Opening Doors London Pub Club** – monthly social group for older LGBT+ people meeting in an LGBT pub in Greenwich, 7pm until late on the third Thursday of every month at Ye Olde Rose & Crown (Greenwich), 1 Crooms Hill, London SE10 8ER. For more information contact ODL on 020 7239 0400 or visit www.openingdoorslondon.org.uk
- * **Fifty Plus - social and support group on the last Tuesday of every month for LGBT people over the age of fifty.** Email Norman on norman@metrocharity.org.uk or 07912514465 - usually meet from 2pm-4pm at Metro Woolwich. www.metrocharity.org.uk
- * **Charlton Invicta – amateur LGBTQ inclusive/friendly men’s football team** who are in current partnership with Charlton Athletic and who are FA affiliated. Train at Charlton Athletic Football grounds weekly. Twitter: @CharltonInvicta <https://www.facebook.com/CharltonInvicta>
- * **Remnants Women’s Hockey Club - gay/bi women’s hockey club.** Training on Monday evenings in Beckenham/Bellingham and play in Kent Women’s league on Saturdays from Sept to March, 7.30pm-9pm and training/friendly games the rest of the year. Next event: Play Rush Hockey with Remnants at Colfe’s Leisure, 25 Upwood Road, London SE12 8AA - £5 to play. Email: info@remnantshockey.org.uk Twitter: RemnantsHockey Facebook: [remnantshockey www.remnantshockey.org.uk](http://www.remnantshockey.org.uk)
- * **Blackheath Women’s Rugby Club - gay-friendly women’s rugby club.** Train on Tuesdays and Thursdays from 1930 to 2130 at Well Hall, Kidbrooke Lane, Eltham for any women (18+) regardless of experience or ability. www.blackheathrugby.co.uk/womens/ email: blackheathwomen@gmail.com Twitter: @BWRFC Facebook: BlackheathWRFC
- * **South East Parakeets** – Lesbian/Bisexual women inclusive women’s football practice / team. Have most of their practices and games south of the borough either at Downham Playing Fields or Bellingham Leisure Centre. Practice sessions on Wednesdays from 8pm until 10pm (Cost: £3). Always looking for new players who are 18+. Email: parakeetsfc@gmail.com Twitter: @ParakeetsFC Facebook: <https://www.facebook.com/ParakeetsFC>
- * **Pink Walrus** – monthly LGBT+ night upstairs at The Signal Pub, 7 Devonshire Road, Forest Hill, London SE23 3HE on the last Friday of the month from 7.30pm-1am. DJs, cocktails, drag queens/cabaret. £5 admission. www.thesignalpub.com – www.outsavvy.com/the-pink-walrus www.facebook.com/pinkwalrusevents
- * **Metropolis bar in Bromley has a monthly LGBT karaoke night** on the first Thursday of the month from 7.30pm until 11.30pm. 256a High Street, Bromley, Kent BR1 1PG Twitter: @MetropolisBR1 Website: metropolisbar.co.uk
- * **South London Lesbian and Bisexual Mum’s Group** - Social group for lesbian and bisexual women headed families and their children meeting monthly in East Dulwich. There is

a cost to attend but the first meeting is free. They advertise most meetings on the Meetup app or see their Facebook page - <https://www.facebook.com/sllmg/> 1500-1700 at Goose Green Community Centre, 62a East Dulwich Road, Nunhead SE22 9AT.

* **LGBT Families London Group** (for children aged 6 and under or prospective parents) Meetup meet regularly (3rd Saturday of the month) at the Coin Street Neighbourhood Centre, 108 Stamford Street, South Bank SE1 9NH from 1000-1200. More info on their Meetup group. <http://meetu.ps/c/dtwp/hY1gn/a>

* **Jacky's Jukebox** - Mixed gay/straight varied dance night - ballroom/line dancing, salsa, Latin, Tango, quickstep (no lessons). First Saturday of every month 7.30pm to midnight at the Rivoli Ballroom, 350 Brockley Road, SE4. <http://www.jackysjukebox.co.uk>

* **Lewisham Unitarians** – local branch of the open faith community who celebrate diverse beliefs. LGBTQI+ affirming. Can conduct same sex ceremonies/weddings. Also have yoga, meditation and healing, drumming circles, death café, book discussions and more. <http://www.lewishamunitarians.org.uk>

* **Open Table** - a Christian worship community offering a warm welcome to people who are LGBTQIA and to all who seek an inclusive church. They now have a safe sacred space for LGBTQIA Christians on the 4th Sunday of every month at The Church of the Ascension, Blackheath, Dartmouth Row SE10 8AN. www.opentable.lgbt

* **Shabby-She Lesbian Social** – Monthly meeting for ladies in Penge at The Bridge House Tavern, 2 High Street, Penge, every 4th Friday of the month at 7.30pm (near to Penge West station).

* **LGBTQ Culture Club** are having a LGBTQ+ Greenwich Gallery Social on Sunday 5th August 2018 from 1400 to 1600 at the M1 Fine Art Gallery, 20 Nelson Road, Greenwich. Free of charge. More info on their Meetup page. <http://meetu.ps/c/3RzMz/hY1gn/a>

* **Greenwich Lesbian Group** – regular meetings who meet via Meet-Up app/website. Next meeting is a Greenwich Park Dog Walk on Sunday 12th August at 1130 until 1500 hours – meeting at Maze Hill Railway Station, Tom Smith Close, Se10 9XG <http://meetu.ps/e/DYvkj/hY1gn/a>

* **Greenwich/Woolwich LGBTQ Social Group** – meet-up group doing outings like visits to brewery, historical places of interest etc. <http://meetu.ps/e/DWXPn/hY1gn/a>

* **TransPals** – south London based social support group for transgender and gender non-conforming people. Meet on the second Saturday of every month in Croydon from 8pm until 11.30pm – contact for more information. Email: info@transpals.org.uk Website: transpals.org.uk

* **Lewisham Neighbourhood Gay Men's Group** – Meetup group which meets monthly and has other announcements and events, such as theatre trips. Next monthly social meeting on Wednesday 15th August 2018 at 1900 until 2130 hours at The Station Hotel, 14 Staplehurst Road, Lewisham SE13 5NB. More info on their Meetup group: <http://meetu.ps/e/FtR20/hY1gn/a>

LOCAL ORGANISATIONS

* **Metro Charity** - Offer a wide range of LGBT services from social groups to advocacy and support for victims of hate incidents or crimes, DV services for LBT women, Trans youth support worker, the Walnut service for men with prostate cancer, mental health support and counseling, HIV support, sexual health counselling and testing, free condoms, liaison with police/housing/colleges and schools, groups for Romanian, Polish, and Latino men. For more information see their website or call: www.metrocharity.org.uk T02083055000. Metro Woolwich, 1st Floor Equitable House, 7 General Gordon Square, London SE18 6FH

* **Africa Advocacy Foundation - Information, advice and support for disadvantaged people** - including Sexual Health services for African men who have sex with men, HIV advice, counselling and testing, female genital mutilation support group and women's mental health group. www.africadvocacy.org T02086984473

* **NAZ - services for black and minority ethnicities** - counselling, advice, rapid HIV testing, LGBT peer support groups, personal development training, training and consultancy, volunteer opportunities, free condoms & lube, community outreach, mentoring for under 30s, faith leaders & parents training, chem-sex harm reduction 1-2-1. Men's group and a women's group (the latter meets in Hammersmith) T02087411879 email: naz@naz.org.uk
www.naz.org.uk

* **Athena - domestic violence advice and support for women and girls aged 13 and over, or men aged 16 and over, including LGBTQ living in Lewisham borough.** LGBT friendly and offers LGBT Independent Gender Violence Advisors T08001124052
www.refuge.org.uk/athena

* **Re-Vive - offer domestic abuse advice and support for lesbians, bisexual and transgender women and female identifying queer/intersex people who live in Greenwich, Lewisham and Merton.** Provide training for professionals, offer group work for survivors, safety planning, housing support, financial budgeting, legal services assistance, specialist IDVA support for high risk individuals. Email: referrals_gdva@h4w.co.uk Phone: 020 8317 8273

* **One in Four – supporting people who have experienced child sexual abuse and trauma.** 121 counselling, groups, advocacy and resources/practical exercises. 219 Bromley Road, London SE6 2PG. Tel: 020 8697 2112 Email: admin@oneinfour.org.uk
www.oneinfour.org.uk

* **Opening Doors London - befriending service, socials and signposting for older LGBTQ people (50+).** Regular newsletters and events. Contact:
odl.befriending@ageukcamden.org.uk www.openingdoorslondon.org.uk

* **Bromley and Lewisham Mind - support for people with mental health issues** – (not specific to LGBT people but LGBT inclusive). Services include peer support groups, information, advice, advocacy, courses, volunteering and assistance accessing other services and opportunities. Adults over 18 can be referred to Mind from their GP, voluntary or community organisations such as Community Mental Health teams. T02032280760 email: lewishamcss@blmind.org.uk www.blmind.org.uk

* **Baseline - specialist support for young people** - one to one support for young people aged 8 to 19 (or up to 25 with learning difficulties or disabilities). Help with housing, sex and relationships (including condom distribution), further education, employment, training, gang/crime involvement and confidential support. Baseline @ Lewisham Library, Ground Floor, 199-201 Lewisham High Street, SE13 6LG, Tel: 020 83147549
www.lewisham.gov.uk/youngpeople

* **CGL - integrated treatment for adults 18+ with drug and alcohol problems.** Also support for the family and carers whose lives are affected by another's drug/alcohol use. Attend an open access session – call T02083145566 or email: ND.Referrals@cgl.org.uk
Website: www.changegrowlive.org/content/new-direction-lewisham

* **IAPT Lewisham** - Not specific to LGBT people but they offer coping strategies and assistance with low self esteem, panic attacks, anxiety, sleep problems, stress, phobias, obsessive compulsive disorder, low mood, experience of a traumatic event, loss and grief and depression due to unemployment or relationship problems. You can self refer online to IAPT here: <https://slam-iapt.nhs.uk/lewisham/welcome-to-iapt-lewisham/>

* **Free legal advice to the community** - offered by The University of Greenwich's School of Law. Offers advice relating to family law, employment law, welfare benefits and intellectual property law. Trained student advisors work with volunteer lawyers and the centre's Senior Supervising Solicitor and will refer to the best alternative sources if they are unable to assist. Advice by appointment only. Contact T02083319947 or email: legaladvicecentre@gre.ac.uk

* **Pink Law – Free Legal advice** centre for LGBT community at the Queen Mary University of London. Advising on discrimination, civil partnership formation or dissolution, cohabitation issues, immigration, wills and probate and hate crime. <http://www.facebook.com/QMPinkLaw> or www.lac.qmul.ac.uk/contact/index.html

ONLINE, NATIONAL or WIDER LONDON AREA

* You can **report hate crime anonymously** and quickly via the Lewisham Council website here: <http://bit.ly/1EKj4mV>

* You can see a list of (non-police) third party **hate crime reporting sites** for Lewisham via the Lewisham Council website here: <http://bit.ly/1e554yA>

* **Planet Nation – listings, reviews, blogs and events for lesbian, bisexual and queer women** in London & beyond <https://www.planet-nation.com/>

* **Albert Kennedy Trust – advice and support for homeless LGBT youth aged 16 to 25** - 02078316562 www.akt.org.uk

* **Stonewall Housing - specialist LGBT housing advice and support provider**. Also a drop-in for homeless young people at Centre Point, 54 Dean Street W1D 6AE on first Wednesday of the month between 5pm and 7pm as part of LGBTJigsaw.net. T020 7359 6242 info@stonewallhousing.org

* **Stonewall – information, publications and campaigns for LGBT rights**
advice@stonewall.org.uk <http://www.stonewall.org.uk>

* **GALOP** - advice and support for homo/bi/transphobia, hate crimes, sexual abuse/sexual assault, domestic violence or abuse, police issues or criminal justice questions, advocacy with organisations such as councils. www.galop.org.uk T02077042040 email: info@galop.org.uk

* **FFLAG - supporting the friends and families of lesbians, bisexuals and gay men**
info@fflag.org.uk Tel 0845 652 0311

* **Families Together London - supporting families who may have questions about the gender identity or sexual orientation of their sons and daughters.**
hatta@famielstogetherlondon.com Tel: 07806 746780 www.famielstogetherlondon.com

* **FLAGS Scout Active Support Unit - supporting LGBT adults in Scouting**
<http://flagscouts.org.uk> Tel: 07921550558 manager@flagscouts.org.uk

* **UK Lesbian and Gay Immigration Group** – Supporting LGBT asylum seekers, including a monthly meeting on the first Thursday of the month from 6-8.30pm at 32-36 Loman Street, London SE1 0EH with volunteer lawyers in attendance – www.uklgig.org.uk

* **LGBTI refugee support group** - meets Mondays at Micro Rainbow, 32-36 Loman Street, London SE1 0EH Starts 6.30pm. Discussions, speakers, peer support, performances, social. Email jpower@microrainbow.org www.microrainbow.org

* **Romani Protejati** – free confidential support group in Romanian for gay, bisexual and transgender people run by Metro Charity. For more information contact tony@metrocharity.org.uk (in Romanian or English).

* Vorbesti romaneste? Esti gay, bisexual sau transsexual? Vrei sa fii protejat sis a ai o viata sexuala activa? Intalniri gratis, prietenoase si confidentiale in limba romana. Romani Protejati

este un program nou, inovativ si incitant dezvoltat de Metro Charity pentru romani gay din Londra. Pentru a te inregistra ca si voluntary contacteaza: tony@metrocharity.org.uk (romana/engleza). Telefon: 020 8305 5000

* **OpenDoor Housing Trust - gay men escaping domestic violence and homophobic violence** aged 18 to 65. T02087432165

* **Sola - Survivors of Lesbian Partnership Abuse** T02073287389 (ask for SOLA)

* **LGBT therapists (private)** www.pinktherapy.com or find an accredited psychotherapist on www.bacp.co.uk or <http://www.ukcp.org.uk> and search by specialty such as gender or sexuality

* **Terence Higgins Trust - sexual health resources and support for LGBT people** <http://www.tht.org.uk> Tel: 08088021221 10am to 8pm Monday to Friday.

* **CliniQ - holistic sexual health and well-being service for trans* people, partners and friends.** Open every Wednesday from 5.30pm to 7pm on a walk-in and appointment basis. Counselling, testing, advocacy, advice and support for a healthy lifestyle. 56 Dean Street, Soho, London W1D 6AQ T02033159552 www.cliniq.org.uk

* **Mermaids - Family and individual support for teenagers and children with gender identity issues** Tel: 02081234819 Mon to Sat email: info@mermaidsuk.org.uk www.mermaidsuk.org.uk/

* **GIRES (Gender Identity Research and Education Society)** – UK wide organization improving the lives of trans and gender non-conforming people of all ages. Resources, archives and research. www.gires.org.uk

* **Gendered Intelligence - Workshops, groups and education regarding gender diversity.** Youth groups for young transgender people aged 11-25 based around the country, mentoring, support for families, arts programmes, training sessions, resources, events. <http://genderedintelligence.co.uk/>

* **FTM London - peer support group for female to male transgender people in London.** Meet monthly in central London. <http://www.ftmlondon.org.uk/>

* **Trans London - support and social group for trans people in London** <http://www.translondon.org.uk/>

* **London Friend - LGBT Health and wellbeing** - counselling, healthcare professional training, drug and alcohol support, helpline, social and support groups, coming out groups, volunteering, resources Tel: 020 7833 1674 office@londonfriend.org.uk <http://londonfriend.org.uk>

* **Antidote** - LGBT drug and alcohol support. Structured weekend programme, 1:1 keyworking, referral to detox clinics and prescribing centres, counselling, drop-ins, women workers available across the service. T02078331674 (10am-6pm Monday to Friday) www.londonfriend.org.uk/get-support/drugsandalcohol/

* **LGBT Switchboard - LGBT confidential helpline** - T03003300630 10am to 11pm daily <https://switchboard.lgbt/>

* **Imaan - LGBTQI Muslim Support Group** <http://www.imaan.org.uk/> email: info@imaan.org.uk

* **SAFRA - cultural or religiously identified Muslim women who are LGBT** T07941659320 www.safraproject.org

- * **Sharan** - support for south Asian women and LGBT men who are unable to remain within their family due to forced marriage, domestic violence or gender/sexual identity. Housing, health, employment, education, finance support and advice. Support groups, secure online chat room. Email: info@sharan.org.uk or www.sharan.org.uk

- * **Liberal Judaism** – LGBTQ Jewish marriage and supporting projects such as Rainbow Jews and Twilight People - The Montagu Centre, 21 Maple Street, London W1T 4BE
www.liberaljudaism.org

- * **JGLG – Jewish Gay and Lesbian Group** – meetings, socials. Email: info@jglg.org.uk
www.jglg.org.uk

- * **Keshet UK** – volunteer run organization which works in schools, communities and synagogues to promote equality and diversity and eliminate discrimination in relation to LGBT Jews. <http://www.keshet.org.uk> or email: info@keshet.org.uk

- * **LGCM – Lesbian and Gay Christian Movement** – The London group meet monthly at St Botolph's Church near Aldgate and details are on their website under 'events'. email: info@lgcm.org.uk Tel: 01636 673072 www.lgcm.org.uk

- * **National Ugly Mugs** - warning alerts scheme for sex workers regarding dangerous individuals to help warn others and potentially save their lives. Also report incidents/clients if you are a sex worker. Email: uglymugs@uknswp.org.uk Tel: 01616299861
www.uknswp.org/um/

- * **Age Concern** - Publications, resources and events for including information about and for older lesbian, gay and bisexual people. <http://www.ageconcern.org.uk/health-wellbeing/relationships-and-family/lgbt-information-and-advice/lesbian-gay-bisexual-or-transgender-in-later-life/>

- * **Alzheimer's Society Lesbian and Gay Network** - Support service for lesbians or gay men in support roles T01843220932 or T01865847471 www.alzheimers.org.uk/gaycarers

- * **Lesbian and Gay Bereavement Project** - T02074035969

- * **Survivors UK** – Help for male victims of rape and sexual abuse, including support for their friends and family. www.survivorsuk.org

- * **Rape Crisis South London** – support for women who have been raped or sexually abused. National Freephone helpline: 0808 802 9999 (Open 1200 -1430 and 1900-2130 daily) – www.rasasc.org.uk

- * **MOSAC – supporting non-abusing parents and carers whose children have been sexually abused.** Advocacy, counselling, play therapy, telephone helpline, support groups, advice sessions. Tel: 0800 980 1958 www.mosac.org.uk

- * **Respect** – support for male perpetrators of domestic violence – help for gay and bisexual men who abuse their partners. www.respectphoneline.org.uk Tel: 0808 802 4040 Email: info@respectphoneline.org.uk

- * **UK Black Pride** – Promote unity and co-operation among all Black people of African, Asian, Caribbean, Middle Eastern and Latin American descent, as well as their friends and families, who identify as Lesbian, Gay, Bisexual or Transgender. Organise the annual Black Pride event in Vauxhall Gardens. <https://ukblackpride.org.uk>