



Overview of Services

Diana Ong

LGBT Foundation

- We support over 40,000 LGBT people across the North West region each year
- Established in 2000 as Lesbian and Gay Foundation (LGF) and became LGBT Foundation in 2015

Focus on:

- Health and mental health **promotion**
- Services that **help** to build emotional resilience and autonomy
- **Holistic** and **integrated** approach

Services

- Talking therapies programme
- Groups (drop-in)
- Befriending
- Sexual health clinics
- LGBT Direct (helpline email and phone)
 - M-F: 10am - 10pm, Sat: varies (see social media)
- Pop-in service for face-to-face advice
 - M-F: 10am - 7pm

Services

- Free workshops
- Advice surgeries (legal and police)
- Outreach (includes Village Angels)
- Netreach
- Hate crime reporting

Talking Therapies: IAPT Service

- Step 3 NICE-approved therapies
 - CBT
 - Counselling for Depression
 - Brief Dynamic Interpersonal Therapy
 - Interpersonal Therapy
- Step 2 brief intervention

Talking Therapies: IAPT Service

- Presenting concerns
 - Depression
 - Generalised anxiety
 - Panic disorder with or without agoraphobia
 - Social phobia
 - Obsessive compulsive disorder
 - Health Anxiety
 - PTSD
 - Specific phobias

Talking Therapies: IAPT Service

- Eligibility:
 - Manchester resident or registered with a GP in Manchester
 - Age 18 or older
 - Identify as LGBT or questioning

Talking Therapies: Volunteer Counselling Service

- Eligibility:
 - No geographical restriction in terms of residency (preferably Greater Manchester)
 - Age 14 or older
 - Identify as LGBT or questioning

Groups for women*

- Stepping Stones
 - Support and discussion-based group
- Bloomers
 - Social group for older women
- Carousel
 - Social group for women of any age group
- Women's Reading Group
 - Discussion of LGBT-themed books

* All our gender specific groups are open to all those who self-identify completely or partially as that gender, whether they are binary or non-binary, and are based on sexual orientation only (e.g. Stepping Stones is open to all women who identify as lesbian or bisexual).

Groups for men*

- Younger Men's Group
 - Discussion and activity group for ages 18-25
- Older and Bolder
 - Discussion and activity group for older men

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Trans community groups that meet at the LGBT Foundation

- CONNECT
 - Social group for trans* and questioning people age 18-35
- MORF
 - Social and peer support group for trans masculine people
- Butterflies
- TransForum

Trans programme

- Trans resource bank
- TransMCR (2nd Saturday of the month)
 - Workshops, talks, holistic therapies, beauty and grooming treatments, advice drop-ins, screening films in our cinema, serving refreshments in our community café
 - <http://www.lgbt.foundation/TransMCR>
- Voice coaching workshops

Befriending

- Regular 1-to-1 contact with supportive befriender to help with confidence, self-esteem, motivation and connecting with social networks
- Eligibility:
 - Identify as LGBT or questioning
 - Aged over 25
 - Live in Manchester

Sexual Health

Sexual Health Clinic

- Every Monday 12 - 4pm (last appointment time is 3.30pm)
- Full sexual-health check-up: Chlamydia, Gonorrhoea, Syphilis, and HIV; results usually within 1 - 2 weeks
- Rapid HIV Test also available; provides an instant result

Rapid HIV Testing Clinic

- Every Tuesday 7.30am - 12.30pm
 - Appointments need to be made by ringing 0345 3 30 30 30
 - For further information, contact jawad.mahboob@lgbt.foundation
- Every Wednesday 2pm - 8pm (last person will be at 7.15pm)
 - Drop in service

Referral Process

- Service-to-service referral form
- Self-referral form
- For Talking Therapy Programme:
 - Manchester residents: IAPT assessment
 - Non-Manchester residents: Intake and Triage
- For all other services that are not drop-in:
 - Intake and Triage

Thank you!

www.lgbt.foundation

0345 3 30 30 30

info@lgbt.foundation

10am - 10pm weekdays

<https://www.facebook.com/TheLGF>

<https://twitter.com/LGBTfdn>

<https://www.youtube.com/user/lgfonline>