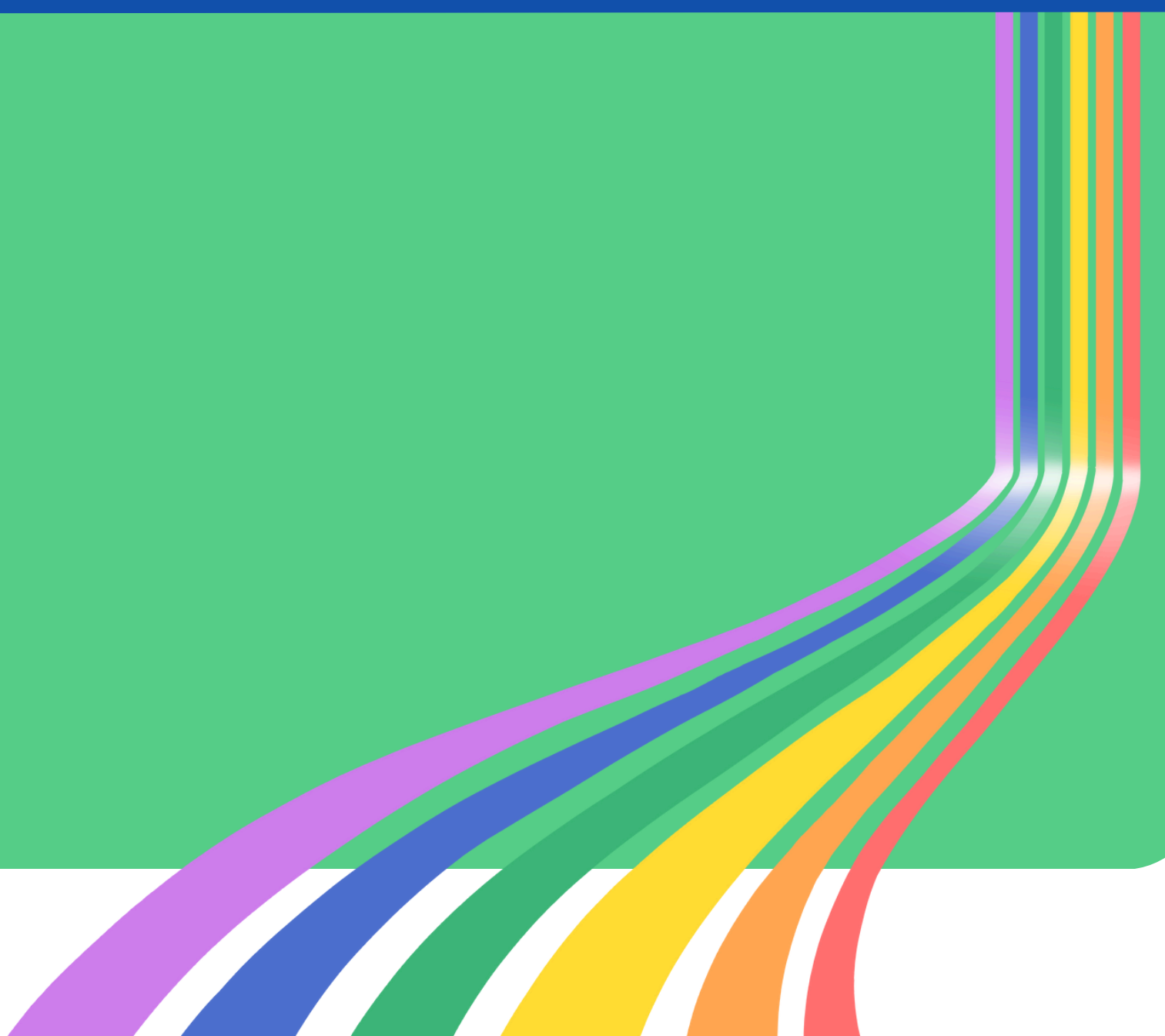




LGBTQ₂⁺ RESOURCE PACK

TOWER HAMLETS



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SEXUAL HEALTH

Safe East

Safe East supports young people to take control of their health & wellbeing and make safer, healthier choices relating to substance use & sexual health. We offer a holistic person-centred approach and empower our young people to make informed choices. They offer sexual health support to anyone up to the age of 25 who lives or studies in the borough. They also offer substance use support for under 19-year olds who live or study in the borough, or up to 25 years for those who are in the care system or have Special Educational Needs and Disabilities.

Email: compass.towerhamletsyphws@nhs.net

Website: <https://www.compass-uk.org/services/tower-hamlets-compass-safe-east/>

Phone: 020 3954 0091

Address: Spotlight, 30 Hay Currie Street, London, E14 6GN

Positive East

Info and Advice around HIV related issues, including benefit advice, housing issues and employment law. Peer and Group support (with LGBTQ+ specific groups), health and wellbeing programme, counselling and psychotherapy service. HIV/STI testing.

Email: talktome@positiveeast.org.uk

Website: <https://www.positiveeast.org.uk/>

Phone: 020 7791 2855

Address: 159 Mile End Road, London E1 4AQ

Clinic S

They offer a free and confidential service to women, men, trans and gender non-binary individuals, working in the sex or adult entertainment industry.

Website: <https://www.alleast.nhs.uk/clinic-s/>

Phone: 0207 480 4737

Address: Ambrose King Centre, Mount Terrace, Royal London Hospital, E1 2BB

CliniQ

CliniQ offers a holistic sexual health, mental health and wellbeing service for all trans people, partners and friends. They are a trans-led team, who offer a safe, confidential space for those who may not feel comfortable accessing mainstream services

Email: admin@cliniq.org.uk

Website: <https://cliniq.org.uk/>

Address: Caldecot Centre, 15-22 Caldecot Road, London, SE5 9RS

56 Dean Street

They are a sexual health clinic in the heart of Soho, specialising in reducing infections and promoting sexual wellbeing amongst the LGBTQI+ community. They have a specialist service catering to trans and non-binary people and are also able to offer PrEP and PEP to anyone who needs it.

Email: chelwest.56.deanstreet@nhs.net

Website: <https://www.dean.st/>

Phone: 020 3315 5656

Address: 56 Dean St, Soho, London, W1D 6AQQ

All East

This is a discreet and professional service across east London. They offer sexual health advice, support, contraception and access to testing and treatment. The services are fast, free, confidential - and on your doorstep. The local specialist centre is at Whitechapel the Ambrose King Centre. They also offer PrEP to people to protect them from HIV transmission.

Email: bhnt.akc-reception@nhs.net

Website: <https://www.alleast.nhs.uk/>

Phone: [020 7480 4737](tel:02074804737)

Address: 2nd Floor, Sir Ludwig Guttmann Health And Wellbeing Centre, 40 Liberty Bridge Rd, East Village, London E20 1AS

SUPPORT FOR MARGINALISED GROUPS

Micro Rainbow

They provide safe housing to LGBTQI asylum seekers and refugees, facilitating access to employment, volunteering, training and education for LGBTQI refugees through our moving on programme. They also provide social inclusion activities to reduce the extreme isolation faced by LGBTQI+ people.

Email: Hussainmaskur1@yahoo.co.uk

Website: www.apanjon.org

Phone: 07580457474

Address: Second floor, 102-105 Whitechapel High Street, London E1 7R

LGBTQ+ Asylum Support Group

This is a support group ran by elop taking place every Thursday 3:15-5:15pm,. The group is for LGBTQ+ refugees and asylum seekers.

Email: events@elop.org

Website: elop.com

Phone: 07908553744

Address: 56-60 Grove Rd, London E17 9BN

Queen Mary Legal Advice Centre

They provide advice on Immigration and Family Law issues specifically to members of the LGBT+ community, through a project called the PINK Law Clinic.

Email: lac@qmul.ac.uk

Website: <http://www.lac.qmul.ac.uk/>

Phone: 020 7882 39391

Address: Queen Mary University of London, Mile End Road, London, E1 4NS

Imaan

East London based Muslim LGBTQ+ charity which offers an online forums including advice and support, sexual health and information about Islam and Sexuality.

Email: info@imaan.org.uk or mohammad@imaan.org.uk

Website: <https://imaanlondon.wordpress.com/>

Phone: 07956434166

Address: 159 Mile End Road, London E1 4AQ

Aponghor

is a safe and welcoming environment for Bengali members of the LGBTQIA+ community. The group provides information and support for issues including mental, physical and sexual health and wellbeing, asylum seeking and immigration, families and housing. They hold free monthly meet-ups at Popular Union and dates can be found on their Facebook page.

Email: Ahmed_sohel@icloud.com

Website: <https://www.facebook.com/people/Aponghor-British-Bangladeshi-LGBT/100067612755142/>

Phone: 07411 747985

Address: Popular Union, 2 Cotall St, Poplar, London, E14 6TL

Apanjon

This is a LGBTQ+ Bangladeshi community organisation. Services include: monthly support meetings, advice on sexual and mental health, one-to-one counselling, legal advice, signposting, dance & music programmes, cultural programmes, gay nights and more. They also campaign for equality and justice for LGBT community in Bangladesh.

Email: Hussainmaskur1@yahoo.co.uk

Website: www.apanjon.org

Phone: 07580457474

Address: Second floor, 102-105 Whitechapel High Street, London E1 7R

Let Voice Be Heard

Human Rights/LGBTQ/Bangladeshi peer-support group. They support people from minority backgrounds, especially the LGBT population from southeast Asian countries (predominantly from Bangladesh) who needs help to protect their human rights in their country of origins, country of their asylum and refuge, in local communities, and in workplaces.

Email: letvoicebeheard@gmail.com

Website: <https://letvoicebeheard.org/>

Phone: 07986691891

Address: Meets at Positive East - 159 Mile End Road, London E1 4AQ

SPORTS AND FITNESS

London Spikers

They are a men's volleyball club in London offering a welcoming atmosphere for beginners and a chance for pros to prove their talents at league matches. The club thrives on the diversity of its membership and is very proud of the values and strength gained from having a mixed collection of players gay, bisexual + and straight from the UK and from more than 20 nations.

Email: Ahmed_sohel@icloud.com

Website: <https://www.londospikers.org/>

Instagram: @londospikers

London Royals

The UK's first and only LGBTQ+ field hockey club, based in the heart of London. They bring together players of all skill levels who share a love for the sport and a commitment to fostering an environment of belonging, both on and off the pitch. They are trans/non-binary inclusive and have many trans/non-binary folk in the club. You can play for whichever team you identify with. For non-binary players, essentially the choice is your

Email: londonroyalshc@gmail.com

Website: <https://londonroyals.co.uk/>

Address: Trench Street, Wapping, London E1W 2QD L

The Pink Jukebox

The Pink Jukebox is a Ballroom and Latin dance club for members of the LGBT community and their friends. The Pink Jukebox takes place on the second and fourth Sunday of each month at the Bishopsgate Institute. Dancers of all levels, including absolute beginners, are welcome to participate.

Email: info@pinkjukebox.co.uk

Website: <https://www.pinkjukebox.co.uk/>

Address: Bishopsgate Institute, located at 230 Bishopsgate, London EC2M 4QH.

Bender Defenders

This is a queer and trans martial arts community empowerment movement. They confront rising hate crime by teaching martial arts to queer and trans people and run self defence classes for the community. They welcome queers of all abilities at their beginners classes, particularly those who don't feel at home in mainstream gyms. Classes run every Saturday in their Bethnal Green location.

Email: the.bender.defenders@gmail.com

Website: <https://benderdefenders.com/>

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

Address: St. Margaret's House, 21 Old Ford Rd., London E2 9PL

London Cruisers

A fun and inclusive community that revolves around their shared love for basketball. They regularly participate in international tournaments, engage in competitive domestic leagues, and organise a plethora of social events. We train twice a week, with sessions on Thursday evenings and Sunday afternoons. Their doors are open to lesbian, bisexual, trans women; and non-binary people.

Email: londoncruisers@gmail.com

Website: <https://londoncruisersbasketball.co.uk/>

Address: Green Spring Academy, Gosset Street, London, United Kingdom, E2 6NW

HEALTH AND WELLBEING

Tower Hamlets LGBT Community Forum

The Forum holds monthly meetings where members come together to discuss issues that affect the local and national LGBT community, and meet other local LGBT people for both networking and socialising.

Email: LGBTforum@elop.org

Website: <https://thlgbtvoices.wordpress.com/>

Address: 56/60 Grove Road London E17 9BN

The Common Press

As London's first consciously queer intersectional bookshop, they provide a safer space for our LGBTQIA+ community to exist both during the day and at night in social settings. The store hosts a diverse range of events every day, including dance classes, yoga sessions, book clubs, family-friendly events, book launches, workshops, and parties. There isn't an event they haven't hosted, and you can also live-stream an event with them.

Website: <https://www.commonpress.co.uk/>

Instagram: @thecommonpress

Address: 118 Bethnal Green Road, London, E2 6DG

Elop

Elop is an LGBTQ+ mental health and wellbeing charity that has been supporting London's lesbian, gay, bisexual and trans+ communities since 1995. By having a range of services ELOP is able to refer those using one service into another for additional support, information or advice as appropriate. In addition to operating direct community frontline services ELOP also delivers second-tier work which includes providing information, training, consultancy and support to statutory and voluntary sector policy makers, managers, service providers and their staff teams.

Email: info@elop.org

Website: <http://www.elop.org/>

Phone: 020 8509 3898

Address: 56-60 Grove Road, Walthamstow, London E17 9BN

Step Forward

Offers support for local young people (11-25 years old) living in and around Tower Hamlets, facing disadvantage, they help them reach their potential and thrive. Step Forward has an LGBTQ+ group called 'Step Out'. It's a friendly and safe space for LGBTQ young people to explore, learn, discuss and socialise.

Email: info@step-forward.org

Website: <https://www.step-forward.org/>

Phone: 020 7739 3082

Address: 234 Bethnal Green Road, London E2 0AA

Alternative Care Services

LGBTQI+ adult care provider, offering Dementia And Alzheimer's Care, Live-In Care, Overnight Care, Post-Discharge Care, Respite and Holiday Care, Care For Young Adults. Everyone they serve is supported without the fear of judgment, transphobia, biphobia, discrimination, homophobia or stigma.

Email: info@alternativecareservices.co.uk

Website: <https://alternativecareservices.co.uk/>

Phone: 0207 993 4159

Address: Oxford House, Derbyshire Street, Bethnal Green, London E2 6HG

WIDER LONDON SERVICES

Albert Kennedy Trust

LGBTQ+ youth homelessness charity working with young people aged 16 - 25 who are struggling with their housing situation or living in hostile, unsafe environments.

Email: gethelp@akt.org.uk

Website: <https://www.akt.org.uk/>

Phone: 020 7831 6562

Address: AKT, 19-20 Parr Street, London, N1 7GW

Stonewall Housing

Stonewall Housing are an LGBT+ housing and homeless charity that works to ensure lesbian, gay, bisexual and trans people live in safer homes, free from fear, and where they can celebrate their identity and support each other to achieve their full potential.

Email: info@stonewallhousing.org

Website: <https://stonewallhousing.org/>

Phone: 0207 993 4159

Address: 8 Coppergate House, 10 White's Row, London E1 7NF

Galop

Galop works directly with thousands of LGBT+ people who have experienced abuse and violence every year. They specialise in supporting victims and survivors of domestic abuse, sexual violence, hate crime, honour-based abuse, forced marriage, so-called conversion therapies, and other forms of interpersonal abuse. They are a service run by LGBT+ people, for LGBT+ people, and the needs of the community are at the centre of what they do.

Email: help@galop.org.uk

Website: <https://galop.org.uk/>

Phone: 0800 999 5428

London LGBTQ+ Community Centre

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. Their vision is for a more connected, belonging and thriving LGBTQ+ community in London.

Email: hello@londonlgbtqcentre.org

Website: <https://londonlgbtqcentre.org/>

Address: 60-62 Hopton Street, Blackfriars, SE1 9JH, London

London Friend

Established in 1972 London Friend is the UK's oldest Lesbian, Gay, Bisexual and Trans charity. They are here to support the health and mental wellbeing of the LGBT community in and around London. They offer counselling and support around issues such as same-sex relationships, sexual and gender identity and promoting personal growth and self-confidence. They're also home to Antidote - the UK's oldest LGBT drug and alcohol service. Their social groups provide a safe space to meet and socialise as an alternative to the bar and club scene.

Email: office@londonfriend.org.uk

Website: <https://londonfriend.org.uk/>

Phone: 020 7833 1674

Address: 86 Caledonian Road, London N19DN

Pride Sports

Pride Sports was founded in 2006 and was the first, and still one of only a few organisations in the UK working solely to challenge homophobia, biphobia and transphobia in sport and improve access to sport for LGBT+ people

Email: info@pridesports.org.uk

Website: <https://pridesports.org.uk/>

The Outside Project

The Outside Project is 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.

Email: hello@londonlgbtqcentre.org

Website: <https://lgbtiqoutside.org/>

Address: The Outside Project LGBTIQ+ Centre, Unit 1, 52 Lant Street, London SE1 1RB

Star Support

Star Support is a London-based LGBTIQ+ domestic abuse refuge and community support service, working in partnership with The Outside Project. They are here to support London's queer community by providing safe accommodation, community-centered support and advice. This means that our services are founded by LGBTIQ+ people with lived experience of domestic violence and homelessness. They are delivered by LGBTIQ+ people, for LGBTIQ+ people

Website: <https://www.starsupport.org.uk/>

KeshetUK

KeshetUK aspires to work with all UK Jewish communities, including various Liberal, Masorti, Orthodox and Reform, cross-communal and non-denominational organisations. They work with Jewish schools, youth and young adult organisations, synagogues, and wider community organisations to become more inclusive of LGBT+ people through education and training.

Email: info@keshetuk.org

Website: www.keshetuk.org

Phone: 020 7443 5133

Switchboard

Switchboard is the national LGBTQIA+ support line. For anyone, anywhere in the country, at any point in their journey. Switchboard can discuss anything related to sexuality and gender identity. Whether it's sexual health, relationships or just the way you're feeling. This is your space - to explore, talk and be truly heard.

Email: hello@switchboard.lgbt

Website: <https://londonfriend.org.uk/>

Phone: 0800 0119 100

LGBT Foundation

We are a national charity with LGBTQ+ health and wellbeing at the heart of everything we do. We celebrate and empower LGBTQ+ individuals and our diverse communities to realise their full potential, every day. We provide services and activities that give a lifeline to those in need, offering hope and support on their journey towards achieving their aspirations.

Website: <https://lgbt.foundation/>

Phone: 0345 330 3030

Address: LGBT Foundation, Fairbairn House (2nd Floor), 72 Sackville Street, Manchester M1 3NJ

