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FREE LGBTQIA+ Support Guide

7 Tips to Support Youth Who Disclose Their LGBTQ+ Identity



Respond in an affirming, supportive way, such as "Thank you for telling me. How can I support you? Would you like others to know?"



Connect them with LGBTQ+ organizations, resources, and events. Consider seeking an LGBTQ+ adult role model for your youth, if possible.



Avoid double standards. Allow them to discuss feelings of attraction and engage in age-appropriate romantic relationships, just as you would for youth who do not identify as LGBTQ+.



Ask how they prefer to be addressed. Use the name and pronouns (such as he, she, or they) your youth wants to go by.



Invite and welcome their LGBTQ+ friends or partner at family get-togethers.



Understand that the way people identify their sexual orientation or gender identity may change over time.



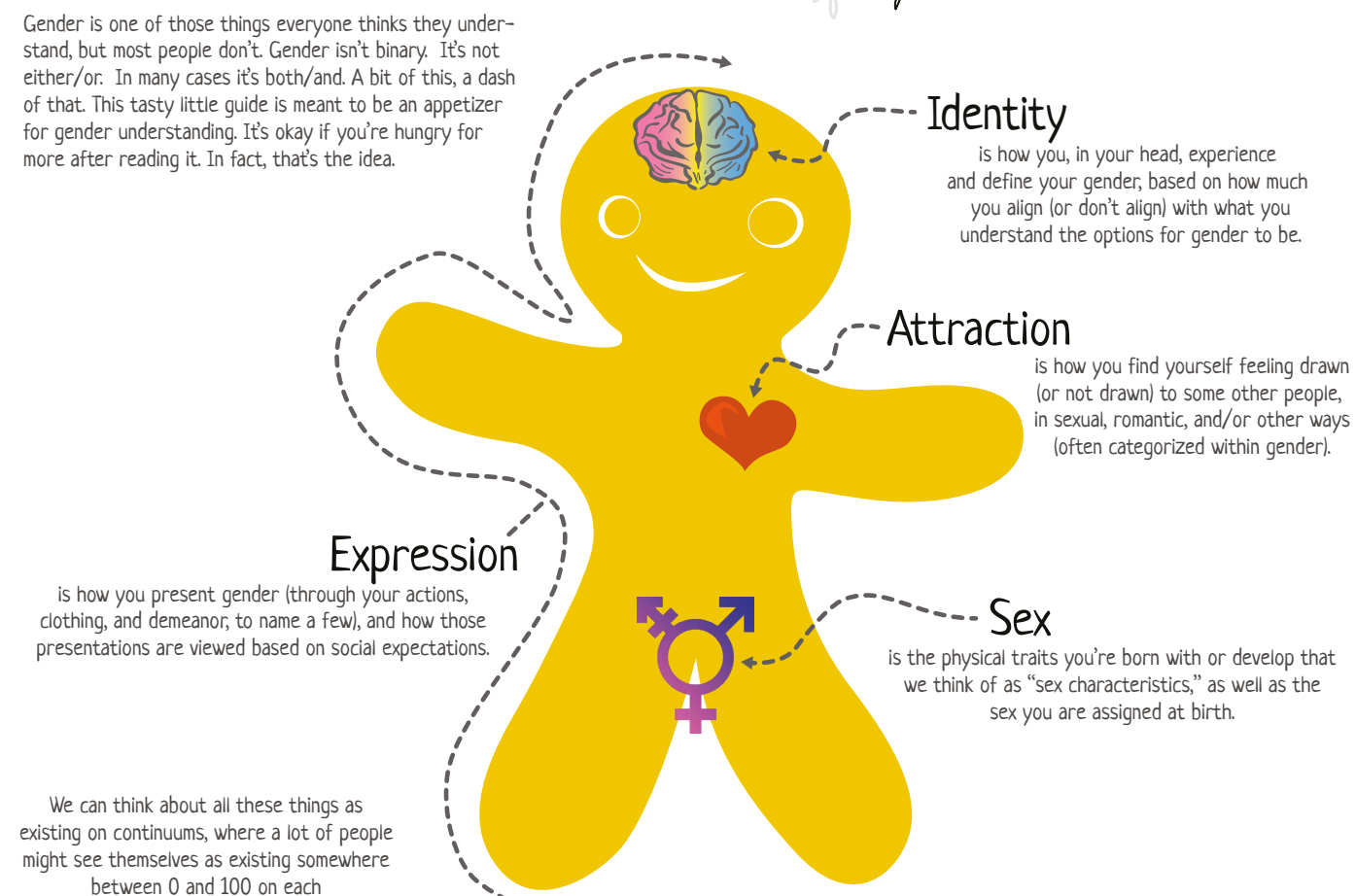
Respect their privacy. Allow them to decide when to come out and to whom.



The Genderbread Person

by it's pronounced **METROsexual** .com

Gender is one of those things everyone thinks they understand, but most people don't. Gender isn't binary. It's not either/or. In many cases it's both/and. A bit of this, a dash of that. This tasty little guide is meant to be an appetizer for gender understanding. It's okay if you're hungry for more after reading it. In fact, that's the idea.



Gender Identity



personality traits, jobs, hobbies, likes, dislikes, roles, expectations

common GENDER IDENTITY things

Gender Expression



style, grooming, clothing, mannerisms, affect, appearance, hair, make-up

common GENDER EXPRESSION things

Anatomical Sex



body hair, chest, hips, shoulders, hormones, penis, vulva, chromosomes, voice pitch

common ANATOMICAL SEX things

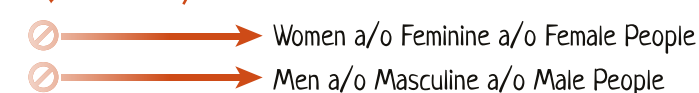
Identity ≠ Expression ≠ Sex
Gender ≠ Sexual Orientation

Sex Assigned At Birth

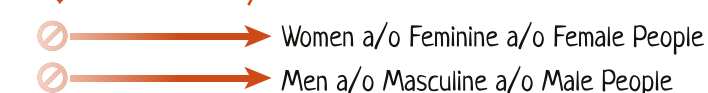
⊖ Female ⊖ Intersex ⊖ Male

Typically based solely on external genitalia present at birth (ignoring internal anatomy, biology, and change throughout life), Sex Assigned At Birth (SAAB) is key for distinguishing between the terms "cisgender" (when SAAB aligns with gender identity) and "transgender" (when it doesn't).

Sexually Attracted to...



Romantically Attracted to...





ABOUT SWINDON & WILTSHIRE PRIDE

Swindon Pride was launched in 2008, with the first ever Pride festival being held in Swindon. In 2009, the Pride event was expanded to incorporate Swindon & Wiltshire Pride. Swindon & Wiltshire Pride gained charity status in 2019.

The atmosphere at our events is inclusive, happy and vibrant. We are a group of volunteers who give up our time to celebrate the LGBTQIA+ community, fundraise, educate and put on events to bring the community together.

OUR CHARITY OBJECTIVES

To promote equality and diversity for the public benefit and in particular the elimination of discrimination on the grounds of sexual orientation or gender identity, including in particular but not exclusively by:

- Raising the awareness of the public with regard to all aspects of discrimination in society and issues and difficulties affecting the lives of lesbian, gay, bisexual and trans, queer, plus (lgbtqia+) people;
- Cultivating a sentiment in favour of equality and diversity in particular through celebrating the diversity of LGBTQIA+ communities;
- Advancing education in equality and diversity whether by signposting to other organisations or services or producing materials;
- Producing a LGBTQIA+ support guide or updating the existing one, and communicate via social media streams and other means of communication (e.g. newsletter);

- Staging a range of events, for example, a main Pride event, pop-up shops, fundraisers, attending and supporting other Prides

Such other objects as are charitable under the laws of England and Wales as the trustees shall at their absolute discretion determine.

OUR IMPACT

As well as staging an annual LGBTQIA+ event, our purpose is to promote equality and diversity for the public benefit and in particular the elimination of discrimination on the grounds of sexual orientation or gender identity. Including in particular but not exclusively by raising awareness, engaging with the community, celebrating the diversity of LGBTQIA+ communities and advancing education.

- 67k people have attended Pride since 2008
- £85k raised over the years to help keep Pride a free event
- 10k+ people attended Swindon & Wiltshire Pride throughout the day in 2021
- Largest LGBTQIA+ event in Wiltshire

VISIT OUR SITE:

www.swindonwiltshirepride.co.uk
Registered Charity No.1182498

WHAT IS PRIDE MONTH & THE HISTORY OF PRIDE?

Around the world, Pride celebrations take a variety of forms, from parades to parties to protests and proms. Since the start of the modern LGBTQIA+ liberation movement in the 1970s, hundreds of independent Pride events have sprung up in cities worldwide, each distinctly local and generally tied in some way to the foundational Stonewall Riots in June.

After 50 years of Pride celebrations, these events have become so varied that you can usually find a way to celebrate that feels best to you, whether it's the raucous jubilation of the NYC Pride parade, community forums at the LGBT Center in San Francisco, or the massive crowds that attend World Pride in a different city every two years.

But how did the last half-century of Pride become what it is today, and what are the best ways to celebrate? Let's take a deep dive into Pride and explore its history, Pride around the world, and what the future of Pride might be.

What is the History of Pride Month and when were the first Pride Parades? The Stonewall Riots weren't the first time that LGBTQIA+ people stood up against police harassment — before Stonewall, there was a riot in Los Angeles at Cooper Do-Nuts, and in San Francisco at Compton's Cafeteria. But Stonewall is definitely the best-known, and led to the creation of what we know as Pride today.

It started with a police raid on a hot summer night in Greenwich Village. Cops stormed the Stonewall Inn, arresting patrons and forcing them into waiting police vehicles.

But a nearby crowd grew restless and angry, and eventually someone — there's debate over who — started whipping onlookers into fighting back. They pelted the police, forcing homophobic

cops to retreat, and aggressive street confrontations continued over the next few nights.

Following the Stonewall Riots, organizers wanted to build on that spirit of resistance. The following year, they organized a march to Central Park, and adopted the theme of "Gay Pride" as a counterpoint to the prevailing attitude of shame. That march down Christopher Street soon expanded to other cities, with many more joining in year over year through the 1970s until Pride became the massive celebration that we know today.

WHEN IS PRIDE IN CITIES AROUND THE WORLD?

Each city's Pride schedule is different, but most Pride celebrations, parades, and marches take place in June to mark the anniversary of the Stonewall Riots. A handful of cities opt for other months, usually due to inhospitable June weather, such as Palm Springs Pride (November), Auckland Pride (February), and Vancouver Pride (August).

Many of the larger cities coordinate their Pride months through the international organization InterPride, which helps manage Pride celebrations around the world. Because there are only a limited number of days in June and hundreds of Pride celebrations, there's bound to be a little overlap!

But major cities that are close to each other tend to avoid scheduling their events at the same time. The International Gay and Lesbian Travel Association maintains a calendar of over a hundred Pride events around the world, updated every year, to help you find the celebration that works best for your schedule.

WHAT IS THE HISTORY OF THE NYC PRIDE PARADE?

Just a few weeks after the Stonewall Riots, LGBTQIA+ gathered for a "gay power" rally in Washington Square Park.

It was clear that there was interest in holding more events like it, and over the following year local activists proposed a

larger annual march, modeled on quieter protests that had been happening for years in Philadelphia.

The new annual protest was to be called "Christopher Street Liberation Day," and were organized by representatives from groups like The Mattachine Society, Gay Activists Alliance, and the Gay Liberation Front. The first parade in New York City occurred on June 28, 1970, and attracted thousands of marchers carrying banners and signs.

WHAT IS THE HISTORY OF PROTEST AT PRIDE?

Since its beginning, Pride has been a political event. And although it may feel like a party today, protests have always been embedded in its very reason for existing. Pride has always been a protest against unjust systems, even when it's lighthearted and fun.

Community organizers in New York included Marsha P. Johnson, Sylvia Rivera, and Miss Major Griffin-Gracy, who protested against unjust treatment and advocated for legal reform even before Stonewall. Once Pride events were established in major cities, they became opportunities to register queer people to vote, for groups like ACT UP to demand action on HIV, and to pressure

politicians to express their support for the community by marching.

Several major Supreme Court rulings on LGBTQIA+ equality have taken place in June, such as the Obergefell decision that legalized marriage equality; the Lawrence decision that ended sodomy bans; and the Bostock ruling that stopped hospitals from turning away trans patients. When those victories occurred, Pride events celebrated the win and redoubled efforts to advance queer liberation even further.

HOW IS PRIDE COMMERCIALIZED, AND HOW ARE ACTIVISTS RESISTING?

As Pride has grown, so has commercial and corporate influence. That's led to concerns that Pride is moving away from its protest roots and becoming a party, at a time when there's still a lot of work to be done — not just for the LGBTQIA+ community, but for communities that overlap.

For years, organizers have raised concerns about the prominence of corporate logos at Pride, and about

the money pouring in from wealthy companies. Of particular concern is the participation of politicians and corporations that don't have LGBTQIA+ interests at heart. In San Francisco, for example, organizers were outraged to see that the local Pride event was partially funded by Google, despite the company's refusal to fully address homophobic harassment on its YouTube platform.

In response, activists have established independent Pride events in many cities. They have a variety of names, such as Alternative Pride or Queer Liberation March or Reclaim Pride. Those events take the form of raucous protests, sometimes disrupting the orderly, wealthy, corporate funded events to remind everyone that Pride is about more than just rainbows — it's about radical change.



London's LGBT+ History Key Moments



AD 122

Emperor Hadrian visits Roman London, where male relationships are common. The following year he meets Antinous, a young Greek man, who becomes his lover.

ID: 77.63**



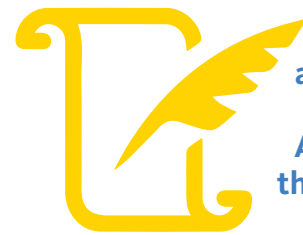
ID: 82.8/7*

The legend of St Wilgefortis – a bearded female Christian saint – reaches London.

14th century

The Buggery Act makes having any type of sex which is seen as against the 'will of God' punishable by death. Although not specified, this would have included sex between two men.

1533



ID 39.132*

'Molly houses' – taverns where men could have sexual liaisons with other men – spring up across London.

18th century

1835

The last men to be sentenced to death for homosexual acts are hanged in front of Newgate Prison.

1861

Offences Against the Person Act replaces the death penalty with a prison term for sexual acts between men.

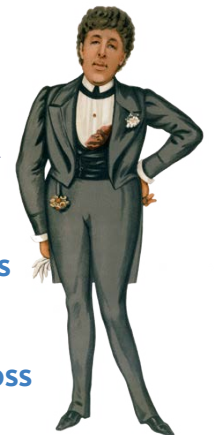
1885

The Labouchere Amendment makes punishment for same-sex desire more widely enforceable.

1895

Oscar Wilde is sentenced to 2 years hard labour for gross indecency.

ID: 74.418/1**



London's first Pride march.

1972



ID: 2006.31/41*

London's Gay Liberation Front is founded.

1970

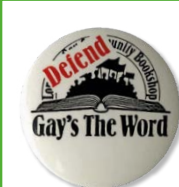
The Sexual Offences Act decriminalises sex between two men over 21 and 'in private'.

1967



Croydon-born Roberta Cowell becomes the first (known) British trans woman to undergo reassignment surgery.

1951



ID: 2007.1/27*

'Gay's the Word', opened in 1979 as London's first bookshop specialising in gay and lesbian literature, is raided by Customs and Excise.

1984

1988

Section 28 of the Local Government Act prohibits local authorities from teaching or publishing about homosexuality.

1991

London's Pride parade attracts around 25,000 people and continues to grow.

2003

Section 28 is repealed in England, Wales and Northern Ireland.

ID: 2006.107/12*



2014

Marriage (Same-Sex Couples) Act comes into effect, allowing same-sex couples the opportunity to get married in England and Wales.



* Visit museumoflondon.org.uk/collections and search these ID numbers to discover more about these objects and their connection to London's LGBT+ history

** When this timeline was created these objects were not yet on the museum's Collections Online catalogue

These are a small selection of landmark moments which are important to London's LGBT+ community through time.

UNDERSTANDING PRONOUNS

You may be unfamiliar with the word “pronoun,” but you use them all the time! Pronouns are used in place of a proper noun (like someone’s name). We use pronouns most often when referring to someone without using their name.

Example: Have you heard from Tom? He hasn’t texted me back all day. He is the pronoun.

WHY DOES IT MATTER?

In English, our most commonly used pronouns (he/she) specifically refer to a person’s gender. For queer, gender non-conforming, non-binary, and transgender people, these pronouns may not fit, can create discomfort, and can cause stress and anxiety.

A recent study showed that in transgender youth, using correct pronouns and names reduces depression and suicide risks.

Having trouble understanding why this would upset someone? Think about your pronoun (it’s probably “he” or “she”). Now imagine someone calling you the one you don’t think of yourself as. Imagine them doing it over and over and over, even after you’ve corrected them.

COMMON TERMS

First, let’s get on the same page with some words that are commonly used when talking about the LGBTQIA+ community, as well as gender experience and identity. Please be aware that even though someone may fit the generally used definition of one of these terms, they may not personally identify this way. That’s okay, they don’t have to! It’s always best to ask, and listen, to how a person refers to themselves.

SEX

Sex is a label — male, female or intersex — that you’re assigned by a doctor at birth based on the genitals you’re born

with and the chromosomes you have. It does not necessarily match someone’s gender / gender identity.

GENDER

Gender is complex: It’s a social and legal status, and set of expectations from society, about behaviors, characteristics, and thoughts. Gender identity is the internal perception of one’s gender, and how they label themselves, based on how much they align or don’t align with what they understand their options for gender to be.

CISGENDER

Applies to someone whose gender matches their “assigned” sex at birth.

TRANSGENDER

Applies to a person whose gender is different from their “assigned” sex at birth. Doctors typically assign gender based on sexual organs, but sex and gender are different.

NON-BINARY

Non-binary, similar to genderqueer, is a spectrum of gender identities that are not exclusively masculine or exclusively feminine —identities that are outside the gender binary of male and female.

GENDERQUEER

Similar to “non-binary” – some people regard “queer” as offensive, others embrace it.

GENDERFLUID

Applies to a person whose gender identity changes over time or changes at different times.

Note that Sexual Orientation is an emotional, romantic or sexual attraction to other people; of the same gender, different gender or multiple genders.

WHAT IF I MAKE A MISTAKE?

It happens, we all make mistakes! Apologize, do better, and move on quickly. If you make a mistake in front of a group of people, you may want to apologize to the person in private later on – no need to make scene or draw a lot of attention. No one likes that! The best thing to do is to use the correct pronoun the next time.

LGBT LIFE CENTRE
WWW.LGBTLIFECENTER.ORG

Pronoun	Sounds Like	Variations
He/Him	You already know this one!	His, Himself
She/Her	You already know this one!	Hers, Herself
They/Them	Yes, it’s okay to use this referring to a singular person!	Theirs, themselves
Ze (or Zie)	Zee (like “see” with a “Z”)	Can also be spelled as xe
Name	Whatever their name is!	Some people don’t want to use pronouns at all and will ask you to refer to them by their name alone.



WHAT IS COMING OUT? & TIPS ON HOW TO

Coming out - means telling someone about your sexuality or gender identity. It can take time to feel ready to tell people about this part of yourself, but we've got advice to support you.

WHEN SHOULD I COME OUT?

Telling someone about your gender or sexuality doesn't just happen once. You could 'come out' to lots of different people at different times. Or you might not want to come out to anyone.

If you decide to come out, you might be worried about:

- how they'll react
- whether they'll understand and support you
- if they'll tell anyone else
- that you might be discriminated against or bullied.

Coming out can help you to feel less isolated and more accepted, but it's

important to be ready. There's no right or wrong time to come out to someone about your sexuality or gender identity. Only you can say when the right time to come out is.

THINGS TO THINK ABOUT BEFORE YOU COME OUT:

- Who you trust to tell.
- When to have the conversation.
- Whether to tell someone face-to-face, over the phone or in a letter or message.
- How to stay safe and take care of yourself if someone reacts badly.
- What you'd like to say.
- If you want to tell just one person or more.
- How you might feel afterwards

PLAN HOW TO DO IT & WHAT YOU'LL DO

How you come out is your choice. Planning what to do can help you to

figure out what's best for you and feel more confident. It can help to think about:

- **Who to tell.** Try telling someone you trust first to see how you feel. This could be a friend, family member, or teacher.
- **How to bring it up.** You might want to try talking about LGBTQIA+ people on TV, social media or in the news to see how someone reacts.
- **When to do it.** Find a time when you can talk privately and you won't be distracted or disturbed. You can also think about what you can do afterwards.

AFTER YOU'VE DONE IT

Whatever happens when you come out, it can help to talk. For young people you could speak with a Childline counsellor, or share your experience on their message boards. For adults you could speak with an LGBTQ+ helpline – check out the adverts at the end of this guide for more information.

Coming out is something to feel proud of. But it can also be difficult to know what to do next. If you're confused or worried after coming out, try:

- **Talking about it.** Whatever happens when you come out, it can help to talk. You can speak to a Childline counsellor, or share your experience on our message boards.
- **Giving it time.** Even if someone doesn't know how to react at first, they might still be able to support you later.
- **Distracting yourself.** Doing something you enjoy or keeping yourself busy can help you to feel less anxious.
- **Celebrating.** You've done a brave and brilliant thing, you could celebrate with other people or spend some time by yourself. Do

whatever makes you feel happy and comfortable.

WHEN YOU'RE READY

There are lots of things you can do to help yourself feel more prepared:

- **Practice what you'll say.** Write down what you'd like to say or practice in front of a mirror. You can keep anything you say in a safe place until you're ready. You could ask for tips from people who've done it before.
- **Think about what you might be asked.** People might have questions when you come out, go over what you might be asked but remember that you don't have to answer anything you don't want to.
- **Say whether they can tell anyone else.** Decide whether you're okay with the person you come out to telling other people. And think about whether there's anyone they definitely shouldn't tell.
- **Prepare for different reactions.** If someone isn't expecting you to come out they might not know how to react right away. It can help to think about what you want to do if they do react in a way you weren't expecting.

KEEPING SAFE

It's never okay for someone to hurt you because of your sexuality or gender identity. Whatever you're going through, you're not alone.

If you're worried about your safety now or in the future, it's important to get help. In an emergency you should always phone 999.

A **safety plan** is a list of important numbers, people and places to go if anything goes wrong. Having a safety plan can help if you're worried that you will be hurt because of your sexuality or gender identity.

Make sure a safety plan is written down somewhere you can easily find it. Writing it on paper can help to make sure you've got it if your phone battery runs out or you can't take your phone. Write down:

Important numbers to ring if something goes wrong, including safe adults, the police (101) and Childline (0800 1111)

Places you can go if you're feeling unsafe, and information on how to get there

Things to take with you if you need to leave quickly, make sure you include things like a phone charger.



AWARENESS DAYS 2023

February	March	April
LGBT+ History Month (UK) - Aromantic Spectrum Awareness Week 19th - 25th February	Bisexual Health Awareness Month - Zero Discrimination Day 1st March - International Transgender Day Of Visibility 1st March	International Asexuality Day 6th April - Day of Silence (US) 14th April - International Lesbian Visibility Day 26th April - Lesbian Visibility Week 24th - 30th April
May	June	July
International Day Against Homophobia, Biphobia & Transphobia 17th May - Agender Pride Day 19th May - Harvey Milk Day 22nd May - Pansexual & Panromantic Visibility Day 24th May	Pride Month - Pulse Remembrance Day 12th June - UpStairs Lounge Arson Attack Remembrance Day 24th June - Stonewall Riots Anniversary 28th June	Omnisexual Visibility Day 6th July - Non-Binary Awareness Week 10th -16th July - International Non-Binary Peoples Day 14th July - International Drag Day 16th July

August	September	October
Gay Uncle Day 13th August - Wear It Purple Day (Australia) 25th August	Bisexual Awareness Week 17th – 23rd September - Bisexual Visibility Day 23rd September - National Inclusion Week 25th September - 1st October	LGBT History Month (USA and Canada) - International Lesbian Day (Australaia & New Zealand) 8th October - National Coming Out Day 11th October - International Pronoun Day 18th October - Spirit Day 19th October - Intersex Awareness Day 26th October - Asexual Awareness Week 22nd - 28th October
November	December	
Trans Awareness Month - Transgender Parent Day 5th November - Intersex Day Of Remembrance 8th November - Trans Awareness Week 12th – 18th November - Transgender Day Of Remembrance 20th November	World AIDS Day 1st December - Pansexual Pride Day 8th December - Human Rights Day 10th December	

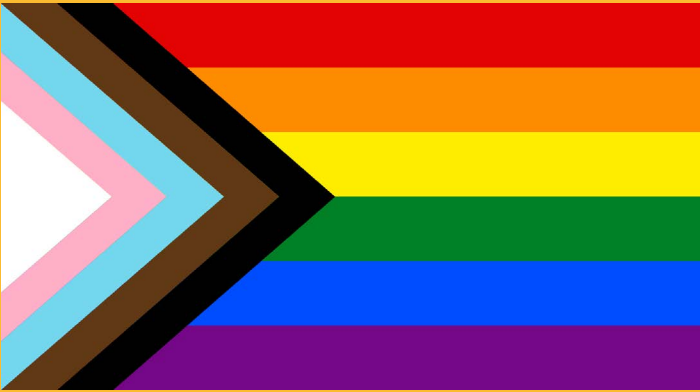
LGBTQIA+ FLAGS & IDENTITIES

These are just a small selection of LGBTQIA+ flags and identities. Did you know there are over 300 different flags, While some think this might be too many, it's all part of a drive to be more inclusive of the expansive breadth of identity within the community. We are learning/understanding more about sexual identity and gender all the time.



The LGBTQIA+ Pride Flag

This represents all the different groups of the LGBTQIA+ community. The Pride flag is a beautiful umbrella symbol for which hopefully the whole community will feel welcome to fall under. It has six distinct colours and is the most widely used symbol for LGBTQIA+ Pride worldwide.



The Progress Pride Flag

Designer Daniel Quasar wanted to produce a flag that symbolises progress with this chevron design. Created in 2018, the colours include the Transgender Pride (explained below) and the Philadelphia colours representing PoC and those lost to AIDS.



The Transgender Pride Flag

This flag represents transwomen (pink), transmen (blue) and those who don't fall into a gender binary known as non-binary people (white). Designed by transwoman Monica Helms in 1999, it can be flown any way up to symbolise 'trying to find correctness in our own lives'. Transgender people are those who identify as a gender different from the one they were assigned at birth.



The Lesbian Pride Flag

This new five-striped lesbian flag was adopted by some individuals on Twitter and Tumblr in 2018, which has led to more widespread use. The orange-pink design is intended as a replacement for the pink-and-red "lipstick" flag for the inclusivity of gender-nonconforming lesbians. From top to bottom, the selected colours represent Gender non-conformity (dark orange) – Community (light orange) – Unique relationships to womanhood (white) – Serenity and peace (pink) – Femininity (dark pink).



The Gay Men's Pride Flag

A male gay (a.k.a Men Loving Men or MLM) Pride 5 stripe flag was proposed in 2019 to align with the Lesbian Pride flag but this 7 stripe design is most commonly used. The colours represent community, healing, joy, trans men and non-binary people, love, courage, diversity and inclusivity.



The Non-Binary Pride Flag

This flag was created in 2014 to represent people whose gender is outside of the binary of male or female. Yellow recognises being outside of a binary, white for all genders, purple for fluidity between male and female, and black for the agender community. Non-Binary is neither male nor female but somewhere in between, fluid, both, or neither



The Pansexual Pride Flag

The pansexual Pride flag has three horizontal stripes: pink, yellow, and blue. According to most definitions, pink represents people who are female identified, the blue represents people who are male identified, while the yellow represents nonbinary attraction. The prefix "pan-" means "all." Similarly, pansexuality means that you're attracted to people of all genders. This includes people who don't identify with any gender (agender). Many pansexual people describe themselves as being attracted to people based on personality, not gender.



The Bisexual Pride Flag

The bisexual Pride flag was designed by Michael Page in 1998 to give the bisexual community its symbol comparable to the gay Pride flag of the larger LGBT community. He aimed to increase the visibility of bisexuals, both among society as a whole and within the LGBT community. The colours chosen above were used as so: Pink is for same-sex/gender attraction, blue is for different sex/gender attraction, and purple is to represent the attraction across the gender spectrum and attraction to Non-binary individuals. Bisexual is an attraction to more than one gender.



The Intersex Pride Flag

This flag created in 2013 has non-gendered colours to represent living outside the binary of gender. Intersex people are those who are born with variations or combinations of sex characteristics such as hormones, chromosomes, genitals and secondary sex organs that normally define a person's sex. Intersex is a general term used for a variety of situations in which a person is born with reproductive or sexual anatomy that doesn't fit the boxes of "female" or "male."



The Polysexual Pride Flag
A polysexual person is someone who is sexually and/or romantically attracted to multiple genders. It is not the same as being bisexual or pansexual, although all of these sexualities involve being attracted to more than one gender. It also is not the same as being polyamorous.



The Genderqueer Pride Flag
The Genderqueer flag, made in 2010, represents those who do not identify with the socially constructed norms of their biologically determined sex. This term is sometimes used interchangeably with the term Non-Binary. The flag represents androgyny with lavender, nonbinary people with green and agender identities with white.



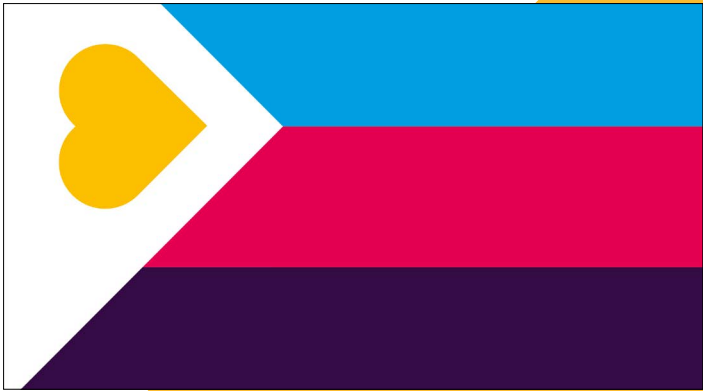
The Aromantic Pride Flag
A person of any gender or sexual orientation who experiences little, or no, romantic attraction. Aromantic people may still experience other types of attraction, such as sexual or physical attraction.

The flag was designed by the Aro community on Reddit, to help them show their identity and raise awareness about Aromanticism.

The green and light green stripes cover everyone under the aromantic spectrum, white representing nonromantic forms of love and attraction, and the grey and black represent all sexualities under the aromantic spectrum.



The Asexual Pride Flag
The flag consists of four horizontal stripes: black, grey, white, and purple from top to bottom. The black stripe represents asexuality, the grey stripe representing the grey area between sexual and asexual, the white stripe sexuality, and the purple stripe community. It's important to remember that asexuality is an umbrella term, and exists on a spectrum. Asexual people – also known as “Ace” or “Aces” – may have little interest in having sex, even though most desire emotionally intimate relationships. Within the ace community, there are many ways for people to identify.



The Polyamory Pride Flag
This flag represents the polyamorous community - those that engage in sexual relationships with multiple partners with consent from all involved. A chevron points toward the opposite end of the flag, a symbol of growth and progress, and sits asymmetrically on the flag to reflect the non-traditional style of polyamorous relationships. The heart within reminds us that love in all forms is the core of non-monogamy. Blue for openness and honesty, magenta for desire, love, and attraction; Purple represents a united non-monogamous community. Gold represents the energy and perseverance and the white represents possibility.



The Genderfluid Pride Flag
This flag created in 2013 represents those whose gender is not fixed or constant. It has five horizontal stripes: pink for femininity, blue for masculinity, purple for both masculinity and femininity, black for the lack of gender, and white for all genders.



The Demi girl Pride Flag
Demigirl is a gender identity describing someone who partially identifies as a woman or girl.

The white represents the neutrality of the gender. The light pink represents the traditional colour used for femininity, which is associated with womanhood. The shades of grey indicate the partial nature of the gender.



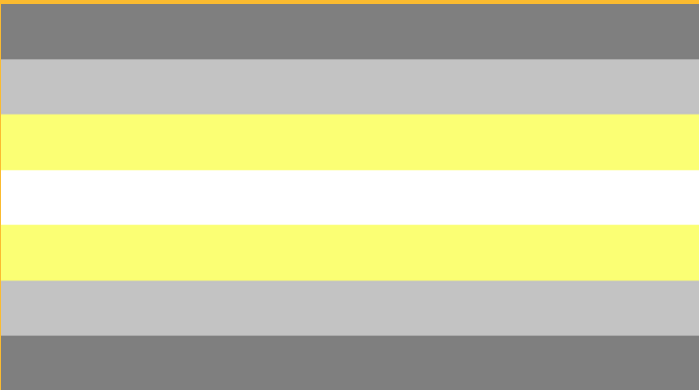
The Demi boy Pride Flag
Demi Boy is gender identity describing someone who partially identifies as a man or boy.

The demi boy flag holds meaning within its colours. The white represents the non-binary part of the gender, light blue represents the partly boy aspect, and both greys represent the spectrum within the other part of being a demi boy.

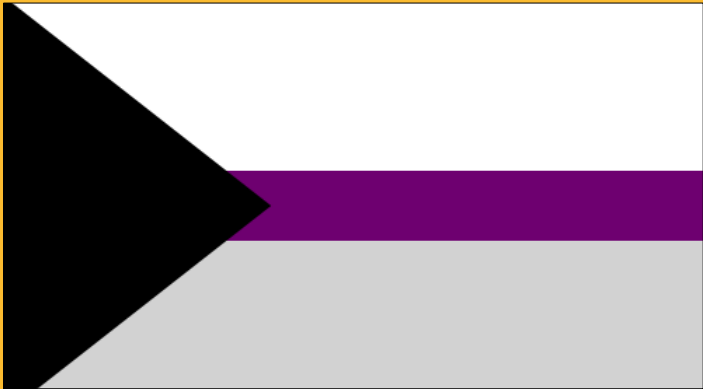


The Agender Pride Flag
Agender is a term which can be can be seen either as a non-binary gender identity or as a statement of not having a gender identity. People who identify as agender may describe themselves as one or more of the following:

- Genderless or lacking gender.
- Gender-neutral. This may be meant in the sense of being neither man nor woman yet still having a gender.
- Not knowing or not caring about gender, as an internal identity and/or as an external label.
- Deciding not to label their gender.



The Demigender Pride Flag
Demigender is a gender identity that involves feeling a partial, but not a full, connection to particular gender identity or just to the concept of gender. Demigender people often identify as non-binary.



The Demisexual Pride Flag

A demisexual is someone who only experiences sexual attraction to people with whom they have close emotional connections. For demisexuals, sexual attraction can only come after an emotional bond has formed. Black represents asexuality. Gray represents demisexuality. White represents sexuality. Purple represents community.



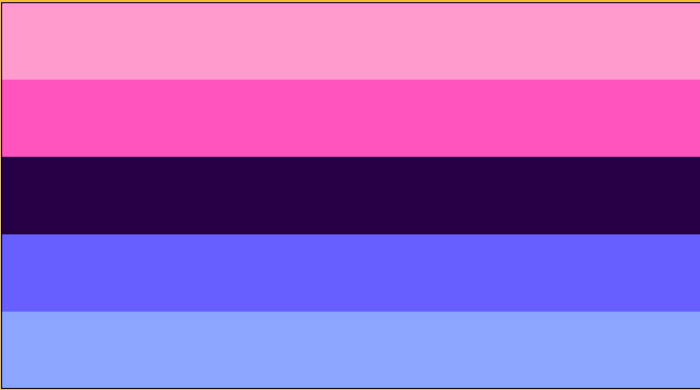
The Straight Ally Flag

The straight ally flag represents unity and support towards the LGBTQ community. The letter 'A' means ally. The black and white stripes represent the straight flag. The rainbow colours in the letter 'A' are for the LGBT community.



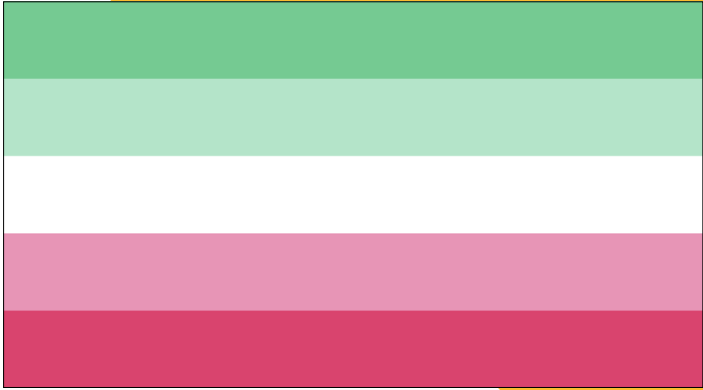
The Queer Pride Flag

Queer can mean different things to different people, but the most accepted definition is someone who is not cishet or someone with variant experiences with orientation, gender, and/or sex. On this flag, The shades of pink next to each other and shades of blue next to each other symbolize same-gender attraction. The orange and green are for non-binary individuals. Black and white are for asexual, aromantic, and agender spectrum individuals.



The Omnisexual Pride Flag

An omnisexual is a person who has romantic, sexual, or affectional desires for people of all genders and sexes. This is similar to pansexuality; however, there are differences between these two terms. Omnisexual people are not gender blind, and they see and acknowledge gender. Omnisexual people are sexually attracted to different genders and sexual orientations, but unlike pansexuality, the gender of the people they are attracted to matters to some degree. The omnisexual pride flag was created by @pastelmemer in 2015; however, they never explained the exact meaning of the colors.



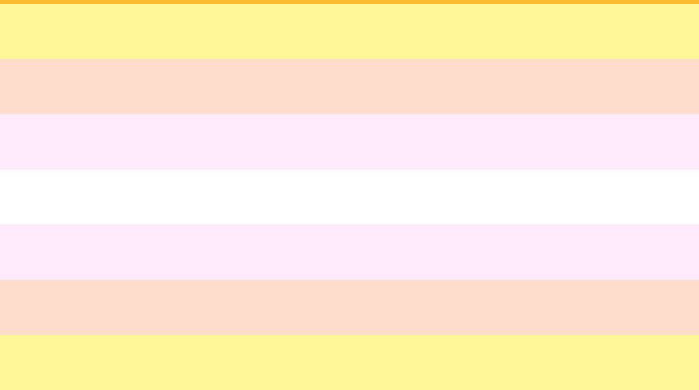
The Abrosexual Pride Flag

An abrosexual person has a fluid sexual orientation and may experience different sexual orientations over time. They may be one sexuality today and be another tomorrow. The timeframe to change an abrosexual individuals' sexual orientation doesn't matter, and it could be hours or years before they identify as different sexuality.



The Bigender Pride Flag

A bigender person is someone whose sense of personal identity encompasses two genders. It literally translates as 'two genders' or 'double gender,' and these genders could be male and female but could also combine non-binary identities. Pink/blue stripes represent felt identities (feminine, masculine, androgynous). The top purple is for all kinds of good relationships. The white is for your unique bigender experience, how it feels and what it's like. The bottom purple is about self-respect, Pride, and being true to yourself.



The Pangender Pride Flag

Pangender is someone who feels comfortable with different kinds of gender labels and whose gender identity is not limited to one gender and may encompass all genders at once. It comes with an understanding that the vast and diverse multiplicity of genders within the same individual can extend infinitely, always within the person's own culture and life experience, and may or may not include unknown genders.



The Trigender Pride Flag

Trigender is a gender identity in which a person switches between or among several genders, including a third gender (genderless, a mix of masculine and feminine, or any other variety of genderqueer identities). Dependent on the individual's mood or environment, a trigender individual may change from one gender to another.



The Heterosexual Flag

Heterosexuality is most viewed as men attracted to women and women attracted to men. The term "straight" is used to describe for both straight men and straight women. While straight is often used to describe non-LGBTQIA+ people it is possible for straight people to be part of the LGBTQIA+ community. For example, they might be transgender. They also might be, asexual heteroromantic, or aromantic heterosexual.

6 Ways to be Inclusive to LGBTQ Families

Some schools have decided to have a gender-neutral Parents' Day or Family Day instead of Mother's and Father's Days. If you work at a school that chooses to celebrate these occasions related to family structure and home life, do what you can to be inclusive of all kinds of families:



Tip #1

When speaking with children of LGBTQ families, use their words and terminology when talking about their family.



Tip #2

Talk about all kinds of families. Not every family has one mom and one dad. Make it safe to celebrate any supportive relationship a child has.



Tip #3

Avoid gender stereotypes in younger children's crafts. Steer away from cards with flowers for mom or ties for dad, for example.



Tip #4

Ask about the qualities that mothers and fathers have or the roles they often play and why these have been culturally assigned to each gender.



Tip #5

Don't let the child be alone. Make sure someone—maybe a teacher or administrator—can be there to support that child.



Tip #6

If you're unsure about wishing them a happy Mother's and/or Father's Day, ask if and how they celebrate instead of making assumptions.



IMPACT

Swindon & Wiltshire
Active Recovery Service

Your recovery starts here

IMPACT, Swindon & Wiltshire Recovery service is your local integrated drug and alcohol service.

If you are concerned about your own or someone else's drug or alcohol use, contact us to see how we can support you.

Every day we support people to make changes that will help them to take control of their lives.

There are many paths to a life free from drink and drugs. With our support you'll find the path that's right for you.

T: 0345 603 6993
E: IMPACTreferrals@turning-point.co.uk
W: wellbeing.turning-point.co.uk/swindon-and-wiltshire

NOT
been



Feeling
like
MYSELF

**CHILDLINE IS HERE,
WHATEVER YOU'RE
GOING THROUGH**

We can help you make sense of your thoughts and feelings with advice on our website. Or you can have a free, confidential chat with one of our counsellors, online, on the phone or through our app. Talk to us in your own way, at your own pace.

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Childline is a service provided by the NSPCC. ©NSPCC 2020.
National Society for the Prevention of Cruelty to Children.
Registered charity England and Wales 216401. Scotland SC037717.
Illustration by Emily Keenor. J20201088.

FFLAG



Families and Friends of Lesbians and Gays



families are all different
and that's OK

National Helpline: 0845 652 0311
email: info@fflag.org.uk
www.fflag.org.uk



Registered Charity No. 1079918



Swindon and Wiltshire Sexual Assault Referral Centre (SARC)

The Swindon & Wiltshire Sexual Assault Referral Centre is the first point of contact for people who have experienced rape and serious sexual assault.

The SARC is a safe place where we provide confidential practical and emotional support to anyone impacted by rape and serious sexual assault.

We can offer:

- Crisis support
- Risk and needs assessment
- Safety planning
- Emergency contraception
- Pregnancy testing
- Sexual health advice
- A forensic medical examination
- Onward referrals to counselling and therapeutic services
- Space and time for you to decide what happens next

The 2020 Crime Survey for England and Wales estimated that 618,000 women and 155,000 men experienced sexual assault in the last year.

First Light treats everyone fairly and with dignity regardless of sex, gender, disability, ethnicity, religion, sexual orientation, or age.

"Fantastic service. So reassuring and supportive throughout whole process."

"Staff were amazing, lovely, and understanding. A great support system throughout the procedure."

"Very welcoming, honest, and supportive."

You can access the service with or without police involvement.

If you do not wish to report the incident to the police, our telephone lines are open 24/7 to book an appointment without police involvement.

Call us on : 01793 781916
Charity Registration number: 1090457



Swindon transgender support group

About us

We are a peer-to-peer support group of transgender people and allies. Between the group members there is a wealth of experience including most aspects of the transgender experience. We are all at various stages of transition and have all been at the beginning stages.

Social attitudes and legislation have changes massively in recent years but there is still a need for a safe meeting place where transgender people can gather socially in a non-judgement atmosphere of friendship and tolerance.

Email: swindontggroup@gmail.com Website: www.swindon-tg-group.yolasite.com/



Gay Outdoor Club

4 MONTH FREE TRIAL MEMBERSHIP!



The great outdoors
isn't this where you really belong?

WWW.GOC.ORG.UK



The trans-led and trans-involving grassroots charity
working to increase understandings of gender diversity and
improve the lives of trans people

genderedintelligence.co.uk
twitter.com/genderintell
instagram.com/genderedintelligence

The advertisement for the LGBT Foundation helpline features a white background with a border of colorful, stylized hands holding various mobile phones. The text is centered and reads: 'Our helpline is open and we're ready to listen.' followed by the phone number '0345 3 30 30 30' in large, bold, dark blue letters. At the bottom, the 'LGBT foundation' logo is displayed, with 'LGBT' in a bold, blue, sans-serif font and 'foundation' in a smaller, grey, sans-serif font below it.

Our helpline is open
and we're ready to listen.

0345 3 30 30 30

LGBT
foundation

Are you an LGBTQI+ Muslim?
Questioning your gender or your
sexuality? Questioning your faith?
DO YOU NEED SUPPORT?

We can help.



EMAIL US ON
INFO@HIDAYAHLGBT.CO.UK

Struggling with your mental health?



Check out youngminds.org.uk/find-help

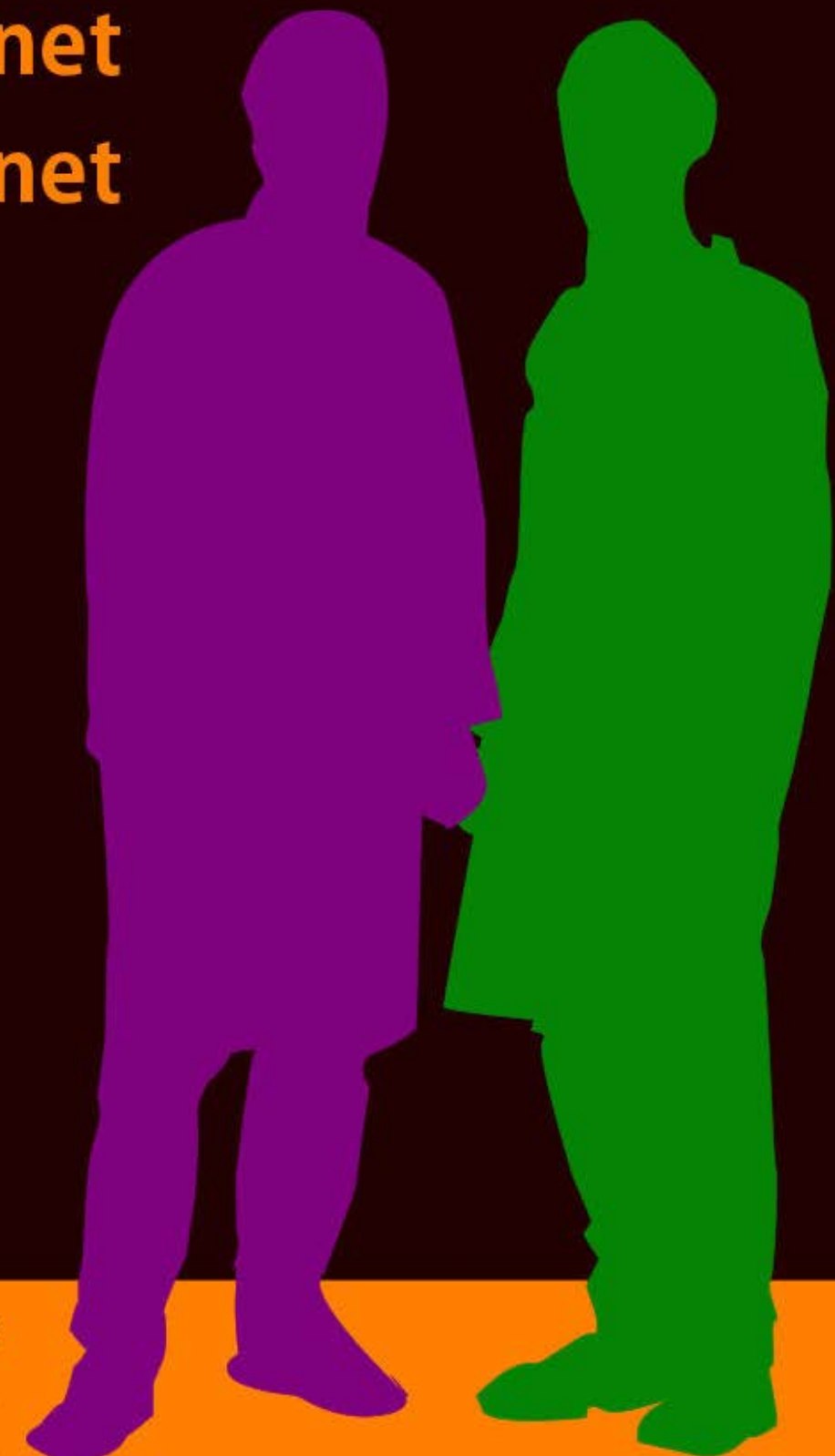
YOUNGMINDS

Sikh? Gay? Need Support?

Check out the one stop resource for LGBT Sikhs

www.sarbat.net

info@sarbat.net



LGBT Sikhs

www.sarbat.net

info@sarbat.net

SUPPORTING TRANSGENDER EMPLOYEES



Transgender employees are valuable members of staff and are entitled to a safe, inclusive and supportive workplace

10 Top Tips for Employers

1. Support your employee: Think about how you can best support your employee? What are their plans? What support do they want from you?

2. Construct a timeline with the employee: What does the employee want to happen and when? e.g. if they want to change their name and/or pronouns at work, taking time off, etc.

3. Consider if you need to inform senior managers: Remember confidentiality; it is an offence to disclose that someone is transgender without their permission.

4. Look up relevant policies: For example, protection against harassment and discrimination, data protection, taking time off, etc. Do new guidelines and/or policies for supporting transgender people need to be developed?

5. Brush up on legislation: Equality Act 2010, Public Sector Equality Duty and Gender Recognition Act 2004.

6. Sharing with the staff team: Ensure that the employee takes the lead with this. Does the staff team need to be notified? Who is going to do this?

7. Find out more: There are plenty of resources out there to help you to support your employee.

8. Reflect: What preconceptions might you or your staff team have about transgender people, their experiences and their wishes? If any, how could you address these?

9. Dealing with harassment, bullying and discrimination: How can you become aware of and deal with potential issues in the workplace? These can be directed from staff and/or customers.

10. Following up: What is the best way for you to maintain an open dialogue with your employee about their progress and any additional support that they might need?

For more information and personal accounts from transgender employees, employers and HR staff, go to the Transgender Workplace Support Guide available at:
www.bit.ly/TransgenderWorkplaceSupportGuide

This Guide is part of the **Transgender Workplace Support Project**, a short-term project carried out by LGBT Health & Wellbeing and NHS Lothian Health Promotion Service



mind
OUT

ONLINE
SUPPORT



- Run by and for LGBTQ people
- Free instant message service
- Confidential, anonymous, non-judgemental
- Safe space to share how you feel
- Get support and information
- Open most evenings and at weekends

To find out more go to
www.mindout.org.uk

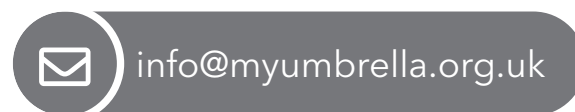


MyUmbrella LGBT+ is a volunteer-led project of Reading Pride to raise awareness of the lesser known identities across the sexuality, gender, romantic and fetish spectrum's collectively known as LGBT+.

Pre-pandemic, our team travelled over 5,000 miles by road and train supporting Pride events across the south of the UK.

We have also facilitated training events with a number of blue-chip and global corporations, presenting to them what they need to know about LGBT+ and how to be more inclusive.

We also have a store where you can buy our "Guide to LGBT+" as well as keyrings, badges, coasters and more with your flag on it, all hand made by our team of volunteers. This helps us do what we do, especially in these more challenging times.



Out of the Can+ is a youth group for LGBTQ+ young people.



We're based in Swindon and meet in the town centre on Tuesday evenings. We provide a safe space where you can meet other young people like you.

We have lots of interests and do a range of fun activities throughout the year, including:

- Table tennis/ Card games etc
- Learning about queer history
- Cool science activities
- Arts & crafts projects
- Film/ Pizza nights
- Halloween party
- Go to Swindon & Wiltshire Pride



We run two different groups each week:

GROUP 1 is for young people in Year 8 - Year 10 (aged between 12-15 years old): 5:00pm to 6:30pm

GROUP 2 is for young people in Year 11 - College (aged between 15-19 years old): 6:45pm to 8:15pm

We welcome all LGBTQ+ young people and have a diverse group of members representing different ethnicities, abilities, and neuro-diversity.

If you'd like to join Out of the Can+, then send us a message through our website at:
outofthecan.org or scan our QR code.



Keep up to date with our news and follow us on Instagram.



Listen to us, Encourage us, Believe us, And we will thrive.

HAVE YOU BEEN AFFECTED BY CRIME?

It doesn't matter when the crime occurred, we can support you.

We are an independent charity offering free, confidential support to people affected by crime and traumatic incidents.



Victim Support
7A Bath Road Business Centre
Bath Road, Devizes, Wiltshire
SN10 1XA
Tel: 01380 738878
or email
wiltshire@victimsupport.org.uk
Monday to Friday, 9am–5pm

Introducing our new Listening and Support Phoneline for parents and carers of children with additional needs

Who Are We?

We are a parent carer forum run by local parents and carers of children with Special Educational Needs and Disabilities

When will the phoneline be available?

Every **Monday** morning from **9.30am-1.30pm**
And **Thursday** evening from **7pm-10pm**

What will the phoneline offer?

- A listening ear
- Understanding
- No judgement
- Support
- Information and signposting
- Care and Empathy



Who is the phoneline for?

Parents and carers of children with any additional needs whether the child has an official diagnosis or not

Tel: 07486 873405



facebook.com/SwindonSENDfamiliesvoice



our **VOICES** are **BETTER** **TOGETHER**

Brighter days
are coming



Swindon
Safe Space

The LGBTQ+
Domestic Abuse
Safe Space for Swindon

Contact us now if you need:

- Somewhere **safe to live**
- Practical and emotional **support**
- **1-2-1** coaching to build your self-esteem, enhance your personal safety and develop your own support network
- Help and advice on housing and finances

For more details or to refer yourself or someone else, please contact us at safespace@stonewater.org

You can also find further advice about hate crime, sexual violence or domestic abuse from **Galop**, an LGBTQ+ anti-violence charity
www.galop.org.uk

Managed by Stonewater.
A non-profit housing organisation
www.stonewater.org



Support Groups For LGBTQ PEOPLE OVER 50

Join our friendly, supportive group for 50+ lesbian, gay, bisexual, trans and queer people to share your experiences, learn from each other and give and receive support.

SAFETY
CONNECTING
AGEING TIME
HEARING
FAMILY
TALKING
SOCIAL
ALONE
ABLE
SUPPORT
STIGMA
SADNESS
COMPANY
OPTIMISM
PEACE
FEELING BETTER
COPING
WELLBEING
SUICIDE
OLDER
DEPRESSION
ANXIETY
LEARNING
LISTENING
HEALTH
ISOLATION
WORRIED
RECOVERY
SHARING
FUTURE
LIFE



LGBTQ mental health service

Registered Charity
No 1140098

- Welcoming and supportive groups for 50+ LGBTQ people to talk about mental health and wellbeing
- MindOut services are confidential, non-judgemental and free
- Provided by and for LGBTQ people

For more information email info@mindout.org.uk
or phone **01273 234 839** or see www.mindout.org.uk

0300 330 0630

CHAT IS AVAILABLE ON OUR WEBSITE OR BY PHONE

LGBTQ+

SAFE SPACE SAFE SPACE

SWITCHBOARD.LGBT

 **Switchboard**
LGBT+ helpline

**Do you need information or support
on dealing with gender diversity?**

i Mermaidsuk.org.uk

t 0808 801 0400

**Come
SAY
Hello**



Or you can help Mermaids by donating:
Simply scan the QR code to the left
to be taken directly our donations page.



Charity Number: 1160575

We are here to Embrace, Empower & Educate.

Mermaids is a charity supporting gender diverse and transgender children, young people, their families and professionals.



Mermaids_Gender



MermaidsGender



MermaidsGender

WORK IT OUT

Juggling work and your mental health

Many people deal with anxiety, depression and stress at work. Join our friendly, supportive group for Lesbians, Gay, Bisexual and Trans people to talk about your experiences, talk about how you manage and find out what can help.



**mind
OUT**

LGB&T mental health project

MindOut groups are facilitated by experienced LGB&T group workers, are confidential, non-judgemental and free.

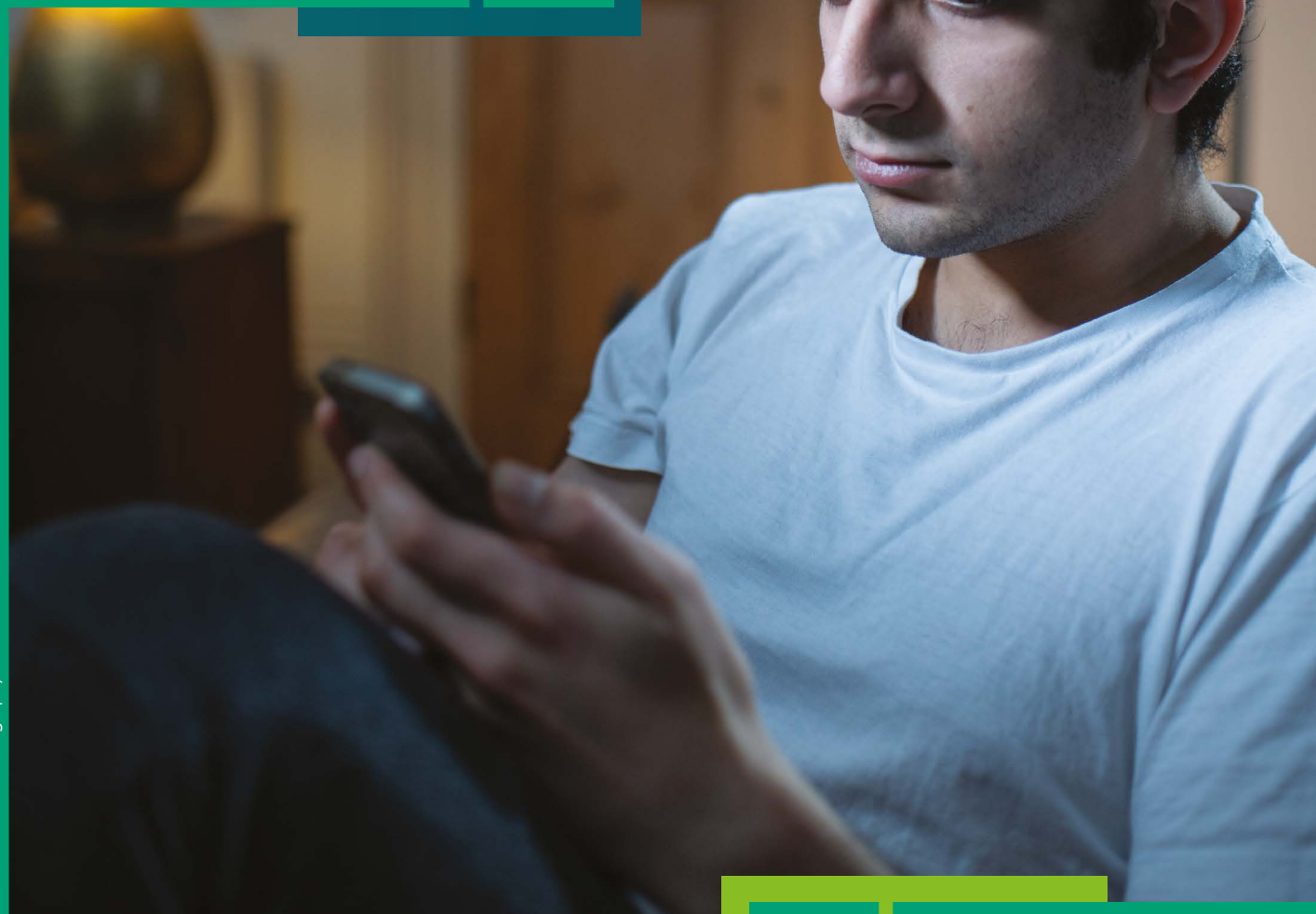
For more information email **info@mindout.org.uk**

or phone **01273 234 839**

or see **www.mindout.org.uk**

SAMARITANS

Day or night
We're here
when life's
difficult



If life's hard right now,
we're here to listen so you
don't have to face it alone.

samaritans.org/swindon

A registered charity

Call free day or night on

116 123

Email
jo@samaritans.org

• TIPS TO PROMOTE •

Gender Equality

IN THE CLASSROOM

Use gender-neutral language when referring to children, e.g. instead of saying, 'Choose a boy' say, 'Choose a friend'.

Avoid stereotyping children, e.g. boys are noisy and loud, girls are calm and sweet.

Monitor your own interactions with the children. We tend to comfort girls more and send boys on their way earlier.

Jumble together all the dress-ups, toys, games, blocks, etc. so all genders have an equal opportunity to use the equipment.

Children may come to school with traditional ideas about gender, e.g. if a child says, 'Marnie can't play. This is a boy's game.' Use the 'teachable moment' and unpack the comment.

Provide a wide range of diverse stories about the genders in non-stereotyped roles. If such books are limited, change 'he' to 'she' so girls have a leadership role.

When reading books where the tiger or bear is often a 'him' and the butterfly or bird is a 'she', change the gender around. Alternatively, use the gender-neutral term, 'they'.

Hold a parent night to unpack the school's gender-equality policy.

Ask children to draw a fire-fighter, police officer and nurse. Invite a female fire-fighter and police officer, and a male nurse into the classroom. Have them talk about their jobs and unpack the children's drawings and expectations about the visitors.

Always use non-gender specific terms when referring to occupations, e.g. chairperson, flight attendant.

Devise a school gender-equality policy that promotes gender-neutral language and encourages non-traditional gender roles and activities.

Try not to assign classroom tasks that traditionally relate to a specific gender, e.g. boys moving desks, girls tidying up the home corner.

Be inclusive of a child who identifies as another gender to the one they were assigned at birth. Refer to the child in the gender they prefer. Your modelling of how this child is included and referred to will be paramount to the attitudes of the other children and their families.



For more information go to:
www.e2epublishing.info

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LGBTQIA+ SOCIAL GROUP

Sober • Safe • Inclusive

Everyone
welcome!

3rd Saturday of the month
10.30am to 12.30

Upstairs at Swindon Hub
The Parade (by Wilco)

For more information, join us on
Facebook: search for Swindon
LGBT+ Social Group
or email info@swindonhub.org.uk

USEFUL LINKS

Transgender Support

Mermaids
Gender-diverse kids, young people and
their families
<https://mermaidsuk.org.uk>

Swindon TG Group
The Swindon local Transgendersupport group
<https://swindon-tg-group.yolasite.com>

Trans Unite
Find a Transgender Support Group Near You
<https://www.transunite.co.uk>

Gendered Intelligence
Understanding gender diversity in creative
ways including KA-POW (Knowledge is Power)
is a new on-line resource from GI for young
Trans and variant people
<http://genderedintelligence.co.uk>

Binding
Using a binder to reduce the apparent size
of breasts
<https://genderkit.org.uk/article/binding/>

Young People

Out of the Can Plus LGBTQIA+ Youth Group
This is a well established group with lots of
young people (aged 12-19).
www.outofthecan.org/

It Gets Better
Project created to inspire hope for young
people facing harassment
<https://itgetsbetter.org/>

ChildLine
A free, private and confidential service
for anyone under 19 years old, whether
its something big or small, our trained
counsellors are here to support you
www.childline.org.uk/

The Albert Kennedy Trust
Supports LGBT homeless young people in
crisis
www.akt.org.uk/

Swindon Trailblazer
An early help mental health service for
children and young people between the ages
of 5-19 years within Swindon
[www.barnardos.org.uk/what-we-do/services/
swindon-trailblazer](http://www.barnardos.org.uk/what-we-do/services/swindon-trailblazer)

USEFUL LINKS

Education

Schools Out

For Schools, Teachers and Students offer training, resources, news and links to make our schools safe and inclusive for everyone.
<http://www.schools-out.org.uk/>

Diversity Trust

Provides equality, diversity and inclusion training and consultancy.
<https://www.diversitytrust.org.uk/>

Stonewall

Campaigns for equality of Lesbian, Gay, Bisexual and Trans people.
<https://www.stonewall.org.uk/>

MyUmbrella LGBT+

A voluntary-led project of Reading Pride to raise awareness of the lesser-known identities across the sexuality, gender, romantic and fetish spectrum's collectively known as LGBT+.
<https://www.myumbrella.org.uk/>

Pronouns A guide from GLSEN

This guide is created to help anyone learn how to use people's correct pronouns.
<https://www.glsen.org/activity/pronouns-guide-glsen>

Stonewall Young Futures

a hub for all young lesbian, gay, bi, trans, queer, questioning and ace (LGBTQ+) people thinking about their next steps.
<https://www.stonewall.org.uk/young-futures>

LGBTQIA+ Social Groups

Gay outdoor club

Our main focus is the monthly program of walks and a very active Bristol based cycling group.
<https://www.goc.org.uk/>

Swindon TG Group

The Swindon local Transgender support group.
<https://swindon-tg-group.yolasite.com/>

Swindon or Wiltshire LGBTQIA+ social groups

Out of the Can Plus LGBTQIA+ Youth Group
This is a well established group with lots of young people (aged 12-19).
<http://outofthecan.org/>

Gay outdoor club

Monthly program of walks
<https://www.goc.org.uk/groups/wiltshire-gloucestershire-north-somerset/>

Salisbury LGBT+ social

People in Salisbury and surrounding areas wanting to meet up and socialise in a coffee shops or pubs etc
https://www.meetup.com/Salisbury-LGBT-Social-Meet-Up-Group/?_cookie-check=d_UvZbYEkZJc9RfK

USEFUL LINKS

BAME

Imaan

The UK's leading LGBTQ Muslim charity
<https://imaanlondon.wordpress.com/>

Inclusivity

Supporting BAME Trans People booklet
<https://www.gires.org.uk/inclusivity-supporting-bame-trans-people/>

RCASU

Black-led LGBTQIA organisations to know about
<https://www.rcasu.org.uk/>

Older People

Age UK

Advice and support for older LGBT people
<https://www.ageuk.org.uk/information-advice/health-wellbeing/relationships-family/lgbt/>

LGBT Age

Welcoming LGBT people aged 50 and over
<https://www.lgbthealth.org.uk/services-support/older-people-support/>

Disabled and LGBTQ

Regard

Regard is a national organisation that supports people who are disabled and lesbians, gay, bisexual, transgender or queer (LGBTQ).
<http://regard.org.uk/>

Sexual health

Terrence Higgins Trust

A British charity that campaigns about and provides services relating to HIV and sexual health.

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

Swindon Sexual Health Clinic

They offer a drop-in service and also offer free emergency contraception, condoms and Chlamydia self-test kits from selected local pharmacies.
<https://www.swindonsexualhealth.nhs.uk/clinics/>

Sexual health for lesbian & bisexual women

Women who have sex with other women can pass on or get STIs. Know how to protect yourself.
<https://www.nhs.uk/live-well/sexual-health/sexual-health-for-lesbian-and-bisexual-women/>

Living with HIV and Aids

As well as taking HIV treatment, there are many things you can do to improve your general health and reduce your risk of falling ill.
<https://www.nhs.uk/conditions/hiv-and-aids/living-with/>

LGBT health and wellbeing

Sexual health resources and information
<https://www.lgbthealth.org.uk/services-support/lgbt-health-sexual-and-general-health/>

Sexual health for trans & non-binary people

How you can manage risks and maintain good sexual health, and feel good about your sex life.
<https://www.tht.org.uk/hiv-and-sexual-health/sexual-health/trans-people>

USEFUL LINKS

LGBTQIA+ Support

Wiltshire Police
Report a hate crime.

<https://www.wiltshire.police.uk/ro/report/ocr/af/how-to-report-a-crime/>

LGBT Switchboard

A place for calm words when you need them most.

<https://switchboard.lgbt/>

Stonewater

provides quality homes and services for people in housing who need

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

FFLAG

Supporting parents and families and their LGBTQ+ members.

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

It's all about your wellbeing

Wellbeing resources for LGBTQIA+ people in SW England

<https://www.itsallaboutyouwellbeing.com/>

Queer menopause

A place to find inclusive menopause resources.

<https://www.queermenopause.com/resources>

Swindon Domestic Abuse Support Service

Support for all genders 24/7 365 days of the year with specialist LGBT support.

<https://swadomesticabuse.org/>

Helpline 01793 610610

Queer Parenting Partnership

LGBTQIA+ antenatal and postnatal education.

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

First Light

The Swindon & Wiltshire Sexual Assault Referral Centre is the first point of contact for people who have experienced rape and serious sexual assault.

<https://www.firstlight.org.uk/swindonwiltshiresarc/>

National LGBT+ Domestic Abuse Helpline

0800 999 5428

LGBT+ Hate Crime Helpline

020 7704 2040

CAN'T
PASS
IT ON

People on effective
HIV treatment **CANNOT**
pass on the virus

FACT

www.tht.org.uk/cantpassiton



Terrence Higgins Trust has been supported by an educational grant from Gilead Sciences Ltd.
Terrence Higgins Trust is a registered charity in England and Wales (reg. no. 288527) and in Scotland (SC039986). Company reg.no. 1778149.

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