

A-Z OF LGBTQ+ RESOURCES

OCTOBER 2024

This document is an A - Z of services and resources available to support schools and Children's Services staff when working with children and young people who identify as LGBTQ+

KEY:

Blue = Direct support to professionals

Amber = Direct support to C&YP

Green = Resource

This resource is designed to support Leeds City Council Children and Families Services Staff, and schools/settings in accessing LGBTQ+ information, resources and agencies to support effective delivery of the PSHE curriculum.

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akt (UK)

akt supports LGBTQ+ young people in the UK who are facing or experiencing homelessness or living in a hostile environment to ensure they have a safe place to live.

ANGELS OF FREEDOM (UK)

This group holds monthly drop-ins at their monthly Wellbeing and Social cafe that exists as a family friendly LGBT+ affirmative provision, usually held on the first Tuesday of each month from 5pm - 9pm. Details of each monthly café are posted on the Facebook page: [Angels of Freedom Leeds](#), Instagram account [Angels of Freedom Leeds](#) and the Twitter account: [Angels of Freedom Leeds](#)

ANNA FREUD (UK) RESOURCE FOR LGBTQ+ YOUNG PEOPLE AND MENTAL HEALTH

The Anna Freud Centre has a resource, [LGBTQI+ Mental Health](#), which explores some important topics in relation to being a member of the LGBTQI+ community. It also provides advice for LGBTQI+ young people on where they can go to get additional support for mental health problems, should they arise.

BARCA-Leeds

Barca-Leeds is a community charity we work with young people in West Leeds to ensure their voices are heard and that they have somewhere to go and something to do in their community. We strive to create group sessions and 1-1 support for LGBTQ+ young people based on what they are asking for, where they feel safe to be themselves, to talk about the issues impacting on their lives and where they can take part in activities they enjoy as well as new activities they would not otherwise do.

You can find out more about what Barca does on our website www.barca-leeds.org, Facebook page <https://www.facebook.com/barcaleedsfb/> or X [@barca-Leeds CYP](#)

Barnados - Positive Identities Service

The Barnardo's Positive Identities Service works with children, young people and families and provides support with gender identity and sexuality. They run different areas of support, with their main one being Gender Space. Gender Space supports children and young people who identify as trans, non-binary, or are gender questioning. They also support their families too and have a dedicated Parent/Carer group.

They also offer LGBTQ+ training and consultancy (called Safe Zone) to schools, professionals and organisations who work with children and young people.

ChatHealth (Leeds)

A confidential text service for 11-19-year-olds to ask health questions. They can text a 0-19 Specialist Public Health Nurse on 07520 619 750 for health support and advice on a range of health issues. They will receive real-time advice (between 8.30am-4.30pm, Monday - Friday) on health issues such as sexual health, emotional health, and wellbeing, bullying, healthy eating and general health concerns.

COLOURS YOUTH NETWORK

Colours Youth Network uplifts, supports and empowers young people of colour who are lesbian, gay, bisexual, trans, queer, intersex (QTIPOC) aged 16-25, to explore and celebrate who they are through meaningful connections to other young people and a team of experienced QTIPOC youth workers.

DIAL HOUSE (LEEDS)

Dial House is a place of sanctuary open 6pm-2am every Monday, Wednesday, Friday, Saturday, and Sunday evenings (when other services are closed). Visitors can access Dial House when they are in crisis, relax in a homely environment and have an hour of one-to-one support from the team of Crisis Support Workers. Young people aged 16yrsplus can access support.

DIVERSITY ROLE MODELS (UK)

[Diversity Role Models](#) is a charitable organisation that create safe spaces where young people can explore difference and consider their role in creating a world where we all feel accepted. They offer student workshops that feature LGBTQ+ or ally role models who speak openly about their lived experiences, building young people's empathy so they can understand the (often unintended) impact of their language and actions. They also supplement this by training school governors, staff, and parents/carers.

Educational Psychologists (Leeds)

Educational Psychologists support the inclusion and development of children and young people aged 0-25, with a particular focus on SEND and vulnerable groups. They apply psychological theory to real life contexts to support organisations, schools, families, and children/young people themselves. Their role involves using applied psychology and knowledge of education to support and inform a rich understanding of the needs of children and young people. They will use a variety of consultation, assessment, and problem-solving approaches, to achieve this.

FFLAG

FFLAG is a national voluntary organisation and registered charity, dedicated to supporting parents and families and their LGBT+ members. They offer support to local parents groups and contacts in their efforts to help parents and families understand, accept and support their lesbian, gay, bisexual and transgender members with love and pride. FFLAG volunteers are parents of lesbian, gay, bisexual or trans children supported by other volunteers.

GALOP (UK)

Galop is the UK's LGBT+ anti-abuse charity. They work with and for LGBT+ victims and survivors of interpersonal abuse and violence. They also provide free, confidential, and independent [support for LGBT+ young people.](#)

GENDERED INTELLIGENCE 8-25 YOUTH GROUP (YORKSHIRE)

This is a group for trans, non-binary, gender variant and questioning people aged 8 - 25. The group runs on the 1st Wednesday of every month from 6pm-8pm at Yorkshire MESMAC. It is part of a national community interest group with the mission of increasing understanding of gender variance. They also offer swimming groups for a range of groups. Please see their website for details. They can also offer training to schools and resources too. Contact: youthwork@genderedintelligence.co.uk

HIDAYAH UK

Hidayah provides support and welfare for LGBTQI+ Muslims and promotes social justice and education about their community to counter discrimination, prejudice and injustice. They are a mix of practising and non-practising Muslims. As an inclusive organisation, they do not exclude anyone, and warmly welcome friends, families, and allies to all of their events.

JAZZ JENNINGS READS "I AM JAZZ" - YOUTUBE RECORDED READING

This is a recorded reading of "I am Jazz" a book about Jazz who was born with a girl's brain in a boy's body. This confuses her family until they go to see a doctor, who tells them that Jazz was transgender and that she had been born that way by Jessica Herthel and Jazz Jennings.

JUST LIKE US

Just Like Us is a charity that runs initiatives including their [Pride Groups programme](#) supporting schools in running LGBT+ and allies groups at lunchtime and after school. For £99+VAT a year, schools have access to termly online CPD-accredited training for staff and online training for student leaders, along with fortnightly educational resources, competitions and other opportunities to get involved with a community of hundreds of schools across the country.

Their [School Diversity Week programme](#) is a week-long celebration of LGBT+ inclusive education with over 6,000 schools across the UK signed up to take part. There are 100+ free-to-access curriculum lessons, video resources, form times, assemblies and more for every key stage from EYFS to KS5.

Their [School Talks programme](#) offers talks to secondary schools and colleges from their relatable 18-25 year old LGBT+ ambassadors either online or in-person. They focus on the personal stories of their ambassadors growing up LGBT+ to be role models for your pupils, as well as information on LGBT+ topics and terminology. Talks are £100+VAT per session.

[Find out more on their website.](#)

KOOTH (UK)

Kooth is a transformational digital mental health support service. It gives children and young people easy access to an online community of peers and a team of experienced counsellors. Leeds has commissioned Kooth to support children and young people across the city. Anyone aged 10-18 can access the service and looked after children up to 25 can also access this service in Leeds.

LEEDS CITY COUNCIL ONE MINUTE GUIDE: WORKING WITH BI YOUNG PEOPLE

This is part of a series of One Minute Guides produced by Leeds City Council.

LEEDS CITY COUNCIL ONE MINUTE GUIDE: WORKING WITH LESBIAN AND GAY YOUNG PEOPLE

This is part of a series of One Minute Guides produced by Leeds City Council.

LEEDS CITY COUNCIL ONE MINUTE GUIDE: WORKING WITH TRANS YOUNG PEOPLE

This is part of a series of One Minute Guides produced by Leeds City Council.

LEEDS MIND

Leeds Mind offer many services, including counselling, group therapy, social support, peer support, social prescribing, employment support, suicide bereavement support, and mental health training. Their award-winning service [THRU](#) is a peer support group work for young people aged between 14 and 25 for up to 6 months. They have a weekly support group for 14 - 17yrs and two weekly groups for 18 - 25yrs.

LEEDS UNIVERSITY LGBTQ+ NETWORK: GUIDE TO LEEDS

A useful list of support and social spaces for all our LGBTQ+ members, including top tips from some current students. While content is aimed at people aged 18yrs+ there are useful additional resources.

LGBTQ+ VOICES (UK)

This is a free resource by The British Army that helps students build upon their understanding of the LGBTQ+ community, including trans rights. The LGBTQ+ Voices aligns to the Gatsby Benchmarks for good careers education, creating a space for discussion of careers and workplaces through curriculum learning.

LGBTQ+ YOUTH IN CARE

The LGBTQ+ youth in care network is a group of LGBTQ+ care leavers, local authorities, care organisations, residential care providers, independent fostering agencies, supported accommodation providers and any other organisation providing support for LGBTQ+ young people in care and care leavers that strive to make their services fully inclusive to LGBTQ+ people. They meet on a quarterly basis (digitally) and create manageable actions to build a better care system for LGBTQ+ people.

LEEDS MINDMATE FRIENDLY & LESSONS

The MindMate lessons are a modern social, emotional, and mental health curriculum for KS1-4. All PowerPoints and lesson plans are editable. There is an accompanying guidance document for delivering the lessons, and focus modules on the following topics:

- Mindfulness
- Disordered Eating
- Self-Harm
- Resilience
- Bereavement
- Domestic Abuse
- Anti-Stigma

LEEDS YOUTH ALLIANCE

Leeds Youth Alliance is a partnership of 10 youth led charities delivering a range of youth work sessions across the city. We are here to support young people to Learn, plan, create, play, have fun, get active and make friends. We have a number of sessions across East, South and West Leeds.

Getaway Girls, LS14 Trust, CFYDC, The Youth Association, Cardigan Centre, New Wortley Community centre, Hamara, RE:Establish, LsTen and Barca are all part of the Alliance and you can speak to each charity individually about what they deliver.

MADE IN GOD'S IMAGE (UK)

A resource by the Catholic Education Service to support those working in the Catholic educational sector to help challenge homophobic and biphobic bullying in our schools.

[MINDMATE.ORG.UK](https://www.mindmate.org.uk) (LEEDS)

MindMate is a website brought to you on behalf of NHS Leeds Clinical Commissioning Group and was developed in consultation with children and young people across Leeds. The website is designed to help young people better understand their health and wellbeing.

[MY HEALTH MY SCHOOL SURVEY](https://www.leeds.gov.uk/my-health-my-school) (LEEDS)

The My Health, My School survey is a pupil perception survey that asks children and young people (CYP) in years 3, 4, 5, 6, 7, 9 & 11, (as well as separate surveys for Post 16 and SEND provisions) a number of questions to generate vital information on their health and wellbeing.

The data provided can allow us to tailor interventions to improve the data and the lives of CYP for the future. The survey comprises of a range of questions on the eight themes:

- All About Me (demographics)
- Healthy Eating
- Physical Activity and Sport
- PE in School
- Drugs, Alcohol and Tobacco
- Social, Emotional and Mental Health (SEMH)
- Sexual Health
- My School/College

[NIGHT OWLS](https://www.leeds.gov.uk/night-owls) (LEEDS)

Night OWLS is a confidential support line, 8pm-8am every night for all children, young people, and parents/carers in West Yorkshire - Bradford, Calderdale, Kirklees, Leeds, and Wakefield.

OUT 2 18 (LEEDS)

The 'Out 2 18' and 'Transtastic' youth groups support young people aged 13-18 who identify as LGBT+. The groups are supported by staff from the Youth Offer City Centre team are currently being delivered as one group from West Leeds Activity Centre on Thursday evenings 5:30-7:30pm.

The groups provide a safe and non-judgemental space for LGBT+ young people to be themselves and receive support and advice on a range of issues including how to look after yourself, being safe and positive mental health as well as learning about LGBT+ events and celebrations and taking part in activities including some outdoor activities to improve confidence and self esteem.

For more information please get in touch: Call or Text the workers who support the group Beth on 07891 273132 or Sam 07712 214421, alternatively you can email youth.service@leeds.gov.uk or call our admin team on 0113 378 6840 who will be happy to pass a message onto the team and someone will call you back.

POLICY SUPPORT (LEEDS)

If you have a Service Level Agreement with the Health & Wellbeing Service, a consultant can support you draft or rewrite your policy. Email schoolwellbeing@leeds.gov.uk for more details.

PROUD CONNECTIONS - THE PROUD TRUST (UK)

Proud Connections is The Proud Trust's programme of bespoke support for LGBT+ young people and adults who support them. The service has a live chat function to provide online support for LGBT+ young people and the adults in their lives.

RSHE CURRICULUM TRAINING (LEEDS)

The Health & Wellbeing Service provide training around the RSHE Curriculum. Check Schoolwellbeing for any upcoming dates: <https://www.schoolwellbeing.co.uk/events>

SAFE ZONE (LEEDS)

Safe Zone is a crisis service for young people aged 11-17 in Leeds. It is staffed by experienced youth workers and counsellors from Leeds Survivor Led Crisis Service who can offer around 45 minutes of emotional and practical support. Safe Zone is available two evenings a week: Wednesdays and Thursdays from 4 - 10pm at two different locations across Leeds.

The School Health Check (Healthy Schools - Leeds)

The School Health check aligns with statutory guidance to help you audit your school's provision around Physical Activity, SEMH, Healthy Eating and PSHE, creating an action plan for any changes needed.

SCHOOL MINDMATE AMBASSADOR TOOLKIT (LEEDS)

The School MindMate Ambassadors Toolkit is a new resource for pupils to ensure good peer to peer SEMH support in schools. It has been created by Space2, with the Health and Wellbeing Service and pilot schools, and there is pupil training from the Health & Wellbeing Service to go alongside it. It has been designed to do alongside the MindMate lessons and MindMate Champion model, and it supports pupil voice and participation.

The toolkit provides comprehensive guidance and resources that encourage and empower pupils to take a proactive role in improving social, emotional and mental health within their schools. School MindMate Ambassadors will become role models and advocates who champion positive attitudes and behaviours and will lead by example and help to improve the social, emotional, and mental health and wellbeing of the whole school.

SCHOOL WELLBEING WEBSITE (LEEDS)

The School Wellbeing website collates useful resources for schools across a variety of topics including pupil voice, participation and sustainability, physical activity, healthy eating and social, emotional & mental health (SEMH).

STARS TEAM (LEEDS)

STARS are a team of autism specialists who offer advice and training to mainstream settings. They work in early year's settings, primary and secondary schools.

STONEWALL (UK)

Stonewall is a national organisation that promotes equality for LGBTQ+ people. They offer a broad range of support and training.

STOP HATE CRIME

Stop Hate UK is a leading anti-hate and anti-discrimination organisation for corporate, statutory, and community sectors. Today, they operate the UK's only free dedicated 24-hour anti-Hate Crime reporting service for all monitored strands of a person's identity or perceived identity (Disability, Race, Faith/Religion/Belief, Sexual Orientation, and Transgender identity, as well as Alternative Subculture and Gender/Misogyny).

THE ALPHABET COLLECTIVE

A supportive space for LGBTQIA+ people aged 18 - 25 in Leeds. They meet weekly to socialise, celebrate identity and explore creativity. They also meet to skate once a month at LS-TEN.

For more information, contact Hannah and Katie on the details below for a chat:
07493 925074
alph.collective@gmail.com

NHS SERVICES FOR CHILDREN AND YOUNG PEOPLE WITH GENDER INCONGRUENCE

New services are currently being established, for further details, please visit:
<https://www.leedsandyorkpft.nhs.uk/our-services/gender-identity-service/>

TEEN CONNECT (LEEDS)

Teen Connect is a helpline for 11-18-year-olds living in the Leeds area. They offer up to an hour of support either by phone or online chat. Young people can have up to an hour with one of their trained staff each night to talk about what they're going through.

THE HANGOUT (LEEDS)

The Seacroft LGBTQ+ Youth Club, The Hangout Youth CIC is a vibrant and inclusive community space dedicated to supporting LGBTQ+ youth aged 11-16. The club provides a safe and welcoming environment where young people can express themselves freely and build lasting friendships. They offer a variety of engaging activities, including exciting trips to local attractions, interactive workshops on diverse topics, and personalized one-on-one mentoring sessions. Their aim is to empower and uplift members, fostering a sense of belonging and confidence. Contact: admin@thehangoutleeds.org.

THE WELLBEING OF LGBTQ+ PUPILS: A GUIDE FOR ORTHODOX JEWISH SCHOOLS

This document from the Office of the Chief Rabbi is aimed at school leaders, and sets out how they should provide for the welfare of LGBT+ students.

THIS IS ME (11-16) & BE YOURSELF (16-25) (BARCA-LEEDS)

This is Me, running on Tuesdays, 6:30 - 8pm at Manor House in Bramley, West Leeds is a group for 11 - 16 year olds, including 16 year olds.

Be Yourself is a group for 16 - 25 year olds which runs every 2nd Wednesday of the month also at Manor House, Bramley, West Leeds.

When young people want to attend group, a youth worker will speak with them and arrange a 1:1 session and also obtain parental consent. They will then be invited to attend the group sessions.

Sessions explore and celebrating relevant issues within the community such as staying safe, online safety, sexual health, trans awareness, self-care, hate crime and many other topics. The group is focussed on creativity/arts and crafts and creating a safe space for LGBTQ+ young people to express themselves and be authentic.

Contact: mobile : Hannah- tel: 07851 574197, email Amanda- amanda@barca-leeds.org.

VALUING ALL GOD'S CHILDREN

The Church of England Education Office published this guidance: Valuing all God's Children for Church of England Schools on challenging homophobic, biphobic and transphobic bullying

Church schools must do all they can to ensure that all children, particularly those who may identify as, or are perceived to be, gay, lesbian, bisexual or transgender are kept safe and can flourish. This guidance helps schools to offer the Christian message without exception or exclusion, and to challenge homophobic bullying to "offer a safe and welcoming place for all God's children".

VOICE INFLUENCE AND CHANGE TEAM (LEEDS)

The Voice, Influence & Change team provide a range of programmes and projects to encourage children and young people in citizenship, local democracy and decision making. They aim to provide a link between children and young people and their parents and carers with strategic boards and decision makers within the council and beyond.

VOICES AND VIEWPOINTS: PERSPECTIVES ON RELATIONSHIPS, SEX AND HEALTH EDUCATION FROM FAITHS AND BELIEFS

This document supports teachers and others involved in educating children and young people through a selection of personal perspectives on RSE from faith communities in the Kirklees region. It also provides signposting to relevant sources of guidance.

YORKSHIRE MESMAC (YORKSHIRE)

Yorkshire MESMAC is a sexual health organisation with services including counselling and for LGBT young people.

YORKSHIRE MESMAC AND LEEDS GENDER IDENTITY SERVICES (YORKSHIRE)

Yorkshire MESMAC employ a Gender Outreach Worker to engage with people aged 17yrs +. The outreach work includes a range of events, drop-in sessions, group meetings, and one-to-one support sessions for trans and non-binary people. You can find out more here: <http://facebook.com/LeedsGenderOutreachWorkers> to check they are offering this.

YOUTH MENTAL HEALTH FIRST AID (LEEDS)

Youth Mental Health First Aid courses are for everyone who works with, lives with or supports young people aged 8-18. They will teach you the skills and confidence to spot the signs of mental health issues in a young person, offer first aid and guide them towards the support they need. In doing so, you can speed up a young person's recovery and stop a mental health issue from getting worse. The Health & Wellbeing Service delivers this training, email schoolwellbeing@leeds.gov.uk to express an interest in any upcoming events, and see all the Health and Wellbeing Service's training here: [Training & Events | Leeds for Learning](#).

YOUTH SERVICE (LEEDS)

The Youth Service is the term we use to describe the diverse range of Youth Work, sports, arts, and cultural opportunities and activities available to children and young people in Leeds.

The youth service offers two /three groups; two in South Leeds and one Barca West areas. These are confidential groups who aim to work with young people in a brave environment where they can develop their resilience through excellent youth work approach: problem solving, self-awareness and fun activities. However, every week hundreds of these opportunities are publicised social media in the local areas:

EAST Leeds SOUTH Leeds

Facebook [@youthserviceeastnortheast](#)

Instagram [@youthserviceleedsene](#)

Facebook [@youthservice123](#)

Instagram [@youth_service_sse](#)

WEST Leeds

Facebook [@WNWLeedsyouthservice](#)

Instagram [@WNWLeedsyouthservice](#)

WELLBEING HOUR (BARCA- LEEDS)

Emotional and mental health support for young people aged between 13 and 25, in West Leeds, and identify as part of the LGBTQ+ community, who would like the opportunity to meet other young people and make new friends.

They offer 1:1 support through mentoring, up to 12 weeks of counselling support and group workshops to explore the issues that are important to young people.

For more info or to arrange a chat please contact:

counselling@barca-leeds.org

cypreferrals@barca-leeds.org