

**TAKE A LOOK AT OUR 'OUT THERE SERVICES'  
SUPPORTING THE WELLBEING NEEDS OF THOSE  
IDENTIFYING AS LGBTQ+ AND THEIR  
PARENTS/CARERS.**

**FOR INFORMATION ON HOW TO JOIN,  
CONTACT US ON 07585 737482 OR EMAIL  
LGBTQSUPPORT@THELOWDOWNNORTHAMPTON.CO.UK**



**OUT THERE PLUS GROUP – EVERY FRIDAY 7PM–9PM**

For any young person aged **between 18 and 25** who identifies as LGBTQ+. The aim of this group is to provide young people with a safe and relaxing environment to explore their identity and socialise with other LGBTQ people.



**OUT THERE PARENTS AND CARERS SUPPORT**

The Parents and Carers Support Group is for **parents and carers of LGBTQ+ young people** to connect, share experiences and offer and receive support. You can join the group by searching for “Out There Group Parent and Carers Support Network Northamptonshire” on Facebook.



**OUT THERE YOUTH GROUP – EVERY FRIDAY**

**SCHOOL YEAR 7, 8 & 9 : 5:30PM – 7:30PM**

**SCHOOL YEAR 10, 11, 13 & 13 : 7PM – 9PM**

For any young person who identifies as LGBTQ+. The aim of this group is to provide members with a safe and confidential space to socialise, meet like-minded people, discuss issues and participate in lots of fun activities.



**OUT THERE PEN PALS**

Through the Out There Pen Pal Scheme we match up LGBTQ young people (under 18's) with similar interests and encourage them to be creative and build lasting friendships with likeminded people. All letter content is moderated by the Out There Team.



**OUT THERE FAMILY SWIMMING CLUB**

This is a new gender neutral swimming club set up for LGBTQ young people and their families. To sign up or get more information, please contact our LGBTQ Coordinator by emailing [LGBTQsupport@thelowdownnorthampton.co.uk](mailto:LGBTQsupport@thelowdownnorthampton.co.uk)

## ABOUT THE LOWDOWN

the lowdown is a voluntary mental health charity, providing free and confidential counselling, emotional wellbeing, sexual health and LGBTQ support services for 11-25 year olds. We aim to provide a safe and caring atmosphere where all young people are supported on their journey towards positive emotional health and wellbeing.

## ABOUT OUR LGBTQ SERVICES

Our LGBTQ service, Out There, has been supporting young people in Northampton since 2012. We have 3 youth groups supporting the wellbeing needs of those identifying as LGBTQ+. We also have a Parents & Carers group to support those with young people in the LGBTQ+ community. The groups are all overseen by our LGBTQ Coordinator and our Youth Leaders with the aim of providing a safe and caring environment for young people to explore their identity and connect with like-minded people.

*"Out There has helped me make new friends I know I'll have for life and accept myself for who I am and understand my identity more. Everyone at the group is so accommodating and accepting and it's such a safe space to be in."*

Out There Youth Group Member



## CONTACT US

We understand that it may seem difficult to find support. Many young people feel isolated and disconnected from social circles or even families and we want you to know that you are not alone.

### HOW TO JOIN ONE OF OUR GROUPS:

If you would like to join one of our LGBTQ+ groups or you would like some more information, please contact our LGBTQ+ Coordinator by phone or email.

**Call: 07585 737482 Email:**  
**[LGBTQsupport@thelowdownnorthampton.co.uk](mailto:LGBTQsupport@thelowdownnorthampton.co.uk)**

### DO YOU REPRESENT A SCHOOL?

We can provide advice and guidance to schools and colleges looking to set up their own LGBTQ+ group for students. If this is something you're interested in and would like more information, please contact

**[LGBTQsupport@thelowdownnorthampton.co.uk](mailto:LGBTQsupport@thelowdownnorthampton.co.uk)**



# LGBTQ+ SERVICES



Find out what support is available for LGBTQ+ young people in Northampton and the surrounding areas.