

**OUT THERE**  
LGBTQ+ Support  
Northamptonshire

# OUT THERE LGBTQ+ SUPPORT SERVICES

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.



Youth Group for School  
years 7, 8 & 9.  
Every Friday 5:30pm -  
7:30pm



Youth Group for  
School years 10, 11,  
12 & 13. Every Friday  
7pm - 9pm.



Plus Group for 18-  
25 year olds every  
Friday  
7pm - 9pm.



Support and social group  
for parents/carers of  
LGBTQ+ young people  
every 3rd Thursday.



Gender neutral swim  
sessions for young people  
and their families.

For full information on all our LGBTQ+ support services go to [www.thelowdown.info](http://www.thelowdown.info)  
or contact [lgbtqsupport@thelowdownnorthampton.co.uk](mailto:lgbtqsupport@thelowdownnorthampton.co.uk)

New times and  
locations starting  
January 2022

