

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 and has evolved from just one small youth group into six exciting services. 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 likeminded 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.

Are you an LGBTQ+ young person or parent?

If you would like to join one of our LGBTQ+ groups or you would like some more information, please contact our LGBTQ Coordinator by calling on 07585 737482 or by emailing 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

the
lowdown
since 1989 supporting young people

LGBTQ+ SERVICES



Find out what support is available for LGBTQ+ young people in Northampton.



OUT THERE YOUTH GROUP

For any young person aged **between 13 and 20** 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 PLUS GROUP

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 UNDER 13s SUPPORT GROUP

This is a new group designed to give support to **under 13s** who are identifying as LGBTQ and **their parents and carers**. This group is run by our Out There Youth Leaders alongside mentors from our Out There Youth Group.



OUT THERE PEN PALS

Through the Out There Pen Pal Scheme we match up LGBTQ young people 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