



www.norfolklgbtproject.org.uk

10 Cathedral Street, Norwich, Norfolk, NR1 1LX

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Guide



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NORFOLK LGBT+ PROJECT

Guide 2021

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Who we are

About us

Established in 2007, Norfolk LGBT+ Project is the county's only dedicated LGBT+ health and wellbeing service provider, providing early intervention and prevention support, services, and information to all age groups so we can help empower individuals to improve their mental and emotional wellbeing and to reduce social isolation of LGBT+ individuals living in Norfolk and Waveney.

Our vision

To continue providing support, information, and advice to lesbian, gay, bisexual and transgender individuals as well as those questioning their sexuality or gender identity living in Norfolk and Waveney.

Our mission

Norfolk LGBT+ Project's continued mission is to improve the health and wellbeing of LGBT+ people of all ages and communities in Norfolk and Waveney. We want to bring supportive, empowering, and non-judgemental services to people's lives to enable them to improve their wellbeing. We also aim to assist others in providing support to LGBT+ communities through our informative services, educational tools, and resources.

Our services are for the community, by the community, and we champion the importance of local service provision that is informed, effective and compassionate. We hope together we can make a difference, working towards an inclusive society for all those we support and represent.

Our values: CARE – Compassion. Authenticity. Respect. Empathy.

We are a small passionate and dedicated team made up of staff and volunteers whose aim is to continue making a difference in the services that we provide.



How to contact us and find us

Information:	info@norfolklgbtproject.org.uk
Referrals:	referral@norfolklgbtproject.org.uk
Phone:	01603 219299
WhatsApp:	07526635616
Web:	www.norfolklgbtproject.org.uk
Address:	10 Cathedral Street, Norwich, Norfolk, NR1 1LX
 Facebook:	@NorfolkLGBTProject
 Twitter:	@NorfolkLGBT
 Instagram:	@NorfolkLGBTProject

As we work throughout Norfolk and Waveney, we please ask that you call or email us to make an appointment to see us. If we are unable to take your call, please leave your name and number on our answering machine and we will get back to you as soon as we can.

How can we support you?

Our aim is to support you the best way we can, we tailor the support that suits your needs.

zoom

1:1 appointments on line



We can arrange a time that suits us both



07526635616



info@norfolklgbtproject.org.uk



1:1 face to face appointments



Using messenger or Face Time

What is Counselling?

Counselling often has different meanings for different people. The NHS website defines counselling as:

“A talking therapy that involves a trained therapist listening to you and helping you find ways to deal with emotional issues.”

LGBT+



COUNSELLING

What we offer

One-to-one counselling sessions to LGBT+ people and for those who may be questioning and experiencing issues relating to their sexuality or gender identity.

6 or 12 weeks of counselling with a fully qualified counsellor. All our counsellors work within the British Association for Counselling and Psychotherapy (BACP) code of ethics, or an equivalent professional body.

For more information please email
counselling@norfolklgbtproject.org.uk

Financial contribution: All clients are asked to contribute £5 to each session, this must be paid before each session and discussed with their allocated counsellor.

Parental consent – If you are under 18yrs old, we will require parental consent before you start your sessions with your counsellor.

Our counseling service is funded by The National Lottery Community Fund.



Providing free one- to- one support to LGBTQ+ children and young people as well as those questioning their sexuality or gender identity aged 25 and under in Norfolk and Waveney.

Our BLAH LGBTQ+ Youth groups provides facilitated support and social opportunities. The goal of these youth groups is to create a space where you can hang out with other LGBTQ+ young people and make some new friends – all in a safe and respectful environment!

Visit our website and the What's On section for dates of our youth group sessions.

Our aim is to make this support as open and welcoming as possible, therefore our one-to-one support can be accessed face-to-face, email, phone, WhatsApp or via a video call.

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BLAH LGBTQ+ Youth Norfolk and Waveney is part of Norfolk LGBT+ Project.
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Email: info@norfolklgbtproject.org.uk
Phone: 01603 219299
Mobile/WhatsApp: 07526635616



Gender Identity Support Norfolk and Waveney

Offering one-to-one advice, information and support to transgender, non-binary individuals and those questioning their gender identity.

This is open to children, young people and adults in Norfolk and Waveney.
This can be by self-referral or referral from professionals.

Our aim is to make this support as open and welcoming as possible, therefore our one-to-one support can be accessed via face-to-face, email, phone, WhatsApp or via a video call.

Individuals are also welcome to join our monthly drop in groups.

Email: info@norfolklgbtproject.org.uk **Phone:** 01603 219299
Mobile/text/WhatsApp: 07526 635616

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Support group for parents/carers of LGBT+ children
and young people living in Norfolk and Waveney

Do you have a child of any age who identifies as lesbian, gay, bisexual, transgender or questioning?

**Are you wondering how best
to support, and perhaps
advocate, for your child?**

We are here to offer
a safe space for
parents/carers to
find support and to
connect with other
parents/carers.



**Group meets 1st Monday
of each month 6pm – 8pm.**

If you would like to join us in our monthly zoom
to either provide or seek support from other
parents/carers then please email
info@norfolklgbtproject.org.uk for more details.

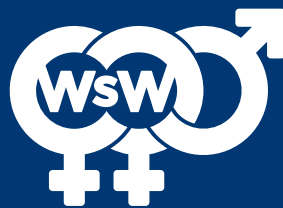
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www.norfolklgbtproject.org.uk
Providing support, information and advice relevant
to the health and wellbeing needs of the LGBT+
community in Norfolk and Waveney since 2007.
Registered Charity No. 1129770



**Women
Supporting
Women**

Norfolk & Waveney



Women Supporting Women is a service for lesbian and bisexual women and those questioning their sexuality. Our service is available to all women inclusive of those who self-identify as female.

Our drop-in group is open the 2nd Saturday of each month between 1pm and 3pm. We are within walking distance from both Norwich train and bus stations.

Please see the calendar on our website for dates.

We also provide support via:

- **Email**
- **Phone**
- **1:1 appointments**

For more information and venue address please contact:

wswnorfolklgbtproject.org.uk

01603 219299

f WsW – Norfolk & Waveney



LGBT+
Multicultural Support

Working with The Abroad Team at Norfolk County Council and Red Cross in supporting LGBT+ individuals from multicultural backgrounds and faiths. To support them with overcoming potential barriers whilst living in Norfolk.

**Email: info@norfolklgbtproject.org.uk
for more information.**



OPEN Access **LGBT+**
Awareness Training

This training is suitable for everyone who wants to learn more about gender and sexuality in a relaxed and non-judgemental space where you are free to ask questions. We want to provide you with tools and the confidence to better support LGBTQ+ individuals. You pay £15 which helps sustain our ongoing charity work.

Session run via Zoom with certificate included after completion.

**Please contact Joe.henson@norfolklgbtproject.org.uk
to register and get your link**



Promoting LGBT+ Inclusivity

We work with you and offer a range of services during our year together focusing on positive inclusion and visibility tailored to suit the needs of your school or college.

Whether you want more information on best practice, advice on tackling bullying, supporting parents, classroom inclusion or staff support, we are here for you.

"When asked in our Norfolk LGBT+ Youth survey – do you consider your place of education to be LGBTQ+ inclusive? 54% participants said not inclusive enough.

"Great advice,
incredibly
helpful"

"Informative,
thought-provoking
and non-
judgemental"

Norfolk LGBT+ Project have been crucial in our school development in supporting our young people within our LGBTQ+ community. Our students and staff have welcomed everything they offer including 1-1 student support and staff training. Highly recommended.

Flegg High Ormiston Academy

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Educating with Pride is part of Norfolk LGBT+ Project services.
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The Educating with Pride Award from the Norfolk LGBT+ Project is an annual service which has been running since 2018, helping schools from KS1-5 across Norfolk and Waveney to achieve a high standard of care supporting LGBTQ+ children and young people, staff, parents, and the wider community.

Our services

- Full staff training in LGBT+ Awareness
- Additional 1:1 support for LGBTQ+ pupils.
- Resources to help educate on gender identity and sexuality in the classroom
- Access to our anti-bullying workshop and support tackling bullying
- Support setting up an LGBTQ+ group
- Peer education programmes
- How to actively make your school a more inclusive learning environment.
- Join our Educating with Pride Norfolk Network.

We offer affordable and accessible community services.

For more information, contact:
info@norfolklgbtproject.org.uk
01603 219299



LGBT+ Awareness Training

Our LGBT+ awareness training courses will help people and agencies to better support LGBT+ individuals.

We develop tailored training sessions to meet the particular needs of your team to help to improve inclusivity on both a personal and organisational level.

The training aims to give you an understanding of:

- The difference between sex, gender and sexual orientation
- LGBT+ terminology
- How to support transgender individuals
- Understanding the effects of LGBT+ discrimination
- Understanding Equality Law
- Practical ways to make your workplace more inclusive
- And much more.....

We also cover specialist topics on request.

For more information please email
Joe.Henson@norfolklgbtproject.org.uk

The training is suitable for those with no knowledge of LGBT+ issues or for those requiring a refresher.

Certificate and Proud Ally badges given on completion of training.

Making a difference together

LGBT+ Inclusivity in the Workplace



Make sure your workplace stands out and proud as LGBT+ inclusive

TRAIN YOUR STAFF IN LGBT+ AWARENESS.

Training is empowering and draws attention to new perspectives. It makes sure your inclusivity spreads throughout your workplace!



RECEIVE FEEDBACK.

Ask the people who know your workplace best for anonymous feedback on how they think you're doing regarding equality and diversity so you know what you are doing well and where to invest in improving.



INCREASE VISIBILITY IN THE WORKPLACE.

Hang up signposting posters to LGBT+ services and use your social media to include positive LGBT+ representation. Make your inclusivity seen.



GET INVOLVED WITH THE COMMUNITY.

Celebrate Pride, IDAHOBIT, National LGBT+ History month, National Coming Out Day and Transgender day of remembrance visibly in your place of work. Use these times to draw attention to and support a variety of LGBT+ community organisations and events.



STOCK UP ON RESOURCES.

Make sure you have accessible guides for staff and service users that explain important topics like where to seek support in LGBT+ friendly terms.



REVIEW YOUR EQUALITIES POLICY.

Is it easy to find? Does it have a clear message for LGBT+ inclusivity? Would you benefit from a specific policy for transgender staff and service users?



JOIN US AND EARN YOUR AWARD!

With our new award scheme, Pride in the Workplace, we will work with you for a year to make sure you have everything you need to support LGBT+ individuals inside and outside the workplace.

We are committed to making a difference in our local community and want to share what we know with you.

For more information contact: info@norfolklgbtproject.org.uk



Bringing us together



91% of UK adults think small moments of connection can make a difference to someone who feels lonely*

The Cuppa Care Bus aims to bring people together and tackle loneliness.

Whether you just want to get out of the house, to meet new people, or chat about something that's worrying you – we have friendly people on hand who can help.

Come on your own or with a friend, you'll be more than welcome to join us for a **cuppa** and a chat!

Resources

You can order any of our resources free of charge directly from www.norfolklivingwell.org.uk



Want to get involved
with your community?

Volunteer with us and make a difference!

CALLING FOR VOLUNTEERS TO HELP
WITH OUR SUPPORT SERVICES.
WE ARE CURRENTLY LOOKING TO
RECRUTE VOLUNTEERS FOR OUR

- BLAH LGBTQ+ Youth groups
- Transgender adults drop-in groups
- Cuppa care – reducing isolation in older LGBT+ people pilot project
- Multicultural LGBT+ group
- Educating with Pride/LGBT+ Awareness training
- Women Supporting Women drop-in group
- Social media officer, marketing officer and fundraising officer

Are you able to identify and sympathise with the challenges that some LGBT+ people face? Maybe you have personal, 'lived' experience, or you have supported a LGBT+ person close to you.

There are so many reasons to volunteer with Norfolk LGBT+ Project. An opportunity to build confidence, gain experience, give time to the LGBT+ community, meet new friends and volunteer in a supportive environment.

All volunteers will be DBS checked and training relevant to their role will be provided.

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If you are interested in any of these roles and would like an application form sending out by email or post, please email info@norfolklgbtproject.org.uk

Ways to support Norfolk LGBT+ Project



TEXT DONATION

One off or a regular donation.
Text **NORFOLKLGBT** to **70085**
to donate £2 or set up a regular
donation.



LOCAL GIVING

Norfolk LGBT+ Project.



SHOP

Visit our website and click on
the DONATE US button.



AMAZON SMILE

Use your same log in details and
choose us as your charity to
donate to each time you shop
with Amazon Smile.

Thank you for supporting your local LGBT+ charity

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