LGBT+ Support for young people aged 11-16 & 16-25

We offer confidential one-to-one and group support providing specialist services to young people on a weekly basis. Weekly group session opening times:

- 11-16 LGBT+ Group - Wednesdays, 4:30pm- 6:30pm
- 16-25 LGBT+ Group - Worksop Out on Wednesday (WOW), Wednesdays, 7pm-9pm

Additional one-to-one appointments are available outside of these session times.

This service provides a safe and non-judgmental place where young LGBT+ people can be themselves, meet new friends, take part in activities and access specialist support, from trained and professionally qualified staff, on a range of issues including:

- Emotional and social support
- Coming out
- Sexual health advice
- Tackling discrimination and hate crime reporting
- Information on LGBT rights and legislation
- Accessing LGBT+ health services
- Support with issues in school and college
- One-to-one counselling or family mediation.

Referrals to all services can be made by professionals working with young people or families of young people. Self-referrals can be made by young people aged over 13.

For confidential information, or to make a referral, please contact:
- 01909 479191
- info@lgbtplusnotts.org.uk
- www.lgbtplusnotts.org.uk

LGBT+ Service Nottinghamshire
The Centre Place
Abbey Street Community Centre
Abbey Street
Worksop
S80 2LA
The LGBT+ Service Nottinghamshire was established by The Centre Place as an addition to the LGBT+ support being provided since 2010 through the Worksop Out on Wednesday (WOW) young LGBT+ service. We offer a range of professional, specialist services for young people aged 11-25 who identify as lesbian, gay, bisexual or trans (LGBT+) or may be questioning their sexual orientation or gender identity.

Trans* service for young people aged 16-25.

Group sessions run on the first Thursday of every month from 6pm-8pm. One-to-one sessions are available by appointment only each week on Tuesday from 4pm-6pm. To book an appointment or make a referral please contact us on 01909 479191 or email info@lgbtplusnotts.org.uk. The one-to-one and group sessions offer a safe and supportive space for young trans people to explore their gender identity, access support and information and meet other young trans people. This service can provide a range of support and information to young trans people including:

- Emotional and social support
- One-to-one counselling or family mediation
- Referrals to the Tavistock and Portman Gender Identity Clinic (GIC) in London - the only clinic in the UK to take patients under the age of 18.
- Information on binders, packing and breast formers
- Deed poll and name changes
- Gender dysphoria
- Medical procedures and surgery
- Coming out
- Transphobia and Hate Crimes and incidents

Parents And Carers Support

We run a parents group on the third Thursday of every month from 6pm-8pm. This group provides a safe space for parents/carers whose children identify as lesbian, gay, bisexual or trans (LGBT+) or may be questioning their sexual orientation or gender identity. The group enables parents/carers to meet and access a range of information or support from qualified and trained staff. The group is open to all parents/carers regardless of the age of their child or children. For more information or to arrange a meeting with a member of staff before attending the group please contact us on 01909 479191 or email info@lgbtplusnotts.org.uk

LGBT+ Counselling Services

Professional one-to-one and family counselling services are available for young people aged 11-25 identifying as LGBT+ or who are questioning their sexual orientation or gender identity. Our qualified counsellors will work with young people individually or as part of a family unit, giving them the opportunity to express feelings, explore and understand difficulties as well as help and support to try and find ways of better managing these. Counselling appointments are available at different venues throughout the Bassetlaw area, but we do not offer counselling sessions within the home. Appointments can be offered at different times and days during the week and limited appointments are available on Saturdays. To self-refer for the LGBT+ counselling service, text LGBT+TALK to 07538 318462.