

LGBTQ+ support in Cambridgeshire and Peterborough during lockdown

Lockdown is proving stressful for many people and for some it's having a negative effect on their mental health. Some people in the LGBTQ+ community might be experiencing this, if for example, you're living in an unsupportive environment, you can't connect with your support network or you feel it's best to keep your head down to avoid confrontation or abuse. Please see support options and information throughout this factsheet.

To help relieve the boredom, anxiety and frustration that can come with lockdown, keeping some sort of routine to your day and/or accessing support might help. If you were accessing support or social groups before lockdown, or you feel like you'd benefit from joining one right now, then many groups are still operating online or by phone.

Being part of a group either to socialise with like minded people or to talk to and get support from someone who understands you, can make a world of difference. LGBTQ+ support and social groups in particular, can be a place of safety, warmth, acceptance and a place to celebrate being yourself, which might be even more important during this time.

Each service or group that offers support or a chance to get together will be operating differently to normal for the time being. Some will have reduced opening hours, some will have less staff, and many will be offering services solely through digital platforms or on the phone. If you already access a support or social group regularly then you will probably have been advised of any changes to the way support is being provided at the moment, but if not, you should be able to check through social media, their website or by giving them a call.

Most importantly, remember that if you are struggling or if you'd simply like to meet other people there are quite a few different events and support available in Cambridgeshire and Peterborough.

◆ What support is available for LGBTQ+ Adults in Cambridgeshire and Peterborough?

◇ **Meetup:** Is a service used to organize online groups that host in-person events for people with similar interests. Anyone can join or organise a group event. Visit the [website](#) or take a look and find the [Cambridge LGBTQ+ meetup group](#) which has a range of online events. Below are just some of the events that are happening:

◇ **Interact@Dhiverse :** A support and social group for gay and bisexual men and men who have sex with men. Meetings now taking place via Zoom (**next meeting on the 14th May**). You could head over to the [Dhiverse website](#) to find out more or email enquiries@dhiverse.org.uk , call **01233 508805** or check out our [Facebook](#) and [Twitter](#).

Interact can also support you on a one to one basis. If you're not keen on attending a group or if you'd like to discuss something of a sensitive or confidential nature with our Interact support worker, please get in touch as above. One to one support is currently provided by phone, video call or email.

◇ **Queer Coffee:** Coffee meetups are happening weekly via Zoom (a Social networking platform which uses video call). **Saturdays 13:00-14:00**. Sign up to Queer Coffee via the [meetup page](#). Organised by Encompass Network.

◇ **Encompass Network:** LGBTQ+ online community support

LGBTQ+ support in Cambridgeshire and Peterborough during lockdown (cont)

- ◇ **Sing Out Cambridge**: A wonderful choir experience for the LGBTQ+ community from the comfort of your own home! Meetings are held via Zoom every **Monday 19:00 – 20:30**. Email cambslgbtchoir@gmail.com
- ◇ **Diamonds**: a friendly and informal transgender support and social group based in Cambridge, open to anyone with an interest in transgender issues. These meeting are now taking place via Zoom.
- ◇ **LGBT Mature**: Support and friendship group for LGBTQ+ **people over the age of 50 – Weekly meetings** being held over Zoom, enquire on their [Facebook](#) Organised by **Encompass Network**
- ◇ **Dot Cotton Club**: Cambridge's well known **LGBTQ+ club night** going live! Join the [Facebook group](#) for a **Saturday night** party once a month.
- ◆ **What support is available for LGBTQ+ Young People in Cambridgeshire and Peterborough**
- ◇ **The Kite Trust** : Offers support to LGBTQ+ young people and those who are unsure of their sexual orientation or gender identity. The Kite Trust offers 1:1 support to young people as well as groups. During lockdown, The Kite Trust is continuing to offer its support services digitally, via email, telephone and video calling. It is very important to keep up regular contact with your youth worker if you feel you need it! If you have never been supported by The Kite Trust before but would like to be, contact them via info@thekitetrust.org.uk
- ◇ **The Proud Trust** – is a 16 –25's Social Group held in Peterborough which is continuing to offer support to LGBTQ+ young people via online services. Take a look at their website and maybe join their weekly groups.
- ◆ **Other Useful Links and Information**
- ◇ **Queers in Shorts**: Hosting discussions on short films.
- ◇ **Peccadillo Sofa Club**: Social support.
- ◇ **Condoms**: If you're struggling to access condoms at the moment, Diverse can provide them for you by post and free of charge. Contact us through our [social media](#), [website](#) or enquiries@dhiverse.org.uk
- ◇ **Counselling**: If you're struggling with your sexual health, your relationship, sexual trauma, HIV, sexual identity, sexual orientation, gender identity and you think counselling would help, [Diverse offers a free counselling service](#). If you would like to discuss your situation with our counsellor call **01223 508805** . Please note that counselling sessions are currently being provided by telephone or video call.
- ◇ **Mermaids**: Helping gender-diverse kids, young people and their families
- ◇ **National LGBTQ+ Domestic Abuse Helpline – 0800 999 5428**
- ◇ **Diverse Factsheet: [‘Domestic Abuse and what to do if you don't feel safe at home during the pandemic’](#)**