

## **LGBT Provision for Lewisham residents, workers and learners**

### **Activities/Services**

#### ***Lewisham based (LGBT centric)***

##### **Jacky's Jukebox @ The Rivoli Ballroom**

Jacky Logan - 07715 421349 - [jacky@jackysjukebox.co.uk](mailto:jacky@jackysjukebox.co.uk) - [www.jackysjukebox.co.uk/](http://www.jackysjukebox.co.uk/)

First Saturday of the month, 7.30pm-12.00am, Rivoli Ballroom, 350 Brockley Road, SE4 2BY

Featuring different styles of dancing including Salsa, Ballroom, Latin, Country, 70's line dances, Old time and Argentinean Tango

##### **The Magic Theatre @ The Rivoli Ballroom**

[www.magic-theatre.co.uk](http://www.magic-theatre.co.uk)

Costume ball for people of all gender identities. See the website for the next date. Rivoli Ballroom, 350 Brockley Road, London SE4 2BY

##### **TAGS - Swimming**

Every Friday 8.30-10.00pm, Glass Mill Leisure Centre, 41 Loampit Vale, Lewisham SE13 7FT

London Transgender and Gender non-conforming swimming group

##### **TransPals**

[www.transpals.org.uk](http://www.transpals.org.uk)

Every Friday 8.00pm, The Café, Glass Mill Leisure Centre, 41 Loampit Vale, Lewisham SE13 7FT

Social and support group for transgender people across South London

##### **LB Lewisham LGBT Forum**

[lgbt@lewisham.gov.uk](mailto:lgbt@lewisham.gov.uk)

Provides a platform for employees to share ideas and best practice and support each other in order to improve working life across the organisation. Also provides support and advice on workplace issues (e.g. bullying, mentoring, etc.)

#### ***Lewisham based (complementary services, not LGBT centric)***

##### **Africa Advocacy Foundation**

76 Elmer Road, Catford SE6 2ER - [www.africadvocacy.org](http://www.africadvocacy.org) - 020 8698 4473

Information, advice and support for disadvantaged people

Including Sexual Health services for African men who have sex with men, HIV advice, counselling and testing, female genital mutilation support group and women's mental health group

##### **HIV Peer Support Group**

Wednesday, 4.00-6.00pm @ 76 Elmer Road, Catford SE6 2ER

Friday, 4.00-7.00pm @ 170 New Cross Road, London SE14 5AE

##### **HIV services at Lewisham Hospital**

You can refer yourself to this service by emailing [Lh.alexiscclinic@nhs.net](mailto:Lh.alexiscclinic@nhs.net) or calling 020 3192 6752. You can also get a referral from any healthcare professional.

Every Monday, Tuesday, Thursday & Friday 9am - 5pm and  
Wednesdays 1pm - 5pm

The Alexis Clinic is Lewisham Hospital's centre for treating outpatients and inpatients with HIV (aged 16+) in a confidential, comprehensive and patient-centred manner

Alexis Clinic, 2nd Floor, Pink Zone, Lewisham Hospital, High Street,  
Lewisham, London SE13 6LH

***London based (LGBT centric)***

**METRO Zest**

020 8305 5004 – [www.metrocentreonline.org](http://www.metrocentreonline.org) - [youth@metrocharity.org.uk](mailto:youth@metrocharity.org.uk)

Friday 4.30-6.30pm – 141 Greenwich High Road, London SE10 8JA

For under 16s from Bexley, Bromley, Greenwich or Lewisham, Zest has a great space to chill-out, socialise and meet other young (LGBTQ) people and take part in a number of fun and rewarding activities and trips chosen by its group members.

**METRO Live**

020 8305 5004 – [www.metrocentreonline.org](http://www.metrocentreonline.org) - [youth@metrocharity.org.uk](mailto:youth@metrocharity.org.uk)

Friday 7.00-9.00pm – 141 Greenwich High Road, London SE10 8JA

For young people aged 16-25 from Lewisham. You can meet other young people, take part in workshops, projects, and get support on any personal or practical matter

**METRO Fifty Plus**

020 8305 5000 - [www.metrocentreonline.org](http://www.metrocentreonline.org) – [norman@metrocharity.org.uk](mailto:norman@metrocharity.org.uk)

Last Tuesday of the month, 2.00-4.00pm - 141 Greenwich High Road,  
London SE10 8JA

Social and support group for the over 50's

**TAGS - Body Positive Yoga**

Every Wednesday 8.00-9.00pm - Greenwich West Community and Arts  
Centre, 141 Greenwich High Road, London, SE10 8JA

Yoga in a supportive, spiritual environment for all

**The Pink Jukebox**

<http://www.pinkjukebox.co.uk/>

The Pink Jukebox is a Ballroom and Latin dance club for members of the LGBT community and their friends; the 2<sup>nd</sup> and 4<sup>th</sup> Sunday of each month at La Cantina, 4 Wild Court, London WC2B 4AU.

**Opening Doors London**

[www.openingdoorslondon.org.uk](http://www.openingdoorslondon.org.uk)

Befriending service, socials and signposting for older LGBT people

**4.4.3 Support and Resources**

***Lewisham based (LGBT centric)***

**LGBT Liaison Officer for Lewisham Police**

PC Susan Hailes - [LGBT-PL@met.police.uk](mailto:LGBT-PL@met.police.uk) 07872 677947

Please contact for advice or to report an LGBT hate incident/crime.

There are drop in events as follows;

**Coffee Afternoon** (1<sup>st</sup> Thursday of the month) - 2-5pm, Costa Coffee, 99-105 Rushey Green, Catford SE6 4AF

**Early Evening Coffee** (2<sup>nd</sup> Wednesday of the month) - 6-8pm, The Green Man 355 Bromley Road, London SE6 2RP

And the Lewisham LGBT Liaison Officers can be followed online for details of more events [www.facebook.com/lewisham.lgbtofficers](http://www.facebook.com/lewisham.lgbtofficers)

***Lewisham based (complementary services, not LGBT specific)***

**Reporting Hate Crime**

You can report hate crime anonymously and quickly via the Lewisham Council website here: <http://bit.ly/1EKj4mV>

**Third Party reporting of hate crime**

You can see a list of (non-police) third party hate crime reporting sites for Lewisham via the Lewisham Council website here: <http://bit.ly/1e554yA>

**Athena**

0800 1124052 - [www.refuge.org.uk/athena](http://www.refuge.org.uk/athena)

Domestic violence advice and support for women and girls aged 13 and over, or men aged 16 and over, including LGBT living in Lewisham borough.

**Bromley and Lewisham Mind**

0203 228 0760 - [lewishamcss@blmind.org.uk](mailto:lewishamcss@blmind.org.uk) - [www.blmind.org.uk](http://www.blmind.org.uk)

Support for people with mental health issues.

Services include peer support groups, information, advice, advocacy, courses, volunteering and assistance accessing other services and opportunities.

Adults over 18 can be referred to Mind from their GP, voluntary or community organisations such as Community Mental Health teams, or if you are already receiving support from your GP you can contact them direct.

**IAPT Lewisham**

For coping strategies and assistance with low self esteem, panic attacks, anxiety, sleep problems, stress, phobias, obsessive compulsive disorder, low mood, experience of a traumatic event, loss and grief and depression due to unemployment or relationship problems.

You can self refer online to IAPT via:

<https://slam-iapt.nhs.uk/lewisham/welcome-to-iapt-lewisham/>

***London based (LGBT centric)***

**The Metro Centre**

020 8305 5000 - [www.metrocentreonline.org](http://www.metrocentreonline.org) - 141 Greenwich High Road, London SE10 8JA

Offer a wide range of services from social groups to advocacy and support for victims of hate incidents or crimes, mental health support and counselling as well as a mental health drop-in group, social drop-ins, HIV support, sexual health counselling and testing, free condoms, African services, liaison with police/housing/colleges and schools.

**Metro Juice**

Fred 020 8305 5009 - [www.metrocentreonline.org](http://www.metrocentreonline.org) – [juice@metrocharity.org.uk](mailto:juice@metrocharity.org.uk)

METRO's free and confidential alcohol advice and counseling service for young people, aged 11-25, who identify as LGBT or may be questioning their sexual or gender identity and who live in the South East London area.

**LGBT Jigsaw**

[www.lgbtjigsaw.net](http://www.lgbtjigsaw.net)

A one-stop-shop for young LGBT people across London who are homeless or having trouble at home.

**Planet London**

Listings and events for lesbian and bisexual women in London [www.planet-london.com](http://www.planet-london.com)

**London Friend**

<http://londonfriend.org.uk>

Counseling and support around issues such as same-sex relationships, sexual and gender identity and promoting personal growth and self-confidence. Home to Antidote - the UK's only LGB&T drug and alcohol service. Social groups providing a safe space to meet and socialise as an alternative to the bar and club scene.

**Mermaids**

[www.mermaidsuk.org.uk](http://www.mermaidsuk.org.uk)

Mermaids is a support group to help children, teenagers and their families to deal with gender identity issues

**Albert Kennedy Trust**

For homeless LGBT youth aged 16 to 25. 020 7831 6562 [www.akt.org.uk](http://www.akt.org.uk)

**GALOP**

Advice and support for homo/bi/transphobia, sexual abuse, domestic violence or abuse, police issues or criminal justice questions, advocacy with organisations such as councils. [www.galop.org.uk](http://www.galop.org.uk) – 0207 704 2040 - [info@galop.org.uk](mailto:info@galop.org.uk)

**Sola**

Survivors of Lesbian Partnership Abuse 0207 328 7389 (ask for SOLA)

**PACE**

LGBT mental health charity - offers free LGBT domestic abuse counselling to people who have been victims of domestic abuse [www.pacehealth.org.uk](http://www.pacehealth.org.uk)

***Nationally based (LGBT centric)***

**Stonewall**

Information and campaigning for LGBT rights [advice@stonewall.org.uk](mailto:advice@stonewall.org.uk) - [www.stonewall.org.uk](http://www.stonewall.org.uk)

**Stonewall Housing**

Specialist LGBT housing advice and support provider 020 7359 6242 - [info@stonewallhousing.org](mailto:info@stonewallhousing.org)

**Broken Rainbow**

LGBT specific domestic abuse charity - 0300 999 5428. (Also has a transgender specific service on Tuesdays from 1 to 5pm)

[www.brokenrainbow.org.uk](http://www.brokenrainbow.org.uk)

**Switchboard, the LGBT+ helpline**

<http://switchboard.lgbt>

Information, support and referral service for lesbians, gay men, bisexual and trans people and anyone who needs to consider issues around their sexuality

**The Gender Trust**

<http://gendertrust.org.uk>

The Gender Trust is a listening ear, a caring support and an information centre for anyone with any question or problem concerning their gender identity, or whose loved one is struggling with gender identity issues.

**The Beaumont Society**

[www.beaumontsociety.org.uk](http://www.beaumontsociety.org.uk)

A national self help body run by and for the transgender community

**FFLAG**

Supporting the friends and families of lesbians, bisexuals and gay men

[info@fflag.org.uk](mailto:info@fflag.org.uk) - 0845 652 0311

***Internationally based (LGBT centric)*****It gets better**

[www.itgetsbetter.org](http://www.itgetsbetter.org)

The project was created to show young LGBT people the levels of happiness, potential, and positivity their lives will reach – if they can just get through their teen years.

**What's in your closet**

[www.whatsinyourcloset.co.uk](http://www.whatsinyourcloset.co.uk)

A resource pack for LGBT young people who are coming out or have done so, and their parents, families, teachers and youth workers.