

# LGBTQ+ Support Organisations

## Cambs based –

### **Kite Trust**

Support for LGBTQ+ young people up to the age of 25 and their families across Cambridgeshire and Peterborough. Plus social groups, activities and resources.  
01223 369508

[info@thekitetrust.org.uk](mailto:info@thekitetrust.org.uk)  
[www.thekitetrust.org](http://www.thekitetrust.org)

### **Sister Act**

A Cambridgeshire-based LGBTQ group for women who like women, embracing cis, trans and non-binary people. Open to all women within the LGBT+ community. Offering groups, meet ups and regular events (in non Covid times)

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

### **Dhiverse**

Dhiverse is the Cambridgeshire and Peterborough sexual health charity that was originally established in 1986 by a group of friends concerned at the lack of information and support around HIV/AIDS available locally.

It also runs a counselling service is for anyone (including young people) where issues around e.g. sexual health, sexuality, sexual identity, sexual relationships, sexual trauma or HIV are affecting their mental health and wellbeing

01223 508805  
[enquiries@dhiverse.org.uk](mailto:enquiries@dhiverse.org.uk)  
[www.dhiverse.org.uk](http://www.dhiverse.org.uk)

### **Encompass Network Cambridge**

Not-for-profit organisation linking, supporting and representing the LGBTQ+ community in Cambridgeshire and surrounding areas, working to promote equality and diversity and eliminate discrimination.

01223 608 118  
[info@encompassnetwork.org.uk](mailto:info@encompassnetwork.org.uk)  
[www.encompassnetwork.org.uk](http://www.encompassnetwork.org.uk)

### **Cambridge LGBT+ Group**

Social events including choir, coffee group, men's group, women's group, trans and non-binary group. Outside of the pandemic also organises queer beers and queer coffee. Also other groups can promote their events e.g. climbing group, queers in shorts (LGBT themed short cinema films).

[www.meetup.com/Cambridge-Gay-Group](http://www.meetup.com/Cambridge-Gay-Group)

## **Diamonds**

Friendly and informal transgender and non-binary support and social group based in Cambridge and open to anyone with an interest in transgender issues.

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

## **Terrence Higgins Trust**

Terrence Higgins Trust in Cambridgeshire offers a wide range of support services, including emotional support, help with accessing HIV testing, treatment advice and counselling.

0808 802 1221 free, confidential helpline, Mon-Fri 10am-8pm

<https://www.tht.org.uk/centres-and-services/cambridgeshire>

## **iCaSH (integrated contraception & sexual health)**

### **Cambridgeshire**

Runs sexual health clinics offering contraception, treatment for sexually transmitted infections, HIV care and treatment or related advice.

0300 300 3030

<https://www.icash.nhs.uk/where-to-go/icash-cambridgeshire>

## **National –**

### **Stonewall**

Campaigns for the equality of lesbian, gay, bi and trans people across Britain and abroad.

Information Service FREEPHONE 0800 0502020, lines are open 9:30 - 4:30 Mon to Fri (answerphone available outside these hours)

[info@stonewall.org.uk](mailto:info@stonewall.org.uk)

<https://www.stonewall.org.uk/>

### **Mermaids**

Mermaids supports gender-diverse children and young people until their 20th birthday, as well as their families and professionals involved in their care.

0808 801 0400 helpline open Monday to Friday 9am-9pm

<https://mermaidsuk.org.uk> webchat 9am to 9pm Monday to Friday

Text chat free 24/7 crisis support - text MERMAIDS to 85258

### **Childline**

Childline helps anyone under 19 in the UK with any issue they're going through. You can talk about anything and can contact a counsellor for free. Its website has information and advice for young people about sexuality, gender ID, coming out, bullying and hate crime and discrimination.

0800 1111

<https://www.childline.org.uk/>

## Help for your wellbeing and mental health

Switchboard - The LGBT+ helpline

0300 330 0630, open 10am–10pm every day.

[chris@switchboard.lgbt](mailto:chris@switchboard.lgbt)

<https://switchboard.lgbt> (Online chat is also available through the homepage)

### MindLine Trans+

A national, confidential emotional, mental health support helpline for people who identify as Transgender, Agender, Gender Fluid, Non-binary. currently running Mondays and Fridays 8pm to midnight.

0300 330 5468

<https://bristolmind.org.uk/help-and-counselling/mindline-transplus/>

### MindOut

Lesbian, Gay, Bisexual, Trans & Queer Mental Health Service –

01273 234839

[info@mindout.org.uk](mailto:info@mindout.org.uk)

<https://mindout.org.uk/>

### Mind

Mental health charity providing provides advice and support to empower anyone experiencing a mental health problem.

0300 123 3393 (9am-6pm, Monday to Friday)

[info@mind.org.uk](mailto:info@mind.org.uk)

<https://www.mind.org.uk>

### Albert Kennedy Trust

A voluntary organisation supporting lesbian, gay, bisexual and transgender young people aged 16-25 who are homeless or living in a hostile environment

[gethelp@akt.org.uk](mailto:gethelp@akt.org.uk)

<https://www.akt.org.uk/>

### Opening Doors

Opening Doors provide activities, events, information and support services, including a befriending service, for LGBTQ+ people over 50.

[info@openingdoors.lgbt](mailto:info@openingdoors.lgbt)

<https://www.openingdoorslondon.org.uk/>

### Loving Me

Domestic abuse service for trans and non-binary people across England.

[WWW.lovingme.uk](http://WWW.lovingme.uk)

[help@lovingme.uk](mailto:help@lovingme.uk)

07902 478958