

THE
PINK
GUIDE TO
CAMBRIDGE
2010

THE LOCAL GUIDE TO SERVICES
FOR THE LGB&T COMMUNITY



Welcome to the second Pink Guide to Cambridge!

This guide is to inform people about services and support available for the lesbian, gay, bisexual and transsexual community living in and around Cambridge City.

Cambridge has a vibrant and diverse community with many local organisations offering a wide range of services to meet the needs of all.

The booklet is divided into sections to help the reader find the information they are after with as much ease as possible. There are links to local LGB&T organisations, other local organisations which could be of use and national LGB&T websites and services. There is also a guide to Cambridge's social scene at the back of the booklet.

This booklet has been funded by Cambridge City Council and has a specific focus on safety for the community which was highlighted as a priority for the LGB&T community in the 'Making your Mark' needs assessment carried out by Encompass Network locally.

As you will see, there is a whole host of organisations who can help support and service the community, but if there is something missing that you would like information or guidance on do get in touch with us via encompassnetwork.org.uk and we will do our best to find it!



Cambridge City Council funds the Pink Guide as part of the Council's commitment to promoting equality and diversity. We are members of Stonewall's Diversity Champions Scheme and are proud to be included in their Workplace Equality Index, showcasing the UK's top 100 employers for lesbian, gay and bisexual staff.

Cambridge City Council has an LGB&T (Lesbian, Gay, Bisexual and Transgender) Staff Support Group, which receives support from our Human Resources

Diversity Adviser. I am pleased to be the Champion for the Group.

The Council has an Equalities Panel, made up of Councillors, members of the public and staff, which also has representation from the LGB&T community. The role of this panel is to help ensure that our services are delivered fairly and without discriminating against any of our residents.

The Pink Guide, produced by Encompass Network, provides a wide range of information on groups and services specifically for the LGB&T community whether residents or visitors to Cambridge city.

I am very pleased to introduce this Guide and I hope that you will find it extremely useful.

A handwritten signature in blue ink that reads "AP Jackson". The signature is fluid and cursive.

Antoinette Jackson
Chief Executive, Cambridge City Council
August 2010

CONTENTS

SERVICES AND SUPPORT

Health	PG 5-6
Safety	PG 6-10
Internet Safety	PG 6
Reporting Hate Crime	PG 7
Domestic Violence	PG 8
Fire safety	PG 9
Social and staff networks	PG 10-13
Young People	PG 13
Older People	PG 14
Faith and Ethnicity	PG 15
Housing	PG 16
Support and advice	PG 17

SOCIAL SCENE PG 19

SPONSORS PG 20

SERVICES AND SUPPORT

HEALTH


Health is more than just not feeling ill – it's about physical, emotional, psychological and social well-being. As LBG&T people, we share the desire for freedom from ill-health, and the need to develop our full potential as individuals. We have a desire to be part of a community, and have a right to high quality health care services to address these needs. Sometimes the stigma and discrimination which still surround sexual and gender identity can make it that little bit more difficult to realise these needs – and we hope that the contacts and support services listed below, and throughout the Pink Guide will be helpful!

Local LBG&T organisations


 **DIVERSE**
The HIV and Sexual Health Charity, was founded in 1986 in Cambridge and since then has developed into one of the leading regional HIV organisations in the UK. DIVERSE works to prevent HIV and promote sexual health, to support people living with HIV, and to challenge the stigma and prejudice which still surrounds HIV and sexual health.

Office B, Dales Brewery
Gwydir Street, Cambridge CB1 2LJ
01223 508805
info@dhiverse.org.uk
www.dhiverse.org.uk

Other local organisations

 Check out the **NHS website** sexualhealthcambs.nhs.uk for:

- 24 hour sexual health hotline
- emergency contraception
- contraception & family planning

 **Centre33** gives free support and information to young people. (*more information in the youth section*).

 **Life Craft**
Life Craft is a Cambridge based self-help organisation run by users and ex-users of mental health services. They provide social contact, weekly group activities and support, counselling, information, a website, quarterly newsletter and opportunities for work.

01223 566957
www.lifecraft.org.uk

 **Alzheimer's Society: Talking Point**

An online forum, offering support for lesbian and gay people with dementia and their carers.

<http://forum.alzheimers.org.uk>

 **Cruse** (Cambridge)
Providing help for anyone who has been bereaved.
01223 302662
www.cambridgecruse.org.uk/



Drinksense (Cambridge)

Providing education, treatment, prevention and support for people with alcohol related problems, their relatives, carers and others affected by someone's drinking behaviour.

01223 350599
www.drinksense.org

SAMARITANS Cambridge Samaritans

Cambridge Samaritans exists to provide confidential emotional support to people in distress or despair in the city and surrounding area. You can phone us (24 hours on the national number), or visit the branch. Usual hours open to receive callers are 10.30am- 10.00pm. Facilities for visitors with disabilities include flat access to centre and disabled WC.

08457 909090

National LGB&T websites & organisations

Gay Men's Health Charity

www.gmfa.org.uk

Terrence Higgins Trust

The leading and largest HIV and sexual health charity in the UK.

www.tht.org.uk

www.healthwithpride.nhs.uk

www.pacehealth.org.uk

SAFETY

Internet safety

The internet can be a great way to meet people but there are some golden rules you need to stick to to make sure you stay safe.

SAFE Staying safe involves being careful and not giving out your name, address, mobile phone no, school name or

password to people online.

MEETING someone you have contacted in cyberspace can be dangerous. Only do so with your parent's/carer's permission, and only when they can be present.

ACCEPTING e-mails or opening files from people you don't really know or trust can get you into trouble - they may contain viruses or nasty messages.

RELIABILITY someone online maybe lying about who they are, and information you find on the Internet may not be reliable.

TELL your parent/ carer or a good friend if someone or something makes you feel uncomfortable or worried.

The main thing to remember is to never give out the following information to people you don't know:

- age
- name
- address
- mobile/phone number
- where you work or the name of your school
- pictures of yourself
- bank details

For more info on using the internet and internet safety go to:

www.thinkuknow.co.uk

www.internetsafetyzone.co.uk

If you do decide to meet up with someone in person you can make it a safer experience if you:

- tell someone where you are going and who you are meeting.
- have a number in your speed dial for someone who could help you if things go wrong.
- have a codeword which you share with the person you tell where you are, so that they know if things are not good and can come rescue you!

- always meet in a public place and somewhere you know!
- check out and know your times for buses, trains and metro so you can make a sharp exit if need be.
- make sure you feel able to say "no"

to anything and able to say "I want to leave" before you go to meet them, if you're not able to stand up for yourself you are putting yourself in a vulnerable position.

- remember that meeting up with people can be fun and great friendships can form, you just have to make sure that you are safe!

Reporting hate crime

Cambridge is a wonderful and diverse city with a strong lesbian, gay, bisexual, and transgender community. However each year some people may experience homophobia or homophobic Hate Crime. Hate Crime takes many forms including verbal and physical abuse, bullying, harassment, assault and damage to property. Victims of these crimes might

not tell anyone because they feel they won't be taken seriously or that they should be able to cope on their own. Stonewall research recently revealed that *"Only a quarter of hate crimes and incidents are reported to the police. Seven in 10 victims report the incident to no one."*

But talking about what has happened and getting the right support during or after a bad experience is crucial for rebuilding confidence and self-esteem.

A local support scheme called **Open Out** was set up in 2001 to help the victims of Hate Crime. As a confidential third party reporting scheme, people can talk anonymously over the phone or in person. **Open Out** also helps people who wish to make a report to the police or who have already reported to them.

Don't Suffer in Silence!
 REPORT IT!

"Homophobic Hate Crime is any criminal offence that is motivated by hostility or prejudice based on the victim's sexuality"

Getting support

If you or someone you know might have been affected by Hate Crime, don't suffer in silence. You are not alone and there are organisations that can help.

The Police:

Call **0345 456 456 4** or **999** in an emergency.

In Cambridgeshire there is a team of specially trained police officers who support victims of Hate Crime. To speak to someone from this team ask for the **Community Cohesion Unit** when you call the non-emergency number.



Open Out

Open Out is a third party reporting scheme that offers support, advice and information to the victims and witnesses of Hate Crime. It has been helping people in Cambridgeshire since 2001 when it was set up following the tragic death of Steven Lawrence.

Call them on [01223 823552](tel:01223823552) or visit the site: www.openoutcambs.org

Domestic violence



Broken Rainbow

Research shows at least 1 in 4 LGBT people experience domestic violence. Yet, most think in terms of domestic violence experienced by heterosexual women. They forget that LGBT people live in the same world and experience similar domestic violence.

Formed in 2004, Broken Rainbow's lesbian, gay, bisexual and transgender (LGBT) domestic violence service (UK) is the first organisation dedicated to confronting and eliminating domestic violence within and against the LGBT communities.

Broken Rainbow is dedicated to raising awareness and offering help and support to members of the LGBT community whose lives have been affected by domestic violence. We are committed to challenging discrimination and practices which exclude LGBT people from accessing services, and seeking help around domestic violence.

The National LGBT Broken Rainbow Domestic Violence Helpline provides support for LGBT people experiencing domestic violence to talk in confidence to a member of the LGBT community.

The Helpline provides listening, information and safety planning advice to those experiencing domestic violence. Through this we can empower and improve the situation of LGBT people experiencing domestic violence, their families and friends.

We also offer agencies information and advice around supporting LGBT people. We provide training and support to other domestic violence services such as local authorities, probation services, social services, LGBT liaison officers and the police. We advise, campaign, lobby, research, raise awareness and deliver services relating to same sex domestic violence.

Domestic violence can manifest in any of the following ways:

PHYSICAL any behaviour that leads to physical injury such as spitting, punching, kicking, slapping or pushing.

SEXUAL any unwanted sexual behaviour or assault.

PSYCHOLOGICAL using threats causing mental or emotional anguish or humiliation. Verbal or nonverbal conduct such as 'the silent treatment'. Threats to 'out' you or disparaging remarks around gender identity for transgender people.

FINANCIAL withholding money, coercion to borrow money such as loans in your name, and running up debt.

There is a common misconception that domestic violence does not occur in a same sex relationship. With around 6 million LGBT people living in the UK, our marginalised community faces a serious struggle for recognition by mainstream domestic violence service providers.

Our experience and research shows that 38% of young lesbians and gay men experience domestic violence from family members because of their sexuality, while

22% of lesbians and 29% of gay men experience domestic violence. Recent research indicates that 41% of females and 35% of males reported experience of same sex abuse. The report also indicates that fewer than 20% will report any incident to statutory agencies.

The shocking fact is that most survivors do not report incidents to the authorities for fear of being misunderstood and discriminated against. There is a misconception that any abuse within a same sex relationship is mutual and that the option to leave that relationship is greater. This is not the case. It is also much harder to identify the victim/survivor and perpetrator due to gender and other stereotypes about people's physical presentation.

LGBT people often feel unprotected by the law, which often does not consider the real need to take LGBT issues into account. There is a reinforced fear of homophobia and further victimisation and, consequently, a lack of appropriate services. There is clear demand for a tailor made LGBT counselling service for people experiencing domestic violence.

Broken Rainbow aims to address this in our society through raising awareness, providing training and developing works with appropriate authorities and front line services such as the police. Broken Rainbow helps to increase the quality and levels of communication between the police and our callers, ensuring they remain fully informed of any developments in their cases.

Our helpline is run by trained LGBT people to support LGBT people's experience of domestic violence. We can: help build a safety plan; discuss housing options; give general information about legal rights; tell you about local support services; discuss making a police report; provide

confidential listening support; or we can just listen.

Helpline: [0300 999 5428](tel:03009995428)

Mon-Fri 2-8pm, Wed 10am-1pm

Thurs 2-8pm

www.broken-rainbow.org.uk

Fire Safety



The Fire & Rescue Service takes safety seriously.

We do this by responding to incidents 24 hours a day, 7 days a week, but above all by helping the people of Cambridgeshire stay safe in their everyday life. Global campaigns to encourage households to install a fire alarm and test it regularly have already proved efficient at reducing fires and saving lives. Who walks into a home today, and doesn't expect to find the familiar white box on the ceiling?

Because we feel this isn't enough, and we know we can build on the public's trust, we are also looking closer at the needs of the people we serve, and giving them the information and help they really need. This means building links with specific groups, and understanding why, where and when they are at risk. Then, we are able to deliver dedicated, effective support: children of school age will come and meet us during **Megadrive** events, when we can demonstrate how to stay safe on the road.

We are also very active reaching out to the elder part of the community, offering advice on how to keep a safe home.

One of our latest successes has been the **Student Ambassador Scheme**. College students volunteer to become Ambassadors, and work with our crew and Community Safety Officers to spread the message about being safe on campus.

LGBT people deserve the same respect and attention. You may be out and proud, or in the closet, or anywhere in the middle, we still want you to feel you can make that 999 call. Hopefully it will never come to that, and for most of you it won't, but for the moment, let's talk - we've got a lot to learn from each other!

Want to know more?

Visit www.cambsfire.gov.uk for fire safety advice, and to request your **free Home Safety Check** (including free smoke alarm!), or come and visit us at the Fire Station on Parkside.

If you're a group, you can even ask one of our Community Safety Officers to come and see you.

Local Organisations

women's aid **Cambridge**
until women & children are safe **Women's Aid**

Cambridge Women's Aid is a charity working to end domestic violence against women and children

Refuge: Mon-Fri 9.30am-6pm
01223 460947
refuge@cambridgewa.org.uk

Out of hours emergency: 6pm-9.30am
07730 322098
refuge@cambridgewa.org.uk

Outreach and floating support:
Tue-Thu 10am-5pm
01223 361214
refuge@cambridgewa.org.uk

victim support **Victim Support**
A national charity giving free and

confidential help to victims of crime, witnesses, their family, friends and anyone else affected across England and Wales

Cambridgeshire: 0845 389 9523
www.victimsupport.org.uk
National Help Line: 0845 30 30 900

National Organisations

Galop

Galop works to prevent and challenge homophobic and transphobic hate crime in Greater London. They reduce crimes against lesbian, gay, bisexual and transgender people, and campaign for an improved criminal justice system.

www.galop.org.uk
www.gaysafety.org

Survivors UK

A national Charity providing information, advice and counselling, for men who have been raped or sexually abused.

info@survivorsuk.org

Mankind

ManKind is the UK's leading charity for supporting male victims of abuse.

www.mankind.org.uk
01823 334244

SOCIAL AND STAFF NETWORKS

Cambridge has a long tradition of being an LGBT&T friendly place, and has seen many different LGBT&T groups and networks develop in the city and surrounding area.

These different networks, within public, private and community organisations, have started to work together so that the city's LGBT&T communities have a stronger and louder voice and can support the responses to the legal changes that have raised the profile of LGBT&T issues in employment and in the provision of services. So far the Police, Fire Service, City and County Councils, the **University of Cambridge** and **Encompass Network** have delivered shared events, for example during LGBT&T History Month, in order to make our city better for all.

Local LGB&T Social Networks

ENCOMPASS network Encompass Network run a number of networking events throughout the year. For more information contact:
info@encompassnetwork.org
www.encompassnetwork.org.uk

SisterACT! Sister Act is a group for women who like women in the East Anglia region. We provide a monthly newsletter and hold regular events, including: weekly sports; mums and kids group; summer BBQs; book club; new members' evenings and older members' group for those over the age of 50. Plus a host of other trips and outings including walks, theatre, cinema, pubs and weekend breaks.

All **Sister Act** members can join our email group where you can keep up to date with the latest events, hot news topics and exchange messages with other members. All events are open to members and prospective members.

PO Box 294, Cambridge, CB4 1US
enquiries@sisteract.org
www.sisteract.org

Gay/ Bi Men's Network

(Formally Dimensions)

A gay/bi men's social group, meeting every Saturday 11am to 1pm in Huntingdon.

011223 508805
4men@dhiverse.org.uk
www.dhiverse.org.uk/4men



Gay Outdoor Club

The Cambridge group generally walk on the 1st Sunday of each month. A friendly group that welcomes new members.

Find out about our events nationally and also details of how to join the club.

Colin Barker 01763 264145
www.goc.org.uk/groups/cambridge

DIAMONDS Diamonds is a social self-help group, based in Cambridge (UK), for transgendered people, transsexuals, transvestites, cross dressers, their friends and partners. The group holds weekly meetings at a variety of venues and have a Yahoo group - **tg camb** - for daily updates.

diamonds@forward.to
www.tgcambridge.org.uk

Other local organisations:



The Pink Festival

The leading regional LGBT&T festival! Check out the Facebook page - **Pink Festival** - to meet other Pink hearted people in the region.

www.pinkfestival.com

Cambience

Cambience is a social mailing list for bisexuals and bi-friendly people in the Cambridge area.

www.chiark.greenend.org.uk/mailman/listinfo/cambience

National LGB&T Networks, Organisations and Events

Lesbian dating, lesbian chat, lesbian community network.

www.thepinksofa.co.uk

Gay social networking
www.outeverywhere.com

Leading social networking community for gay professionals.

www.villagedrinks.co.uk

Online social and business gay network for gay professional men.

www.circa-club.com

Original network for gay professional women.

www.citypink.co.uk

Your local area information guide for the lesbian and bisexual women's community.

www.gingerbeer.co.uk

UK's national Bisexual Convention.

www.bicon.org.uk

For female-to-male transgender & transsexual people.

www.ftm.org.uk

Social networking and support for TG people.

www.gendersociety.com

GENDYS

GENDYS is a network for all who have encountered gender identity problems personally, transsexuals, transgendered people and gender dysphoric people of either sex, and for those who provide care, both professional and lay.

www.gender.org.uk/gendys

Local staff networks

Cambridge City Council

For network information please contact:

equalities.in_sp@cambridge.gov.uk



Cambridge University

The Lesbian, Gay, Bisexual and Trans Staff Network provides a focus for the University of Cambridge's LGB&T staff community.

The Network is open to all staff members within the University, including Departments, Faculties, Colleges, and affiliated institutions.

Staff can sign up to our email list: <https://lists.cam.ac.uk/mailman/listinfo/ucam-lgbt-staff>.

The Network is also on Facebook. Search for **LGBT Staff Network, University of Cambridge**. Postgraduate students and staff at other organisations in the area are very welcome to join this group.

We hold regular socials on the first Wednesday of the month and, once per term, we aim to have a network event, such as a talk or workshop. The Network also helps to co-ordinate events for **LGB&T History Month**.

Cambridgeshire County Council

If you work for Cambridgeshire County Council you may be interested in joining the staff network. You can join without having to come out at work. If you're interested in social events, having a voice, contributing to policy feel free to join.

mo.eastwood@cambridgeshire.gov.uk

mark.briggs@cambridgeshire.gov.uk

County LGBT Network

A new network of public sector LGBT groups from fire, police, ambulance, district councils, and the university are working together to support better staff networking, share good practice and support the community of LGBT people we all serve. Look out for the network posters in your work place or contact:

Policy officer:

daniel.thorpe@cambridgeshire.gov.uk

LGBT co chair:

mark.briggs@cambridgeshire.gov.uk

Police

The LGBT committee are delighted to be officially launching our new LGBT network. We are looking forward to raising our profile, partnership working and making a positive impact in the community.

For information please email:

lgbt-network@cambs.pnn.police.uk

Fire & Rescue

2010 saw the official creation of Cambridgeshire Fire & Rescue Service's first LGBT network. More and more staff are comfortable being out at work, and with the full support of management, send the signal it is fine to be open about yourself.

The group gathers regularly, as a dedicated meeting space, but also as a more informal social support. Members represent the Service at conferences and workshops, and are usually merrily visible at local events such as **Pride** or the **Pink Festival**.

For information on the staff network please contact: Equality and Diversity

Adviser at HQ, 01480 444537

National LGB&T websites & organisations

Stonewall

Stonewall's **Diversity Champions** programme is Britain's good practice forum in which employers can work with Stonewall, and each other on sexual orientation issues.

www.stonewall.org.uk

A:gender

Support network for transsexual, transgender and intersex in the civil service.

www.agender.org.uk

www.unison.org.uk/out

YOUNG PEOPLE

Local LGB&T



SexYOUality

SexYOUality is a registered charity based in Cambridge and has over 17 years experience of working with lesbian, gay and bisexual young people. We run **2byou**, youth projects supporting lesbian, gay and bisexual young people living in Cambridgeshire. These range from weekly drop in groups, 1-2-1 support, creative arts projects, peer education projects and volunteering opportunities.

A group of fully trained Youth Support Workers and Volunteers offer safe and supportive positive activities for young people to take part in.

We also deliver training and support to local professionals and have a schools service tackling homophobia across Cambridgeshire schools.

To find out more about any of our services please do get in touch.

01223 369508

hello@2byou.org.uk

www.2byou.org.uk

CUSULBGT

Cambridge University Students' Union Lesbian, Bisexual, Gay and Transgender Campaign

The CUSU LBGT Campaign is a group which aims to support the needs of lesbian, bisexual, gay and transgender students at **Cambridge University**.

The Campaign offers help and support for LBGT students, providing support and information on sexual health, coming out and religious issues.

www.cusu-lbgt.com

Other local organisations



Youthoria

Youthoria is the Connexions website for young people in Cambridgeshire.

www.youthoria.org



Centre33

Centre 33 is a local charity that gives free support and information to young people.

We provide a free and confidential in-house Sexual Health Service offering:

- free condoms
- pregnancy testing
- chlamydia testing

No appointments necessary!

Drop-in to the Centre:

33 Clarendon Street, Cambridge CB1 1JX
01223 316488

help@centre33.org.uk

National LGB&T websites & organisations

Queer Youth Alliance

The UK Alliance of LGB&T young people.

www.queeryouth.org.uk

The Gay Youth Corner

A website providing gay teen chat, web forums, advice, resources, information and more.

www.thegyc.com

The website for young gay men

www.ygm.org.uk

Think U Know

Brought to you by the Child Exploitation and Online Protection (CEOP) Centre, it contains loads of information on internet safety and safe surfing for young people.

www.thinkuknow.co.uk

Self-harm

This site is a key information resource for young people who self-harm, their friends and families, and professionals working with them.

www.selfharm.org.uk

Mermaids

A support group for gender variant children and teenagers, and their families.

www.mermaidsuk.org.uk

OLDER PEOPLE

Local LGB&T



Sister Act Over 50+ Group

A networking group for lesbians over the age of 50. They meet on a monthly basis and enjoy a variety of activities including pub lunches, boat trips, visits to tea rooms, museums and more. Plus occasional evening events including film (DVD) evenings at someone's house.

www.sisteract.org

Other local organisations



Alzheimer's Society

Inclusion and diversity is central to the ethos of the Alzheimer's Society. The Alzheimer's Society Help line supports all people with dementia and their carers including people from the LGB&T community. It also provides support, advice and information.

www.alzheimers.org.uk/helpline
0800 300 0336

National LGB&T websites & organisations

Opening doors in Central London

Supporting Older Lesbian, Gay Bisexual and Transgender People in Central London.

n.maxwell@ageconcencamdem.org.uk
www.ageuk.org.uk/health-wellbeing/relationships-and-family/older-lesbian-gay-and-bisexual

LGBT History Month

LGBT History Month's website uncovers and celebrates the lives of LGBT people from the past. Get involved!

www.lgbthistorymonth.org.uk
www.fordham.edu/halsall/pwh/index-int.html People with A History -Online LGBT History

FAITH AND ETHNICITY

Local LGB&T



Quest Cambridge

A Group for Lesbian and Gay Catholics.

01223 872733

cambridge@questgaycatholic.org.uk

Other local organisations

Menter

Regional network for Black / Minority Ethnic (BME) voluntary organisations and communities.

www.mentor.org.uk



Cambridge Inter-Faith Group

www.cam.net.uk/home/interfaith/

National LGB&T websites & organisations

The East of England Faiths Council

www.eefaithscouncil.org.uk

The East of England Faiths Agency

www.eefa.net

Quest for LGBT Christians

www.questgaycatholic.org.uk National

Lesbian and Gay Christian Movement

www.lgcm.org.uk

Young Lesbian and Gay Christians

www.ylgc.org.uk

Changing Attitude

Network of lesbian, gay, bisexual, transgender and heterosexual members of the Church of England.

www.changingattitude.org.uk

Christian Spirituality Group for Transgender People

www.sibyls.co.uk

Imaan

Supports LGBT Muslim people, their families and friends, to address issues of sexual orientation within Islam. It provides a safe space and support network to address issues of common concern through sharing individual experiences and institutional resources.

www.imaan.org.uk

The Safra Project

A resource project working on issues relating to lesbian, bisexual and/or transgender women who identify as Muslim religiously and/or culturally (Muslim LBT women).

www.safraproject.org

The Gay and Lesbian Vaishnava Association

www.galva108.org

Lesbian Meditation

Network for lesbians who meditate or want to learn to meditate.

www.lesbianmeditation.co.uk

Jewish Gay and Lesbian Group

www.jglg.org.uk

Sarbat

Lesbian, Gay, Bisexual and Transgendered (LGBT) Sikhs.

www.sarbat.net

Gay/Lesbian Baha'i Story Project

A celebration of gay and lesbian Baha'is.

www.gaybahai.net

Naz Project London

Provides sexual health and HIV prevention and support services to targeted Black and Minority Ethnic (BME) communities in London.

www.naz.org.uk

Gay Traveller

Resource and information site.

www.lgbtpavee.com

Quakers in Britain

www.quaker.org.uk

UK Lesbian and Gay Immigration Group

<http://uklgig.org.uk>

Gaysia

For gay Asians in UK

www.gaysia.co.uk

GLAS

Gay Arab networking group.

www.glas.org

HOUSING

Local LGB&T



Encompass Network

Information can be found in the support and advice section.

Other local organisations



Castle Project-Richmond fellowship

The Castle Project is a service of the Richmond Fellowship in Cambridge. It provides supported housing for young people and community outreach.

01223 566737

01223 566739 (fax)

castle.project@richmondfellowship.org.uk

www.richmondfellowship.org.uk

Cambridge City Council Housing Department

Mandela House, 4 Regent Street
Cambridge CB2 1BY

01223 457000

www.cambridge.gov.uk



Jimmy's night shelter

A Cambridge based charity that provides emergency accommodation for those who would otherwise be homeless.

1 East Road, Cambridge CB1 1BD

01223 576 085

www.jimmyscambridge.org.uk/

Winter comfort

A charity that supports those who are homeless or at risk of losing their homes.

Overstream House, Victoria Avenue,
Cambridge CB4 1EG

01223 518140

info@wintercomfort.org.uk

National LGB&T websites & organisations

The Albert Kennedy Trust

Supports LGBT homeless young people in London and Greater Manchester.

www.akt.org.uk

Stonewall Housing

Provides supported housing, advice and advocacy for the lesbian, gay, bisexual and transgender communities in London.

020 7359 6242 (main office)

www.stonewallhousing.org

Shelter

Shelter's website offers advice and support on housing and homelessness. Alternatively, for urgent advice, call their free helpline on 0808 800 4444.

www.shelter.org.uk

SUPPORT AND ADVICE

Local LGB&T

SisterACT! Parenting

Sister Act has a Mums and Kids group.

See Social Network section for more information.

Cambridgeshire County Council Fostering and Adoption Service

0800 052 0078

www.cambridgeshire.gov.uk

Other local organisations

Cambridge Citizens Advice Bureau

0844 848 7979

www.cambridgecab.org.uk

National LGB&T websites & organisations

FFLAG

Website for Friends and Families of Lesbians and Gays.

www.fflag.org.uk

Stonewall

Working for equality and justice for lesbians, gay men and bisexuals.

www.stonewall.org.uk

Gay search engine

www.gaytoz.com

Gay Sport

The website has information on LGBT sports in Europe.

www.gaysport.info

Switchboard

Directory of LGBT switchboards across the UK and worldwide.

www.switchboard.org.uk

Regard

The national organisation of Disabled Lesbians, Gay Men, Bisexuals and Transgendered People.

www.regard.org.uk

Remind you to...

THINK PINK, STAY SAFE

LOOK OUT FOR YOURSELF & OTHERS

S seek help if you have experienced any homophobic abuse

A ct quickly to report hate crime

F eel safe when meeting others over the internet or in public

E nsure the safety of yourself and others

Report Hate Crime, for confidential support visit openoutcambs.org or call 999 in an emergency

For more info on internet safety go to: thinkuknow.co.uk internetsafetyzone.co.uk

Lesbian, gay, bisexual and transgender (LGBT) domestic violence service: broken-rainbow.org.uk



The Bird in the Hand

Local LGB&T Pub in Cambridge
73 Newmarket Road
Cambridge CB5 8EG
[01223 464 845](tel:01223464845)

Vaudeville

The newest, regular monthly city centre weekend gay club night in Cambridge! Leave your politics at the door and GET ON THE DANCE FLOOR!

Soul Tree, Corn Exchange Street
Cambridge CB2 3UK
vaudeville@live.co.uk

Pink Festival

The East of England's largest open air free festival celebrating LGB&T communities.
www.pinkfestival.com

The Junction

Monthly LGB&T night.
[0122 3511 511](tel:01223511511)
www.junction.co.uk

Kamp Tastic

Monthly LGB&T night at Nusha Bar, The Leisure Park, Cambridge.
www.nusha.co.uk

Rendezvous @ Revolution Bar

Tuesdays is LGBT night!
3 Downing Street, Cambridge CB2 3DS
[01223 364 895](tel:01223364895)
[01223 364 895](tel:01223364895)

Salon Rouge

Burlesque inspired night, on the penultimate Saturday of each month at The Junction.

The Junction, Leisure Park, Cambridge

[0122 3511 511](tel:01223511511)
www.junction.co.uk

Corner House

Gay friendly live music venue.
231 Newmarket Road
Cambridge CB5 8JE
[01223 352 047](tel:01223352047)

Regional Scene

The Castle

1 Spitalfields, Norwich NR1 4EY
www.thecastle-pub.com

Betty's

10 Cornhill, Ipswich IP1 1DB
www.myspace.com/bettysgaybar

The Kings Wine Bar

42-42A King Street
Great Yarmouth NR30 2PN
www.kingswinebar.co.uk

Pink Punters

2 Watling Street, Fenny Stratford
Milton Keynes MK2 2BS
www.pinkpunters.com

Chicago Rock Cafe

A Sunday Night out (Not the night name, just is only on on a Sunday!)
Regent Theatre, 6 Moulsham Street
Chelmsford CM2 0HR
www.chicago-rock-cafe.co.uk/chelmsford

Flame

58 Wellington Street, Luton LU1 2QH
www.flame-nightclub.co.uk

ENCOMPASS
network

SUPPORTING
THE LGB&T COMMUNITY

pink festivalTM

CELEBRATING
THE LGB&T COMMUNITY



sexYOUality

EMPOWERING
LGB&T YOUTH ACROSS CAMBRIDGESHIRE

