

Community organisations transitioning to online support:

Research: A lot of other community organisations are having to move their support online. It would be great if we could collate what other organisations are doing so that we can think of ways we could also be adapting. I'm thinking more looking at other communities rather than other trans organisations as we don't want to necessarily repeat work within our community that already exists. Please add the name of the organisation, a link if possible and a brief outline of the activity/service/project/resource. If you have any ideas of your own then please include them!

General consensus:

- All face to face groups/meetings cancelled.
- Group sessions, Q&As, and workshops now achieved via Zoom/Google Hangouts/similar.
- One-to-one sessions available over phone/Skype/email/instant messenger/similar.
- Forums and Social Media pages foster community outside of instant video connection.
- Livestream/Youtube videos posted to share skills, replacing IRL workshops/seminars.
- Helpline hours increased.

Albert Kennedy Trust: ([x](#))

akt supports lgbtq+ young people aged 16-25 in the uk who are facing or experiencing homelessness or living in a hostile environment.

- Avoiding non-urgent face-to-face appointments and conducting all meetings online where possible. Staff can still be contacted as normal.
- List of housing resources available on their site with advice on renting rights and accessing benefits.
- List of mental health resources to provide tips on how to cope with isolation etc.

Allsorts: ([x](#))

Allsorts Youth Project listens to, supports & connects children & young people under 26 who are lesbian, gay, bisexual, trans or unsure (LGBTU) of their sexual orientation and/or gender identity.

- Groups and one-to-one support now transitioning to happen online.
- Updates to be posted on social media over the coming weeks.

Brighton Sexual Health (Clinic-T): ([x](#))

Clinic T is the first trans sexual health clinic in Brighton. The clinic typically runs every month, and all of the services are free and completely confidential, and there are pre-booked and walk-in appointments available.

- All face to face appointments cancelled.

- Free test kits can be [ordered online](#) and mailed out to screen for sexually transmitted infections.

Brigstowe: ([x](#))

Supporting people with HIV/AIDS, and campaigning against discrimination. Their office is now closed and all available support is based online.

- All staff working from home but reachable via email, and meetings are being done via telephone call/FaceTime/WhatsApp/Skype
- Providing website advice on the evidence regarding Covid-19 and people who are HIV positive
- Providing crisis helpline numbers for all its users

Bristol Drugs Project - PRISM: ([x](#))

The LGBT+ arm of the Bristol Drugs Project, providing support to those suffering with addiction and prioritising harm reduction.

- LGBT+ AA and UnityRecovery meetings accessible via Zoom
- Home needle exchange delivery for people isolating or unable to get to a pharmacy

G(end)er Swap CIC: ([x](#))

G(end)er Swap is a UK based LGBTIQ+ clothing outreach initiative and community interest company that supports gender non-conforming individuals to access clothes and community. They create safe(r) spaces for the queer community to access clothes through community pop-ups, bespoke workshops and exhibitions. All face to face events postponed.

- [G\(end\)er Swap n' Shop](#): Facebook page. Exchange clothes, pick up free ones or donate things items. They support postage costs.
- [Instagram Livestreams](#): Tutorials posted on IG Livestream for individuals to learn new skills: eg. how to apply facial hair makeup.
- [Zoom Workshops](#): Similar to their IG livestreams, but more interactive. Users are invited to learn new skills, share tips with others, ask questions and meet people.

Hidayah LGBT: ([x](#))

Hidayah LGBT is a support group for LGBT British muslims, and friends/family members/allies.

- Hidayah already runs a number of virtual services, including WhatsApp support groups for a number of different groups and discussing different themes. They also offer a confidential email service for advice etc., and that is running as normal.
- They have provided members with a 'top tips for staying at home' sheet, which includes media recommendations (movies, podcasts etc. related to Queer Muslim life), mindfulness apps etc.

Jami: ([x](#))

Jami provides mental health services to the Jewish community.

- Online website advice regarding mental health relating specifically to anxiety around the pandemic and issues stemming from isolation.
- Providing food deliveries and door-step chats to ensure essential provisions and human contact are maintained.
- Expanding their telephone befriending service to check in regularly with people self-isolating at home.

Leeds Queer Film Festival: ([x](#))

2020 Festival postponed. Instead of holding physical screenings, they have compiled an [online spreadsheet](#) with links to free 'queer' films for people to access at home.

LGBT Foundation: ([x](#))

Based in Greater Manchester, the LGBT foundation supports LGBT people to increase their skills, knowledge and self-confidence to improve and maintain their health and wellbeing.

[All services will now run remotely:](#)

- Their helpline remains open on 0345 330 3030, Monday to Friday, 10am-6pm. They are hoping to extend their helpline hours during this time.
- Initial intake assessments will now be done over the phone or other platforms such as Zoom or WhatsApp.
- Domestic Abuse Program: This provides 1:1 support either over the phone or via online platforms such as Zoom. If this isn't safe for users, case workers can communicate over email or text. They can also provide safety measures to those who are at risk of domestic abuse and these can be mailed out. Training can still be booked with the Domestic Abuse Co-ordinator either remotely on Zoom, or scheduled for a later date in the year.
- Talking Therapies: Referrals still accepted. Assessments via Zoom or telephone. One to one counselling sessions offered either via phone or online. They are also hoping to offer useful information and links to self-help resources through their social media channels.
- Substance Misuse: Referrals still accepted. One to one sessions offered either via phone or online. They can also provide information on online mutual aid groups (e.g. AA) and SMART recovery. They will also be running harm reduction and outreach awareness campaigns through our social media channels.
- Sexual Health: They will be running a range of exciting online workshops focused on reducing isolation, sexual wellbeing and sexual health, as well as offering free postal condoms and lube.
- Befriending: (Not yet running, but soon) Weekly informal phone calls from a 'befriender' volunteer, offering a friendly chat with someone matched according to interest/needs.
- Pride in Practice: Working with Primary Care Services to support LGBT patients with appointments available via telephone and email. They can also provide additional remote training through Zoom and Microsoft Teams.
- Trans Programme: TransMCR will be hosted online, more details to be posted on Facebook about activities. Trans advocacy appointments now available over the phone and by email.
- Women's Programme: Weekly online sessions on Zoom gather to share skills and tips for managing – recipes, gardening advice, etc. They will also offer webinars on recent research as well as a space for Q&As. They are also filming a series of DIY workshop-style videos, like hanging a shelf or tiling a small space, for Youtube.
- LGBT Foundation Groups: Those that are able to will be recommencing remotely w/c 30th March.

Lunch Positive: ([x](#))

The Lunch Positive lunch club is a peer-led community space for everyone with HIV. They typically have a coffee and lounge area, and a dining area for lunch which is provided every Friday at noon at the Dorset Gardens Methodist Church in Brighton.

- They have a private Facebook Group, a WhatsApp group for members, an online live chat, newsletter, and phone-ins for 1-1 talks and updates, and email.
- They can provide additional cooked food that can be collected from them or delivered to a doorstep.

Metropolitan Community Church Brighton: ([x](#))

A fully inclusive church that welcomes the LGBT community. Technically a Christian church, but everyone regardless of gender, sexuality, race, abilities, beliefs, situation or any other factor, should have full and equal access to a loving God. Anyone is welcome to celebrate.

- [Bible Cafe](#) discussion group online, 7pm, Thursday evenings.
- [Sunday worship](#) now happening online, 7pm, Friday evenings.
- Pastor Andrew Ramage will continue to support the church community, and is available for pastoral support and prayer requests over email or phone.

MindOut: ([x](#))

MindOut is a mental health service run by and for lesbians, gay, bisexual, trans and queer people with experience of mental health issues.

- All groups, peer mentoring and counselling services have ceased face-to-face meetings for the time being. They are planning to run some groups and some counselling online in the coming weeks.
- Online Support: An instant chat function is available till 7:30pm everyday on their website, offering free, confidential, anonymous support from an Online Support Worker.

Oasis UK: ([x](#))

Oasis UK is a charitable foundation that encompasses church, foodbanks, city farms and schools, amongst other things, and is embedded within several communities across the UK.

- Oasis foodbanks are ramping up the drive for donations
- Friendship line phone service - a phone line for anyone in isolation who is feeling lonely, anxious, or worried. Not advice, but a friendly listening ear and someone to chat to.
- Online church gatherings via Facebook Live
- Has published a 'finding calm' leaflet with advice from mental health practitioners

Opening Doors London: ([x](#))

Opening Doors London (ODL) is the biggest charity providing information and support services specifically for Lesbian, Gay, Bisexual and Trans (LGBT+) people **over 50** in the UK. Committed to reducing loneliness and social isolation among older LGBT+ people.

- [Telefriending](#): (Not online, but over the phone) Free weekly phone calls of up to 30-minutes from a volunteer from Opening Doors. The same telefriending volunteer calls each week.

- Currently training volunteers to offer the telefriending service online as well as on the phone, as well as increasing staff capacity to support this transition ([Donation page](#)).

Out to Swim: ([x](#))

OTS is a swimming club for LGBT+ people and allies.

- Online schedule of live-streamed workout sessions, which are also later uploaded to YouTube
- Communal resource bank of activities and exercises to do at home shared amongst members
- Club committee members made available for support
- Small WhatsApp groups set up (alongside existing all-club WhatsApp groups) for people to check in with each other/provide community support

Survivors Network: ([x](#))

Survivors support survivors of sexual violence and abuse in Sussex, offering workshops, support groups, and 1-1 counselling as well as other resources and educational materials.

- All group work currently suspended
- Now offering phone or online appointments instead of face-to-face appointments. This includes Counselling, ISVA and Outreach appointments.
- [Helpline availability increased](#), now Mondays and Wednesdays 12-2pm.

Terrence Higgins Trust: ([x](#))

The Terrence Higgins Trust is the largest voluntary sector provider of HIV and sexual health services in the UK, running services out of local centres across Great Britain.

- [Information page](#) for HIV positive people on how COVID-19 affects them.
- [Online counselling for people living with HIV](#): Individuals living with HIV in the UK and aged 18 or over are eligible for their free online counselling and emotional support service.
- [myHIV forum](#): The myHIV forum is a free, welcoming and safe place to meet other people living with HIV in the UK.
- [THT Direct helpline](#): Call THT Direct on 0808 802 1221 for support, advice and information or email info@tht.org.uk.
- Workout Wednesdays: Post your hot and sweaty photos on Twitter or Instagram and tag us with @THTorguk and #WorkOutWednesdays.
- Offering postal self-test STD kits and free condoms.

The Outside Project: ([x](#))

The Outside Project is a homeless/crisis shelter & LGBTIQ+ Community Centre in response to those within the LGBTIQ+ community who feel endangered, who are homeless, 'hidden' homeless & feel that they are on the outside of services due to historical & present prejudice in society & in their homes.

They've opened up a [virtual community centre](#), with separate virtual spaces that hold as a place to hold zoom meetings:

- [MAIN SPACE](#): Virtual community centre for meetings, socialising and being signposted to other support services based here. Socials 12 noon and 6PM daily.

- [CAFE QUEERO](#): Eating/Cooking space - This space allows users to eat together and smaller meetings. Breakfast: (8:00AM - 11:00AM) Lunch: (12:00PM-3:00PM) Dinner: (5:00PM -8:00PM) Hot chocolate: (10:00PM - Midnight)
- [PARTY SPACE](#): Space for large parties and workshops. 'Live in your Living Room' series, ft. A host, DJs & performers. Every Friday.

The Proud Trust: ([X](#))

The Proud Trust offers youth groups, coordinates national and regional LGBT+ youth work networks, manages the LGBT+ Centre for Manchester, as well as delivering training, running events and campaigns, and undertaking research and creating resources.

- All youth groups and 1-1s (face-to-face contact) are running virtually.
- Their LGBT Centre is closed, and training is being postponed or moving online.
- Group work and 1-1 support facilitated by youth workers will now be running via Google Hangout.