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"Thank you for helping me through what were some extremely tough times – I am in a totally different position than I was six months ago"

Domestic abuse survivor



Where **Queer Hope** & **Joy** Flourish

DOMESTIC ABUSE & SEXUAL VIOLENCE

Last year we supported more than 160 survivors of domestic abuse. We recently launched a new service to provide dedicated support to LGBTQ+ victims and survivors of sexual violence and abuse.



For more info go to
lgbt.foundation/domesticabuse

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LGBT FOUNDATION

lgbt.foundation



“LGBT Foundation saved my life”

HOW YOU CAN GET INVOLVED

Interested in how we fundraise, what happens to your donation, how we support our community or how you are able to volunteer your time or skills? If you're looking for a charity to support that puts LGBTQ+ people at the heart of their work, look no further.

We would love to hear from you...

Here's how to keep in the loop with all the latest LGBT Foundation happenings:

- Sign up for our free e-Bulletin at www.lgbt.foundation/signup for top-notch news, views, and events.
- Follow our Twitter ([@LGBTfdn](https://twitter.com/LGBTfdn)), Instagram ([lgbtfdn](https://www.instagram.com/lgbtfdn)), TikTok ([@LGBTfdn](https://www.tiktok.com/@LGBTfdn)), and Facebook ('[LGBT Foundation](https://www.facebook.com/LGBTFoundation)') for the freshest news, photos, reactions, and comments.
- Lend us a hand by volunteering at www.lgbt.foundation/volunteering and supporting our events, services, and everyday tasks.
- Make a difference by joining our monthly donor squad at www.lgbt.foundation/donate, ensuring that our work continues to empower and support LGBT individuals in need.

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“I am forever grateful for the service I received”

Helpline caller



Where **Queer** **Hope** & **Joy** Flourish

HELPLINE
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Last year our helpline responded to more than 5,300 people, providing 528 hours of support on issues like mental health, gender identity, and coming out.



For more info go to
lgbt.foundation/helpline

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LGBT FOUNDATION

“You couldn’t ask for better people helping you through such a life changing experience”

Indigo Service User



**For more info go to
lgbt.foundation/indigo**



Where **Queer Hope & Joy** Flourish

INDIGO GENDER SERVICE

Indigo Gender Service (a partnership between gtd healthcare and LGBT Foundation) celebrated its second full year of delivery, continuing to act as an essential lifeline for trans and non-binary people living in Greater Manchester. 98% of service users rated the service as 'good' or 'very good'.

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"This has rekindled my creativity"
Pride in Ageing member



Where LGBTQ+ Hope & Joy Flourish

PRIDE IN AGEING

With the support of 23 amazing volunteers, last year we welcomed more than 1,100 people to Pride in Ageing spaces and projects which support over 50s in the LGBTQ+ community.



For more info go to lgbt.foundation/prideinageing

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"Told the group about coming out to my family and got great advice. That's not something you can get out of regular AA."

Recovery service user



**For more info go to
lgbt.foundation/recovery**

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RECOVERY

Last year we provided 1-2-1 support to 76 LGBTQ+ people as they navigated their recovery journey and welcomed a further 700 people to a range of peer support spaces.

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“Everyone at LGBT Foundation is extremely welcoming and thoughtful”

Wellbeing Service User



Where **Queer** Hope & Joy Flourish

REFERRALS

Last year, more than 1,000 LGBTQ+ people were referred to our wellbeing services by healthcare professionals. 75% chose us because we are a LGBTQ+ specific service provider.



For more info go to lgbt.foundation/howwecanhelp

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"It helped me discover my true sexuality"
Sexual health service user



**For more info go to
lgbt.foundation/sexualhealth**



Where Queer Hope & Joy Flourish

SEXUAL HEALTH

Last year our sexual health team distributed 276k condoms and 275k sachets of lube to LGBTQ+ people across the country. More than 1,100 people benefitted from sexual health support, from wellbeing assessments to remote sexual health testing kits.

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“The services LGBT Foundation offers are very precious”

Counselling service user



**For more info go to
lgbt.foundation/talkingtherapies**



Where Queer Hope & Joy Flourish

TALKING THERAPIES

Last year we supported more than 340 LGBTQ+ people with more than 2,600 hours of counselling. Our counselling service had the best recovery & improvement rate of provider of its kind in Manchester.

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"I have been enlightened!"

Training Academy graduate



Where **Queer Hope & Joy** Flourish

TRAINING ACADEMY

Last year we trained over 2,000 professionals across a range of industries on LGBTQ+ affirmative practices through Pride in Practice and our Training Academy.



For more info go to lgbt.foundation/trainingacademy

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"I honestly believe all of your wonderful Angels are heroes in their own right."

Manchester Gay Village Visitor



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VILLAGE ANGELS

Last year the Village Angels supported 478 people who had got into difficulty in Manchester's Gay Village with issues ranging from head injuries to mental health crises. They gave a smile and a welcome to thousands more people having a great night out.



For more info go to
lgbt.foundation/villageangels

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**"It's an honour to work at the LGBT Foundation,
but an absolute privilege to work with its' service
users!"**

Talking Therapies Team volunteer



Where Queer Hope & Joy Flourish

VOLUNTEER

Our amazing family of over 440 dedicated volunteers lie at the heart of LGBT Foundation, and their significant contributions are helping us to deliver queer hope and joy, every day of the year.



For more info go to
lgbt.foundation/volunteering