

# LGBT Lesbian Gay Bisexual Trans DIRECTORY NORTH EAST



This directory is produced and distributed by MESMAC North East.  
Please submit any updates to:  
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## 1. SCENE DETAILS: PUBS AND CLUBS

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Scene information often changes. Phone you're nearest project for updated information.

### NEWCASTLE

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#### @NE BAR

1 Marlborough Crescent, Newcastle upon Tyne, NE1 4EE  
☎0191 260 3841

#### THE YARD

2 Scotswood Road, Newcastle upon Tyne. NE4 7JB  
☎0191 232 2037

#### THE EAGLE

42 Scotswood Road, Newcastle upon Tyne. NE4 7JD  
☎0191 2304416

#### THE BANK

12 Scotswood Road, Newcastle upon Tyne. NE4 7JB  
☎0191 230 3863

#### HEAVEN'S ABOVE

Churchill Street (Above The Yard) Newcastle upon Tyne. NE4 7JB  
☎0191 2322037

#### THE DOG

15 Marlborough Crescent, Newcastle upon Tyne. NE1 4EE  
☎0191 221 0775

#### SWITCH

4-10 Scotswood Road, Newcastle upon Tyne. NE4 7JB  
☎0191 2303863

#### LOFT

10a Scotswood Road, Newcastle upon Tyne. NE4 7JB  
☎0191 261 5348.

#### ECLIPSE

48 Clayton Street West, Newcastle upon Tyne. NE1 4EX  
☎0191 222 0183

#### GOSSIP

15-19 Westmorland Road, Newcastle upon Tyne, NE1 4EQ  
☎0191 261 6824

#### THE VAULT

(Back of the Powerhouse), 15-19 Westmorland Road, Newcastle Upon Tyne. NE1 4EQ  
☎0191 261 6824

#### EAZY STREET

Cabaret & Trebles Bar  
8-10 Westmorland Road, Newcastle Upon Tyne. NE1 4EG  
☎0191 222 0606

#### SECRETS BAR

78 Scotswood Road,  
Newcastle upon Tyne. NE4 7JE.  
Serving food throughout the day and until 7am weekends.

**POWERHOUSE**

7-19 Westmorland Road, Newcastle upon Tyne. NE1 4EG ☎0191 261 6824

**BOULEVARD CABARET BAR**

3-9 Churchill Street, Newcastle upon Tyne. NE1 4HF ☎0191 2507068 Email:  
[boxoffice@pureleisure.co.uk](mailto:boxoffice@pureleisure.co.uk) Website: [www.boulevardnewcastle.co.uk](http://www.boulevardnewcastle.co.uk)

**ROCK N' DORIS**

Monthly. Usually last Sat of the month. Check website or phone for venue & event details.  
 Email: [rockndoris@aol.com](mailto:rockndoris@aol.com) Website: [www.myspace.com/dirydiamondsnewcastle](http://www.myspace.com/dirydiamondsnewcastle)  
 ☎0191 232 1232

**SUNDERLAND****TTONIC**

12 Vine Place, Sunderland City Centre. Tuesday nights. ☎0191 565 5755

**DIVA**

Viva la diva club night. Galen Building, Green Terrace. SR1 3PZ ☎0191 5670760

**RUSH**

24 Vine Place, Sunderland. SR1 3NA ☎0191 514 3800 Tuesday's from 8pm to 3am

**BLACK BULL**

309 High St West, Sunderland City Centre SR1 3ET. Tuesdays 7pm until 1am.  
 ☎0191 567 5702

**LUMALICIOUS**

Luma, 15-17 Derwent Street, Sunderland. SR1 3NU. ☎0191 514 5111.  
 Tuesday's from 9pm. [www.barluma.com](http://www.barluma.com)

**ARIZONA**

The Point, Holmeside, Sunderland. SR1 3HY ☎0191 5108680

**CHASE**

1-3, Park Lane, Sunderland. SR1 3NX. ☎0191 5670753

**MIDDLESBROUGH****THE OAK**

23 Newport Road, Middlesbrough. Fri & Sun 1am Sat 3am ☎01642 219748

**ANNIE'S BAR**

97 Linthorpe Road, Middlesbrough ☎07867564735

**BLU**

77-81 Albert Road, Middlesbrough, TS1 2QQ. Gay bar open daily from 8pm  
 ☎ 01642 220 040

**SATURGAY@ Basement:** 77-81 Albert Road, Middlesbrough, TS1 2QQ. Every Saturday  
 11pm – 3am. Website: [www.myspace.com/saturgayuk](http://www.myspace.com/saturgayuk) ☎ 01642 226111

**THE CROWN**

143 Linthorpe Road, Middlesbrough. Tuesday's, Sunday's, and Saturdays. ☎01642 255311

**REDCAR****THE STANDARD**

5 Westdyke Road, Redcar, Cleveland. TS10 3EA ☎01642 474154

## COUNTY DURHAM

### RED LION

1 Burnhope Way. Peterlee, County Durham SR8 1BT. ☎0191 587 9988 Attitude Free bar.

### JOE'S BAR

Grange Road, Darlington. DL1 5YL ☎01325 464242 Every Monday.

### INSIDE OUT

Night Club, Beaumont Street, Darlington. DL1 5SX. ☎01325 381238 Gay Monday nights.

### SEEN

Beaumont Street, Darlington. DL3 7LX. ☎01325 467555. Gay Monday nights.

### THE RETRO BAR

Skinnersgate, Darlington. DL3 7LX. ☎01325 468 498 Gay Monday night's

### AVALON

8 Blackwellgate, Darlington. DL1 5HL. ☎01325 469977 Gay Monday night's

### HOGANS

HOT LIPS - 7:00pm Till 12:00pm, held in an upstairs room every other Wednesday night.  
151 Newgate Street, Bishop Auckland, DL14 6EN ☎01388 663550

## SHOPS

### NICE 'N' NAUGHTY

LGBT Adult Shop. 62 Scotswood Road, Newcastle upon Tyne, NE4 7JE  
☎ 0191 221 2571. Open Monday to Saturday 10am-8pm and Sunday 1-7pm  
Website: [www.nicennaughty.co.uk](http://www.nicennaughty.co.uk)

### SVEN ADULT BOOKS (PRIVATE SHOP)

(General Adult Store) DVD/Magazine stockist,  
20 Scotswood Road, NE4 7JB Newcastle. ☎0191 324581

### PULSE & COCKTAILS

Unit 27/29 Blaydon Business Park, Gateshead. NE21 5SJ  
☎0191 4146969

## SAUNAS

Please call saunas for up to date times, price guide and themed nights.

### NEWCASTLE

#### BLUE CORNER SAUNA

164B Heaton Park Road, Heaton, Newcastle. NE6 5AP  
☎ 0191 240 0122 Website: [www.bluecornersauna.co.uk](http://www.bluecornersauna.co.uk)

#### NUMBER 52 SAUNA

52 Scotswood Road, Newcastle upon Tyne. NE4 7JB (Between Eagle & Nice 'n' Naughty)  
Steam room, sauna room, hydrotherapy pool, restrooms, TV lounge and licensed  
refreshment room. ☎ 0191 2212 189. Website: [www.number52sauna.co.uk](http://www.number52sauna.co.uk)

#### H2O SAUNA (Formerly REM)

85-89 Blandford Street, Newcastle upon Tyne, NE1 3PZ  
Steam room, sauna room, large jacuzzi, restrooms, video lounge, internet and fully licensed  
refreshment area.  
☎0191 2329772 Website: [www.remsauna.co.uk](http://www.remsauna.co.uk)

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## HOTELS AND GUEST HOUSES

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### HEDGEFIELD HOUSE

Stella Road, Blaydon.

**\*\*Please Note:** This hotel is gay friendly but not a specific gay hotel.

☎ **0191 413 7373 or 0958 304942** (mobile)

### DURHAM HOUSE HOTEL

95, Durham Road, Gateshead.

**\*\*Please Note:** This hotel is gay friendly but not a specific gay hotel.

☎ **0191 477 1359**

### ALL WELCOME INN

Most rooms en-suite. 81 Queen Street, Redcar, Cleveland. TS10 1BG

Pat Dickinson: ☎ **01642 484790**. Mob: **07712111478**

Email: [patredcar@yohoo.co.uk](mailto:patredcar@yohoo.co.uk)

### A 2 Z GUST HOUSE

71 Station road, Redcar, TS10 1RD. Contact Barbara Hodgin on:

☎ **01642 775533**, Mobile **07930 256288**

## 2. GAY AND BISEXUAL MENS SERVICES

This section is for men only, mixed gender groups are in appropriate sections, e.g. check Young LGBT section (5) for mixed gender groups.

### NEWCASTLE

#### MESMAC NORTH-EAST

3<sup>rd</sup> Floor, 11 Nelson Street, Newcastle. NE1 5AX

Works to increase positive choices around safer sex, sexual and mental health, and offers general support to gay/bisexual men. Groups including young gay men and positive men. Free 1-1 counselling. 1 Hour HIV Testing Tuesdays 5-7pm. Drop in Mon-Thu 1-5pm, Helpline Mon-Fri 1-5pm. ☎ **0191 233 1333**. Fax: 0191 233 1551. E-mail: all@mesmacnortheast.com  
**Website:** www.mesmacnortheast.com

MESMAC North East are also working in Partnership with Trinity Youth in Sunderland under the name **We'Ar Out!** Check section 4 for details.

**It is MESMAC policy that no one has an absolute right to participate in a group. For example, following risk assessment and case review, MESMAC may choose to exclude known perpetrators of abuse/violence.**

#### G.A.P. GROUP (YOUNG GAY & BISEXUAL MEN'S GROUP)

Meets **one evening a week** at MESMAC. Fun, friendly and safe place for young men to make new friends, socialise and be themselves. Open to young men 16-20 who are (or think they may be) gay or bisexual.

☎ **0191 233 1333**. Please contact the young men's worker (Ian) for Information/referral

#### POSITIVE MENS GROUP

A social group for HIV+ men who are gay or bisexual, meets once a month

☎ **0191 2331333** Please contact Michael for Information/referral

#### MARRIED MEN'S SERVICES

Offers confidential support and a safe place for discussion on topics such as the law, safer sex, and relationship difficulties. One-to-one sessions or help over the phone.

☎ **0191 233 1333** Please contact Steve for Information/referral

#### GAY MEN TYNESIDE (GMT)

An independent social group that offers social activities as an alternative to the commercial gay scene and is open to gay/bisexual men over 20 yrs old. Meets one evening a week in central Newcastle, aiming to provide a relaxed & welcoming atmosphere.

GMT, 3rd Floor, 11 Nelson St, Newcastle upon Tyne NE5 1AN

☎ via MESMAC **0191 233 1333**

**Website:** www.gay-men-tyneside.org.uk

**email:** info@gay-men-tyneside.org.uk

### GATESHEAD/SOUTH TYNESIDE

#### STAG (South Tyneside and Gateshead)

Confidential advice & information about sexual orientation and safer sex for gay & bisexual men in Gateshead & South Tyneside. Also training about sexual orientation for organisations in these areas. 13 Walker Terrace, Gateshead, NE8 1EB.

Website: [www.stagproject.org](http://www.stagproject.org) ☎ **0800 42 20 200 option 4**

**STAG GROUP** Offers social activities away from the commercial gay scene, access to safer sex resources, plus a gay library & gay press, meets Mondays 7-9pm in central Gateshead.

☎ **0800 42 20 200 option 4**

**PLUS GROUP**

A mixed social group for anyone under 25 who is lesbian, gay, bisexual, or questioning their sexual orientation. Meets every Tuesday in central Gateshead from 6-8pm.

Contact: Pam or Mark for info ☎0800 42 20 200 option 4

**COUNTY DURHAM & DARLINGTON****THE GAY AND BISEXUAL MENS SERVICE DURHAM**

Central Office ☎0191 5180557.

**G.A.D.D. (Gay Advice Darlington and Durham)**

Offers information, support and advice. G.A.D.D also facilitates various groups.

'Open House' afternoon drop-in runs Tuesday 2:00pm – 4:00pm and Thursdays 2:00 – 4:00pm, also 'internet café' free internet access.

Mainly Men drop-in from 7:00pm - 9:30pm Friday evenings.

G.A.D.D. Helpline: ☎01325 355551 Website: [www.gayadvisedarlington.co.uk](http://www.gayadvisedarlington.co.uk)

Admin: ☎01325 252522. Emma Roebuck (Criminal Justice Worker) ☎07950 920261 /

01325252522. Address: GADD, 9 Duke Street, Darlington, Co Durham DL3 7RX

E-mail: [admin@gayadvisedarlington.co.uk](mailto:admin@gayadvisedarlington.co.uk)

**TEESSIDE****HART GABLES**

A community based project for LGBT people that provides a wide range of services in Hartlepool. Services include: Day-time drop-in from 10am – 4pm, Telephone advice, support and information, social support groups, one-to-one support, free counselling service.

☎01429 236790. 220 York Road, Hartlepool, TS26 9BE.

Email: [hartgables@googlemail.com](mailto:hartgables@googlemail.com)

Website: [www.hartgables.org.uk](http://www.hartgables.org.uk)

**NATIONAL****YORKSHIRE MESMAC**

Leeds Office (Head Office), PO Box 417, Leeds. LS1 5PN ☎0113 244 4209. Fax: 0113245 8233. Email: [leeds@mesmac.co.uk](mailto:leeds@mesmac.co.uk) Website: [www.mesmac.co.uk](http://www.mesmac.co.uk)

**LGF - Lesbian, Gay Foundation**

Number 5 Richmond Street, Manchester. M1 3HF 0845 3 30 30 30 Website: [www.lgf.org.uk](http://www.lgf.org.uk)

**GMFA – Gay Men Fighting Aids**

Unit 42, Eurolink Centre, 49 Effra Road, London SW2 1BZ ☎0207 738 6872

Website: [www.gmfa.org.uk](http://www.gmfa.org.uk)

**THT - Terrence Higgins Trust**

Central office, 314-320 Gray's Inn Road, London. WC1X 8DP. ☎0845 1221 200 for an adviser or 020 7812 1600 for switchboard. Fax: 020 7812 1601. Email: [info@tht.org.uk](mailto:info@tht.org.uk)

Website: [www.tht.org.uk](http://www.tht.org.uk)

**STONEWALL**

Tower Building, York Road, London. SE1 7NX. Info Line: ☎08000 50 20 20 (Mon-Fri 9:30am to 5:30pm). Office (admin): ☎020 7593 1850, Fax: 020 7593 1877, Minicom: 020 7633 0759

Email: [info@stonewall.org.uk](mailto:info@stonewall.org.uk) Website: [www.stonewall.org.uk](http://www.stonewall.org.uk)

### 3. LESBIAN AND BISEXUAL WOMEN'S SERVICES

This section is for women only, mixed gender groups are in appropriate sections, e.g. check Young LGBT section (5) for mixed gender groups.

#### NEWCASTLE

##### LESBI WOMEN

This is a new website that has been created to help LBi women stay happy and healthy. It covers things like health, wellbeing and sex that maybe you wanted to know but were afraid to ask! Developed by the SHINE project in Newcastle.

Email: heidi.hansen@newcastle.gov.uk or roya.rezaee@newcastle.gov.uk

3rd Floor, 11 Nelson Street, Newcastle. NE1 5AN

☎0191 277 2048 Fax:0191 233 1551

Website: [www.lesbisexyandhealthy.co.uk](http://www.lesbisexyandhealthy.co.uk)

##### LESBIFRIENDS NORTH EAST

Offering face to face support and friendship for LBi women and those who are unsure of their sexuality, between the ages of 20-40.

Not a counselling service but do provide a listening ear.

Email: [lesbifriendsne@live.co.uk](mailto:lesbifriendsne@live.co.uk)

☎07773558776

Website: [www.lesbifriendsne.btik.com](http://www.lesbifriendsne.btik.com).

**ELSWICK GIRLS PROJECT** one-to-one service can be accessed through The Elswick Girls Project, ☎0191 273 4942.

##### NORTH EAST YOUNG LESBIAN AND BISEXUAL WOMEN'S PROJECT

Monday Nights 6-8pm at a city centre location

A group for 16-25 year old women who think they may be or identify as lesbian or bisexual. The group acts as a source of support and offers a space where its members can socialise in a safe environment and talk in confidence about their sexual orientation and related issues.

The group combines issue based educational session with social activities and outings

All new members can be met on a 1-2-1 basis before attending the group to ensure the group will meet their needs appropriately. The group accepts both self referrals and referrals from professionals. ☎07540896121

##### NORTH EAST OLDER LESBIAN NETWORK (NEOLN)

A Northeast group offering the chance to meet older lesbians (over 40). Meets 3<sup>rd</sup> Sat of each month 1pm at MESMAC. Further info contact ☎01670 818 720 Tues 7-10pm

Website: [www.neoln.btik.com](http://www.neoln.btik.com)

##### W4W - WOMEN 4 WOMEN

W4W is an inclusive social group FOR ALL WOMEN who are lesbian, bisexual or unsure of their sexuality. Living in Newcastle and the wider surrounding areas

Meet twice a month, regular events and activities.

Website: [www.women4womenuk.net](http://www.women4womenuk.net)

Email: [women4womenuk@hotmail.com](mailto:women4womenuk@hotmail.com)

Facebook: Womenforwomen North East

☎07722 718 232

##### DYKE HIKES

Lesbian walking group who meet monthly. Thursdays 7-9pm ☎07502388841

Email: [dykehikes@hotmail.com](mailto:dykehikes@hotmail.com) Website: [www.dykehikes.org.uk](http://www.dykehikes.org.uk)

**COUNTY DURHAM****LESBIANS WHO LUNCH**

New social support group for women in and around Durham who meet once a month for lunch. All welcome. Contact PJ on: ☎ **07768 072850** email: [lwldurham@hotmail.com](mailto:lwldurham@hotmail.com)  
Check out Facebook and search: Lesbians Who Lunch.

**TEESSIDE****HART GABLES LBIRDS**

Meets every Wednesday 6pm-8pm offering a safe and friendly space to lesbian and bisexual women in Hartlepool and the surrounding area. 220 York Road, Hartlepool, TS26 9BE.  
Contact: Joanne ☎ **01429 236790**  
E-Mail: [joanne.fairless@hartgables.com](mailto:joanne.fairless@hartgables.com)  
Website: [www.hartgables.com](http://www.hartgables.com)

## 4. LGBT COMMUNITY

This section is for mixed gender groups, projects and services.

### SWITCHBOARDS

#### LONDON LESBIAN & GAY SWITCHBOARD

☎ 020 7837 7324 (24 hours)

### LESBIAN, GAY, BISEXUAL & TRANS GROUPS

#### THE FED (LGBT FEDERATION)

The Fed works to unite lgbt individuals, groups, organisations and communities across the northeast. They undertake research and develop self-sustaining activities that aim to change attitudes and behaviours towards lgbt people. They hold regular meetings for information sharing, support and socialising. If you're interested in making the world more lgbt-friendly, the Fed would love you to bring your skills to the table.

Email: [mail@lgbtfed.com](mailto:mail@lgbtfed.com) Website: [www.lgbtfed.com](http://www.lgbtfed.com)

#### WE'AR OUT!

LGBT Community Health Forum in Sunderland. HIV rapid testing, lesbian social group, health advice and information (including support with alcohol issues, smoking cessation), Opportunities for community engagement, group work space available for meetings/groups etc for anyone wanting to be involved or organisations which would like to work with We'Ar Out! / offer specialist wellbeing services to the LGBT community. Unit 12 Bridge House, off Bedford Street, Sunderland. SR1 1TE. ☎ 0191 514 5953 or ☎ 0191 233 1333 for 1 hour HIV testing. Email: [debswalker@trinityyouth.org.uk](mailto:debswalker@trinityyouth.org.uk)

#### G.A.S. (Gay Advice Sunderland)

Offering advice and support with Education, Training, Employment, Counselling, Welfare Benefits, Housing Benefits, Health related matters and support to stop smoking.

Drop in sessions offered Mon-Fri 10am-3pm. 37 West Sunnyside, Sunderland, SR1 1BU.

Email: [gayadviceunderland@hotmail.co.uk](mailto:gayadviceunderland@hotmail.co.uk) ☎ 0191 5101006

#### FRUIT SALAD MEDIA GROUP

Fruit Salad is a social group that meet once a month in South Tyneside. They are a voluntary group offering social support to people who are LGBT across North and South Tyneside. One of the long term objectives of the group is to raise awareness of lesbian, gay, bi-sexual and transgender (LGBT) issues. The aim is to do this by educating, myth busting and informing voluntary organisations, community groups, statutory agencies, private sector and the wider public, this can be achieved through creative writing and artwork.

☎ Jamie on 07716775102.

Email: [jamielamckenna@yahoo.co.uk](mailto:jamielamckenna@yahoo.co.uk)

#### ROOM4 LGBT GROUP

A LGBT social and support group for people aged 18 years plus.

Meets every Tuesday night from 7pm till 8pm for coffee and chat at Room 4 Chester-le-Street Community Centre, Newcastle Road, Chester-le-Street, County Durham, DH3 3TS followed by The Black Horse for the rest of the evening - the Room 4 gang get there at about 8.30pm. The Black Horse (at the top of) Front Street, Chester Le Street, County Durham.

Email: [room4durham@gmail.com](mailto:room4durham@gmail.com) for more information

#### THE PRISM GROUP

A social group for LGBT people over 18 in the Stockton area, call for venue and time details.

☎ 01642 254598

Email: [lgbt@teessidepositiveaction.org.uk](mailto:lgbt@teessidepositiveaction.org.uk) Website: [www.teessidepositiveaction.org.uk](http://www.teessidepositiveaction.org.uk)

## ACTIVITIES, SPORT & INTEREST GROUPS

### NEWCASTLE PANTHERS FC

Newcastle's first proud all gay football team wants you! Do you want to be a part of the team? Call Russell ☎️07528038981 Email: [newcastlepanthers@hotmail.co.uk](mailto:newcastlepanthers@hotmail.co.uk)  
Website: [www.newcastlepanthers.co.uk](http://www.newcastlepanthers.co.uk)

### NEWCASTLE RAVENS RUGBY TEAM

Newcastle's Gay Rugby team, meet Mondays 7-9pm at:  
The Novos pitch, Sutherland Park, The Drive, Benton. Newcastle upon Tyne. NE7 7SY.  
Go to the website to find training/match details.  
[www.newcastleravens.co.uk/](http://www.newcastleravens.co.uk/)

### GAY OUTDOOR CLUB

GOC is a national organisation with several regional groups, as well as specialist groups covering interests such as caving, cycling, swimming, etc. As well as day walks many weekends away are organised in different parts of the country and abroad.  
Email Ivor: [northeast@goc.org.uk](mailto:northeast@goc.org.uk) Website: [www.goc.org.uk](http://www.goc.org.uk)

### OUTDOOR LADS

New weekly indoor climbing group for gay/bi men aged 18-35.  
Website: [www.outdoorlads.com](http://www.outdoorlads.com)

### GAY ABUSE IN FOOTBALL

National project aimed at stopping abuse within football ☎️0800 0850508  
Email: [footballforall@thefa.com](mailto:footballforall@thefa.com) Website: [www.thefa.com](http://www.thefa.com)

### NORTHERN PROUD VOICES

North East LGBT+ friends choir. Meets weekly in central Newcastle.  
☎️ 0191 296 3445 Facebook – Northern Proud Voices

### LGBT INCLUSION OFFICER MIDDLESBROUGH (Lesley Duggan)

The development and support of activities for the LGBT community in Middlesbrough: ring for details of current activities or go to the website at [www.lbwn.co.uk](http://www.lbwn.co.uk). The provision of training for agencies to become aware of the needs of the LGBT community and staff.  
LGBT hate crime support and reporting centre.  
☎️01642 803607 (during office hours) or email: [lesley.duggan@mvdauk.org.uk](mailto:lesley.duggan@mvdauk.org.uk)

## BLACK & ETHNIC MINORITY COMMUNITY

### NAZ PROJECT

An HIV, AIDS and sexual health service for South Asian, Middle Eastern, North African and other excluded communities. Helpline is open Mon-Fri 9.30am-5.30pm in the following languages: Bengali, Gujarati, Hindi, Punjabi, Tamil and Urdu.  
30 Blacks Road, London W6 9DT. ☎️0208 741 1879 Email [npl@naz.org.uk](mailto:npl@naz.org.uk) [www.naz.org.uk](http://www.naz.org.uk)

### SHAKTI

South Asian lesbian & gay network, c/o London FRIEND, 86 Caledonian Rd, London N1  
☎️020 7837 3337 7:30-9.30pm Tue/Wed/Fri

**FORCED MARRIAGE UNIT ☎️0207 008 0151**

**FORCED MARRIAGE HELPLINE 2-4pm ☎️0800 5999 247**

**UK LESBIAN & GAY IMMIGRATION GROUP**

The UK Lesbian & Gay Immigration Group (UKLGIG) is a charity that promotes equality and dignity for lesbian, gay, bisexual and transgender (LGBT) people who seek asylum in the UK, or who wish to immigrate here to be with their same-sex partner.

☎0207 922 7811 Website: [www.uklgig.org.uk](http://www.uklgig.org.uk)

**MEDICAL FOUNDATION FOR THE CARE OF VICTIMS OF TORTURE, NORTH EAST**

A resource to signpost people who have experienced torture including rape as torture - e.g. asylum seekers, refugees. Counselling to anyone male/female any sexual orientation or gender identity - and at any stage of the asylum process. The Alan Smithson Rooms, City House, 1 - 3 City Road, Newcastle upon Tyne, NE1 2AF ☎0191 261 5825 fax:0191 222 1211. Website: [www.torturecare.org.uk](http://www.torturecare.org.uk)

**DISABILITY & SENSORY IMPAIRMENT****SENSORY SUPPORT TEAM (Newcastle Social Services)**

Give a range of advice and support to people who are Deaf, Hard of Hearing, Blind, Partially Sighted or Deaf blind and their carers. Switchboard: 0191 278 8100 and ask for sensory support team. Fax: 0191 278 8188 ☎ Text phone: 0191 278 8266

Email: [sensory.support@newcastle.gov.uk](mailto:sensory.support@newcastle.gov.uk)

**VISUAL IMPAIRMENT**

Royal National Institute for the Blind ☎0207 388 1266

**EMPLOYMENT & OCCUPATION****CIVIL SERVICE RAINBOW ALLIANCE**

Supporting gay, lesbian, bisexual and transgender who work within the UK Civil service. For more details [joe.straw@dft.gsi.gov.uk](mailto:joe.straw@dft.gsi.gov.uk)

**TUC LGBT NETWORK**

Confidential help and support for LGBT people within their workplaces. Non-union member enquiries welcome. Meets on the first Friday every month in Newcastle. Write to the LGBT Network, Northern TUC, Freepost NEA11550, Newcastle, NE1 1BR

**UNISON Northern Region LGBT Support**

Provides support to lesbian & gay members of UNISON. Alison Chappell, Pilgrim Street ☎0191 245 0843, Email: [a.chappell@unison.co.uk](mailto:a.chappell@unison.co.uk) or contact your local branch officer.

**PROUD 2 SERVE**

Support for current & former lesbian & gay members of the Armed Services.

Email: [info@proud2serve.net](mailto:info@proud2serve.net) or fax :08717 145 966

Website: [www.proud2serve.net](http://www.proud2serve.net)

**GPA - Gay Police Association**

The GPA (Gay Police Association) offers an opportunity for gay, lesbian and bisexual police officers, special constables and police staff to network, mentor and offer assistance to each other. In-force lesbian, gay and bisexual issues are discussed at a strategic level through the Diversity Development Group.

Confidential ☎07092 700 000 (24hrs) Email: [info@gpa.police.uk](mailto:info@gpa.police.uk)

Website: [www.gay.police.uk](http://www.gay.police.uk)

## FAITH COMMUNITY

### **METROPOLITAN COMMUNITY CHURCH**

Run for and by lesbians and gay men. Weekly Sun evening services at 6.30 at St. James United Reformed Church, Northumberland Rd, Newcastle (entry via yellow door at side of church). Congregational Care Co-ordinator, Kate Hall ☎0791 7797279.

Pastor, Rev. Cecilia Eggleston ☎07770 543407.

Website: [www.mccnewcastle.org.uk](http://www.mccnewcastle.org.uk) E-mail: [mccnewcastle@hotmail.com](mailto:mccnewcastle@hotmail.com)

### **PINK TRIANGLE TRUST**

A gay humanist charity, which arranges secular (non-religious) weddings/affirmations and other ceremonies throughout the country. ☎01926 858450 or

Email [ceremonies@pinktriangle.org.uk](mailto:ceremonies@pinktriangle.org.uk)

### **QUAKER LESBIAN AND GAY FELLOWSHIP**

Contact Ruth Hustler, 46 The Avenue, Starbeck, Harrogate, HG1 4QD.

Website: [www.qlgf.org.uk](http://www.qlgf.org.uk) or Email: [qlgf\\_cont\\_act@bt\\_click.com](mailto:qlgf_cont_act@bt_click.com)

### **QUEST**

Support group for lesbian/gay Catholics and others who struggle with their faith and sexuality.

David ☎01642 471585 or Nation Helpline (Sunday, Wednesday & Friday 7-10pm)

☎0808 808 0234 [www.questgaycatholic.org.uk](http://www.questgaycatholic.org.uk)

### **GAY AND LESBIAN HUMANIST ASSOCIATION**

A national group for atheist/ agnostic lesbians, gays and bisexuals.

☎0844 800 3067 Website: [www.galha.org](http://www.galha.org) Email [info@GALHA.org](mailto:info@GALHA.org)

### **MUSLIM YOUTH HELPLINE**

Confidential helpline for young Muslims offers help with any type of problem.

☎0808 808 2008 Mon-Thurs 6pm-9pm, Sat 10am-10pm Website: [www.myh.org.uk](http://www.myh.org.uk)

### **MAZE**

Maze is a monthly gathering for LGBTQ people in Durham and the surrounding area which happens on the evening of the 3rd Thursday of every month.

The group come together in a safe space to celebrate and develop Christian fellowship, (via food), worship, (via music, art and meditation), and discipleship, (via discussion). Maze are an independent, ecumenical group who welcome LGBTQ people from all Christian backgrounds and those with none who are interested in exploring Christianity.

Email: Sally – [sallyitfcrush@btinternet.com](mailto:sallyitfcrush@btinternet.com) or David – [dsj.austin@hotmail.com](mailto:dsj.austin@hotmail.com)

David on ☎07740 922468 or Sally: ☎0191 3842125

## PARENTS PARTNERS FRIENDS & FAMILY

### **PARENTS ENQUIRY NORTHEAST**

Offers advice, support, & group (every 2 months) for parents of gay, lesbian, bisexual and transgendered sons and daughters.

Contact Joan ☎0191 455 2868 at any reasonable time.

Email: [penejoan@supanet.com](mailto:penejoan@supanet.com) Website: [www.parentsofgays.co.uk](http://www.parentsofgays.co.uk)

### **LESBIAN AND GAY PARENTS COFFEE GROUP**

Are you a lesbian or gay parent or parent-to-be?

Want to meet other lesbian and gay parents for a coffee and a chat about all things parent related? Are you considering becoming a parent and want some advice from those with kids already? Then email the group to find out about the next coffee meeting in Middlesbrough at

[missingubrokemylife@hotmail.com](mailto:missingubrokemylife@hotmail.com)

**ST PETERS HOUSE PROJECT**

Support for wives and girlfriends of gay, bisexual and other men who have sex with men, offers non-judgemental listening ear and accurate advice and referrals.

Help-line for women ☎️ **01737 763000** Website: [www.stpetershouse.org.uk](http://www.stpetershouse.org.uk)

**PINK PARENTS**

UK-wide information service for lesbian, gay and bisexual parents, parents-to-be and their children. Pink Parents UK, Unit 29 Hillier Road, Devizes, Wiltshire. SN10 2FB

☎️ **01380 727 935** Website: [www.pinkparents.org.uk](http://www.pinkparents.org.uk) Email: [enquiries@pinkparents.org.uk](mailto:enquiries@pinkparents.org.uk)

**ACCEPTANCE**

Help line and support for parents of lesbians and gay men.

☎️ **01795 661463** Tuesday-Friday 7-9pm or try daytime.

**FFLAG FAMILIES AND FRIENDS OF LESBIANS AND GAYS**

Postal address: 7 York Court, Wilder Street, Bristol BS2 8HQ

☎️ **0845 652 0311** Website: [www.fflag.org.uk](http://www.fflag.org.uk) Email [info@fflag.org.uk](mailto:info@fflag.org.uk)

**OLDER PEOPLE****AGEUK GATESHEAD**

AgeUK Gateshead can provide advice and support to older members of the LGBT communities. 341-343 High Street, Gateshead. NE8 1ED ☎️ **0191 4773559**

**TEA WITH DOROTHY (Sunderland)**

A new social group for older people (50+). Meet 2nd and 3rd Wednesday of the month 5-7pm. For more information contact the Good Neighbour Coordinator at AgeUK.

Email: [goodneighbour@ageuksunderland.org.uk](mailto:goodneighbour@ageuksunderland.org.uk) ☎️ **0191 514 8321**

**TEA WITH DOROTHY (North Tyneside)**

This group is currently suspended. Takes place in North Tyneside, Whitley Bay Centre.

Email: [lee.ling@ageuknorthtyneside.org.uk](mailto:lee.ling@ageuknorthtyneside.org.uk) ☎️ **0191 293 9143**

**THE 50+ LGBT GROUP**

A CONSULTATION GROUP, meetings at Age Concern Office. The monthly meetings start at 11:00am with lunch/ social time around 12:30pm, 1:30pm finish. Please call Clare for venue details (Durham City area) and to ensure lunch provision and for travel expenses.

Clare Midgley ☎️ **0191 383 9750** or email: [engage@ageconcer-durham.org.uk](mailto:engage@ageconcer-durham.org.uk)

**AGEUK (County Durham)**

Age UK County Durham can provide advice and information to older members of the LGBT communities, including home visits on request. The EngAge 50+ LGBT Group meets monthly to socialise, discuss current issues and help to inform the development of local services and policies that impact on their lives. Email: [info@ageukcountydurham.org.uk](mailto:info@ageukcountydurham.org.uk)

Website: [www.ageukcountydurham.org.uk](http://www.ageukcountydurham.org.uk) ☎️ **0191 3746367**

**NORTH EAST LGBT NEWS****OUT NORTH EAST!**

The North East's premier lgbt magazine out! northeast is a not for profit social enterprise that aims to improve quality of life for lgbt people in the north east. About 40 volunteers work to make sure it brings a regular supply of gay news, features, lifestyle issues, scene and community listings to people in Tyne and Wear, Durham and Darlington, Northumberland and Tees Valley. Download free from: [www.outnortheast.com](http://www.outnortheast.com) Email: [aly@outnortheast.com](mailto:aly@outnortheast.com)

**OUT SPOKEN** A web based LGBT magazine offering news from the LGBT communities as well as all the latest celeb news and gossip. <http://outspokenuk.wordpress.com>

## 5. YOUNG LGBT PEOPLE

**This section is for male, female & mixed gender groups & services.**

### **SOCIAL CARE & HEALTH (Social Services) Emergency Duty Teams**

Darlington **0870 240 2994**, Co. Durham **0845 850 5010**, Gateshead **0191 477 0844**  
 Middlesbrough **01642 593 456**, Newcastle **0191 232 8520**, North Tyneside **0191 200 6800**  
 Northumberland **0845 600 5252**, South Tyneside **0191 455 6111**, Sunderland **0191 533 1608**  
 Hartlepool **0870 240 2994**, Middlesbrough **0870 240 2994**, Redcar and Cleveland **0870 240 2994**, Stockton **0870 240 2994**

### **OUTPOST HOUSING PROJECT**

Temporary safe, supported accommodation for young LGBT people (16-25) who are homeless or having difficulty finding somewhere to live. See Housing Section

☎**0191 281 0099** Website: [www.outpostproject.org](http://www.outpostproject.org)

### **STREETWISE**

Not a gay/lesbian service but open to all young people. This service is very highly regarded amongst young people and workers. Offering information and advice on any issue, sexual health and contraception. A free counselling service is also available. 35-37 Groat Market, Newcastle upon Tyne. NE1 1UQ. Website: [www.streetwisenorth.org.uk](http://www.streetwisenorth.org.uk) ☎**0191 230 5400**

### **WEYES (West End Youth Enquiry Service)**

An inclusive service which offers sexual and mental health services to young people. Drop-in Tues -Thurs 2.30-5pm, late till 7pm on Wednesday and 2-4.30pm pm Fridays. Mental Health support is by appointment or drop-in.

4 Graingerville North, West Rd, Newcastle upon Tyne. NE4 6UJ.

☎**0191 2733779**

### **WORTH TALKING ABOUT**

Sexual Health advice line for young men and women under 19 years old. ☎**0800 28 29 30**. 7am – 12 midnight every day. [www.nhs.uk/worhtalkingabout](http://www.nhs.uk/worhtalkingabout)

### **THE BASE**

Not exclusive LGB. The Base, Barnardo's The Base Centre, 26 Esplanade, Whitley Bay. NE26 2AJ. ☎**0191 2532127**

### **YOUTH INFORMATION SERVICE**

Access Youth Information team at Connexions, Fawcett Street, Sunderland at the Library. SHOWT card scheme for free condoms and chlamydia tests.

Website: [www.letsgosunderland.com](http://www.letsgosunderland.com) Email: editor@letsgosunderland.com

### **TEENAGE KICKS**

Teenage Kicks is a community-based outreach team who work with issues around sex & relationships. The team is made up of specialist workers who deliver small group work sessions to children and young people in Newcastle upon Tyne.

Email: [teenage.kicks@newcastle-pct.nhs.uk](mailto:teenage.kicks@newcastle-pct.nhs.uk) Website: [www.yourteenagekicks.com](http://www.yourteenagekicks.com)

☎**0191 2292913**

### **PAPYRUS**

Prevention of young suicides

☎**08000 68 4141** Website: [www.papyrus-uk.org](http://www.papyrus-uk.org)

**SCARPA (Safeguarding Children At Risk - Prevention & Action)**

Programme Manager: Richard Haigh

Family Worker: Lynda Lyons

Sexual Exploitation Project Workers: Alison Currie (Tue - Fri)

Going Missing Project Workers: Kirsten Hall, Jude Quille

Admin Manager: Vikki Anderson (Mon, Tue, Thu, Fri)

Brunswick Methodist Church, Brunswick Place, Newcastle upon Tyne, NE1 7BJ

☎0191 221 0836

Email: [sca@childsoc.org.uk](mailto:sca@childsoc.org.uk) Website: [www.childrenssociety.org.uk](http://www.childrenssociety.org.uk)**LGBT YOUTH GROUPS NEWCASTLE****G.A.P (YOUNG GAY & BISEXUAL MEN'S GROUP)**

Meets one evening a week at MESMAC. Fun, friendly and safe place for young men to make new friends, socialise and be themselves. Open to young men 16-25 who are (or think they may be) gay or bisexual.

☎0191 233 1333. Please contact the youth worker for Information/referral

**ELSWICK GIRLS PROJECT** one-to-one service can be accessed through The Elswick Girls Project, ☎0191 273 4942.

**TYNESIDE YOUNG LESBIAN AND BISEXUAL WOMEN'S PROJECT**

A voluntary organisation providing services for young women 25 and under who are lesbian, bisexual or think they might be. The Young Lesbian Group meets one evening per week, in central Newcastle. The group provides a safe, supportive environment, where young women can meet each other and have the opportunity to talk in confidence about their sexual orientation and related issues. The workers offer issue-based group work and a range of social activities.

☎07540896121

**ID - TRANS YOUTH NORTH EAST**

Meets once a month on first Tuesday from 6pm in Newcastle city centre. Open to 16-24 year olds who identify as Transgendered men or women or Transsexual men or women. Anyone from Berwick down to Darlington are welcome. Its a friendly , welcoming social group . Also engage in leisure activities together, share information on the spectrum of Trans experiences. Run by youth workers Billijeane and Debs, some individual support is available. There are future plans to be able to help with transport costs. Call or email for more information:

Debs Walker: [debswalker@trinityyouth.org.uk](mailto:debswalker@trinityyouth.org.uk) ☎01670531843/0797602525Billijeane Summerbell: [billijeansummerbell@disc-vol.org.uk](mailto:billijeansummerbell@disc-vol.org.uk) ☎07826872756**LGBT YOUTH GROUPS GATESHEAD****PLUS GROUP**

A mixed social group for anyone under 25 who is lesbian, gay, bisexual, or questioning their sexual orientation. Meets every Tuesday in central Gateshead from 6-8pm.

Contact: Mark or Pam for info ☎0800 42 20 200

[www.myspace.com/plusgroup](http://www.myspace.com/plusgroup) or [www.facebook.com/plusgroup](http://www.facebook.com/plusgroup)Email: [plusgroup@hotmail.co.uk](mailto:plusgroup@hotmail.co.uk)**LGBT YOUTH GROUPS SUNDERLAND****GOOD AS YOU**

A youth group for lesbian, gay and bisexual young people aged 16 to 24.

Meets weekly in Sunderland City Centre.

☎07866728531

## LGBT YOUTH GROUPS COUNTY DURHAM

### DISC LGBT HEALTH AND WELLBEING SERVICE

Working across county Durham And Darlington 15 to 25years, A whole range of support to include access to other services. For support around Lesbian ,Bisexual Gay or Trans Issues call Billijean ☎**01325 313888**or Mobile **07826872756**

### 16 TO 25's GROUP

GADD (Gay Advice Darlington & Durham) Lesbian, Gay and Bisexual group for 16 to 25 year olds, Thursdays, 4.00pm to 7.00pm. 9 Duke Street Darlington.

☎**01325 355551** Website: [www.gayadvisedarlington.co.uk](http://www.gayadvisedarlington.co.uk)

## LGBT YOUTH GROUPS NORTHUMBERLAND

### WOW! (Wansbeck Out With It!)

Wansbeck Out With It! or Wow! is a social and support group for young LGBT people aged 13 to 25 who live in Wansbeck or the surrounding areas of Northumberland.

The group is held once a fortnight in a safe space in Newbigin by the sea and run by staff from Northumberland Community Development Network. For more information on WOW! Please contact: Kate Bromwich-Alexandra

☎**01670 520889** NCDN office or Kate's mobile **07778313932**

### BERWICK AND SURROUNDING AREA LGBT GROUP

New group in development contact Debs Walker for info on: ☎**01670 531843** or **07976025525**

## LGBT YOUTH GROUPS TEESSIDE

### LGBT WORKER in STOCKTON AREA

The Stockton LGBT youth worker (young people aged 13-25) can be contacted through:

☎Teesside Positive Action: **01642 254 598**

☎MESMAC Teesside: **01642 80 44 00**

## UNIVERSITY/COLLEGE LGBT SOCIETIES

### NEWCASTLE UNIVERSITY LESBIAN, GAY, & BISEXUAL SOCIETY

1st Floor, Students' Union. ☎**0191 239 3936** for students union or ☎**0191 239 3918** for LGB officer direct or write: LGB Society, Union Building, Newcastle University, Kings Walk, Newcastle. Email [LGB.Union@NCL.ac.uk](mailto:LGB.Union@NCL.ac.uk)

**UNIVERSITY OF NORTHUMBRIA** . Thursdays 7.30 during term in the 'Annexe' (Students' Union). Open to non-students. Offers social events, speakers, support, trips out.

Confidentiality assured. Equal opportunities Officer, Northumbria Students Union, 2 Sandyford Road, Newcastle, NE1 8SB. ☎**0191 227 3737**

### NEWCASTLE COLLEGE LGB SOCIETY

LGB Officers c/o Students' Union on ☎**0191 200 4527**

### NORTHUMBERLAND COLLEGE

Northumberland College now has a LGBT group that meets every Wednesday afternoon for socialising & support. Run in conjunction with Trinity and Changemakers.

☎ Debs Walker **01670 531843** (office) **07946267152** (work mob) **07790823040** (LGBT service mobile) and ☎Darren Irvine **07779885171/0191 226 7330** / [darren@changemakers.org.uk](mailto:darren@changemakers.org.uk) Website: [www.tyarainbow.org.uk](http://www.tyarainbow.org.uk)

**TEESSIDE UNIVERSITY LGB SOCIETY**Chris McCormack Email [K0225084@tees.ac.uk](mailto:K0225084@tees.ac.uk)

LGB Officer on ☎01642 342234

**SOUTH TYNESIDE COLLEGE LGBT GROUP**Contact by email to [lgbt@stc.ac.uk](mailto:lgbt@stc.ac.uk)**SUNDERLAND UNIVERSITY LESBIAN, GAY & BISEXUAL SOCIETY**

Students Union ☎0191 514 5512 ask for LGB officer (Tom Greaves)

Equal Ops LGB Officer, USSU, Wear mouth Hall, Chester Road, Sunderland. SR1 3SD

Email: [su.lgb-officer@sunderland.ac.uk](mailto:su.lgb-officer@sunderland.ac.uk)**DARLINGTON COLLEGE**

LGBT Group for the college and local sixth formers meets on Thursday Lunchtime ☎01325 503030 ask for student support (Diane is in charge of groups)

**DURHAM UNIVERSITY LESBIAN, GAY, BISEXUAL AND TRANSGENDER ASSOCIATION**

Meets Monday 8pm Vane Tempest Hall (level D Dunelm House) during term-time. Also has a varied calendar of additional social and political events and offers a drop-in support service. Non-students please contact in advance.

Tel. 0191 334 1772

Website: [www.lgbta.dsu.org.uk](http://www.lgbta.dsu.org.uk)Email: [LGBT@dur.ac.uk](mailto:LGBT@dur.ac.uk)

## 6. TRANS & GENDER DYSPHORIA SUPPORT

This section is for trans people only, mixed gender groups are in appropriate sections.

### REGIONAL

#### NE AND NORTHERN CUMBRIA GENDER DYSPHORIA SERVICE (NHS)

works with people with gender identity issues. One-to-one work, couple work and group support is available. A referral from a GP or local Psychiatrist is required. Referrals can be sent to: Gender Dysphoria Service, Upper Willows, Cherry Knowle Hospital, Ryhope, Sunderland. SR2 0NB

☎: 0191 569 9401 Email [ady.davis@northumberlandcaretrust.nhs.uk](mailto:ady.davis@northumberlandcaretrust.nhs.uk)

#### ID - TRANS YOUTH NORTH EAST

Meets once a month on first Tuesday from 6pm in Newcastle city centre. Open to 16-24 year olds who identify as Transgendered men or women or Transsexual men or women. Anyone from Berwick down to Darlington are welcome. Its a friendly , welcoming social group . Also engage in leisure activities together, share information on the spectrum of Trans experiences. Run by youth workers Billijeane and Debs, some individual support is available. There are future plans to be able to help with transport costs. Call or email for more information:

Debs Walker: [debswalker@trinityyouth.org.uk](mailto:debswalker@trinityyouth.org.uk) ☎01670531843//07946267152

Billijeane Summerbell: [billijeansummerbell@disc-vol.org.uk](mailto:billijeansummerbell@disc-vol.org.uk) ☎07826872756

#### CROSS+ROADS GID SUPPORT

National organisation but primarily based in Northern England. Provides support for transsexuals and inter-sexed people who are going through the re-assignment programme. Support for families/partners also offered.

Paula ☎: 07722788401 (between 10am -10pm weekdays)

☎Private admin number only 01388 609700 E-mail: [paula@dumana.fsnet.co.uk](mailto:paula@dumana.fsnet.co.uk)

### COUNTY DURHAM

#### CLUB T AT GADD

T.S. and T.V. information, socialising and advice. 1 to 1 counselling, help-line, promoting acceptance. Regional and national contacts. Sundays (Fortnightly), 7:30pm – 10:00pm Contact GADD for the next date.

☎01325 355551 Website: [www.gayadvisedarlington.co.uk](http://www.gayadvisedarlington.co.uk)

#### TLS (The Local Spa) T- BIRDS CLUB

Hotel/Spa – Trans night with dressing room – mention heard from MESMAC when calling as they are very security conscious. High Street, Stanley, County Durham. DH9 0DQ

☎07932488839 Hotel Number:01207 281765

### TEESSIDE

#### TRANS GROUP (at Hart Gables)

Last Thursday of the month from 7pm – 9pm. A friendly and safe place for Trans people to meet and talk about Trans issues. People can change at Hart Gables.

☎ 01429 236790 Email: [hartgables@googlemail.com](mailto:hartgables@googlemail.com) Website: [www.hartgables.org.uk](http://www.hartgables.org.uk)

**NATIONAL****BEAUMONT TRUST**

Gives details of country-wide groups. A national organisation offering support, counselling, & social activities for TV's. 27 Old Gloucester Street, London WC1N 3XX

☎ **01582 412220**

**GENDER TRUST NATIONAL HELPLINE**

A service for adults throughout the United Kingdom who are Transsexual, Gender Dysphoric, Transgender or those whose lives are affected by gender identity issues.

☎ **0845 2310505** Email: [info@gendertrust.org.uk](mailto:info@gendertrust.org.uk) Website: [www.gendertrust.org.uk](http://www.gendertrust.org.uk)

**PRESS FOR CHANGE**

Political lobbying and educational organisation, which campaigns to achieve equal civil rights and liberties for all transsexual and transgendered people in the United Kingdom, through legislation and social change. [www.pfc.org.uk](http://www.pfc.org.uk)

**MERMAIDS**

Support groups for children and teenagers with gender identity issues.

☎ **07020 935066** - 12 noon until 9pm [www.mermaids.freeuk.com](http://www.mermaids.freeuk.com)

**TAVISTOCK AND PORTMAN**

a service specifically for young people with gender identity issues - its for under 18's and people can refer in from anywhere in the UK.

For young people and their families who are experiencing difficulties in the development of their gender identity. This includes children who are unhappy with their biological sex.

This specialist service is unique to the NHS. It is staffed by a multi-disciplinary group with contributions from child and adolescent psychiatry, psychology, social work, psychotherapy and paediatrics.

Website: [www.tavistockandportman.nhs.uk/childrenyoungpeoplegenderidentityissues](http://www.tavistockandportman.nhs.uk/childrenyoungpeoplegenderidentityissues)

## 7. HIV/AIDS SERVICES

(Not exclusively lesbian or gay) See also additional HIV+ booklet

### NEWCASTLE

#### **BPNE (BODY POSITIVE NORTH EAST)**

Confidential service providing information, advice and support on all aspects of HIV infection to people either infected or affected by HIV/AIDS. Offers groups, advocacy, support, holistic therapies, counselling and advice on welfare benefits, housing referrals and respite care. Drop-in Mon-Fri 10-5. Computer & Internet access daily, tuition available.

☎ **0191 232 2855** Mon-Fri. 10.00-5.00. Address: SIDA CENTRE, 12 Princess Square Upper Level, Newcastle NE1 8EG. Email: [bpne@btinternet.com](mailto:bpne@btinternet.com) Website: [www.bpne.org](http://www.bpne.org)

#### **MESMAC NORTH EAST**

1 hour HIV testing available on Tuesdays 5-7pm(drop in) and by appointment Monday-Thursday. Advice & information on HIV, testing, signposting and +Men's group.

Phone to make an appointment ☎ **0191 233 1333**

#### **HIV + GAY & BISEXUAL MEN'S DROP IN**

A social group for HIV+ men who are gay or bisexual. Meets one evening a month in central Newcastle. Contact Michael ☎ **0191 233 1333** for details

#### **BLUE SKY TRUST (Formerly NORTH-EAST AIDS CARE)**

Confidential service providing practical help for people with HIV/AIDS. Provides transport, help with DIY/decorating, shopping, laundry, sitting and befriending.

☎ **0191 281 5200** or write: P.O. Box 638, Newcastle NE99 2WW

#### **SHINE**

(Sexual Health in Newcastle - a Women's Community Development Project).

SHINE offer free, confidential support and advice to women only around issues related to their sexual health.

#### **SHINE work with:**

Any women in Newcastle experiencing issues related to their sexual health and who want a safe environment to talk about it in, regardless of her sexual orientation, ethnic origin or social situation.

#### **SHINE offer:**

One-to-one advice (in our office or otherwise in the community)

Phone information and advice

Training and group sessions around various issues related to sexual health

Resources – condoms, lube etc. as well as leaflets around sexual health related issues.

Email: [heidi.hansen@newcastle.goc.uk](mailto:heidi.hansen@newcastle.goc.uk) or [roya.rezaee@newcatle.gov.uk](mailto:roya.rezaee@newcatle.gov.uk)

3rd Floor, 11 Nelson Street, Newcastle. NE1 5AN

☎ **0191 277 2048** Fax:0191 233 1551

#### **THE HIV AND SEXUAL HEALTH TEAM (Social Workers)**

Social Work Department, 2<sup>nd</sup> Floor (Peacock Hall), Royal Victoria Infirmary, Queen Victoria Road, Newcastle upon Tyne. NE1 4LP

Allan Kettleborough, Social Care Assessment Officer ☎ **0191 282 4730**

Carolyn Brunton, Children/Family Social Worker ☎ **0191 282 4732**

Christine Stewart, Welfare Rights Officer ☎ **0191 282 0190**

Claire Bryden, Social Worker ☎ **0191 282 4731**

Maureen McGow, Social Worker ☎ **0191 282 0136**

Shirley Greenwell, Admin Assistant ☎ **0191 282 5329**

## SOUTH TYNESIDE

### **STREETLEVEL**

Emotional & practical support for people living with HIV/AIDS, their partners, families, & friends. Confidential advice & information available. Condoms and lube, support around drug use. Help in accessing benefits, housing, social services. Mon, Tues & Fri. 10.00-4.30 (Weds. 10-12.30pm 12.30-4.30 women only) Thurs 12.30-4.30 Stanhope Parade, South Shields ☎0191 455 3027 Website [www.barnardos.org.uk/streetlevel.htm](http://www.barnardos.org.uk/streetlevel.htm)

## TEESSIDE

### **TEESSIDE POSITIVE ACTION.**

Practical & emotional support for people living with HIV/AIDS, their partners, carers, families. Other services include befriending, advocacy, complimentary therapies, education & information and 1 hour HIV testing. 15 Baker Street, Middlesbrough.

☎01642 254598 Website: [www.tpa-uk.org](http://www.tpa-uk.org)

### **INFECTIOUS DISEASES UNIT**

Middlesbrough General Hospital. James Cook University Hospital Jane Gibson Clinical Nurse Specialist: HIV testing & support ☎01642 854462

## COUNTY DURHAM

### **GADD**

Confidential social and support group for all people with HIV, their families, partners and carers. Resource library also available. ☎01325 35 55 51 Email: [help@gayadvice.plus.com](mailto:help@gayadvice.plus.com)

### **TEESSIDE POSITIVE ACTION**

TPA are now offering 'Rapid Test' for HIV on a Monday at Chester-le-Street Community Hospital and Venue4U, Durham City.

☎01642 254598 Website: [www.tpa-uk.org](http://www.tpa-uk.org)

## NORTH YORKSHIRE

### **NORTH YORKSHIRE AIDS ACTION**

An organisation which provides confidential help and support to people living with HIV/AIDS, their carers and people who have been bereaved as a result of an Aids related illness, as working to inform and educate people about issues concerning HIV and AIDS ☎01904 640024. Also; **Scarborough, Whitby, Ryedale Carers & Positive Group**; Open to people living with HIV, their carers, families and friends. PO Box 204 Scarborough YO12 5YQ ☎01904 640024

## REGIONAL

### **PHILIP PARKINSON HOMECARE**

Philip Parkinson Homecare offer specialist HIV positive homecare across the region. Suite 12 Quay Level, St Peters Wharf, Newcastle upon Tyne. NE6 1TZ.

☎0845 370 1230 Website: [www.pphcare.co.uk](http://www.pphcare.co.uk)

## NATIONAL

**NATIONAL AIDS HELPLINE** ☎0800 567 123 (free 24hr helpline) Minicom: 0800 521 361 (open 10am-10pm)

**TERENCE HIGGINS TRUST** ☎0207 242 1010 (12-10pm daily) [www.tht.org.uk](http://www.tht.org.uk) or THT Direct ☎0845 1221 200

**AIDS TREATMENT PROJECT** ☎0645 470 047 (Mon & Wed 6-9pm) [www.atp.org.uk](http://www.atp.org.uk)

**GAY MEN FIGHTING AIDS (GMFA)** ☎0207 738 6872

## 8. SEXUAL HEALTH AND HIV CLINICS

All Sexual Health Clinics open at various times during the week and for most services you require an appointment. Please phone your local clinic for further information.

### NEWCASTLE

#### INTEGRATED SEXUAL HEALTH SERVICES

**New Croft House**, Market Street East NE1 6ND.

Appointments for contraception and sexual health services are available Monday, Tuesday, Wednesday, Thursday and Friday mornings, afternoons and evenings.

Walk-in sessions for STI testing and GUM services are available on:

Monday, Tuesday, Wednesday, Thursday and Friday 9am to 12.15pm.

Appointments for STI testing and Sexual Health services are available on:

Monday and Thursday 2pm – 4.30pm

Tuesday 2pm – 6.30pm

Wednesday 8am – 9am and 2pm – 4.30pm

☎ **0191 229 2999** appointments only or visit the website:

[www.newcastlepct.nhs.uk/your-health/sexual-health-1](http://www.newcastlepct.nhs.uk/your-health/sexual-health-1)

#### INFECTIOUS DISEASES OUTPATIENTS

(Formerly Ward 25 Newcastle General Hospital)

Ward 19, Floor 6, New Victoria Wing, Newcastle RVI.

☎ **0191 282 31 06**

#### 1 HOUR HIV TESTING

MESMAC North East on Tuesdays 5-7pm or Mon – Thursday by appointment.

Phone MESMAC on ☎ **0191 233 1333** to make an appointment or for more info.

### GATESHEAD

#### GATESHEAD SEXUAL HEALTH SERVICES

Sexual Health Service Bensham Hospital, Saltwell Road, Gateshead. NE8 4YL

Clinic Times:

Mon 9.00am -11.30am and 13.30 – 16.00pm

Tues 8.15am – 19.30pm

Wed 9.00am – 12.00 noon

Thurs 8.15am – 19.30pm

Fri 13.00pm – 15.30pm

The clinic operates a walk in service, no appointment is necessary.

If you would prefer an appointment these are available between 8am and 8pm Tuesdays or Thursdays.

☎ **0800 422 0200** or **0191 283 1575** to arrange this.

### NORTH TYNESIDE

#### ONE TO ONE CENTRE

#### INTEGRATED CONTRACEPTION AND SEXUAL HEALTH SERVICE

Queue and wait sessions and appointments available.

New patients please attend one hour before closing.

Clinic Times:

Mon – Fri 9.00am – 7.30pm,

Fri (5.00pm – 7.30pm) Young People Only Session.

Sat 10.30am – 1.30pm (You will be seen and assessed by clinical personnel).

Brenkley Avenue (5 minutes from Shiremoor Metro) Shiremoor. NE27 0PR

☎ **0191 2970441**

**NORTH TYNESIDE GENERAL HOSPITAL – EMERGENCY CONTRACEPTION**

For emergency contraception call the out of hours service ☎0191 293 2568

**SOUTH TYNESIDE****STANHOPE PARADE HEALTH CENTRE**

Gordon Street, South Shields. NE33 4JP

Monday 4.00-6.30. Weds. 9.00-12.00. Thurs. 2.00-6.30.

**Appointments** ☎0191 2832525**SUNDERLAND****SEXUAL HEALTH CLINIC (Sunderland Royal Hospital)**

Sunderland Royal Hospital, Kayll Rd.

Clinic Times:

Mon, Tue, Thur, Fri am – Drop in 8.45am – 11.30am.

Appointments all day Wed 9.00am – 6.00pm.

Mon, Tues and Thur 2.00pm – 4.00pm appointments only.

Available for advice Mon – Fri 9.00am – 5.50pm.

☎0191 569 9021 or 0191 569 9022

**NORTHUMBERLAND****SEXUAL HEALTH & HIV CLINCS**

Northumberland Contraceptive &amp; Sexual Health Services, Clinics in Blyth, Alnwick, Hexham &amp; Berwick. Call to make an appointment for any of these services.

☎ 01670 543131

**BLYTH**

Carlton Street Clinic, 27-29 Carlton Street, Blyth. NE24 2DT

☎ 01670 543131

**COUNTY DURHAM****DURHAM**

University Hospital of North Durham.

Clinic Times:

Mon &amp; Fri: 9.00am -12.00 noon

Tue 10.00 – 1.00pm

Wed. 2.00pm – 5.00pm

Thur 3.00pm – 6.00pm

Fri 9.00am – 12.00 noon

☎ **Advice – 0191 333 2927 Appointments – 0191 333 2660/1****DARLINGTON**

Sexual Health Dept, Darlington Memorial Hospital, Hollyhurst Road.

Clinic Times:

Mon: 10.00am – 12.00 noon (men) 4.00pm – 6.30pm (mixed).

Tues: 9.00am -12.00 noon (new male &amp; HIV)

Wed: 9.00am – 12.00 noon (women only)

Thur: 2.00pm – 4.00pm (women) 3.30pm – 4.00pm (men) 4.00pm – 5.30pm (wart clinic)

Fri: 9.00am – 12.00 noon (men only).

Appointments necessary.

☎01325 743203

**BISHOP AUCKLAND**

Bishop Auckland General Hospital. Escomb Annexe, Escomb Road, Bishop Auckland  
 Drop in service Monday's only- 8.30am – 11.30am,  
 No appointments: first come, first served.  
 Mon 8.30 -11.30am and 2.00pm -5.00pm.  
 Tue 3.00pm – 5.30pm.  
 Wed 8.30 -11.30am  
 Thur 9.00am – 12.00pm.  
 Fri 8.30 – 11.30am  
 Appointments ☎01388 455700

**TEESSIDE****MIDDLESBROUGH**

**James Cook University Hospital.** Marton Road, Middlesbrough. TS3 4BW  
**Dept of Infection & Travel Medicine ☎01642 854548.**

Direct dial telephone numbers for **REACTIVE TESTS** only:-

Jane Gibson 01642 854340 / 89 (mobile 07780613118 Private do not give out)

If Jane isn't available the following staff will pass details onto a consultant:

Jane / Brendan ☎01642 854462

Tracey / David ☎01642 854835

Donna / Richard ☎01642 835677

**TEESSIDE SEXUAL HEALTH SERVICES**

As of 1<sup>st</sup> February 2011 Sexual Health Services (GUM) in Teesside will be divided between 4 'Hubs'. There will be one contact telephone number for the service ☎0333 000 0014 (option 3) which will operate as a central booking line for appointments and signpost clients to the following clinics:

**MIDDLESBROUGH**

North Ormesby Health Village, 11a Trinity Mews, Middlesbrough TS3 6AL  
 ☎ 01642 459583 or ☎0333 000 0014 option 3

**REDCAR**

Redcar Primary Care Hospital, West Dyke Road, Redcar TS10 4NW  
 ☎01642 511156 or ☎0333 000 0014 option 3

**HARTLEPOOL**

One Life, Park Road, Hartlepool. TS24 7PW  
 Various sexual health, GUM and CASH services available, call for information.  
 ☎01429 285719 or ☎0333 000 0014 option 3

**STOCKTON**

Lawson Street Health Centre. Lawson Street, Stockton on Tees. TS18 1HU  
 Various sexual health, GUM and CASH services available, call for information.  
 ☎01642 704314 or ☎0333 000 0014 option 3

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**CONTRACEPTION AND SEXUAL HEALTH SESSIONS**

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**NEWCASTLE**

**STREETWISE** Mon, Tue & Fri 2-4.30pm. Thurs 4-6.30pm (Saturday UNDER 18 only 11-4).  
☎0191 230 5400

**WEYES** Wed 4-6.30pm ☎0191 273 3997

**ARMSTRONG ROAD** Thurs 9.30-11.30am. ☎0191 219 5804

**D2**

Located in Newbiggin for boys and girls 14 to 25 years old ☎0191 286 1800

**SUNDERLAND****SEXUAL HEALTH SERVICES AND EMERGENCY CONTRACEPTION**

Access to free condoms, chlamydia tests and sexual health info.

☎0191 569 9966 Website: [www.yourhealthsunderland.com/shclinics](http://www.yourhealthsunderland.com/shclinics)

## 9. LEGAL ADVICE & POLICE LIAISON OFFICERS

### NEWCASTLE

**DAVID GREY & CO.** [www.davidgrey.co.uk](http://www.davidgrey.co.uk) Deals with crime, family, immigration, mental health and civil work including personal injury & actions against the Police and also deals with conveyancing. Legal Aid ☎0191 232 9547

**BEN, HOARE, BELL & CO** ☎0191 224 6789 mental health, welfare and family and other various legal work

**BROWELL, SMITH & CO.** ☎0800 107 3000 or 0191 221 1611 (regional offices)  
Website: [www.browells.co.uk](http://www.browells.co.uk) occupational matters, immigration, wills, personal injury, welfare, conveyancing, mortgages, family, employment and clinical negligence.

#### EMMERSONS SOLICITORS

145 High Street, Gosforth, Newcastle, NE3 1HA  
☎0191 284 6989 Email: [gosforth@emmersons-solicitors.co.uk](mailto:gosforth@emmersons-solicitors.co.uk)

#### MUCKLE COMERCIAL LAW FIRM

Time Central, 32 Gallowgate, Newcastle upon Tyne. NE1 4BF  
☎0191 211 7777 Website: [www.muckle-llp.com](http://www.muckle-llp.com)

### WEARISIDE

**BEN, HOARE, BELL & CO** ☎0191 565 3112 [www.benhoarebell.com](http://www.benhoarebell.com) Various legal work but not conveyancing or wills. Jeff Dean's direct number is ☎0191 514 8370.

#### EMMERSONS LAW FIRM

52 John Street, Sunderland, SR1 1QN. Emerson's have a prison law department and have been helping gay prisoners. They are the only firm in Sunderland able to undertake prison law work. Email: [amrobinson@emmersons-solicitors.co.uk](mailto:amrobinson@emmersons-solicitors.co.uk)  
☎0191 567 6667 Website: [www.emmersons-solcitors.co.uk](http://www.emmersons-solcitors.co.uk)

### TEESSIDE

**Stephen Bosomworth** at Newby's ☎01642 673733 No criminal work but most other areas such as wills, civil partnerships, employment etc

**Clare Bailey** at Punch Robson Solicitors ☎01642 353717

### OTHER

#### CITIZENS ADVICE BUREAUX

Ashington ☎01670 818 360 Durham ☎0191 384 2638 Gateshead ☎0191 477 1392  
Newcastle ☎08444994717 Sunderland ☎0191 416 6848 Darlington ☎01325 256 999  
[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk) Information and advice on a wide range of issues including welfare benefits, housing and legal rights, debt, tax and consumer advice

#### VICTIM CASEWORKER NORTHUMBRIA

Working with victims who need advocacy with multiple agencies or complex advocacy support with a single agency. Helping victims to gain access to and secure services from public sector and voluntary providers. Task orientated advocacy work **Kayleigh Russell**, Victim Support. 1 Archbold Terrace, Jesmond, Newcastle-Upon-Tyne. NE2 1DB  
☎0191 2813791 ext 308 mobile: 07908958358 [kayleigh.russell@victimsupport.org.uk](mailto:kayleigh.russell@victimsupport.org.uk)

#### Victim Caseworker Service

Contact Victim Care Unit ☎0845 277 0977

#### LGBT MORTGAGES

A comprehensive consumer guide to real estate "LGBT mortgages". Helps to explain the different approaches that same-sex couples can take in getting a mortgage, establishing ownership of a home and other legal issues. Website: [www.mortgageloan.com/lgbt/](http://www.mortgageloan.com/lgbt/)

**POLICE LIASION OFFICERS (LGBT)****POLICE LIASION**

The following is a list of LGBT Police Liaison officers who cover the named areas, unfortunately Police officers tend to move areas quite often, if the officer is no longer available please ask for a community officer that covers your area.

To contact them phone ☎0191 214 6555 and give the name and location of the officer you want to speak to, to the contact handler.

**NEWCASTLE**

PC 2655 KAY PAUL  
PC 8634 KELLY HETHERINGTON  
SGT 1989 RICHARD CUSSACK  
SGT 100 PAUL HAMILTON

**GATESHEAD**

SGT 8231 CAROLINE ORD  
SGT 1218 ANTHONY JOHNSON

**NORTH TYNESIDE**

PC 8122 HEATHER CARROLL

**NORTHUMBERLAND**

INSP 7759 DAVID THORNHILL  
PC 515 COLIN HEATH  
SGT 3289 MARTIN ABBOTT

**SOUTH TYNESIDE**

PC 2249 GARY WILKINSON

**SUNDERLAND**

PC 3691 LESLIE PAYN  
PC 880 GAVIN JAMES  
PC 1765 PAUL THOMAS  
PC 2375 CLIFFORD WELSH  
PC 762 PAUL HOLDEN  
PC 248 HUGH DUNDAS  
PC 2072 ALAN COX  
PC 8595 LISA MUNRO  
PC 8793 CRAIG PATTISON  
PC 610 MICHAEL CURTIS  
PC1888 WAYNE HOPKINSON  
PC 8945 COLIN KIRKUP  
PC 2059 PAUL ADAMS

## 10. DOMESTIC ABUSE, RAPE, ASSAULT AND SEXUAL ASSAULT SERVICES

### Placed in order of area.

If the caller needs immediate help the most important thing to do is to let them know that you believe what has happened to them. It's fine to say that you are not equipped to counsel them but that you will listen to them now and will give them details about appropriate services. It's always important to check their immediate safety.

### SAMARITANS

Outside of project opening hours call Samaritans at any time on:

☎ **08457 909090**

## NEWCASTLE

### LISTENING POST

This is not a specific service for sexual abuse survivors, but can be accessed by men wanting to talk about abuse issues. A drop-in service operates on the times below, but if face to face counselling is wanted, an appointment can be made to see Chris Carrol.

☎ **0191 232 1692** Mon-Sat 12 midday –3pm

### TYNESIDE RAPE CRISIS CENTRE – For women only

Admin: ☎ **0191 222 0272** (for information and referrals)

Helpline: ☎ **0191 232 9858** (Tuesday & Thursday: 6pm-8.30pm)

Email: [enquiries@tynesidercc.org.uk](mailto:enquiries@tynesidercc.org.uk) Website: [www.tynesidercc.org.uk](http://www.tynesidercc.org.uk)

### REACH (Newcastle & Sunderland)

Face to face counselling and support to adult men (16+) living in Tyne and Wear or Northumberland, who have been raped or sexually assaulted recently is available at REACH. Referrals can be made to either REACH centre in Newcastle or Sunderland, and an appointment will be made to suit the client within two weeks of first contact.

☎ **0191 221 9222 (Newcastle)** ☎ **0191 565 3725(Sunderland)**

Website: [www.reachcentres.co.uk](http://www.reachcentres.co.uk)

### STREETWISE

Are able to see young men up to 26yrs old. Ring for an appointment. ☎ **0191 230 5400**

### PUBLIC PROTECTION UNIT

Victim support domestic violence workers working in partnership with Northumbria Police at Etal Lane police station. ☎ **0191 214 6555 ext 62781 or 62791**

### VICTIM SUPPORT- Newcastle

An independent voluntary organisation, offering free, confidential advice and support to victims of domestic and sexual violence including lesbian, gay bisexual and transgender people. Offering an IDVA (Independent Domestic Violence Advisor) and ISVA (Independent Sexual Violence Advisor) services. Can offer support and advice, regardless of whether you have told the police. Can also help you with safety planning. Speak in confidence, either face to face or over the phone. Can provide you with information, practical help and emotional support depending on your individual needs. Victim Support is open to anyone and is not part of the police, courts or any other criminal justice agency. ☎ **0191 2865183/ 0191 2813791**

## TEESSIDE

### HARBOUR COUNSELLING PROGRAMME – HARTLEPOOL, STOCKTON

Harbour's counselling programme offers support to victims of sexual abuse or rape. Qualified counsellors work with males and females aged 18 and over on an individual or group basis.

Contact Harbour ☎ **0845 602 7449** or text 'HARBOUR' and your message to **60777**.

Email: [counsellingprogramme@myharbour.org.uk](mailto:counsellingprogramme@myharbour.org.uk)

**JIGSAW ( & Women's Support Network)**

Service for adult survivors of rape or sexual abuse, and their partners and family. One to one counselling available. Teesside area only.

Help-line daily 8:30-4:00 ☎️ **01642 822331** 24hr answerphone outside helpline times.

**HELEN BRITTON HOUSE**

Sexual assault referral centre providing a service to survivors of sexual assault & rape. 13 Trinity Mews, North Ormsby Health Village, North Ormsby, Middlesbrough. TS3 6AL Open Mon-Fri 9am-5pm, provides services for men & women including counselling, emotional support and accessing sexual health screening.

☎️ **01642 516888**

**SEXUAL VIOLENCE HELPLINE**

Open office hours and Monday & Wednesday evenings 4-7pm

☎️ **01642 835079**

**HARBOUR ADULT OUTREACH – EASINGTON, HARTLEPOOL, STOCKTON, MIDDLESBROUGH**

The Adult Outreach Service provides telephone, one to one, and group support for men and women who have or are living with domestic abuse.

Contact the Outreach team ☎️ **0845 602 7308** or text 'HARBOUR' with your message to **60777**, Hartlepool: ☎️ **01429 890558**

email [Easingtonoutreach@myharbour.org.uk](mailto:Easingtonoutreach@myharbour.org.uk), [hartlepooloutreach@myharbour.org.uk](mailto:hartlepooloutreach@myharbour.org.uk), [Stocktonoutreach@myharbour.org.uk](mailto:Stocktonoutreach@myharbour.org.uk), [middlesbroughoutreach@myharbour.org.uk](mailto:middlesbroughoutreach@myharbour.org.uk)

**NORTHUMBERLAND****CEASE24**

A domestic abuse project which provides a service to women and men affected by domestic violence and abuse. The project offers support to clients at high or medium risk, and is open to anyone regardless of gender or sexuality. The services provided include practical and emotional outreach support and an IDVA (independent domestic violence advocate) service. In North Northumberland we have a specialist children's worker who works with children and young people between the ages of 4 and 18 years.

First Floor, Valuation Office Building, Off Wagon Way Road, Alnwick, Northumberland. NE66 1QL. ☎️ **01665 606881**

Email: [cease24@victimsupport.org.uk](mailto:cease24@victimsupport.org.uk)

Websites: [www.enough.me.uk](http://www.enough.me.uk) and [www.victimsupport.org.uk](http://www.victimsupport.org.uk)

**SIXTYEIGHTTHIRTY**

A domestic abuse charity based in Hexham. Funded to provide practical and emotional support for women who have experienced domestic abuse at any point in their lives. This includes, support with housing needs, attending court or any aspect of the criminal justice system linked to domestic abuse. With links to financial advisers and can provide the first step for women in order for them to gain some control within their lives. Provide training for other organisation focusing on the dynamics of domestic abuse and delivered training for services to consider best practice when supporting LGBT clients face to face.

Funding limits services to women only but inclusive of L/B and T's women.

☎️ **01434 608030** website: [www.608030.com](http://www.608030.com)

**COUNTY DURHAM****WEAR VALLEY WOMEN'S AID**

Providing support and advice for all women including lesbian and bisexual women, services include accommodation and outreach. Refuge at Bishop Auckland.

Louise Brown case worker ☎️ **01388 600094**

Email: [bishref\\_2003@yahoo.co.uk](mailto:bishref_2003@yahoo.co.uk) Website: [www.wvwa.co.uk](http://www.wvwa.co.uk)

**DOMESTIC ABUSE OUTREACH SUPPORT SERVICE**

**No75/31.** Durham County Council. Supporting all victims including the lgbt community.

Support line ☎**01388742110**

**DDASS, Derwentside Domestic Abuse Support Service**

Supporting all victims including the lgbt community. ☎**01207 232888.**

**SOUTH TYNESIDE****SOUTH TYNESIDE DOMESTIC ABUSE OUTREACH SERVICE**

Places for People Individual Support is the charitable arm of the Places for People group. The Outreach Service is available to people at risk of domestic abuse in South Tyneside and provides both practical and emotional support.

☎**07971 076291** (Monday – Friday, 9 – 5pm)

**SOUTH TYNESIDE WOMEN'S AID**

In partnership with Places For People, Working together to end domestic abuse.

Providing support, advice and temporary accommodation to women, with or without children who are at risk from domestic abuse. P. O. Box 29 South Shields NE33 1DL

☎**0191 4548257** (24 hr service)

**REGIONAL****SOMEONE CARES**

A confidential counselling service for survivors of physical, emotional and sexual abuse. A not-for-profit organisation working throughout the North East of England.

Friendly counsellors who will always put client needs first. Counselling with Someone Cares is free of charge.

☎**0191 273 2233 ext 2233** Website: [www.someonecares.org.uk](http://www.someonecares.org.uk)

**NATIONAL****BROKEN RAINBOW**

Helpline for LGBT people experiencing domestic violence.

☎**0300 999 5428** Call: Monday 2-8pm, Wednesday 10-1pm, Thursday 2-8pm

[www.broken-rainbow.org.uk](http://www.broken-rainbow.org.uk)

**NATIONAL DOMESTIC VIOLENCE**

Freephone Helpline (24hrs) ☎**0808 2000 247**

**THE NATIONAL ASSOCIATION FOR PEOPLE ABUSED IN CHILDHOOD**

NAPAC Support Team are trained volunteers who will assist callers in any way they can.

NAPAC does not offer counselling or on-going support but they are there to listen, validate and do whatever is most helpful to the caller, whether that be a listening ear or searching our database to give the relevant information on any local sources of help. ☎**0800 085 3330**

**THE MENS ADVICE LINE**

Helpline that provides a range of services aimed primarily at men experiencing Domestic Abuse from their partner.

☎**0808 801 0327** [www.mensadviceline.org.uk](http://www.mensadviceline.org.uk)

**THE MANKIND INITIATIVE**

Supports male victims of Domestic Violence, though they help all callers regardless of sex, race or sexual orientation. There is also a referral system for single men or men with children fleeing from Domestic Violence and needing a safe refuge.

☎ **01823 334244** [www.mankind.org.uk](http://www.mankind.org.uk)

**SURVIVORS UK**

National organisation providing information, support and counselling for men who have been raped or sexually abused.

☎**0845 122 1201** (7-10pm Mon/Tues/Thu) [www.survivorsuk.org.uk](http://www.survivorsuk.org.uk)

## 11. VICTIM SUPPORT & REPORTING HOMOPHOBIA

Available to anyone who has been affected by crime, either as a victim, witness or relative/friend of a victim. This includes people affected by ongoing harassment or violent relationships. The person does not have to have reported the crime to the Police.

### VICTIM SUPPORT

**Personal support**-time to talk about the experience, its impact and to explore options in a safe and confidential setting. **Information and advice**- housing options, compensation, benefits, police and court procedures, crime prevention, personal safety. If going to court, referral to Witness Service. **Practical support**- accompanied to housing offices, Police, courts, help with filling in forms. Open 9am-9pm weekdays, 9am-7pm weekends  
This is the national Number and is the best option to call.

☎0845 3030900

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

### NEWCASTLE & NORTH TYNESIDE

Newcastle ☎0191 2865183/ 0191 2813791

North Tyneside ☎0191 257 9079

### GATESHEAD/SOUTH TYNESIDE

Gateshead ☎0191 477 8395

South Shields ☎0191 454 6198

### WEARSIDE

Sunderland ☎0191 567 2896

### COUNTY DURHAM

Peterlee ☎0191 587 2276

### TEESSIDE

Hartlepool ☎01429 221920

Stockton ☎01642 868444

Middlesbrough ☎01642 297000

Guisborough ☎01287 630009

### ARCH - HOMOPHOBIA REPORTING

**ARCH** is a system that you can report homophobia through, this can be anonymously. There are regional offices that can help, some with free 24/7 Helplines.

#### ARCH - Newcastle

☎08000 32 32 88 Email: [arch@newcastle.gov.uk](mailto:arch@newcastle.gov.uk),

Web: [www.newcastle.gov.uk/core.nsf/a/harassment](http://www.newcastle.gov.uk/core.nsf/a/harassment)

#### ARCH Gateshead

24 hour reporting line ☎0191 4332648

#### ARCH - Sunderland

☎08000 778 378 email: [sunderlandarch@sunderland.gov.uk](mailto:sunderlandarch@sunderland.gov.uk),

Web: [www.sunderland-arch.org.uk](http://www.sunderland-arch.org.uk)

ARCH - North Tyneside Web: [www.northtyneside.gov.uk](http://www.northtyneside.gov.uk)

**ARCH REPORTING CENTRES**

You can also report homophobia to ARCH reporting centres; here are a few relevant ones:

**MESMAC North East**, 11 Nelson Street, Newcastle, ☎**0191 233 1333**

**Metropolitan Community Church (MCC)**, ☎**07770 543 407**

**Outpost Housing Agency**, 1-2 Osborne Road, Newcastle, ☎**0191 281 0099**

**TRUE VISION/STOP HATE CRIME - HOMOPHOBIA REPORTING****TRUE VISION - TEESSIDE**

This is a National hate crime reporting system, the Middlesbrough reporting line is:

☎**0800 555 111 or 01642 306672**

There are 2 True Vision Reporting Centres in Middlesbrough:

**Middlesbrough Voluntary Development Agency** 82 -90 Corporation Rd, ☎**01642 803607**

**Citizens Advice Bureau** 9, Linthorpe Rd.

Also Police drop in surgery 3rd Thursday of every month @ The Oak, a chance to speak to an LGBT liaison officer from Cleveland Police.

**STOP HATE CRIME - MIDDLESBROUGH**

You can report a hate crime by calling the Stop Hate Crime 24 hour help line on:

☎**0800 1381625**.

Website: [www.reportheatcrime.co.uk](http://www.reportheatcrime.co.uk)

**TRUE VISION - COUNTY DURHAM**

Report hate crime in County Durham online at:

[www.report-it.org.uk/home](http://www.report-it.org.uk/home)

## 12. MENTAL HEALTH SERVICES AND COUNSELLING

Most mental health services are accessible only through referrals from a GP. If clients feel uneasy about accessing services through their GP, then the following telephone helplines should be able to assist in clients finding the appropriate service. Additionally contact numbers can be found in local Council's Directory of Community Care Services and also Directory of self-help and support groups.

### ADVOCACY

UKAN (UK Advisory Network) information on local services across the UK Local offices; North Tyneside ☎0191 259 6662, Newcastle ☎0191 2357013, Gateshead & South Tyneside ☎0191 477 7380 Website: [www.u-kan.co.uk](http://www.u-kan.co.uk)

### PRIDE IN MIND

Gateshead Mental Health User Forum,  
☎01914787475

### LAUNCH PAD

Mental health service did run a LGBT group in the past but not currently running.  
☎0191 2330382

### MIND

Offers general counselling service to people referred by their GP, which usually consists of a brief course of therapy over six sessions. Wellbeing Centre, Dunsmuir Grove, Bensham, Gateshead. NE8 4QL. ☎01914774545 ☎0845 7660163 (National)  
Email: [admin@mindingateshead.org.uk](mailto:admin@mindingateshead.org.uk)  
Website: [www.mindingateshead.org.uk](http://www.mindingateshead.org.uk)

### ABUSE SURVIVORS

providing information, advice and support to those affected by abuse.  
☎0870 005 6787 followed by the number of the service you require.  
Website: [www.abuse-survivors.org.uk](http://www.abuse-survivors.org.uk)

### CHILDLINE

Free counselling service for children and young people. ☎0800 1111

### RE THINK

The charity that supports people living with severe mental illness.  
Mon/Wed/Fri 10am-3pm. Tue/Thurs 10-2pm ☎0845 4560455

### SAMARITANS

Free support 24 hours everyday. ☎08457 909090 Website: [www.samaritans.org.uk](http://www.samaritans.org.uk)

### MENTAL HEALTH MATTERS HELPLINE.

Helpline runs from 6pm to 6am every night for confidential emotional support.  
☎0845 601 2457

### LESBIAN AND GAY BEREAVEMENT HELPLINE

London FRIEND, 86 Caledonian Rd, London N1  
☎020 7837 3337 7:30-9.30pm Tue/Wed/Fri  
Website: [www.londonfriend.org.uk/beravementhelpline](http://www.londonfriend.org.uk/beravementhelpline)

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## COUNSELLING

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Note: some of the organisations listed elsewhere in this guide can offer free counselling services (MESMAC North East for example).

### **RELATE - Northumberland and Tyneside**

Offering a service to individuals, couples, families and young people, fully inclusive of LGBT and Q people. Appointments Mon-Thu 9am-9pm also Friday night's and Saturdays at various locations. 3rd Floor Mea House, Ellison Place, Newcastle. NE1 8XS. Ring to make an appointment. ☎ **0191 2329109** Website: [www.relate-nt.org.uk](http://www.relate-nt.org.uk)

**HOLY ROOD HOUSE**, Thirsk. Offers counselling and psychotherapy. Christian based – aware of homophobia and oppression perpetrated by Christianity. Donation for counselling asked for. ☎ **01845 522580**. Website: [www.holyroodhouse.org.uk](http://www.holyroodhouse.org.uk)

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## TAKING 'SUICIDE CALLS'

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- Be yourself. The 'right words' are unimportant. If you are concerned, your voice and manner will show it.
- Listen. Let the person unload despair, anger. If given this opportunity, the person will feel better by the end of the call. No matter how negative the call seems, the fact that it exists is a positive sign, a cry for help.
- Be sympathetic, non-judgemental, patient, calm, accepting. The caller has done the right thing by getting in touch with another person.
- If the caller is saying, "I'm so depressed, I can't go on." ASK THE QUESTION: "**Are you having thoughts of suicide?**" You are not putting thoughts into the person's head, you are doing a good thing for them. You are showing that you are concerned, that you take it seriously, that it is ok to share pain with you.
- If the answer is YES, you can begin by asking a series of further questions. Have you thought about how you would do it? Have you thought about when you would do it? Have you got what you need? 95% of callers will answer no at some point in this series or indicate that the time is set for some date in the future.
- Simply talking about their problems for a length of time will give suicidal people relief from loneliness and awareness that another person cares, a feeling of being understood. They also get tired. Their body chemistry changes. This takes the edge off their agitated state.
- Avoid arguments, problem solving, advice-giving, quick referrals, belittling and making the caller feel they have to justify their suicidal feelings. It's not how bad the problem is, it's how badly it's hurting the person.
- **Don't go it alone. Get help during the call and debrief afterwards.**
- Your caller may be concerned about someone else who is suicidal. Listen, reassure them that they are doing the right thing by taking the situation seriously. Sympathise with their stressful situation. With some support many third parties will work out reasonable courses of action on their own. In the case where the third party is really the first party, just listening will enable you to move towards their problems. You can ask, 'Have you ever been in a situation where you had thoughts of suicide?'

## 13. HOUSING

### NEWCASTLE

#### OUTPOST HOUSING PROJECT

Project for young gay men and lesbians aged 16-25. If client is homeless, in temporary/insecure accommodation, fleeing violence /harassment or support in managing accommodation. Project prioritises Black young people and disabled young people. Also age priority i.e. 1<sup>st</sup> under 18, 2<sup>nd</sup> 18-21 and 3<sup>rd</sup> 22-25.

Project encourages young people to develop independent living skills, help with benefits and also to help them secure more permanent move-on accommodation, as accommodation is temporary for up to 6 months, but in some circumstances this may be extended. Referrals should be made by calling the number below, young people can do this themselves, or someone else can do it on their behalf. Outpost Housing Project, 1-2 Osborne Road, Jesmond, Newcastle. NE2 2AA. ☎0191 281 0099.

#### STREETWISE

1<sup>st</sup> Floor, 35-37 Groat Market (off Bigg Market)

Young people's advice, information and counselling service- including help with housing.

☎0191 230 5400

#### SHELTER (North East Housing Aid Centre)

1-2 Blackfriars Court, Dispensary Lane, Newcastle NE1 4XB. Drop-in @ Blackfriars Court on Monday and Thursday 10am-12.30pm. ☎ 0344 515 1601 ☎0808 800 4444 (national)

Website: [www.shelter.org.uk](http://www.shelter.org.uk) Email: shelternortheast@shelter.org.uk

#### YOUR CHOICE HOMES

18 New Bridge Street. Newcastle Upon Tyne.

Your Choice Homes is the name of a choice based letting scheme owned by Newcastle City Council. This is a partnership between the City Council and quality assured private landlords. The scheme has been designed to create greater choices and to create a simple and open system which is accessible and understandable to everyone.

☎0191 2772020

#### YOUR HOMES NEWCASTLE

Your Homes Newcastle (YHN) has launched a website that is designed to make it easy for tenants and potential tenants to report repairs, pay rent, find a new home, get advice and support. The website is also designed to be easy to use by people with disabilities.

☎0191 278 8600 Website: [www.yhn.org.uk](http://www.yhn.org.uk)

**NEWCASTLE HOMELESS LIAISON PROJECT** (based at Housing Advice Centre) aims to provide a link between all service providers to the homeless in Newcastle ☎0191 277 1733

#### CITIZENS' ADVICE CENTRE

Advice and help about lots of issues including housing.

St Cuthbert's Chambers, 35 Nelson St, Newcastle Upon Tyne, Tyne And Wear NE1 5AN

☎08444994717 Website: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

#### PLACES FOR PEOPLE

Supported living scheme within North Tyneside. Independent Living Project, 258C Station Road, Wallsend, Tyne & Wear. NE28 8RG. Website: [www.placesforpeople.co.uk](http://www.placesforpeople.co.uk)

☎0191 2639749

**THE CYRENIANS**

Offer Supported accommodation for 24 homeless young people (16 – 25yrs).  
 Lindsay Hedley, Project Manager ☎0191 469 8720. Email: [l.hedlley@tcuk.org](mailto:l.hedlley@tcuk.org)  
 Main North East office: Architectural House, Plummer Street, Newcastle upon Tyne. NE4  
 7AB. ☎0191 273 8891. Email: [central.office@tcuk.org](mailto:central.office@tcuk.org) Website: [www.thecyrenians.org](http://www.thecyrenians.org)

**DURHAM****FOUR HOUSING GROUP**

3 Rivers house, Abbey wood Business Park, Durham, DH1 5TJ. ☎0191 384 1122

**RAILWAY HOUSING ASSOCIATION**

Bank Top House, Garbutt Square, Neasham Rd. Darlington ☎01325 482125

**AMRP - Andrew Marshall Residential Properties Ltd**

A gay friendly letting agent operating across the North East of England. Can help with:  
 Find a home to rent, Looking to sell a property, Seeking a tenant and management service  
 for an empty property, Assisting investors to build a property investment portfolio  
 Andrew Marshall - Director and Tenancy Co-ordinator for Durham:  
 ☎07855 972965 Email: [andrew.marshall@amrp.co.uk](mailto:andrew.marshall@amrp.co.uk) Website: <http://amrp.co.uk>

**TEESSIDE****CLEVELAND HOUSING ADVICE CENTRE**

16 Borough Road, Middlesbrough ☎01642 254544

**STOCKTON ON TEES BOROUGH COUNCIL**

16 Church Road, Stockton ☎01642 393939 Ask for housing Allocations.

**NIGHTSTOP**

Emergency accommodation for 16-25 yr olds for between 1 and 3 nights  
**Ruth Manuel Manager** ☎01642 493929 1-4pm weekdays 6-9pm everyday

**COMMUNITY CAMPUS**

89 – 90 Corporation Road. St Mary's Centre. Middlesbrough. TS1 2RW.  
 ☎01642 247209 Accommodation for young people under 25.

**SINGLE KEY**

Temporary accomodation for 16-21 yr olds  
 22 Gribdale Road, Middlesbrough ☎01642 244549

**NORTHUMBERLAND****YOUNG PERSONS PROJECT (Places for people)**

The Project provides support accommodation for young single people at risk between the  
 ages of 16 – 25.

1 Jubilee Court, Blyth, Northumberland. NE24 2TF  
 ☎01670 364398

**NATIONAL****ALBERT KENEDDY TRUST**

Housing Advice for Young LGB men and women. Foster and supported placements. London  
 and Manchester Bases ☎0161 228 3308

**MANKIND**

Information on places to stay for victims of domestic violence (not exclusively gay)  
 ☎ 01823 334244 Website: [www.mankind.org.uk](http://www.mankind.org.uk)

## 14. DRUG & ALCOHOL & NEEDLE EXCHANGES

Many of the following services will also be able to offer information and advice on safer drug use and may also offer a referral service for those with drug/alcohol misuse issues. Services are often provided freely or are funded by Local Authorities and benefit agencies. Some projects do charge for client referral services to those who are resident outside the project's area.

### NEWCASTLE/NORTH TYNESIDE

#### NORTHERN DRUG & ALCOHOL SERVICE

Plummer Court, Carlol Place, Newcastle. Mon/Thu 8am-8pm, Fri 9-4.30pm. Also information about pharmacy and agency based schemes. ☎0191 2061100

#### BASE

Drug support service for people under 25.26 Esplanade, Whitley Bay, Tyne & Wear, NE26 2AJ. ☎0191 253 2127

#### LIFELINE PROJECT

Advice, information and support around drug issues. Open Monday-Friday 10am-6pm  
☎0191 2614719 Website: [www.lifeline.org.uk](http://www.lifeline.org.uk)

#### NECA (North East Council on Addictions)

Promotion, prevention, recognition and treatment associated to use and misuse of substances including alcohol, drugs and gambling.

Contact information for all of the Area Offices throughout Newcastle, North Tyneside, Northumberland, Gateshead, South Tyneside, Sunderland, County Durham, Darlington and Middlesbrough. ☎0191 414 6446 Email: [info@neca.co.uk](mailto:info@neca.co.uk) Website: [www.neca.co.uk](http://www.neca.co.uk)

#### PROJECT ANSWER

Project answer provides all the services you could need to help with any drug problem under one roof. The service provides prescribing help, one to one psychological help as well as help with housing, getting work etc. there are out of hours sessions for those in work.

You can telephone to get an appointment and you will usually be seen within one week. Former sorting office, Atkinson Terrace, Station Road, Wallsend. NE28 6SS.

☎0191 2408122

### NORTHUMBERLAND

#### BLYTH

##### Needle Exchange and Harm Reduction Team

22-26 Bowes Street, Blyth NE24 1BD. Opening times: Mon –Thurs 9-5pm Friday 9-4:30

☎01670 396360

### GATESHEAD/SOUTH TYNESIDE

#### NEEDLE EXCHANGE

14 Regent Terrace, Gateshead. Mon-Fri 9-4.30, Thu 9-7pm. Steroid user's clinic throughout the week. Drop in available. Ring for details about local based pharmacy schemes

☎0191 445 5400

#### STREETLEVEL

Drug & alcohol services, Stanhope Parade, South Shields. Wed 4.30-6 ☎0191 455 3027

**WEARSIDE****SUNDERLAND COMMUNITY ADDICTION TEAM**

11 Norfolk Street, Sunderland. Operated as a drop-in and known as The Exchange. Open Mon, Wed & Fri 12-4. ☎️ **0191 510 8933**

**TEESSIDE****TEES ADDICTIVE BEHAVIOUR SERVICE (Hartlepool)**

200 York Road, Hartlepool. Operated as a drop-in also offers safer drug use information and free condoms and femidoms. MonFri 9-5pm ☎️ **01429 285690**

**TEES ADDICTIVE BEHAVIOUR SERVICE (Stockton)**

20 Yarm Road, Stockton-on-Tees. Operates as a drop-in and safer drug advice. Open Mon 9-5, Tues 9-8, Wed 9-5, Thurs 9-8, Fri 9-4. ☎️ **01642 802424**

**NATIONAL****FRANK ABOUT DRUGS**

National service for drug information and support. Open 24hrs a day 7 days a week  
☎️ **0800 776600** Website: [www.talktofrank.com](http://www.talktofrank.com)

**DRINKLINE**

Support to callers worried about their own drinking and support for family and friends of people who drink. ☎️ **0800 917 8282**

## **15. SERVICES FOR SEX OFFENDERS, ABUSERS AND VICTIMS**

### **THE SEXUAL BEHAVIOUR UNIT (SBU)**

The unit is a joint initiative of Newcastle PCT and Northumbria Probation Service.

It is a **regional service**.

It provides assessment of, and treatment for, adults who pose a risk in relation to sexual abuse of children and adults. The unit can also provide training and consultancy to other agencies wanting to learn more about adult sexual abusers. It runs occasional 3-day courses on working with sexual abusers which cover theories of sexual abuse, models and techniques for the assessment of adult abusers, research on risk assessment, inter-agency work and introductions to treatment and relapse prevention. There is a small cost.

Long-term consultancy arrangements would be charged for, but staff could phone members of the Sexual Behaviour Unit on an ad-hoc basis for free advice.

<b>STAFF</b>	<b>ROLE</b>	<b>LOCATION</b>
Roger Kennington	Project Co-ordinator	Pitt Street
Heather Wilkinson	Secretary	Pitt Street
Don Grubbin	Project Director	Newcastle University
Gail McGregor	Consultant Forensic Clinical Psychologist	St Nicholas Hospital

#### **Contact details:**

Northumbria Probation Service

☎ **0191 260 2540**

Dept. of Forensic Psychology, St Nicholas Hospital, Jubilee Road, Newcastle, NE3 3XT. ☎ **0191 223 2454**

The Sexual Behaviour Unit can take referrals from GPs and other agencies.

### **OTHER OPTIONS & CONTACTS**

Barnardo's **ORCHARD MOSAIC** (project for young people) ☎ **0191 212 0237**

Barnardo's **SCARPA** (Safeguarding children at risk) ☎ **0191 221 0836**

NSPCC's **KALEIDOSCOPE** Project (for young people) ☎ **0191 516 4600**

**NSPCC** Middlesbrough ☎ **01642 856400**

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## 16. GROUP REFERRALS AND CALENDARS

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