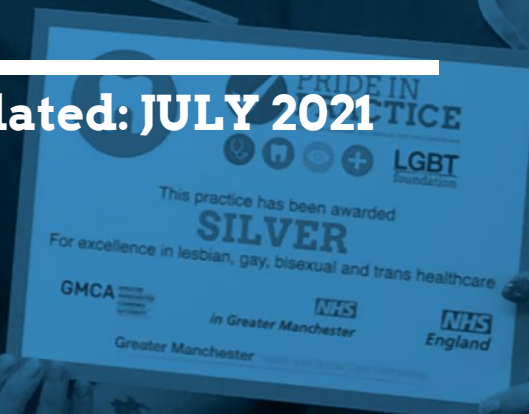


# Pride in Practice: Further Resources and Information

Updated: JULY 2021



## LGBT Foundation

LGBT Foundation's helpline can be contacted on **0345 3 30 30 30**.

The opening times are:

Weekdays - 9am until 9pm

Weekends - 10am until 6pm

The helpline can be emailed any time at [helpline@lgbtfoundation](mailto:helpline@lgbtfoundation).

## Services

(Greater Manchester only)

A full list of services can be found at online at [www.lgbt.foundation](http://www.lgbt.foundation). These services include:

- [Domestic Abuse support](#)
- [Helpline and email support](#)
- [Talking Therapies – including self-referral forms](#)
- [Substance Misuse](#)
- [Social and support groups](#)
- [Sexual Health advice – including advice referral form](#)

For more information, contact your Account Manager or visit the LGBT Foundation's website [here](#).

## Guides, Reports and Resources

If you would like more in depth information about LGBT health inequalities and how these can be addressed, more details can be found in the reports below:

### From LGBT Foundation

- [Hidden Figures](#) – LGBT Health Inequalities in the UK
- [Hidden Figures: The Impact of Covid 19 on LGBT communities in the UK](#)
- [You Build Your Own Family](#) - Understanding LGBT people's experiences of severe and multiple disadvantage
- [It's a Question of Sex](#) - Sexual wellbeing of women who have sex with women
- [Good Practice Guide to Sexual Orientation Monitoring](#)
- [Pride in Practice Impact Report 2018](#)
- [Greater Manchester LGBT Action Plan](#) (in partnership with Manchester Council)
- [Transforming Outcomes](#) – a review of the needs and assets of trans and non-binary communities
- [The State of the City for Older LGB People](#) (in partnership with Manchester Council)

- [The State of the City for BME LGB People](#) (in partnership with Manchester Council)
- [Trans and non-binary resources](#)
  - [Support for GPs and trans and non-binary patients](#)
  - [A Guide to Safe Binding](#)
  - [A Guide to Reporting Transphobic Hate Crime](#)
- [Sexual Health Guides](#)
  - [Anal Sex](#)
  - [Oral Sex](#)
  - [Vaginal Sex](#)
  - [Trans Sexual Health – Safer Sex and Our Health](#)
  - [Trans Sexual Health – Sex, Ourselves and Our Relationships](#)

More publications can be found on LGBT Foundation's website [here](#).

## Information from other organisations

- [AKT - The LGBT+ Youth Homelessness Report](#)
- [GALOP - Hate Crime Report 2021](#)
- General Medical Council – [Guidance on Trans Healthcare](#)
- General Medical Council – [Your rights as lesbian, gay, bi and trans patients](#)
- NHS England – [Guide to Screening for Trans and Non-Binary People](#)
  - [PCE information on changing a patients gender marker](#)
- Stonewall - [Guide to Parenting Rights](#)
- Stonewall – [Domestic Abuse Health Briefing](#)
- Stonewall – [Pregnant Pause](#)
- Trans Actual – [Supporting Trans Patients: A Quick Guide for GPs](#)
- Trans Actual – [Supporting Trans Patients: A Brief Guide for GP Surgery Staff](#)

## Information PrEP and PEP

- [PrEP Impact Trial](#)
- <https://ght.org.uk/pep>
- <https://lgbt.foundation/pep>
- <https://lgbt.foundation/pep>

## Other Online Resources

- The [Free Deed Poll](#) website, which all trans people over 18 can use to legally to change their name and gender marker at the GP
- [Prescribing Guidance for Non-specialist practitioners](#) – Information on endocrine management for trans and non-binary people.
- [Gender Construction Kit](#) – A trans and non-binary community asset which is updated by volunteers and contains a wide range of information

## Other Groups and Organisations

There are a number of other organisations that provide help, support, and information supporting LGBT communities. Some are listed below:

- [African Rainbow Family](#) – support for LGBTIQ people of African Heritage
- [AKT](#) - voluntary organisation serving LGBT young people who are homeless, living in a hostile environment or in housing crisis.
- [GALOP](#) – an anti-violence LGBT organisation that provides support for domestic violence, sexual violence and hate crimes. Also runs the National LGBT Domestic Abuse Helpline 0800 999 5428
- [Hidayah](#) - nationwide organisation for LGBTQI+ Muslims in the United Kingdom
- [Indigo Gender Service](#) – Greater Manchester based NHS adult gender service.
- [Keshet](#) – support for Jewish LGBT people and their families
- [LGBT Consortium](#) – a national specialist infrastructure and membership organisation of LGBT groups. The [members directory](#) on the website links to a wide range of national organisations and groups.
- [Mermaids](#) – Support for gender-diverse children, young people and their families
- [The Proud Trust](#) – Greater Manchester based organisation for LGBT children and young people
- [Terrance Higgins Trust](#) – Provides services and campaigns nationally in relation to sexual health and HIV.
- [Stonewall](#) – LGBT rights charity who also have a '[What's in my Area](#)' hub
- [UKLGIG](#) - Supports LGBT people through the asylum and immigration system

**For a more extensive list of LGBT organisations, please contact your Account Manager**