



The LGBT Centre for Health and Wellbeing is a unique living centre initiative which has been running since 2003 and promotes the health and wellbeing of lesbian, gay, bisexual and transgender (LGBT) people in the community.

### **What does the Centre do?**

- The centre a programme of activities which tackle the life circumstances that contributes to ill-health of LGBT people.
- Helps reduce levels of isolation and social exclusion experienced by LGBT People in the community.
- Strengthens the capacity of the LGBT community to promote the health of individuals.
- Supports individuals to adopt and sustain healthy lifestyles.
- Ensures the LGBT people have equality of access to mainstream health services and information which are responsive to their needs.

**Voluntary Experience** opportunities are available and volunteer involvement is crucial, as volunteers support all aspects of the organisation's work. For information on how to get involved in our Events, Drop-in, LGBT Active and LGBT Age projects or to join the board of Directors see our website.

### **Help Line – 0131 556 4049**

The Lothian LGBT Helpline provides telephone support to all members of the lesbian, gay, bisexual and transgender community, their friends and family and those questioning or wanting to discuss their sexuality or gender identity.

- Helpline is available every Wednesday between 12.30 – 7pm on 0131 556 4049. Please note that Strathclyde Gay & Lesbian switchboard is open between 7 -10pm every night on 0141 847 0447. London Lesbian & Gay switchboard is open daily 10am – 11pm on 020 7837 7324

### **Hate Crime - 0131 556 4049**

If you have been a victims' of LGBT hate crime or incident our help line can provide you with immediate support both emotionally and with the practicalities of dealing with what's happened to you. We can help you decide whether you want to involve the police or not and can even report the incident confidentially on your behalf even if you wish to remain anonymous.

### **Programmes**

- **Headspace-** This is a Mental Health programme consisting of courses, workshops, groups and events. It aims to promote the mental health and wellbeing of lesbian, gay, bisexual and transgender identity
- 
- **Age Project-** LGBT Age is a new service and offers support to LGBT people over 50 in a number of ways,
  - Provides social opportunities, outings and events to improve networks and have a bit of fun.
  - A volunteer Be-Friending scheme to provide one to one support. This can take a number of forms depending on what people are looking for-social

contact, chats, pursuits of hobbies, support to attend events or appointments.

- An information service on a range of topics including LGBT and mainstream services, housing and legal matters.
- An advocacy service to offer individuals support in dealing with issues such as accessing health and social care services or challenging discrimination.
- people and agree with them, their family and carers, an appropriate package of daytime activities

**Look at Our Website for full details-** [www.lgbthealth.org.uk](http://www.lgbthealth.org.uk)

### **Who can use the services?**

Anyone living in West Lothian, East and Mid Lothian and Edinburgh

### **Contact Us**

- By Post- LGBT Health, 9 Howe Street, Edinburgh, EH3 6TE.
- By Phone- 0131 523 1100
- By Email – [admin@lgbthealth.org.uk](mailto:admin@lgbthealth.org.uk)

Information & Advocacy- Tel- 0131 652 3281 email- [info@lgbthealth.org.uk](mailto:info@lgbthealth.org.uk)

LGBT Headspace – Tel 0131 652 3283 email [Alison@lgbthealth.org.uk](mailto:Alison@lgbthealth.org.uk)

Transgender Programme – Tel-0131 652 3281 Email- [emma@lgbthealth.org.uk](mailto:emma@lgbthealth.org.uk)

LGBT Age Tel- 0131 523 1107 Email- [garry@lgbthealth.org.uk](mailto:garry@lgbthealth.org.uk)

Events & Volunteering Tel- 0131523 1104 Email- [jules@lgbthealth.org.uk](mailto:jules@lgbthealth.org.uk)

Lothian LGBT Helpline Tel- 0131 556 4049