

# Proud in COPFS

Part of the COPFS Respect Network



Advice, support, guidance and networking



**This guide has been designed to provide you with details of different support and social networks throughout Scotland. We update this page regularly with new organisations.**

### **Angus LGBT for Equality and Diversity**

Angus LGBT for Equality and Diversity (ALED) is a new group which is for the LGBT community of Angus. We also extend a warm welcome to friends and family of the LGBT community; everyone will be made to feel welcome.

Postal address: c/o 13 Park View Brechin, DD9 7AT Angus Scotland

Telephone: 01356 629366

Helpline: 07719052195

Opening hours: 10AM - 11:00 Pm

Email: [aledlgbt@hotmail.co.uk](mailto:aledlgbt@hotmail.co.uk)

Web: [www.aledlgbt.webs.com](http://www.aledlgbt.webs.com)

### **Ayrshire LGBT Group**

Ayrshire LBGT is a new group which is run by, and for, the Gay community of Ayrshire. They also extend a warm welcome to friends and family of the LGBT community and everyone will be made to feel welcome. This group will be holding meetings every second week in Ayrshire. Please visit their Facebook group for more information.

Email: [ayrshirelgbt@hotmail.co.uk](mailto:ayrshirelgbt@hotmail.co.uk)

Web: [www.facebook.com/Ayrshirelgbt](http://www.facebook.com/Ayrshirelgbt)

### **Bi Scotland**

Support and social network for people who are bisexual or questioning their sexuality. Bi Scotland holds monthly meetings and social events in Glasgow and Edinburgh.

Postal address:

Telephone: 0796 396 0321

Opening hours: \* Glasgow - Meets on the first Wednesday of every month 7.30pm - 9pm \* Edinburgh - Meets on the third Wednesday of every month 8pm - 9.30pm \* See website for locations.

Email: [info@biscotland.org](mailto:info@biscotland.org)

Web: [www.biscotland.org/](http://www.biscotland.org/)

### **Equality Network Scotland**

The Equality Network campaigns in Scotland for lesbian, gay, bisexual and transgender equality. They seek to work at national level, with the Scottish parliament and national bodies, but they also work with local LGBT communities and individuals.

Postal address:

30 Bernard Street, Edinburgh, EH6 6PR

Telephone: 07020 933 952

Email: [en@equality-network.org](mailto:en@equality-network.org)

Web: [www.equality-network.org](http://www.equality-network.org)

### **Gay Outdoor Club**

GOC consists of about 40 groups, which are either geographically based or specialise in a type of activity (e.g. climbing), and all events are organised through one of those groups. Please visit their website for more information and event schedule.

Telephone: 08448 700462

Email: [info@goc.org.uk](mailto:info@goc.org.uk)

Web: [www.goc.org.uk](http://www.goc.org.uk)

### **Glasgow Women's Library**

Library service specifically for women, offering a range of reading materials, including the Lesbian Archive.

15 Berkeley Street, Glasgow, G3 7BW

Telephone: 0141 552 8345

Opening hours: Mon - Fri 10am - 4.30pm

Email: [info@womenslibrary.org.uk](mailto:info@womenslibrary.org.uk)

Web: [www.womenslibrary.org.uk](http://www.womenslibrary.org.uk)

### **Lesbian and Gay Lawyers Association**

A membership organisation for lesbian and gay lawyers.

Alternative Family Law, 3 Southwark Street, London, SE1 1RQ

Telephone: 020 7407 4007

Email: [andrea@lagla.org.uk](mailto:andrea@lagla.org.uk)

Web: [www.lagla.org.uk](http://www.lagla.org.uk)

### **LGBT Consortium**

The LGBT Consortium is a national charity which works to support LGBT community groups and charities all over the UK. They are a membership organisation and seek to provide services which support their members- such as advice on best practice, funding information, volunteering guides and news updates.

Unit B303, Tower Bridge Business Complex, 100 St Clements Road, London, SE16 4DG

Telephone: 020 7064 8383

Opening hours: Monday - Friday 10am - 4pm

Email: [admin@lgbtconsortium.org.uk](mailto:admin@lgbtconsortium.org.uk)

Web: [www.lgbtconsortium.org.uk](http://www.lgbtconsortium.org.uk)

## **Outburst UK**

A national charitable organisation giving a platform, voice and supportive environment to the black LGBT community in the UK. We focus on culture, education, performances, and festivals. In addition, we host film screenings book readings, cultural days, working with new and emerging artists and supporting other community organisations.

Postal address:

PO Box 65118 London SW16 9BS United Kingdom

Telephone: 0844 357 8681

Email: [info@outburstuk.org](mailto:info@outburstuk.org)

Web: [www.outburstuk.org/](http://www.outburstuk.org/)

## **Over 50 LGBT Group – Dumfries**

The new group aims to create more social opportunities for LGBT people over 50 to make contact with each other in a safe and confidential setting, including regular activities such as coffee meetings; meals out; cinema trips and walking outings.

Postal address:

Dumfries and Galloway LGBT Centre, 88b High Street, Dumfries, DG1 2BJ

Telephone: 01387 255058

Email: [info@lgbtyouth.org.uk](mailto:info@lgbtyouth.org.uk)

Web: [www.lgbtyouth.org.uk](http://www.lgbtyouth.org.uk)

## **Strathclyde Lesbian and Gay Switchboard**

Community group and helpline for LGB people, their friends and families, in Strathclyde. They offer sexual health advice, telephone counselling and information on a wide range of issues. Open 7-10pm every night.

Helpline: 0141 847 0447

Email: [info@sgls.co.uk](mailto:info@sgls.co.uk)

Web: [www.sgls.co.uk/](http://www.sgls.co.uk/)

## **Eaves**

A women-only organisation offering support, advice and accommodation to women affected by issues such as domestic violence, rape and sexual abuse, trafficking and prostitution, homelessness and domestic servitude.

Postal address:

Unit 2.03 Canterbury Court, Kennington Park, 1-3 Brixton Road, London, SW9 6DE

Telephone: 020 7735 2062

Opening hours: Mon - Sat 10am - 5pm

Email: [post@eaveshousing.co.uk](mailto:post@eaveshousing.co.uk)

Web: [www.eaves4women.co.uk](http://www.eaves4women.co.uk)

## **Dumfries and Galloway LGBT Centre**

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<http://www.lgbtcentredg.co.uk/>

### **Highland LGBT Forum**

<http://www.gay-ness.org.uk/>

### **Domestic Abuse**

[www.lgbtdomesticabuse.org.uk](http://www.lgbtdomesticabuse.org.uk)

AMIS – Abused men in Scotland. Specific organisation to support male victims of Domestic Abuse. Telephone number is 0808 800 0024 – freephone available every night from 7-10pm.

### **West Dunbartonshire LGBT Equality Network**

A group of local staff and community members working on LGBT issues in West Dunbartonshire. The telephone number is 0141 562 2464 and the web address is [www.lgbtwestdunbartonshire.com](http://www.lgbtwestdunbartonshire.com)

### **Parents Enquiry Scotland**

Parents Enquiry Scotland offers support to parents of gay, lesbian, bisexual people across Scotland. Run by parents, please call at a reasonable time of the day. The telephone number is 0131 556 6047. The contact e-mail address is [parentsenquiry@hotmail.com](mailto:parentsenquiry@hotmail.com) in addition to this more information can be obtained from their website at [www.parentsenquiryscotland.org](http://www.parentsenquiryscotland.org)

### **LGBT Youth Scotland**

A national organisation working towards the inclusion of lesbian, gay, bisexual and transgender young people in the life of Scotland.

Telephone: 0131 622 2266

E-Mail: [info@lgbtyouth.org.uk](mailto:info@lgbtyouth.org.uk)

Web: [www.lgbtyouth.org.uk](http://www.lgbtyouth.org.uk)

### **Breathing Space**

This is a free, confidential phone and web based service for people in Scotland experiencing low mood, anxiety or depression.

Telephone: 0800 838587

Web: [www.breathingspcescotland.co.uk](http://www.breathingspcescotland.co.uk)

## **LGBT Health**

LGBT Health and Wellbeing is a unique initiative promoting healthy life choices and providing social opportunities for lesbian, gay, bisexual and transgender (LGBT) people. Visit our website at [www.lgbthealth.org.uk](http://www.lgbthealth.org.uk) to find out more about our services and programme of activities, events, courses and community groups. LGBT Helpline Scotland: 0300 123 2523 (Tuesdays & Wednesdays 12-9pm)

## **SWAN Social Activities**

<http://www.swanlgbt.org.uk/>

## **Scottish Transgender Alliance**

The Scottish Transgender Alliance works to improve gender identity and gender reassignment equality, rights and inclusion in Scotland. Their website is [scottishtrans.org](http://scottishtrans.org) and their e-mail addresses are [sta@equality-network.org](mailto:sta@equality-network.org) or [info@scottishtrans.org](mailto:info@scottishtrans.org). Please note that the Scottish Transgender Alliance is part of the Equality Network.