



# Q Space

Improving the lives of Northamptonshire's LGBTQ+ community in mind, body, and spirit.

## Support Groups

Our groups allow people to be themselves, in a safe and comfortable environment with others just like them.

- Youth
- All age
- Adult

## Training & Awareness

We offer interactive training to suit your needs, delivered in a friendly and approachable way, so you and your organisation better understand and support the LGBTQ+ community.

## Outreach

We can attend your place of education or work. We tailor our offerings to help you. From 1:1 support, classes, and assemblies.

## Advocacy

If you are finding it difficult to be listened to by someone in your life, we can come along side you to make sure your voice is heard and respected.

## What next?

We are a dedicated team, wanting to make a difference to Northamptonshire. If you see a need in your area, talk to us and see what we can do.

## Events

We put on events for the LGBTQ+ community, (e.g. History Month, TDoR, Coming Out Day).

Attending community days and local events, we are available to bring the rainbow to your event.

## Get in touch



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