

**TAKE A LOOK AT OUR 'OUT THERE SERVICES'  
SUPPORTING THE WELLBEING NEEDS OF THOSE  
IDENTIFYING AS LGBTQ+ AND THEIR  
PARENTS/CARERS.**

**FOR INFORMATION ON HOW TO JOIN,  
CONTACT US ON 07585 737482 OR EMAIL  
LGBTQSUPPORT@THELOWDOWNNORTHAMPTON.CO.UK**



**OUT THERE PLUS GROUP – EVERY FRIDAY 7PM–9PM**

For any young person aged **between 18 and 25** who identifies as LGBTQ+. The aim of this group is to provide young people with a safe and relaxing environment to explore their identity and socialise with other LGBTQ+ people.



**OUT THERE PARENTS AND CARERS SUPPORT**

The Parents and Carers Support Group is for **parents and carers of LGBTQ+ young people** to connect, share experiences and offer and receive support. You can also join the Facebook group by searching for “Out There Group Parent and Carers Support Network Northamptonshire”.

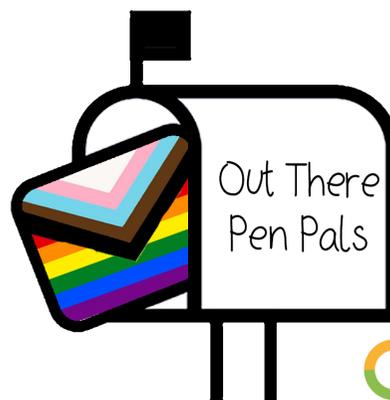


**OUT THERE JUNIORS GROUP – EVERY FRIDAY**

**SCHOOL YEAR 7, 8 & 9 : 5:30PM – 7:30PM**

**SCHOOL YEAR 10, 11, 12 & 13 : 7PM – 9PM**

For any young person who identifies as LGBTQ+. The aim of this group is to provide members with a safe and confidential space to socialise, meet like-minded people, discuss issues and participate in lots of fun activities.



**OUT THERE PEN PALS**

Through the Out There Pen Pal Scheme we match up LGBTQ+ young people (under 18's) with similar interests and encourage them to be creative and build lasting friendships with like-minded people. All letter content is moderated by the Out There Team.



**OUT THERE FAMILY SWIMMING CLUB**

This is a new gender neutral swimming club set up for LGBTQ+ young people and their families. To sign up or get more information, please contact our LGBTQ Coordinator by emailing [LGBTQsupport@thelowdownnorthampton.co.uk](mailto:LGBTQsupport@thelowdownnorthampton.co.uk)

