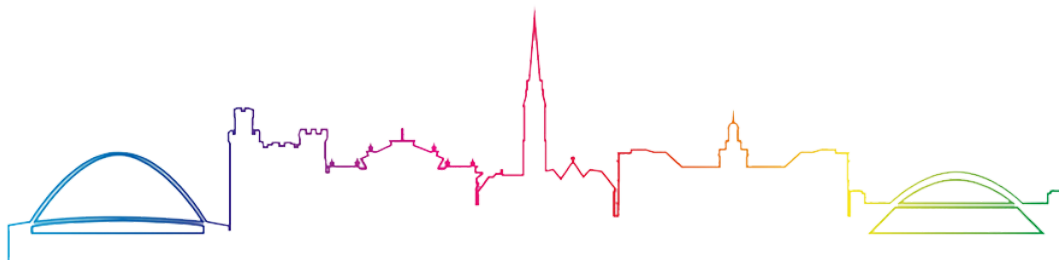


THE NEWCASTLE LGBTQIA+ POCKET GUIDE

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November 2022

www.mesmacnewcastle.com

MESMAC NEWCASTLE

Mesmac is a Newcastle only service and is a part of Newcastle City Council Public Health Directorate, specialising in gay and bisexual men and other men who have sex with men to increase positive choices around safer sex, sexual and mental health. Offers advice and information, general support & signposting to the LGBTQIA+ communities. Mesmac offer **FREE, CONFIDENTIAL HIV & STI** postal testing (STI kits supplied by New Croft sexual health, Newcastle area only)

Postal Address:

Newcastle Civic Centre, Newcastle upon Tyne. NE1 8QH.

Call: 0191 2331333.

Email: mesmac@newcastle.gov.uk

Website: www.mesmacnewcastle.com

Facebook: www.facebook.com/MesmacNewcastle

Twitter: @TeamMesmac

Instagram: mesmacnewcastle

YouTube: www.youtube.com/teammesmac



SHINE

A service for women in the Newcastle area.

Shine offers services for sexual health and health and wellbeing.

Offering **FREE HIV testing and STI DIY kit** (supplied by New Croft) by post. Pregnancy decision making and free **pregnancy testing** available.

Postal Address:

Newcastle Civic Centre, Newcastle upon Tyne. NE1 8QH.

Call: 0191 277 2050

Email: shine@newcastle.gov.uk

Website: www.shinewomen.co.uk

Facebook: @shinenewcastle

Twitter: @ShineNewcastle



We work with everyone, however you identify!

GAY/BISEXUAL

GAY MEN TYNESIDE (GMT)

Independent social group as an alternative to the commercial gay scene. Open to gay/bisexual men aged 18 and over. Providing a relaxed and welcoming atmosphere. Meet Wednesday evenings from 7:00pm.

Website: www.gaymentyneside.com

Facebook: @gaymentyneside



NEWCASTLE RAVENS RFC

Established in 2006 to encourage gay people to play and enjoy the sport of rugby. Based at Percy Park RFC, Preston Avenue, North Shields, Tyne and Wear NE30 2BE

Email: hello@newcastleravens.co.uk

Website: www.newcastleravens.co.uk



LESBIAN/BISEXUAL

DYKE HIKES

A walking group for lesbians over 18, meets twice monthly. While the emphasis is on leisure and meeting people, a reasonable degree of fitness is required along with appropriate boots and clothing.

Email: dykehikes@gmail.com

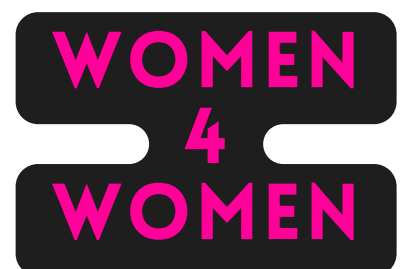
Website: www.spanglefish.com/DYKEHIKES/



WOMEN 4 WOMEN

First Saturday of the month, 2 – 5pm.
Meets upstairs at Prohibition Cabaret Bar,
25 Pink Lane. Newcastle. NE1 5DW
£3 admission (for room hire).

Text only: 07713142785.



LGBTQIA+ GROUPS/MEETINGS

RAINBOW HOME

Rainbow Home is a charity providing support for LGBTQ+ asylum seekers and refugees in the Northeast of England. Working with people who have fled their countries because of persecution based on their sexual orientation or gender identity. Meets 3rd Friday of the month.

Call: 07775861450

Email: rainbowhomene@gmail.com

Website: <http://rainbowhome.org.uk>

Facebook: @RainbowHomeNE

Twitter: twitter.com/rainbow_home_ne



NEWCASTLE FRONTRUNNERS

A running group for everyone, meeting in the Northeast. Meet every Wednesday evening at 7pm at Gosforth Swimming Pool, Regent Farm Road, Newcastle. NE3 3HD. Check the website for full details.

Email: info@newcastlefrontrunners.co.uk

Website: www.newcastlefrontrunners.co.uk



NEWCASTLE PANTHERS FC

An LGBT+ football club that anyone can play for regardless of gender, sexuality or prior experience with football or sport. Everyone is welcome. NUcastle Foundation complex, Diana Street, Newcastle-Upon-Tyne. NE4 6BQ.

Email: NewcastlePanthersFC@gmail.com

Facebook: www.facebook.com/NewcastlePanthersFc



NORTHERN PROUD VOICES

Northeast award-winning choir, meets weekly to rehearse each Thursday from 7pm - 9pm on the third floor of ReCoCo (Recovery College Collective, 1 Carloli Square, Newcastle upon Tyne, NE1 6UF.

Email: northernproudvoices@hotmail.com

Website: <http://northernproudvoices.co.uk>

Facebook: www.facebook.com/NorthernProudVoices



NORTHERN LIGHTS - MCC

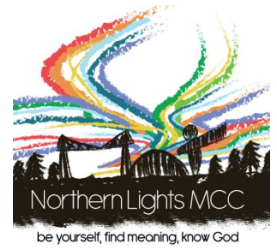
An inclusive church founded by LGBT people in the North East of England. MCC stands for 'Metropolitan Community Church'. Part of an international Christian denomination, founded in, and reaching beyond the LGBT communities.

Address: St. James's URC, Newcastle upon Tyne. NE1 8JF.

Call: 07770 543407.

Email: contact@northernlightsmcc.org.uk

Website: www.northernlightsmcc.org.uk



PROUD CATHOLICS NEWCASTLE AND HEXHAM

LGBTQ+ support group run by and for LGBTQ+ Catholics in the Northeast.

Meet on the third Tuesday of the month at 7.30pm at St Andrew's RC Church, Worswick St. Varied programme, which includes mass, prayer, Bible study, discussion and social time. It is also possible to connect through Zoom.

For more details contact Isabel.

Call: 07858 934457.

Email: proud.catholics@yahoo.com

Website: www.proud.catholics.co.uk



NEWCASTLE CATHEDRAL LGBTQ+ & ALLIES HUB

LGBTQ+ and allies meeting for Christians and people exploring faith. St Nicholas' Cathedral from 6pm one Saturday a month then to a local bar for social time.

Email: clare.mclaren@stnicholascathedral.co.uk

PRIDE IN MIND

A social and support group for LGBTQ+ people with lived experience of mental health conditions. Facilitated by a worker from Northeast Together and a freelance worker and supported by ReCoCo. Meetings are on the second Friday of each month, 2-4pm. A safe space for people to talk and receive support and also plan social events such as meals out and trips to the cinema etc.

For more info contact Mish Loraine.

Call: 07902 403630.

Email: mish.loraine@netogether.co.uk



THE NORTH EAST LGBT FED

LGBTQ+ organisations acting together as one voice for the North East LGBTQ+ communities. Various activities across the region and volunteer opportunities.

Email: mail@lgbtfed.com

Website: lgbtfed.com



AGE UK NORTH TYNESIDE

A variety of social groups open to LGBTQ+ people aged 50+. Their Transgender Group is a friendly, safe welcoming place for members of the transgender community to make new friends, socialise and find out more about services for the older LGBTQ+ community in North Tyneside.

First and Third Wednesday of each month, 7pm to 9pm.

Call: 0191 287 7012.

Email: Community.Development@ageuknorthtyneside.org.uk

Website: www.ageuk.org.uk/northtyneside



AGE UK LGBT 50+ FRIENDSHIP GROUP

Enjoy a cuppa, make new friends and chat (free to attend tea/coffee costs vary). Meet in central Newcastle fortnightly. Contact for details.

Call: 0191 4773559.

Email: advice@ageukgateshead.org.uk

Website: www.ageuk.org.uk/gateshead/



PRIDE MEDIA

A media hub for LGBTQIA+ community and allies. Incorporating Pride Radio, Pride World Radio and other LGBT+ organisations. **Pride Radio FM 89.2.**

Website: www.pridemediacentre.co.uk



NORTHERN PRIDE

Postal Address: Dance City, Temple St, Newcastle. NE1 4BR.

Email: info@npride.org.uk

Website: www.northern-pride.com



AKT

Service to prevent LGBTQI+ youth homelessness (16-25) In Newcastle.

Call: 0191 281 0099

Email: dawn@akt.org.uk

Website: akt.org.uk



PARENTS ENQUIRY NORTH EAST

Offers advice & support for parents of LGBTQIA+ people of any age.

Call: 0191 4552868

Email: penejoan@supanet.com



LGBTQIA+ Youth

PLUS GROUP

A social/issue-based group for anyone 13 to 19 years of age who is lesbian, gay, bisexual, trans or questioning their sexual orientation. Meets every Wednesday in central Gateshead from 5 -7 pm.

Call: 07702560950.

Email: rhoda.morrow@children-ne.org.uk

Facebook: @plusgroupNE



CURIIOUS ARTS YOUTH GROUP

A supported, creative meet-up for LGBTQIA+/gender non-conforming 11-15 year olds local to Newcastle. 2-4pm Saturdays, contact for information.

Email: hello@curiousarts.org.uk

Website: <https://curiousarts.org.uk/projects>

Facebook: www.facebook.com/teamcuriousarts/



CIRCUS CENTRAL

Circus Central is a circus school based in Elswick. They offer a free LGBTQIA+ youth club on Wednesdays for 11-16s. Learn to fly with aerial silks and trapeze, juggle, ride unicycles and more!

Call: 07738 089921.

Email: hello@circuscentral.co.uk

Website: www.circuscentral.co.uk



LGBT+ NEWCASTLE/GATESHEAD

Humankind's new LGBT+ services cover Newcastle and Gateshead. For 11-25-year-olds. Meet other young people in your area.

Postal Address: Humankind Inspiration House, Unit 22 Bowburn North Industrial Estate, Durham, DH6 5PF.

Call: 01325 731160.

Email: lgbt@humankindcharity.org.uk.

Facebook: www.facebook.com/lgbtnortheasthk

Website: <https://humankindcharity.org.uk/service/lgbt-north-east/>



LGBTQ+ YOUTH AT THE BASE

FROGS (Forming & Reaching Out of Gay Support) group meet at Barnardo's the BASE, Tuesdays 4-8pm, 13-18-year-olds. Safe space, support, food and drinks. Changing space – be yourself. The BASE is a service for ALL young people. Funtime Fridays, 4-8pm - Mixed group for 9-13-year-olds.

Call: 0191 253 2127.

Email: david.mather@barnardos.org.uk

Website: www.barnardos.org.uk/thebase.htm



UNDER THE ONE ROOF

Under The One Roof youth social group for LGBT young people aged 13-19. Thursdays 6-9pm at the Oval, Roslin Park Bedlington Station. Warm and friendly environment. Varied activities.

Call: 01670 531843 or 07415 104559.

Email: debswalker@trinityyouth.org.uk



HEXHAM LGBT+

Support for young LGBT+ people in the Hexham area.

Call: 07854235966.

Email: aproctor1991@live.com

Facebook: www.facebook.com/lgbthexham



OURS/US/WE

An LGBTQ+ arts group for 14-21-year olds who are creative. The Customs House, South Shields on Wednesdays 6-8pm. Opportunity to create music, visual art, writing and performances. Contact for more information.

Call: 0191 427 8188

Email: Fiona@customshouse.co.uk

Website: www.customshouse.co.uk/takepart/ours-us-we/

OURS/US/WE!

RAINBOW RENEGADES

Support group set up by Washington Mind for young people aged 13-25. Tuesday evenings 5-7pm at Washington Mind.

Call: 0191 4178043.

Text: 07507 330995.

Email: ypp@washingtonmind.org.uk



STREETWISE

Not an LGBT service but open to ALL young people. Offering free counselling, information, advice, sexual health issues and contraception.

Call: 0191 2305400

Website: streetwisenorth.org.uk

Streetwise →

TRANS/GENDER VARIANCE

BE

A community support organisation run by trans people for trans people. They run a monthly social event open to all Trans and Gender Diverse Individuals and their Family, Friends and Allies as well as other groups.

Email: jay@be-north.org.uk

Website: <http://be-north.org.uk>



LGBT+ NORTH EAST TRANS & NON-BINARY SERVICE

Supporting trans and non-binary adults living in Tyne & Wear and Northumberland

Call: 01325 731160

Email: lgbt@humankindcharity.org.uk

Website: <https://humankindcharity.org.uk/service/lgbt-north-east/>



NORTHERN REGION GENDER DYSPHORIA SERVICE - NRGDS (NHS)

An NHS service for people who experience persistent confusion and/or discomfort as a result of a mismatch between their assigned sex and their gender identity. This includes people who want to change physical aspects of their gender as well as those who do not. The service provides medical and non-medical interventions to reduce gender dysphoria as part of patient-centred care. Please see website for more details.

Call: 0191 287 6130, Monday - Friday, 9.30am -16:30pm.

Email: nrgds@cntw.nhs.uk

Website: www.cntw.nhs.uk/nrgds



NRGDS PEER SUPPORT SERVICE

A service for those on the waiting list for NRGDS. Regular online and in-person group meetings – drop-ins, trans masculine, trans feminine and non-binary groups – as well as 1-2-1 support.

Please contact by email for latest information on dates/times.

Call: 0191 287 6130

Email: NRGDSPeerSupport@cntw.nhs.uk

Website: www.cntw.nhs.uk/nrgds



HATE CRIME REPORTING

Always report Hate Crime! In an emergency call 999 or 101.

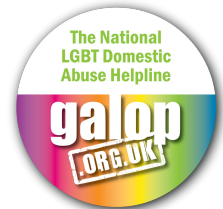
THE LGBTQIA+ HATE CRIME HELPLINE (GALOP)

Open to anyone who has experienced anti-LGBTQIA+ violence, abuse or harassment and needs a safe space to talk. The helpline is run by LGBTQIA+ people for LGBTQIA+ people and is completely confidential. It is operated by Galop, the LGBTQIA+ anti-violence charity supporting people facing hate crime, domestic abuse and sexual violence.

Call: 020 7704 2040, Monday to Friday, 10am-4pm.

Email: HateCrime@galop.org.uk

Website: www.galop.org.uk



STOP HATE UK

To report hate crime in Newcastle, contact Stop Hate UK, there are a number of online reporting options.

Call: 0800 138 1625 (24 hrs access)

Email: talk@stophateuk.org

Website: www.stophateuk.org



CONNECTED VOICE ADVOCACY

Supports people who have experienced or are at risk of hate crime.

Call: 0191 235 7013.

Email: advocacy@connectedvoice.org.uk

Website: www.connectedvoice.org.uk/



HIV SERVICES

BLUE SKY TRUST

Confidential service providing one to one and peer support to men, women and children affected by HIV in the North East.

Call: 0191 281 5200

Email: info@blueskytrust.org

Website: blueskytrust.org



EYES OPEN

A regional steering group who raises awareness of HIV all year round and support World Aids Day events across Northeast and Cumbria.

Website: www.eyesopenart.org

Facebook: www.facebook.com/eyesopenuk



SEXUAL HEALTH SERVICES

NEWCASTLE	
<p>New Croft Centre New Croft House, Market Street East. NE1 6ND. Call: 0191 229 2999 Website: www.newcastlehospitals.nhs.uk/services/sexual-health</p>	<p>Infectious Diseases Outpatients Ward 19, Floor 6, New Victoria Wing, Newcastle RVI. NE1 4LP. Call: 0191 282 3106</p>
GATESHEAD	NORTHUMBERLAND
<p>Trinity Square Sexual Health Sexual Health Services, West Street, Gateshead. NE8 1AD. Call: 0191 283 1577 Website: gatesheadsexualhealth.co.uk</p>	<p>Blyth Health Centre Thoroton St, Blyth. NE24 1DX Call: 01670 515151 (covers the region) Website: www.northumbria.nhs.uk/sexualhealth</p>
NORTH TYNESIDE	SUNDERLAND
<p>One to One Centre Brenkley Avenue, Shiremoor. NE27 0PR. Call: 0191 297 0441 Website: www.northumbria.nhs.uk/sexualhealth</p>	<p>Sexual Health Services Sunderland Royal Hospital Kayll Road. SR4 7TP. Call: 0191 569 9966 Website: www.sunderlandsexualhealth.nhs.uk</p>
SOUTH TYNESIDE	COUNTY DURHAM
<p>Palmer Community Hospital Wear Street, Jarrow. NE32 3UX. Call: 0191 402 8168</p>	<p>Sexual Health Services Durham Call: 0191 372 8700 Darlington Call: 01325 743203</p>

Order a postal HIV test from Mesmac & Shine
also, an STI DIY kit (Newcastle only, supplied by New Croft)

Follow the link or scan the code
<https://forms.office.com/r/uHNA4jkmx0>





This leaflet and others are available in other languages as well as in large print, Braille and on tape for people with visual impairment.

Mesmac is committed to working for members of the gay and bisexual community irrespective of gender, marital status, disability, age, religion, ethnicity, sexual orientation or any other factor upon which discrimination may be based.

Mesmac make every effort to ensure the information contained in this leaflet is correct at time of print, contact Mesmac for the most up to date information or check our website.

Mesmac Newcastle is part of Public Health and funded by Newcastle City Council, Adult Social Care and Integrated Services.



Call: 0191 233 1333

24 Hour answerphone available

Email: mesmac@newcastle.gov.uk

Website: www.mesmacnewcastle.com

