

LESBIAN GAY BISEXUAL TRANS IN MK & BUCKS Q:alliance CURRENT SERVICES

COUNSELLING

Our LGBT friendly counsellors offer weekly sessions in Central Milton Keynes and Wolverton. People come to Q:counselling to make space to look at issues in their lives. These issues might be coming out, homophobia, having a bad time, having too much of a good time, gender issues, too much or too little sex, risky behaviour, addiction, gay kids, loneliness, wanting more confidence, loss or a wide range of other areas.

REPRESENTATION

Aside from Q:alliance representatives, we also support local LGBT people to represent local LGBT communities on several working groups and consultation events.

SIGNPOSTING

We have close links to local and national LGBT-specific and LGBT-inclusive organisations, including MK FFLAG (Friends and Family of Lesbian and Gays), Relate, MK-ACT, Broken Rainbow, Age Concern and a whole host of other organisations which offer a wide range of services to LGBT people and the people that care for them.

SOCIAL EVENTS & GROUPS

We also support and promote local LGBT groups and events in Milton Keynes and Buckinghamshire. We can assist in finding a venue, provide volunteers and offer guidance and support in publicising the event or group.

TRAINING

Q:alliance offers a number of affordable standard and tailored training modules and an organisational advice service to help organisations to meet the needs of their diverse clients, customers, staff and volunteers. Our standard modules were developed in response to the types of training we're often asked to provide and they start from as little as £50. They're held throughout the year and organisations can send one or more people to these mixed group sessions.

YOUTH GROUP - HQMK

HQMK is our weekly youth club at the Spot Youth Cafe in The Point, CMK on Wednesdays from 7:30-10pm. HQMK offers a wide range of activities and services for young lesbian, gay, bisexual and trans people, and for young people just questioning their sexuality or gender identity aged 13-25.

Our services are always expanding and evolving for the most up to date information, and for further details and contacts, please visit our website...

WWW.QALLIANCE.ORG.UK