

LESBIAN GAY BISEXUAL TRANS MILTON KEYNES Q:alliance

CURRENT SERVICES

COUNSELLING

Our counsellors are experienced in working with people who are lesbian, gay, bi, trans, straight and those who are unsure. They work with a wide range of issues whether they relate to sexuality/gender identity or not. We offer weekly or bi-weekly sessions in Wolverton. Initial sessions are free and the cost of further sessions will depend on your circumstances, please email counselling@qalliance.org.uk for details. The service conforms to the ethics, standards and confidentiality of the BACP.

HQMK YOUTH GROUP

HQMK is our weekly youth club at the Spot Youth Cafe in The Point, CMK on Wednesdays from 7:30–9:30pm. HQMK offers activities and services for young LGBT people, and for young people just questioning their sexuality or gender identity aged 13–25.

PARTNERSHIPS

We work with local and national LGBT-specific and inclusive organisations, including Pink Punters, MK FFLAG (Friends and Family of Lesbian and Gays), Relate, MK-ACT, Age Concern and a whole host of organisations which offer a range of services to LGBT people and the people that care for them. One of our key aims is help other service providers improve their services and programmes for LGBT people in the city and surrounding areas.

REPRESENTATION

We have a wide range of volunteer representatives that sit on working groups and strategic partnerships across the city. We act as a conduit between these groups/partnerships and local LGBT people, getting your views across to the people that matter.

SOCIAL EVENTS & GROUPS

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

TRAINING & ADVICE FOR ORGANISATIONS

We offer affordable tailored training modules and an organisational advice service to help organisations meet the needs of their diverse clients, customers, staff and volunteers. Modules can run from just a couple of hours to a full day or more. We don't charge you anything for production of a draft programme. Email training@qalliance.org.uk for details.

Our services are always expanding and evolving for the most up to date information, for further details and contacts, or find out how to get involved please visit...

WWW.QALLIANCE.ORG.UK

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HQMK: LGBT YOUTH GROUP

The Spot Youth Cafe in The Point
Wednesdays from 7.30–9:30pm – aged 13 – 25

Our weekly youth club at the Spot Youth Cafe in The Point, CMK on Wednesdays from 7:30–10pm funded by Milton Keynes Council. 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.

A whole range of young people attend from within Milton Keynes and the surrounding areas, and we get up to all sorts, including general chatting and socialising, playing pool, watching films, doing arty crafty stuff, using the PCs, having guest speakers and a whole range of other awesomeness. As a user-led service, everyone who attends has an input into what happens within the group.

For more information, including how to access the HQMK Facebook group, please email our Youth Workers at hqmk@qalliance.org.uk.

LGBT AWARENESS TRAINING FOR ORGANISATIONS

Understanding and responding to the needs of lesbian, gay, bisexual and transgender (LGBT) people is no longer a case of good practice. It's an essential requirement for organisations providing services, whether in the private, public or voluntary sectors. New legal protections and changes in society mean that LGBT people are more visible in all walks of life and are more likely to expect treatment that is relevant and doesn't discriminate or exclude.

Q:alliance offers a tailored training service and an organisational advice service to help you meet the needs of your diverse clients, customers, staff and volunteers. You can have confidence in knowing that your organisation is meeting its legal and social responsibilities.

Tailored Modules

Modules can run from just a couple of hours to a full day or more. We don't charge you anything for production of a draft programme. If we proceed, we charge a fee for design of the detailed programme but we waive this if you book 3 or more training sessions at the same time.

Organisational Advice

Q:alliance training associates have extensive experience of supporting organisations who are aiming to develop more inclusive policy and services. We can advise you about conducting needs analysis, consulting with LGBT people, building community confidence and responding to specific challenges such as homophobic bullying or discrimination. We can also help you to access local LGBT networks and community groups.

Next Step

Visit our website or contact us with your requirements at training@qalliance.org.uk and one of our training associates will get back to you. Fees will be dependent on your requirements. Our standard terms and conditions for training are available at www.qalliance.org.uk/training