



Alphabet Soup

The official online magazine of OutREACH Cumbria

MAY 2019 | ISSUE 3

A Note From Alphabet Soup

In our third issue we would like to say well done to a few people within OutREACH. May saw the Diverse Cumbria awards in which some amazing people were celebrated for the work that they do for the diverse communities in Cumbria. The team would like to congratulate Jonathan, an OutREACH committee member, on winning the Positive Role Model Award; and our partners Border City Roller Derby for winning the Organisation Champion award. We'd also like to congratulate committee members Jane-Ann and Louise for being shortlisted for awards on the night. Finally, a huge well done to Ben, the former chair for OutREACH, for organising such a successful event and shining light on the amazing work that is happening around Cumbria.

OutREACH has had an exciting year so far but we have much more to come in the next few months so keep an eye on future publications and on all our social media for updates on events and other amazing projects!

We hope you all enjoy the third issue. Feedback is strongly welcomed via our email: mag@outreachcumbria.co.uk or message us at the OutREACH Cumbria facebook page /OutreachCumbria.

-The Alphabet Soup Team

The Front Cover

This issue's cover is a photograph taken by talented photographer Matthew Feltham. He exhibits people from the LGBT+ community in his work. You can see more of his work throughout the issue.

Alphabet Soup is edited by Louise Askew, OutREACH Cumbria volunteer.



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Local Events Calendar

Transgender Family Support Group -

Pennine Way Community Development Centre, Harraby, Last Saturday of every month, 1pm-3pm

To find out more information please contact transfamilycarlisle@outlook.co.uk

LGBT+ Youth Group - Always Another Way- for ages 8-24 years, Saturdays, 12pm-4pm

To find out more information please contact always another way via their website www.alwaysanotherway.co.uk


Blackpool Pride- Saturday 8th & Sunday 9th June

Lancaster Pride- Saturday 22nd June

Silloth Pride- *Silloth Green, Silloth,* Saturday 29th June

Connect: Mental Health Drop In - Always Another Way - Whitehaven Library, Mondays, 1pm-3pm


To find out more information please contact always another way via their website www.alwaysanotherway.co.uk



OUTREACH DAY

AUGUST 16th 2019

Help us to continue to support the LGBT+ community and work towards equality in Cumbria by wearing **rainbows** or **bright colours** on OutREACH Day and donating via the QR code



If you have an event that you'd like advertised in the next issue of Alphabet Soup then please email mag@outreachcumbria.co.uk

Domestic Abuse in LGBTQ+ Relationships

by Philippa Laskey

Domestic abuse has been a significant issue in the UK for many years, however domestic abuse that occurs within LGBTQ+ relationships is not discussed as much as it perhaps should be. According to the Stonewall Domestic Abuse Health Briefing one in four lesbians and bisexual women have experienced domestic abuse in a romantic relationship, and half of all gay and bisexual men have experienced domestic abuse from a family member or partner. A report by the Scottish Trans Alliance published in 2010 highlighted that 80% of the people who took part in their research had experienced domestic abuse within a romantic relationship. These figures are in comparison to general statistics from the Crime Survey for England and Wales (2017) that said one in four women and one in six men are victims of domestic abuse in their lifetime.

From these statistics it is easy to see how big an issue domestic abuse is for the LGBTQ+ community, however, it receives very little attention in research, policy, practice, and domestic abuse awareness campaigns. The Stonewall and Scottish Trans Alliance reports both also emphasise that when LGBTQ+ people try to seek help for the abuse they're experiencing, they can face substantial barriers, such as support services not taking their experiences seriously, fear of discrimination, and support services not being equipped to deal with abuse in LGBTQ+ relationships.

The research I'm conducting at the University of Cumbria involves investigating domestic abuse across gender and sexuality, in an inclusive way. I'm hoping that, as a part of this, I can capture the unique experiences of LGBTQ+ domestic abuse victims,



Image by Matthew Feltham

and that this valuable information can be used to improve domestic abuse support services and make them more inclusive.

To date I have conducted interviews with domestic abuse victims which has highlighted that, in LGBTQ+ relationships, the perpetrator will use their partners gender identity or sexuality against them as part of the abuse. Through the reports mentioned above, and my ongoing research, it is clear that domestic abuse in LGBTQ+ relationships needs more attention, and that victims are missing out on much-needed support.

If you'd like to help with my research please consider taking part in my questionnaire study, which is looking at how conflict and controlling behaviour is managed in romantic relationships please visit: <https://tinyurl.com/y4w6j4nh>

Spilling the T with Nagatha Christie

Episode 2: Bisexuality

In this month's episode I will be talking about bisexuality. Many within the LGT community and from the wider population 'frown' upon those who are bisexual because people believe they are either confused about which gender they like, or they are simply being 'greedy'. Well I have some sad news for those of you who think this, you're wrong. Bisexuality has been around for thousands of years and happens within the animal kingdom on a regular basis and to think you should only be attracted to one gender in your entire lifetime is obscene.

Bisexuality is steeped in history, from the Ancient Greeks and Romans to the Ancient Japanese, all these cultures have documented evidence that many people had lovers of multiple genders. Modern religion then played a huge role in making sure this was seen as unacceptable. But that is a rant for another time.

Bisexuality at the end of the day does exist and there are real life bisexuals out there loving and finding both men and women sexually attractive. Bisexuals are, by definition, attracted to only two genders, however many say they attracted to a person rather than their gender, which also by definition would make them Pansexual. And no, that does not mean they are attracted to 'pans'. Google it if you don't know what it means you may learn something. However, like I said this is just my opinion, you call yourself what you like, it is after all your life, your identity and it doesn't affect me in any way.



I will leave you with a few words, those that do have a 'problem' with bisexuals, get a grip. They are happily living their lives and not affecting you in any way shape or form. So stop trying to have an opinion on something you clearly have no understanding of. We are called a community for a reason because we are supposed to take care of each other, so its time you all embraced our bi brothers, sisters and those of no gender at all. I love you, and you all keep doing your thing! We don't live in this world to please others, we live to make ourselves happy.

Peace and love to you all!

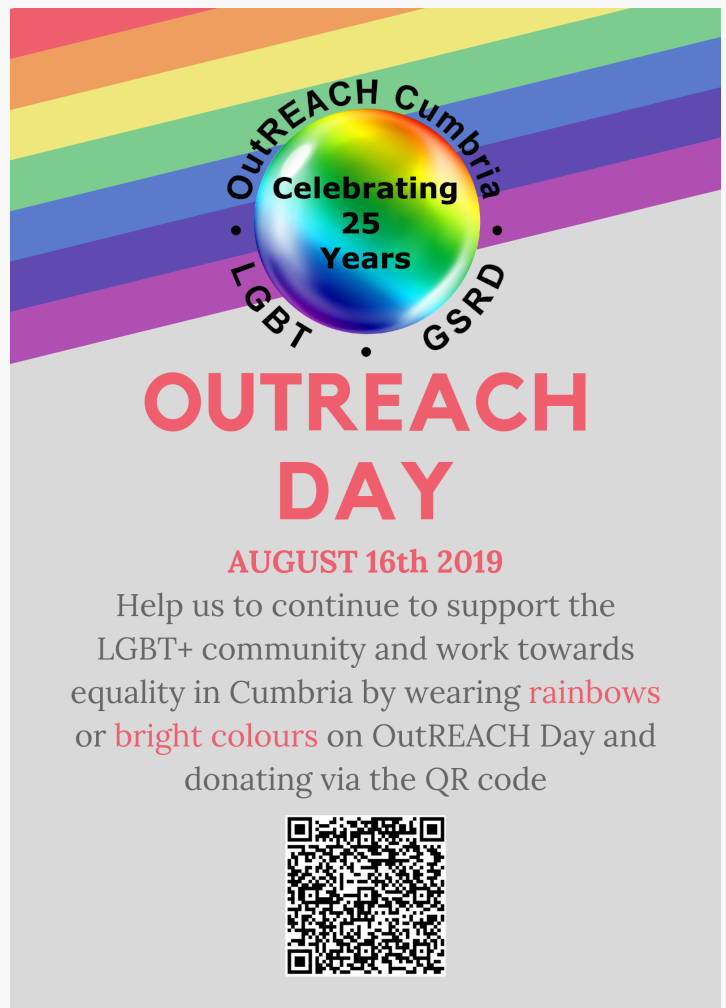
A handwritten signature in black ink, appearing to read 'Nagatha Christie'.

Nagatha Christie

All views discussed by Nagatha are their own.

Celebrate OutREACH at 25


This year marks 25 years since the start of OutREACH Cumbria! We are planning some celebratory events and hope to see some of you there. Keep an eye out on our social media for more details and we will have more information in the next issue of Alphabet Soup. 2019 is set to be a big year for us, with a number of new projects taking shape and we'd love your help to raise some funds! Take part in OutREACH day by wearing rainbows or bright colours and donating either via the QR code opposite or through our website outreachcumbria.org.uk. Want to do more? Could you do a sponsored run? Nominate us as your work place's charity of the year? A bake sale? Anything you could do to raise money will help. Get in touch if you have any ideas – we'd love to support you!



**OUTREACH
DAY**

AUGUST 16th 2019

Help us to continue to support the LGBT+ community and work towards equality in Cumbria by wearing **rainbows** or **bright colours** on OutREACH Day and donating via the QR code



OutREACH Cumbria are also delighted to announce that they have been nominated for a National Diversity Award! We have been nominated in the category Community Organisation (LGBT). It is a real honour to be recognised for the work we do for the LGBT+ community. Over the past month we have been gathering evidence to support our nomination, and our supporters and partners have been adding their support. The deadline is 31st May and if you think we deserve to be shortlisted you can add your support with a nomination at www.nationaldiversityawards.co.uk/nominate/22641/

The shortlist will be announced on 1st July, with an awards evening taking place on 20th September in Liverpool. Thank you for the support – and wish us luck!



Image by Matthew Feltham

Panic! at the Disco Live Review

By Thomas Burkes

To call Panic! At The Disco a band who have gone through a few changes over their lifetime in an understatement. From playing to long-fringed emo kids in Manchester University's student union in 2006, to selling out some of the biggest stadia in the world, Panic! at the Disco have moved from a niche four-piece to a showman-fronted orchestral juggernaut, broaching so many different sounds and genres that their back catalogue now feels like an entirely different bands collection (which to be fair, it is, as only Brendan Urie remains of the original members).

Despite being the last-person-standing in the band, Urie is slowly becoming a household name, with his charming personality, and a genuine openness about his own personal life. In 2018, Urie gave an interview where he described himself as pansexual, saying that "if a person is great, then a person is great". Urie's openness about his sexuality has made Panic! at the Disco a beacon for LGBT+ fans in recent years, with songs such as 'Girls/Girls/Boys' making it quite clear that the band feels that people should love whoever they want to.

To celebrate their newest album, Panic! at the Disco announced a world tour, eponymously entitled the 'Pray for the Wicked' tour, which included dates in Manchester, London, and Glasgow. Tickets were snapped up almost instantly when released, and those lucky enough to get them were treated to a monster-length show, including stunning visuals, flying pianos, trampolining Brendan Urie's, and a set list that spanned the band's every album.



Image by @panicatthedisco on instagram

It was clear going into the Manchester Arena that Panic! At The Disco have clearly inspired an openness of expression amongst their LGBT+ fans. Pride flags of all descriptions were on display, flooding Manchester in a sea of diversity and love that felt almost like a Pride festival itself. On stage, Urie wrapped himself in a cocoon of rainbow flags as he sang 'Girls/Girls/Boys' borrowed from audience members. It was during this song as well, that little paper hearts of different colours, which had been handed out prior to the show came in use. These had instructions on the back to be held up against phone torches during this moment of the gig, and almost as one, Manchester Arena became awash with a rainbow of light, spanning from one side of the stadium to the other; it was a breathless feat of love and togetherness, especially in a place that has borne such tragedy over the past few years.

In all, Panic! At The Disco's Manchester Arena show in late March was an excellent showcase of not just music, but love, hope, and acceptance, and I for one, cannot wait for their return.

What an Evening! The Diverse Cumbria Awards 2019

By Ben Vollens

It was 6.30pm on Friday 17th May when the doors opened to the stunning Mail Exchange at the Halston Hotel in Carlisle. The red carpet was laid and the bucks fizz was ready to welcome guests from all over the county. And so began the incredible evening of the 2019 Diverse Cumbria Awards.

Over 220 people networked, laughed, cried and cheered in what was to be an incredible evening that no one will ever forget. The atmosphere was kicked off in style as guests were handed a welcome drink and had their photos taken on the red carpet, which then lead into the beautiful events room at the Halston. Guests had a chance to network and catch up with those they have met previously but rarely get to see.

Julie Clayton, who works for the NHS, hosted the evening and started with a fantastic opening speech of togetherness, inclusion and respect, giving the message that although we may all have different beliefs, abilities, sexualities and genders, we are all human and standing together as minorities we are stronger. And then came the emotional roller coaster that was the Awards...



Guests were treated this year to short videos of all the shortlists in each category, giving them a chance to hear the amazing work that is going on in the county. Cheers and claps filled the room after each of the truly incredible stories told first hand by the shortlists were shown. After watching the videos for that category, all attention focused on the stage where the golden envelope was poised to be opened. The winner for that category was read aloud and the shocked faces of those that had won was a memorable sight, and luckily most were caught on camera. As the evening went on, as did the awards, a total of 6 categories and at the end a Lifetime Achievement Award was handed to someone who truly spent her life making sure others were treated as equals.



If you are interested in sharing a story in Alphabet Soup please email us at mag@outreachcumbria.co.uk



The winners for each category were:

- Diversity Event of the Year- Kendal Unity Festival
- Educational Champion - Jarek Jakubiak
- Public Sector Champion - Ian Chappell - Cumbria Police
- Volunteer Champion - The Cumbrian Refugee Volunteer Champions
- Positive Role Model - Jonathan Elliott
- Organisational Champion - Border City Roller Derby
- Lifetime Achievement Award -Lou Townson

Special mention certificates were also given out to Terri Hargreaves, Wendy Askew & Tina Pettitt and St. Bridget's Catholic Primary School.

A huge thanks must be given to the sponsors this year as without their support the evening would not be possible! Thanks to Sellafield for being the Lead Sponsor this year, to the NHS of Cumbria, ITV Border and The Police and Crime Commissioner for Cumbria, Peter McCall for sponsoring some of the Award Categories, and to Carlisle City Council and Reays Coaches for sponsoring the Event. Another big shout out to Platinum Sound and Lighting, Black FX and After 4 Productions for their amazing tech.

Another big shout out to Platinum Sound and Lighting, Black FX and After 4 Productions for their amazing techproduction on the evening and to the Halston Hotel for hosting us that evening and providing everyone with a welcome drink and some of the best food in town!

Ben Vollans, creator of the Awards, had this to say: "Seeing everyone's faces in the room that night just put the biggest smile on my face. Those people work tirelessly in pursuit of just making other's lives equal in the county and this night was all about them! It truly makes the whole process worthwhile seeing the shocked faces of the winners and the joy in others to know they were simply recognised for the work they do."

Planning for next year's awards have already begun and rumour has it there are a couple more categories being added and a few more surprises on the night for everyone to enjoy. Ben said, "It's the 5th year, so I'm going to have to make it an extra special one!"

All details about the Diverse Cumbria Awards can be found on the website www.diversecumbria.co.uk and follow their social media for all the latest updates and news. Photos from the evening can also be found on these platforms, which people are free to use as they wish.



The Life and Love of Nicola Adams

By Rebecca Edger

Nicola Adams OBE was born on 26th October 1982 in Leeds, United Kingdom to mother Denver (Dee) Adams and father Innocent Adams. She grew up in East End Park, on the frayed edges of the city centre, where she lived with her mother and younger brother Kurtis, after her parents separated when she was just 11 years old

Nicola Adams paved the way for British female boxers by becoming the first to represent England in 2001. Her first championship was the English amateur championship, which she won in 2003 and defended the title for the next 3 championships. In 2007 at the European Championship, she became the first English female to win a medal (silver) in a major tournament. Unfortunately, in 2009 she suffered a severe back injury and stopped boxing until she recovered and returned the next year to take silver again.

Her biggest career highlight to date remains her winning gold in the 2012 Summer Olympics: she defeated Indian boxer Mary Kom in the semi-finals and beat Ren Cancan (任灿灿), a Chinese boxer who held the world number one title. After this glory, there was a 50% increase in women partaking in boxing. Adams became the first LGBT+ woman in history to win a boxing gold medal in the Olympics and in 2016, she defended her Olympic title by winning the finals. In 2013, she was awarded an MBE and in 2017 received her OBE for her outstanding achievements. She has also enjoyed acting: Adams appeared as an extra in British soaps Coronation Street and Emmerdale and played herself in BBC drama series Waterloo Road in 2013.



Image by Matthew Feltham

Prior to telling her mother she was bisexual, she lay awake at night worrying. When Adams approached her mother and told her, she responded 'OK, put the kettle on' and said she already knew. She later said she wishes she came out sooner, "I was expecting some big reaction and I'm thinking, 'Why have I been stressing about this for months?'".

In 2016, Adams was photographed with her then partner and fellow female boxer Marlen Esparza and thankfully, Adams stated that despite facing racial slurs and sexism in boxing, she has never had a bad reaction to her sexuality from the public.

In November 2012 she topped the list of The Independent's 101 most influential British LGBT people and was placed Number 1 in the DIVA Power List of the UK's most eminent lesbian and bisexual women in 2016.

Adams openly supports the LGBTQ+ community and hopes to use her celebrity to inspire other people, "I would like to do more for the LGBT community, try to help people. I can't do as much as I would like because of the training."

Captain Marvel: A Review

By Sam Dawson

Captain Marvel (Brie Larson) is an extraterrestrial Kree warrior who finds herself caught in the middle of an intergalactic battle between her people and the Skrulls. Living on Earth in 1995, she keeps having recurring memories of another life as U.S. Air Force pilot Carol Danvers. With help from Nick Fury (Samuel L Jackson), Captain Marvel tries to uncover the secrets of her past while harnessing her special superpowers to end the war with the evil Skrulls. The movie shows Captain Marvel finding old friends and making new ones, who accept her and help her to find her true identity. She learns how to develop and improve her life, whilst also discovering her past.



By Source, Fair use, <https://en.wikipedia.org/w/index.php?curid=56660636>

Captain Marvel is Marvel's first solo female lead with the 20 films prior having male leads. She offers viewers a message of what could happen if people stopped waiting to be told that they are enough; if they stop believing people who tell them that they are weak or too emotional to hold any power. She laughs in the face of misogyny and shows that when we stop looking for approval we thrive.

I personally believe this film is inspiring and empowers women while showing them that they can become anything they they want to be. Captain Marvel shows everyone that they are strong, they don't have to listen to other people's words and they shouldn't care what others think or try to make them believe about themselves. As the film proceeds she slowly gets stronger, within herself and with her powers. She discovers who to trust and that people aren't always as they seem.

Overall, Captain Marvel is a step in the right direction for female empowerment and representation in the media. The character is strong and sets a good example to the younger generation of superhero fans to be true to themselves and not to take what others say as verbatim. Be true to yourself.

If you are interested in sharing a story in Alphabet Soup please email us at mag@outreachcumbria.co.uk

GSRD Access to Mental Health Services

By Laura Cairns, on behalf of the First Step
Diversity and Inclusion Champions

In this issue we aim to tell you more about First Step, who we are and how you can access our services.

Who are First Step?

First Step are an NHS team based in Cumbria who provide free talking therapies to adults over 18. We are what is known as an IAPT service (Improving Access to Psychological Therapies) and we offer therapies for a range of common mental health problems, including; Depression, Anxiety disorders, Post Traumatic Stress Disorder, Anger, Mild to moderate Eating Disorders, Insomnia, Employment problems alongside depression or an anxiety disorder.

What do we offer?

We offer a range of talking therapies including Cognitive Behavioural Therapy (CBT) and counselling. We offer one to one sessions as well as workshops and computerised therapy which you can do in your own time through an app you can download on your phone. If you access First Step, we will start with a telephone consultation in which one of our trained practitioners will listen to your experiences and work with you to understand how you have been feeling. Together you will decide what sort of help might work best for you.



Image by Matthew Feltham

How does talking help?

Talking therapies involve more than just talking! We will be working together to help you to make changes to the way you think and the things you do. We can help to make links between these things and show you some strategies to reduce our symptoms of depression and/or anxiety. This means that we might ask you to do some work between our sessions to practice the skills you learn in therapy.

How many sessions will I get?

It depends, but we offer brief psychological therapy rather than long term support. You will see the same practitioner for each session which will usually take place fortnightly, and they will agree with you how many sessions they think might be helpful for you.





Image by Matthew Feltham

How do I get in touch?

If you think that First Step might be the right service for you, you can read more about the work they do, and refer yourself to them on their website - www.firststepcumbria.nhs.uk it is usually better to discuss with your GP or a practice nurse who can decide with you if First Step might be useful for you and share all relevant information.

Ensuring equal access for all

First Step are committed to ensure all patients are treated fairly regardless of gender, sexuality or relationship status and are an LGBT+ friendly service. We are an official OutREACH Partner, and you will often see us events such as Cumbria Pride. We have a small team of Diversity and Inclusion Champions working throughout the county to improve access and outcomes for diverse groups, including people with gender, sexuality or relationship diversity. We have no upper age limit and can work through interpreters and sign language interpreters and all of our practitioners receive training on equality and diversity.

Every issue we will highlighting a mental health issue and telling you more about it. This issue we are looking at Generalised Anxiety Disorder (GAD)

What is GAD?

Generalised Anxiety Disorder is what we call chronic worry. Everyone experiences anxiety at times in their life, but some people can find it hard to control their worry and it can affect their day to day lives.

How can I get help?

Speaking with your GP should be a starting point and they may recommend a referral to First Step. It can be useful to reduce alcohol and caffeine as these can have adverse effects on anxiety, and to exercise regularly. Your GP might recommend medication or offer advice on self-help and relaxation.

GAD can range from mild to severe and the symptoms can include:

- Feeling restless or worried
- Having trouble concentrating
- Worrying about different things
- Feeling nervous, anxious or on edge
- Feeling unable to control worry
- Getting irritable or wound up
- Finding it hard to relax
- Feeling afraid
- Physical feelings such as dizziness or palpitations

If you are interested in sharing a story in Alphabet Soup please email us at mag@outreachcumbria.co.uk

The Spotlight

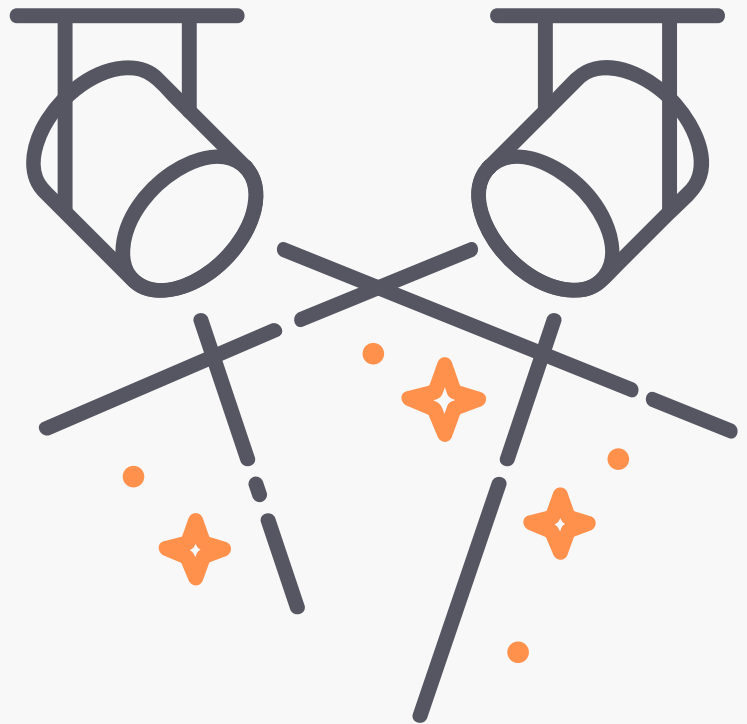
Each issue we will be putting a sexuality or gender identity into The Spotlight to give it some much needed love and attention. This issue we are going to be looking at:

Intersex

Intersex describes a person that doesn't fit into the typical definitions of either female or male at birth. Intersex people are born with any of several variations in sex characteristics including chromosomes, gonads, sex hormones, or genitals that, according to the UN Office of the High Commissioner for Human Rights, "do not fit the typical definitions for male or female bodies."

The Flag

The circle is unbroken which symbolises wholeness completeness, and potentialities. The colours are purple and yellow as the designers, Intersex Human Rights (Australia), wanted them to be far from the stereotypical Pink = Female and Blue = Male colours.



Public Figure

Max Beck was an intersex advocate, and fought for intersex rights. Max participated in the first known public demonstration against human rights violations on intersex people, which took place in Boston on October 26, 1996. The event is now called Intersex Awareness Day.

Max has described how his sex wasn't determinable at birth. Through testing it was discovered that he had mosaic XY/X0 chromosomes. His gonads were removed, and he was raised female, with yearly visits to endocrinologists and urologists. He later met Tamara Alexander, who eventually became his wife, and subsequently he switched hormone treatment to testosterone. The couple married on February 12, 2000, and had two children together.

Silloth Pride - 2019

On Saturday 29th June 2019, Silloth Rotary Club are hosting Silloth's first ever Pride event, helping to support, highlight and promote diversity and equality in rural communities. Supporting the LGBT+ community within low population areas is highly important due to the fact that people feel isolated and alone. Silloth will swing open its doors with a festival style parade, fun filled family day with street artists, live bands, fun fair and kids area. A key area will be a health and education zone which will include everything from family support to sexual health education.

If you are interested in getting involved please email pridesilloth@outlook.com



**Saturday 29th June 12-7PM
ON Silloth Green**

**Live Music ~ Youth Zone ~ Stalls - Graffiti
Traditional Funfair ~ Dancers ~ Entertainment
Health & Wellbeing Zone ~ Local Crafts ~ Poetry
Great Speakers including
HIV Activist Jonathan Blake
Featured In The Film Pride
Highlighting diversity in rural Cumbria!**



Rotary  Club of
Silloth on Solway

If you are interested in sharing a story in Alphabet Soup please email us at mag@outreachcumbria.co.uk

LGBT+ Safe Spaces

Below is a list of LGBT+ safe spaces that are now OutREACH Partners. OutREACH Partners promise to keep their workspace free of homophobia and transphobia and are helping us to work towards LGBT+ equality in Cumbria.



Always Another Way

A not-for-profit community interest company building stronger communities through local projects. They run LGBTQ+ support for 8-24 yr old and their families, Mental Health support, coping skills sessions, sign language classes and more!

Contact: Email info@alwaysanotherway.co.uk or Phone 07516319860

Border City Roller Derby

BCRD is a friendly, inclusive, all gender, roller derby league based in Carlisle, welcoming people from all backgrounds who would like to learn to skate and play roller derby

Contact: Facebook/BorderCityRollers Email: bordercityrollers@gmail.com

Cambridge Weight Plan

The 1:1 Diet by Cambridge Weight Plan - Cumbria.

Contact: irenecwp@gmail.com

Carlisle Eden Mind

Carlisle Eden Mind is a local charity, affiliated to Mind, supporting people with mental health problems across the Carlisle and Eden Districts

Contact: www.cemind.org
Facebook/Carlisle Eden Mind
Phone 0300 561 0000 or email info@mindlinecumbria.org for mental health support and information

Carlisle Cult Cinema Club

An alternative to the mainstream, bringing cinematic trash and treasure to all cult film fans.

Contact: Email kerrymilgate@googlemail.com or Phone 07495709792

Cumbria Alcohol and Drug Advisory Service (CADAS)

We provide support for individuals, family members and carers – promoting recovery in the community. We also offer free public health information, education and training as part of our preventative strategy.

Contact: Visit www.cadas.co.uk or phone 0300 111 4002

Cumbria County Council

Contact: www.cumbria.gov.uk

The Fairydust Emporium

The Fairydust Emporium in Silloth welcomes you.

Contact: Facebook/FairydustHQ booking highly recommended: 016973 31787

First Step

We provide free talking therapies for depression and anxiety disorders for adults in Cumbria

Contact: www.firststepcumbria.nhs.uk or phone 03001239122

Luna Beauty and Holistics

Luna is a mobile beauty and holistic therapy service. Relaxation and beauty in the comfort of your own home.

Contact: Facebook/sarahlunaholistics or phone 07984245593

Mike/Dr Beet

Body piercer / not a real doctor.

Contact: Instagram @drbeetpiercer; Phone 01228514115; or visit Immortal Art Studio, Carlisle

Mentoring in Cumbria

Jude Beveridge works with adults and young people helping them to raise their self-esteem, improve mental health and boost confidence

Contact: Email littleyam@btinternet.com or Phone: 07919 837592

Trans Family Carlisle Support Group

Family support group for transgender people and their families.

Contact: transfamilycarlisle@outlook.com

If you own a business that is an LGBT+ safe space and would like to be added to our list then please email us for details at mag@outreachcumbria.co.uk

Have Your Work Published in Alphabet Soup!

We want to give a voice to as many LGBT+ and GSRD individuals in Cumbria and the surrounding areas as we can but anyone is welcome to write for Alphabet Soup.

If you have a story you would like to share, a project you are working on or a topic you feel passionate about then drop us an email at mag@outreachcumbria.co.uk and we will work with you to help get your work into the magazine.

In addition, if you are an artist or photographer we would love to showcase some of your art and even direct people to where they can find more of your work.

If this is of any interest to you then please email mag@outreachcumbria.co.uk and our team will guide you in getting your first piece published!

We're also looking for businesses that are LGBT+ safe spaces to add to our list of OutREACH Partners. Your business would be advertised in every issue of Alphabet Soup. If you own a business that is an LGBT+ safe space and would like to be added to our list then please email us for details at mag@outreachcumbria.co.uk

Help Us With Our Research

Over the years, OutREACH has participated in various research, one major report was around the barriers faced by the LGBT+ community of accesses mainstream services for Sexual Abuse and Violence. This paper is readily available and can be downloaded from our website.

We have also done a lot of work around hate crime, of which we are currently seeking people to answer a short research questionnaire about experiences of LGBT+ hate crime in Cumbria. Please note that you do not have to have experienced hate crime to complete the questionnaire; we just want to hear your opinions on it.

Please visit <https://bit.ly/2PRAHP7> to help us with this research. Thank you.