

## Transgender Support Groups

### 1. Micro Rainbow

**Mission:** “to create a world where lesbian, gay, bisexual, trans, queer and intersex (LGBTQI) people are safe, free from discrimination, persecution and have equal opportunities in life, including in accessing employment, training, financial services and housing”.

Offers **four key services**:

1. safe houses dedicated to LGBTQI asylum seekers and refugees
2. an LGBTQI-refugee centred “moving on” programme that helps with confidence levels, opening a bank account and employment searches
3. a social inclusion programme aimed at building friendships and reducing the extreme isolation faced by LGBTQI refugees, to strengthen communities where networks are fragile. They currently deliver social inclusion activities in London, Birmingham, Leeds and Cardiff.
4. “Body and Movement” sessions every two weeks, in London, Birmingham and Cardiff, lasting approximately 90 minutes with time before and after for some socialising and checking in with the Micro Rainbow staff who support the sessions.

#### Contact Details

Helpline for LGBTQI Migrants: A phoneline for *first time* callers operates from Monday to Friday from **2pm – 5pm. 0800 3585851**. The number is free to call.

If you are *not* a first-time caller, call their phoneline from Monday to Friday from **10am – 4pm** and select the relevant options to get in touch with a member of staff.

If you need a translator, please email [social@microrainbow.org](mailto:social@microrainbow.org) to arrange this *in advance*.

Email contact: When emailing make sure to include your full name, where in the UK you are living, your phone number and if you require a translator for the language you speak.

Housing team <a href="mailto:housing@microrainbow.org">housing@microrainbow.org</a>	Moving on team <a href="mailto:movingon@microrainbow.org">movingon@microrainbow.org</a>
Social inclusion team <a href="mailto:social@microrainbow.org">social@microrainbow.org</a>	General info <a href="mailto:info@microrainbow.org">info@microrainbow.org</a>

### 2. Say it Loud Club

**Mission:** “committed to providing social, emotional, educational and advocacy support for LGBTQ+ refugees and asylum seekers in the UK”

**Services:** A member-led organisation that helps refugees rebuild their lives in a supportive environment through:

1. one-on-one mentoring,
2. social events
3. workshops and peer support.
4. connecting members with essential services like legal aid, housing and mental health resources

## Contact details

To make an appointment send a request on line via <https://sayitloudclub.org/contact-us/>

All events take place at:

Notting hill Genesis  
2 Killick Street  
King's Cross N1 9QL

Tel: 07478 801676 (rarely answered)

### **3. African Rainbow Family (ARF)**

**Mission:** “To support all marginalised, oppressed and discriminated people. To increase health and wellbeing of LGBTIQ+ people seeking asylum and integrate them into the British society and values. To eliminate discrimination on the grounds of sexual or gender identity. Ensure in particular; dignity, respect and safety for lesbian, gay, bisexual, trans and intersex (LGBTI) people who have immigration issues related to their sexual or gender identity”.

You don't have to be from Africa to qualify for their services.

## Services

1. Signposting to immigration advice and other mainstream services. **NOTE:** they do not offer advice specific to an individual asylum and immigration application
2. social events and activities.
3. free counselling.
4. support for LGBTIQ people seeking asylum with no recourse to public funds by subsidising transport fares and other costs such as food.
5. support for destitute members with weekly subsistence.
6. hot meals for members.
7. moral & practical supports to people in detention centres.
8. moral support and evidence in court.
9. buddy support for members to sign at immigration reporting centres
10. moving-On and Integration.

## Contact Details

**Eligibility:** to assess whether you are eligible for support you will need to identify as a lesbian/gay/bisexual/transgender/intersex or queer, and be seeking asylum and/or a refugee. You can self-refer, providing as much information on your status as possible, via the following form: <https://africanrainbowfamily.org/forms/>

**NOTE:** as of Oct24 there is a considerable waiting list of people and ARF are estimating it may take up to 2 months to receive your registration call after submitting your referral.

The Outside Project LGBTIQ+ Centre  
Unit 1, 52 Lant St  
London  
SE1 1RB

General Enquiries can also be sent electronically via their 'Contact Form' at the following link: <https://africanrainbowfamily.org/contact-form/>