

## Appendix 4

**Name: LGBT Foundation**

**Description:** Established in 1975, LGBT Foundation exists to support the needs of the diverse range of people who identify as lesbian, gay, bisexual and trans. LGBT Foundation are a nationally significant charity firmly rooted in local communities of Greater Manchester and provide a wide range of evidence-based and cost effective services. In all of our work, we support LGBT people to increase their skills, knowledge and self-confidence to improve and maintain their health and wellbeing. Its programme PRIDE IN AGEING works in

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**Name: Switchboard**

**Description:** Switchboard is a charity that has been listening to, supporting and connecting lesbian, gay, bisexual, trans and queer communities since 1975. Originally a helpline, it has grown to deliver lots of additional services by and for LGBTQ people in Sussex. Switchboard provides support for those aged 50+ with a number of regular social activities, meet ups and trips. They also provide information and host workshops about services for older people and make connections for people within the community and to other services.

**Contact:** <https://www.switchboard.org.uk>

**Name: LGBT Health and Wellbeing**

**Description:** Established in 2003, LGBT Health and Wellbeing works to improve the health, wellbeing and equality of lesbian, gay, bisexual, and transgender (LGBT) people in Scotland.

**Contact:** <https://www.lgbthealth.org.uk>

**Name: Scottish Trans**

**Description:** The Scottish trans alliance work to improve gender identity and gender reassignment equality, rights and inclusion in Scotland, inclusive of non-binary people. It strives for everyone in Scotland to be safe and valued whatever their gender identity and gender reassignment status and to have full freedom in their gender expression.

**Contact:** <https://www.scottishtrans.org>

**Name: Alternative Care Services**

**Description:** Care services tailored to work with LGBT+ service users.

**Contact:** Alternative Care Services LGBT+ Care | LGBT+ Care Services

**Contact:**



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**Name:** [TranzWiki](#)

**Description:** a comprehensive directory of the groups campaigning for, supporting or assisting trans and gender non-conforming individuals, including those who are non-binary and non-gender, as well as their families across the UK.

**Contact:** [TranzWiki website](#) (opens in new window)

**Name:** [TransUnite](#)

**Description:** TransUnite can connect you to an established network of trans support groups in your area.

**Contact:** [TransUnite website](#) (opens in new window)

**Name:** [Dementia United](#)

**Description:** Dementia United is the Greater Manchester programme for dementia. They run an online LGBT+ support group which is a safe place for people with dementia to express themselves.

**Contact:** [New GM LGBTQ+ Online Dementia Support Group – Dementia United](#) (dementia-united.org.uk)

**Name:** [Dementia Engagement and Empowerment Project \(DEEP\)](#)

**Description:** a network of peer support groups around the UK that provide opportunities for people living with dementia to support each other. They run an online LGBT+ group called [Speak out with dementia](#).

**Contact:** [Speak out with dementia](#) – An online peer support group for LGBTQ+ people living with a diagnosis of dementia – DEEP (dementivoices.org.uk)