



The OutHouse
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Our Services

Health and Wellbeing

Support from *The OutHouse* includes a full Counselling Service, one-to-one support and signposting; extending beyond the counselling room with an additional range of peer support groups on offer

Socials and Events

Come along to one of our social groups to chat and connect in our chilled out, LGBTQ+ friendly environment. We have a kitchen on the premises so pop in, grab a coffee and a snack, and meet someone new

Training

Bespoke training that is both open and respectful, designed to develop LGBTQ+ Awareness. Accessible as webinars through *Eventbrite* or direct booking, the training is available for individuals and/or businesses

Youth Service

We have a robust youth service including social and support groups for LGBTQ+ young people, family socials and a parent/carer of trans+ individuals peer support group. We can also offer one-to-one support

Monthly Events

Every Monday of the Month

LGBTQ+ Youth Group (13-19) – 4pm to 6pm

Every Tuesday of the Month

Craft with Pride – 2pm to 4pm

Dance with Pride – 6:00pm to 6:45pm

First Wednesday of the Month

Support for Parents/Carers of a Trans+ child of any age – 7pm to 9pm

Every Wednesday of the Month

Yoga with Pride – 8:45am to 9:30am

First Saturday of the Month

Gender Diversity Group (19+) – 2pm to 4:30pm

Second Wednesday of the Month

LGBTQ+ Mature Men's Social – 7pm to 9:30pm

Second and Fourth Saturday of the Month

Saturday Social (18+) – 10:30am to 1pm

Second Sunday of the Month

Trans+ Youth Group (13-19) – 1:30pm to 3:30pm

Last Thursday of the Month

LGBTQ+ Book Club (18+) – 7pm to 8:30pm

Last Friday of the Month

LGBTQ+ Women's Group – 7pm to 9pm

Health and Wellbeing

Youth Project

LGBTQ+ Young People

A group for anyone who would benefit from a vibrant and supportive space to have fun and make new friends

Trans+ Young People

A group for any trans+ young people looking for a vibrant and supportive space to make new friends

One-to-One Support

Work with a Youth Worker dedicated to providing support to young LGBTQ+ individuals

Support for Parent/Carers

A group for parents and carers who have a child of any age who is trans+, non-binary or gender non-conforming

*All young people must meet with a member of staff prior to attending the groups available

Counselling

The OutHouse provides a safe and confidential Counselling Service for all ages within the LGBTQ+ community and families

Satellite Services

Our off-site services currently include: Basildon youth Counselling Service, Tendring LGBTQ+ men Counselling Service, Essex Schools Outreach Project offering counselling within schools

Health and Wellbeing Support incl. Signposting

Signposting individuals to other services and resources available to help LGBTQ+ individuals, including peer support groups where applicable

Training

LGBTQ+ Awareness Training Modules 1 – 4

Bespoke training available for individuals and businesses, designed to develop LGBTQ+ Awareness. Accessible as webinars

The course consists of four modules, each consisting of 90 mins:

- **Module 1:** An Introduction to LGBTQ+
- **Module 2:** Breaking Down Barriers
- **Module 3:** Trans+ and Non-Binary Reversible Transition
- **Module 4:** Trans+ and Non-Binary Irreversible Transition

Socials and Events

Saturday Socials

A twice-monthly event for anyone looking to socialise or make new friends with other LGBTQ+ individuals

Craft with Pride

Get together with like-minded LGBTQ+ individuals and take time for some creative exploration

Gender Diversity Group

A social group for anyone who identifies under the gender diversity umbrella including trans+, non-binary, genderfluid and non-conforming

Mature LGBTQ+ Men's Group

A group of mature LGBTQ+ gentlemen to meet up and socialise in the comfort of *The OutHouse*

LGBTQ+ Women's Group

A group for any and all LGBTQ+ women to socialise and bond in our cosy social space

LGBTQ+ Book Club

A group for all book lovers to share their interest and explore LGBTQ+ identities and experiences through Queer authors and texts