This is a guide to services in and around Hertfordshire, for Lesbian, Gay, Bisexual, Trans* people, and those Questioning their identity (LGBT*Q people).

It provides local and national information as well as giving practical tips and advice.

Contributions are from statutory and voluntary Hertfordshire services, as well as local people.
Bars + Clubs

The Load of Hay
27 Pinner Road, Watford, Herts, WD19 4ET
01923 441113
www.loadofhay.co.uk

The California Inn
82, Chapel Street, Luton, LU1 5DD
01582 488098
www.california-inn.co.uk

Kink Bar
23 Dunstable Place, Luton, LU12QT
01582 615172
www.kinkbar.co.uk

Flame nightclub
58 Wellington Street, Luton, LU1 2QH
www.flame-nightclub.co.uk

Pink Punters Nightclub
2 Watling Street, Fenny Stratford, MK2 2BS
01908 377444
www.pinkpunters.com

London!

Outside Hertfordshire, there are a wide range of places to socialise. One of the most vibrant is London. Time Out London provides a full listing of activities for LGBT+Q people of all ages and their friends and families.
www.timeout.com/london/lgbt
SOCIAL + SUPPORT GROUPS

University of Hertfordshire LGBT Society
Sexuality, welfare and sexual health questions answered.
www.uhsulgbt.co.uk
uhsu_lgbt

Lezgo
Watford (regular meets). Social and support group for LGB women.
07845 608 545 – Lin
Helpline – 0808 180 7223

Hertfordshire Gay Outdoor Club
The Hertfordshire group walks on the 2nd Saturday of each month. The group covers all of Hertfordshire and sometimes organises invasion parties into neighbouring counties.
www.goc.org.uk/groups/hertfordshire

Broxbourne & East Herts LGB&T Support
B3Living would like to hear from LGB&T people interested in developing a new social/support group for the Broxbourne & East Herts area. Contact Ken Andersson at B3Living.
01992 453 700

Barnet Lesbian + Gay Group
Supporting LGBT people in Barnet
www.barnetgay.com

Beaumont Society Social Activities for Trans people
www.beaumontsociety.org.uk
24/7 Helpline 01582 412220

FTM Network
Self help group for female to male transgender and trans* people, or those exploring their gender.
07948 250 778
www.ftmlondon.org.uk

Hertfordshire Cortex
Social support group for trans* people
https://sites.google.com/a/tgcortex.com/www
cortexherts@yahoo.co.uk
Youth Connexions Hertfordshire

Provides youth work, information, advice, guidance and support for young people aged 13-19 (up to 25 for young people with learning disabilities). For young people leaving care, support is provided up to the age of 21 through Youth Connexions One Stop Shops.

www.youthconnexions.org

Youth Connexions LGBT group

A group of young people looking at what services are available to the young LGBT people of Herts and how support can be improved both short term and long term. As members of Herts1125, the group will be consulting with young LGBT people and report their findings in the Hertfordshire Young People’s Manifesto that is launched annually in October. If you are a young person and would like to know more, please contact youth.connexions@hertfordshire.gov.uk

Youth Connexions one-stop shops

A ‘Youth Connexions One Stop Shop’ is a venue where local partners come together to deliver a wide range of services for young people. These services include the provision of youth work, information, advice, guidance and support on education, work, training and volunteering, advice on drugs, finance, health, including sexual health, housing and much more.

www.youthconnexions-hertfordshire.org 0300 123 4043

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Young People

Young Pride in Herts

LGBT*Q social support for 13-25 year olds
01920 484784 or 01923 803440
youngprideinherts@gmail.com
www.youngprideinherts.org

Queer Youth

Online discussion forums for LGBT*Q youth
www.queeryouth.org.uk

Project Indigo

Provides a safe space for young people who identify as LGBT*Q or who are questioning their sexual or gender identity.

Based in Hackney:
www.offcentre.org.uk/project-indigo
0208 986 4016

Mermaids

Support group for trans* children and teenagers, up to the age of 19, who are trying to cope with gender identity issues.
0208 1234 819 (Mon – Sat 3-7pm)
www.mermaidsuk.org.uk

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www.youthconnexions-hertfordshire.org 0300 123 4043
Older Adults

Open Doors London (ODL)
ODL, with Age UK Camden as the lead agency, and in partnership with Age UKs across London, is the biggest project providing information and support services with and for older Lesbian, Gay, Bisexual and Transgender (OLGBT) people in the UK.
www.openingdoorslondon.org.uk
020 7239 0400

Trans* people

Trans* is an umbrella term for people across the gender spectrum. This can include terms such as transgender, transvestite, transsexual, gender-queer, gender-fluid, non-binary, genderless, gender variant, trans man, trans woman and more!

The Beaumont Society
Support to people (inc families and friends of people) who crossdress, are transvestite or who are transsexual.
01582 412220 (24 hrs)
email@beaumontsociety.org.uk
www.beaumontsociety.org.uk
Monica Helms, creator of The Transgender Pride flag, describes its meaning:
“Light blue stripes are traditional for baby boys. Pink for girls. The white stripe is for those who are intersex, transitioning or feel a neutral or undefined gender. No matter which way you fly it, it is always correct, signifying us finding correctness in our lives.”

FTM Network
Self-help group for female to male transgender and trans* people, or those exploring their gender.
www.ftmlondon.org.uk
07948250778

Gendered Intelligence Creative
Workshops for trans youth (under the age of 25) and facilitated workshops to all young people within schools, colleges, youth groups and other settings from across the UK.
www.genderedintelligence.co.uk

USEFUL LINKS

www grp.gov.uk
Government panel who assess applications for gender recognition certificates.

www.transgenderzone
Online support for trans* people

Press for Change
Lobbying & education
www.pfc.org.uk

www.gendertrust.org.uk
Working to improve the lives of trans* people. Helpline and other support available.
The Hertfordshire Health + Community Services

Health and Community Services run the County Council’s Adult Social Care Department including:

• Help for those over 18 living in Hertfordshire, with care and support
• Information, advice and guidance to find local services
• Maintain or regain physical, emotional or mental health and independence
• Personal social care and eligibility, options for support
• Supporting family carers
• Follow up allegations of abuse and neglect and help those at risk stay safe

Information on local services, support for carers and physical and mental health advice:
www.hertsdirect.org
0300 123 4044
or by dropping into your local library

Specialist advice from Hertfordshire County Council Customer Services
0300 123 4042.

If you are in hospital you can ask the ward staff to let us know you wish to talk to us.

The Hertfordshire Pride Society is a group of friendly, passionate, creative volunteers from the local lesbian, gay, bisexual and trans* (LGBT*Q) community and their straight allies who plan and organise the annual Herts Pride event.

If you wish to get involved and become part of Team Herts Pride volunteering as a steward (at the event) or for further information about Herts Pride visit our website www.hertspride.co.uk

SOCIAL CARE
CHILDREN’S SERVICES

Children’s Services places the interests of children firmly at the centre of everything, working with families to offer quality advice, support and guidance; build children’s confidence and self-esteem and prepare them for life ahead. They aim to help children with a variety of needs: those who may have learning difficulties, physical difficulties, social problems, are particularly gifted, need help in schooling or need someone to talk to. It is their aspiration that all children and young people enjoy a happy, healthy and safe childhood that gives them the foundations for adulthood and the opportunity to get the best out of life.

For further information:

Child protection 0300 123 4043
School term dates 0300 123 4043
School admissions 0300 123 4043
School transport 0300 123 4043
Childcare enquiries 0300 123 4052
Free School Meals 0300 123 4048

Telephone lines are open Monday to Friday, 8am-8pm and Saturdays, 9am-4pm. Lines are closed on Sundays and public holidays.

HOUSING INFO

If you have a housing need, you can go to your local district council offices to find out your options. They will be able to give you advice, and they may be able to help you find accommodation in the private sector, council housing or with a housing association.

If you want to buy your own place but can’t afford to buy on the open market, many housing associations have options such as shared ownership, where you part-buy and part-rent your home. For more info, see www.helpetobuyese.org.uk who cover the East and South East of England.
LGBT*Q Housing Support

Stonewall Housing
Specialist LGBT housing advice and support provider in England providing housing support for LGBT people in their own homes, supported housing for young LGBT people, as well as free, confidential housing advice for LGBT people of all ages.

0207 3595767
www.stonewallhousing.org

Albert Kennedy Trust
The Albert Kennedy Trust supports young LGBT 16–25 years olds who are made homeless or living in a hostile environment.

contact@akt.org.uk
www.akt.org.uk
020 7831 6562
020 7405 6929

Housing Emergency

If you have an emergency housing need and need immediate assistance please use the contact details below:

Shelter Housing Advice Line
8am-midnight every day
0808 800 4444

London Lesbian & Gay Switchboard
calls at local rate
0300 330 0630

You can phone your local district council if you have a housing emergency.
Coming out is not necessarily a one-off event. People may come out many times during their lives.

There is no one prescribed way to come out as lesbian, gay or bisexual. You may feel comfortable being open about your sexuality with some people but not with others. Coming out to certain people, such as family, colleagues and friends may be difficult and takes courage. Reactions to someone coming out can range from very positive, to less welcoming.

Once you have made the decision to tell people about your sexuality, you may want to think about how you tell them.

Don’t feel under pressure to come out — take your time. Only you will know when you feel comfortable and ready to do it.

To hide your sexuality from other people often means lying and pretending. You will need to think about whether hiding your sexuality is more or less stressful than being open about it.

If you decide to come out, but are unsure how others might react, you could consider making contact with a support group first. There are helplines, community groups and agencies across the country which are there to support and advise you.

It could also be good to start by telling one or two trusted friends first, before coming out to other people.

If you do come out, but get a negative reaction, don’t despair. Talk to someone for more support. Generally, however, you may be surprised by how positive the experience of coming out can be.

Very few people regret coming out even if it is difficult at the time.

Information and more at:

Stonewall
www.stonewall.org.uk
www.youngprideinherts.org/coming-out
Emotional health is an important part of everyone's life, but it can be especially important for LGBT*Q people when: Coming out, dealing with gender identity issues, meeting other LGBT*Q people, starting a family or starting new relationships.

LGBT*Q people can sometimes find it difficult to seek support, but it’s important that you feel able to ask for the support that you need, and deserve, when you need it.

All of the services listed next are positive about supporting LGBT*Q people with their emotional health. This can range from health concerns such as stress, anxiety and depression, to more serious mental health issues.

**Hertfordshire Partnership University NHS Foundation Trust (HPFT)**
The NHS provider of mental health and specialist learning disability services in Hertfordshire. We provide services for all aspects of mental health and emotional wellbeing for all ages. If you need to use these services please speak to you GP or use the web address below to find out about local facilities in Hertfordshire.

[www.hpft.nhs.uk](http://www.hpft.nhs.uk)

You can also contact us directly if you feel that you need support from us using our Single Point of Access:

0300 777 07 07 (weekdays 8am-7pm)

**Herts Mind Network**
Providing a range of person-centred services across Hertfordshire to improve the wellbeing of anyone experiencing emotional distress.

08444 77 22 12 info@hertsmindnetwork.org
[www.hertsmindnetwork.org](http://www.hertsmindnetwork.org)

**Guideposts Trust**
Support and group activities for people recovering from mental health issues, in the Watford, 3 Rivers and Hertsmerre areas

01923 235 554
[www.guidepoststrust.org.uk/hertfordshire/](http://www.guidepoststrust.org.uk/hertfordshire/)

**Mind in Mid Herts**
Helps people suffering from mental health issues in St Albans, Harpenden, Welwyn Garden City, Hatfield, Hertford and Stevenage.

01727 865 070
[www.mindinmidherts.org.uk](http://www.mindinmidherts.org.uk)

**Viewpoint**
Service user led Charity which supports people with mental health or drug and alcohol problems to use their expertise and experiences to bring about change for the better.

01707 328 014 info@hertsviewpoint.co.uk
[www.hertsviewpoint.co.uk](http://www.hertsviewpoint.co.uk)
LGBT*Q Services near Herts

PACE
North London organisation promoting Lesbian, Gay and Bisexual wellbeing. Offers counselling, mental health advocacy, helpline and more.
Info Services: 02077001323
www.pacehealth.org.uk
info@pacehealth.org.uk

Pink Therapy
Pink therapy is the UK’s largest independent therapy organisation working with gender and sexual diversity clients.
admin@pinktherapy.com
020 7836 6647
www.pinktherapy.com

Pink Therapy

National helplines

London Lesbian+Gay Switchboard
www.llgs.org.uk 0207 8377324

Samaritans
08457 90 90 90 (24hrs)

SEXUAL HEALTH & HIV

Sexual health awareness is an important topic for everyone – whether you are sexually active or not. It’s important to remember things such as...

- Using condoms during sex
- Saying No to sex that you do not want
- Talking openly about sex with your partner
- Regular check-ups at a sexual health clinic
- Awareness of Sexual Transmitted Infections (STIs)
- Awareness of viruses such Hepatitis and HIV
- Sexual confidence, assertiveness and responsibility
- Feeling emotionally comfortable with your sex life

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- Sexual confidence, assertiveness and responsibility
- Feeling emotionally comfortable with your sex life
Sexual Health GUM Clinics

GUM Clinics provide confidential or anonymous services.
www.sexualhealthhertfordshire.co.uk

Hertford County Hospital
Walk in : Mon (9–1:30), Tues (9–4), Wed (9–1), Thur (9–4), Fri (9–12) Mon 2-4:30 (under 25s)
Appointments 01707 373358

St Albans City Hospital
Walk in : Mon–Fri 9.15 -11:30am
Appointments 01727 897333/332

Queensway Health Centre, Hatfield
Walk in clinic, Saturday 11am - 1:30pm
01707 264577

Watford General Hospital
Awareness Clinic
Walk in clinic, Tuesday 4pm – 6pm
(under 24s only)
01727897333/332

Stevenage Leisure Park (Kingsway)
Walk in : Mon, Tue, Thur, Fri 9-4, Wed 9-1
Appointments 01438 847500

Watford General Hospital
Walk in : Mon-Thur 9:30am -3:30pm (doors open 9am)
Appointments 01923 803 440

Hertford County Hospital
Walk in clinic, Monday 2pm – 4:30pm
(under 25s only)
01707 373358

Watford General Hospital
Walk in clinic, Wednesday 1:30pm – 4:30pm
(under 25s only)
01438 847500

HertsAid
Countywide services include :
- HIV support, also for families and carers
- Clinical tests, rapid HIV
- Chlamydia, free condoms
- Educational training, HIV, sexual health

Queensway Health Centre, Hatfield
Walk in clinic, Saturday 11am - 1:30pm
01707 264577

Parkway Health Centre
Welwyn Garden City Walk in clinic
Friday 3pm – 5pm
01707 373358

Watford General Hospital
Awareness Clinic
Walk in clinic, Tuesday 4pm – 6pm
(under 24s only)
01727897333/332

Stevenage Leisure Park (Kingsway)
Walk in clinic, Monday 2pm – 4:30pm
(under 25s only)
01707 373358

Some clinics now offer rapid testing for HIV. You can find out in a matter of minutes.

See pages 8/9 for more info for young people.

Lesbian & bisexual women still need regular smear tests, just like other women.

Young People's Sexual Health
Public Health Hertfordshire
Supporting Hertfordshire’s diverse community to live healthier, happier lives

Hertfordshire County Council is committed to promoting and celebrating diversity and equality of opportunity for all of Hertfordshire’s residents.

Hertfordshire’s Public Health team provides a range of information and services to support the LGBT community. For information, advice and guidance on how to stay healthy in Hertfordshire please visit:

www.hertsdirect.org/healthinherts
**Trans* People’s Sexual Health**

**CliniQ**

A holistic sexual health and wellbeing service for all trans* people, partners and friends. Free counselling and support on many issues for trans* people. They offer a full range of confidential sexual health services including cervical screening for trans*men.

5pm to 7.30pm every Wednesday on a walk-in or appointments basis at the 56 Dean Street clinic in Soho.

www.cliniq.org.uk

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**PERSONAL SAFETY**

If you are faced with an emergency, dial 999.

Hertfordshire Constabulary has specially-trained hate crime officers covering the whole county. These are dedicated officers who offer people who have experienced a hate crime help, support and advice. Alternatively hate crime can also be reported online through the True Vision website which all police forces in England, Northern Ireland and Wales are signed up to. The online report will then be forwarded to the relevant local police force. People may not always feel comfortable with talking directly to the police. Online reporting allows people to report a hate crime via a system which will then be dealt with by dedicated hate crime officers.

True Vision website  www.report-it.org.uk

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**Lesbian and Gay Liaison Officers (LAGLOS)**

Hertfordshire Constabulary has trained a number of officers and staff as Lesbian and Gay Liaison Officers (LAGLOS). Though they are not all LGBT+ themselves (many are) they are there to assist both victims and investigators of crimes. If you are a victim of any kind of crime and feel that you would be more comfortable talking to a LAGLO, just ask.

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**Victim Support**

Victim Support is an independent charity that supports victims of crime, people who have to attend court as witnesses and their families and friends. The support is free and confidential.

www.victimsupport.org.uk  Support line 0845 45 65 995
Top tips for YOUR personal safety...

KEEP COMPANY - but if you must walk alone:

Be aware of **DANGER SPOTS**, like wasteland, dark alleys, poorly lit areas etc.

Be aware of **WHAT’S AROUND YOU**

Avoid hoods, earphones or using your phone

KEEP IN CONTACT

Tell someone where you are and what time you expect to return

NEVER ACCEPT A LIFT with a stranger or someone you don’t know very well

Be aware : **ALCOHOL+DRUGS** impair your ability to keep yourself safe

If you, or anyone you know, has felt mistreated out and about in Herts, we want to help.
DO SOMETHING ABOUT IT!
www.hertsdirect.org/docs/pdf/l/lgbtoolkit_hd.pdf
Domestic abuse affects every corner of society regardless of gender, class, age, race, religion, disability, sexual orientation or lifestyle. Domestic abuse rarely involves a ‘one-off’ incident. It is more usually a pattern of coercive and controlling behaviour by one person (or group) over another. Domestic abuse will often escalate from something seemingly small such as name calling or threats, to incidents of physical or sexual abuse, and can begin at any stage of a relationship, sometimes continuing after a relationship has ended.

Domestic Abuse is defined as ‘any incident of threatening behaviour, violence or abuse (psychological, physical, sexual, financial or emotional) between adults (and young people) who are or have been intimate partners or family members.’

Domestic Abuse only occurs between a husband and wife.

DOMESTIC ABUSE

MYTH

Domestic abuse only occurs between intimate partners in a relationship — whether married or not.

TRUTH

Domestic abuse occurs between intimate partners in a relationship — whether married or not.

This includes heterosexual, same sex, bisexual, or transgender relationships, civil partnerships, marriages and also between family members.

Safer Places

East Herts and Broxbourne, have specialist workers who work with the LGBT*Q community around Domestic Violence.

They also have refuges that can accommodate members of the LGBT*Q community (women only, but case by case particularly in trans* circumstances)

www.saferplaces.co.uk
08450 177668

Herts Sunflower

A one-stop shop of information about services and support available.

This website is a directory of services and provides online reporting facility.

www.hertssunflower.org
Sexual Assault

Sexual Assault Referral Centre (SARC)
The SARC provides a range of services to anyone who has been raped or sexually assaulted. They provide a committed, sensitive and specialist service to meet the needs of victims of rape and sexual assault in Hertfordshire.

To self-refer (Monday to Friday 8am to 4pm - over 18 years only)
0808 178 4448
www.hertssunflower.org

If you need to speak to a police officer from the specialist rape unit call 101 and ask for SARC.

Services include:
- Information about reporting to the police.
- Sexual health information and referrals.
- Support through the criminal justice process.
- Practical support and referrals to other services within Hertfordshire.
- Advice on personal safety and security.

Useful Numbers for Personal Safety

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Police (non-emergency number)</td>
<td>101</td>
</tr>
<tr>
<td>Sexual Assault Referral Centre (SARC)</td>
<td>0808 178 4448</td>
</tr>
<tr>
<td>Rape Crisis Hertfordshire</td>
<td>01707 276 512</td>
</tr>
<tr>
<td>Rape Crisis Watford</td>
<td>0845 303 0900</td>
</tr>
<tr>
<td>Victim Support</td>
<td>0845 30 111 65</td>
</tr>
<tr>
<td>Survivors UK (for men)</td>
<td>0845 122 1201</td>
</tr>
<tr>
<td>Broken Rainbow, LGB support</td>
<td>0845 260 4460</td>
</tr>
<tr>
<td>Hertfordshire Domestic Abuse Helpline</td>
<td>08 088 088 088</td>
</tr>
<tr>
<td>National Domestic Violence Helpline</td>
<td>0808 2000 247</td>
</tr>
<tr>
<td>Free Legal Advice for DV Victims</td>
<td>0870 922 0704</td>
</tr>
<tr>
<td>Independent Domestic Violence Association</td>
<td>01707 638420</td>
</tr>
</tbody>
</table>
CRIME

Contacting the police when you need them

Only call 999 in an emergency where:

• There is risk of injury
• There is risk of serious damage to property
• You suspect a crime is in progress
• It is a serious incident which needs immediate police attendance

If it's a non-emergency:

• Call the police on 101
• Call into any police station
• Download, fill in and return by post, a self-reporting incident form for Hate/ Homophobic Transphobic crime at www.report-it.org.uk

Hertfordshire Police also operates:
(emergency and non-emergency)
01707390990 (TEXTPHONE)
07786207091 (SMS)
contactus@pnn.police.uk

If you are worried about reporting a crime, you can do it anonymously.

LIBRARY SERVICES

Libraries have a lot on offer, and membership is free. You can enjoy:

• Lots of LGBT books, fiction and non-fiction, on health, coming out, civil partnerships, travel... Music CDs, film on DVD and Blu-ray, and magazines for loan and reference.
• Free internet for an hour a day
• Free ebook and audio book downloads
• Author and cultural events including the celebration of LGBT History Month

An LGBT resource list is available in libraries or on the LGBT library webpage.
0300 1234049
www.hertsdirect.org/services/libraries/books/Booklists/
Being a parent is one of the best jobs in the world, but it can also be one of the toughest as family life can often be challenging and demanding. Sometimes you may feel like you don’t know which way to turn. Parenting and family support is available locally across Hertfordshire so whether you want to attend a short course or just need some friendly advice there is help at hand.

There’s lots of information available for LGBT*Q parents whether you are starting a new family, coping with changes within your family or generally looking to the future. The Stonewall parenting webpage contains lots of information including guides for gay dads, LGB women wanting to conceive, same sex adoption, fertility treatment, parental responsibility and co-parenting.

www.stonewall.org.uk/at_home/parenting

The Stonewall info-line (Mon-Fri 9:30-16:30) can also direct you to a range of support and information:

0800 050 20 20

Family Information Service
03001234052

Pride Angel
information around sperm and egg donors as well as fertility support

www.prideangel.com

Parentline Plus
Offers help and support through an innovative range of free, flexible, responsive services – shaped by parents for parents.

01707270696    Helpline: 0808 800222

www.parentlineplus.org.uk

The Alternative Parenting Show
One-stop shop, which gives valuable information to same-sex and heterosexual couples and single men and women on how to make the dream of having a family a reality.

www.alternativeparenting.co.uk
Fostering & Adoption

Hertfordshire County Council is committed to treating all fostering and adoption applicants equally. They are Stonewall Diversity Champions and a member of New Family Social — a support network for adopters and foster carers from LGBT communities.

For fostering visit www.hertsdirect.org/fostering
For adoption visit www.hertsdirect.org/adoption
Further information is also available from www.newfamilysocial.org.uk

Alternatively, if you would like to speak to someone from the fostering and adoption recruitment team, call 0800 917 0925.

Support for families of LGBT*Q people

Families + Friends of Lesbians + Gays (FFLAG)
FFLAG offers support and advice to lesbian, gay and bisexual people, and their friends and relatives. They run local groups and have produced guidance aimed at both parents and their children.
08456520311
www.fflag.org.uk
Share your memories of life in Hertfordshire

You can add new memories to the LGBT section at www.hertsmemories.org.uk
It is easy to use and open to everyone to participate.

Getting married or civil partnered will likely be one of the most important days of your life. As well as ensuring the same rights as others in areas like tax, social security, inheritance and workplace benefits it’s about affirming peoples love for one another. The Hertfordshire Registration Service is the body responsible for the Registration of Partnerships and Civil Weddings.

A Registrar will work with you to plan your ceremony which will draw on the wide range of options available and will incorporate individual choices of readings and music as desired. For further information on Wedding or Civil Partnership Registration, venues or to make a booking please contact any of the Hertfordshire Register Offices.

Alternatively you can view the Hertfordshire guide on planning your celebration at www.hertsdirect.org/your-community/register

Couples can now convert a civil partnership to a marriage if they want to.
TRAVEL

Whether just having a holiday or planning a special break such as a honeymoon, there are a range of agencies that cater for LGBT*Q people. Most of these can be found online. Some examples:

- Travelling within the UK
  www.lgbttraveluk.com

- LGBT*Q honeymoons
  www.perfectgayhoneymoons.co.uk

- International gay & lesbian travel association
  www.iglta.org

- General portal for LGBT*Q travel
  www.queertrip.com

- UK government advice for LGBT*Q people travelling abroad.
  www.gov.uk/lesbian-gay-bisexual-and-trans-gender-foreign-travel-advice
**USEFUL INFORMATION**

**London Lesbian + Gay Switchboard**
www.llgs.org.uk 0207 8377324
In an emergency always dial 999

**POhWER**
Information, advice, support and advocacy to people who experience disability, vulnerability, distress and social exclusion.
0300 456 2370
www.pohwer.net

**Friends+Family of Lesbians+Gays (FFLAG)**
www.fflag.org.uk
0845 6520311

**Project for Advocacy, Counselling + Education (PACE)**
www.pacehealth.org.uk
02077001323

**Terrence Higgins Trust**
Sexual Health & HIV
www.tht.org.uk 08451221200

**Stonewall**
Gay rights and campaigning and info service
www.stonewall.org.uk
08000502020

**Hertfordshire Single Point of Access**
For mental health, anxiety, depression
0300 777 0707

**Beaumont Society**
Support for Trans* people
www.beaumontsociety.org.uk
01582412220

**Press for Change**
Campaigning for rights of Trans people
www.pfc.org.uk

**Galop**
Preventing and challenging homophobic and transphobic crime
www.galop.org.uk

**Naz Project**
Sexual Health and HIV info and support to LGBT minority ethnic communities
www.naz.org.uk

**Outlet**
Gay and Lesbian accommodation rental service
www.outlet.co.uk

**Regard**
The national organisation of Disabled Lesbians, Gay Men, Bisexuals and Transgendered People
www.regard.org.uk

**Albert Kennedy Trust**
Supporting lesbian, gay, bisexual and trans homeless young people.
02078316562
www.akt.org.uk

**HertsHelp**
Help and support if you don’t know where to turn. They will listen to your problem and, if preferred, they can telephone people on your behalf.
0300 123 4044 (local rate)
www.hertsdirect.org/hertshelp
ABOUT THIS GUIDE

The Herts LGBT+ Guide exists because of the partnership work of local people, through the Hertfordshire LGBT Partnership.

Its design and production has been made possible due to the support of these organisations:

DISCLAIMER – The information provided by external organisations is for general guidance only. The partners do not endorse any of the external organisations, services or information listed in this guide. While the partners have aimed to provide accurate and up-to-date information we cannot guarantee at any time that all the information is up to date and accurate. The partners cannot accept liability for misleading or inaccurate information or omissions in information given to us by external information providers.

NOTES

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