

We are still here

for our LGBT community in Scotland
www.lgbthealth.org.uk



Keep well



LGBT Helpline Scotland

Tue/Wed (12-9pm) Thu/Sun (1-6pm)
More at www.lgbthealth.org.uk



Telefriending

For LGBT people 50 and over in Scotland
Contact jean@lgbthealth.org.uk



See Me Proud

Resources on Facebook, Twitter
and Instagram at [@seemeproud](https://www.instagram.com/seemeproud)

Online wellbeing events

Regular meetups on Zoom including:



Queer May You Be Well
Facebook group



Wellbeing Café
Monthly catch up



LGBT Yoga
Fortnightly yoga class

Stay connected

Facebook groups

With regular activities for
LGBT people in Scotland

In and Out:
Queers' Open Mic



The Big
Queer Quiz



LGBTQ+ Language
Cultural Café



Queer Women's
Group



Trans Facebook groups

With regular online meetups
for trans people in Scotland

Trans Social
Lounge



Trans Self
Care Space



Trans Creativity
Hub



Online social events

Regular meetups and
activities on Zoom for all

Queerantime Nights
Community Games



Queerantime Nights
Community Stories



Find all our online activities on Facebook and
also keep updated on Twitter and Instagram



Get regular updates emailed to you by subscribing to
our newsletters at www.lgbthealth.org.uk/subscribe

