

Who are Y Services for young People?

Y Services was set up in April 2011, Our Partners include, Music Fusion, The Moving On Project, Fareham Borough Council, Clear Stone Trust

Chair of Trustees - Andy Kennedy
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Tel - 07585115022
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Y Development and Support to Professionals.

We can provide support and training to others who want to best support young people who wish to talk about their sexuality?

Our LGBTQ specialist worker can provide the following:

- Telephone support and sign-posting information
- Links to specialist agencies
- Training through our training sessions offered each year, which can be used as part of a CPD programme.

Registered Charity № 1145664 •
Registered Company № 07530223

Y Services LGBT Projects

Fareham Group

Mondays 6.30pm — 9pm

Winchester Group

Tuesdays 6.30pm — 9pm

Havant Group

Wednesdays 6.30pm — 9pm

Gosport Group

Thursdays 6.30pm — 9pm

**For More Information
Contact Dawn Tracy
T: 07503 353636
E: dawn@yservices.co.uk**

Y Services is commissioned by



To plan deliver and evaluate
Youth Support Services in Fareham,
Gosport and Havant



**LGBT+ being proud
of who we are,
Youth groups and 121
support in Fareham,
Gosport, Havant and
Winchester**

**Y Services for Young People
Providing and developing quality
youth work that meets the needs
of local young people**

LGBT* unsure or questioning

You may be attracted to people of the same sex as you, or just boys or girls or both. You might feel a bit confused about how you feel or you might be completely sure and comfortable with your sexuality. Whatever, its completely normal and natural part of who you are. So don't worry about it, because you are not alone, LGBT people exist in all families, cultures and have throughout history. They exist in all walks of life, in your schools, colleges and work places. Young people who identify as LGBT* often feel isolated and alone, by meeting in a safe, supportive environment with other young people similar to you and with professionally trained youth workers who identify and understand what you are thinking and feeling, can be a great source of encouragement, help, support and sense of belonging.

Do you identify as lesbian, gay, bisexual, transgender* or are you questioning your sexual or gender identity? Want to meet other young people similar to you in a safe and relaxed social space?

Interested? Think this might be for you?

How can I get involved?

Confidentiality and your safety is really important to us, therefore we don't advertise the actual venue of the group. For more information and to talk to a youth worker confidentially, phone or text 07503 353636 or email dawn@yservices.co.uk

What's on offer? How can we help you?



Y Services runs three weekly youth group for young people aged 13 - 19. We can also meet and support young people on a 121 basis in a community setting.

We can offer help about a range of issues that affect LGBT young people including:

- Access to free condoms, lube
- Chlamydia and pregnancy tests
- Coming out and telling others about your sexuality or gender identity
- Communication skills
- Dealing with homophobia
- Emotional & Mental health
- Personal safety
- Relationships
- Safer sex
- Self confidence
- Self esteem
- Self identity
- Self image
- Sexual health
- Stress
- Understanding feelings

Equality and Diversity

Y Services has an equal opportunities policy. All young people have the right to access professional help and support from Y Services, which provides equality of opportunity and freedom from unlawful discrimination.

This means anyone who uses the youth groups should be treated with dignity and respect and be able to participate in the activities free from prejudice and discrimination regardless of gender and gender identity, ability, sexuality, religion, heritage, culture and ethnicity.



Confidentiality and Safeguarding

Y Services has a confidentiality and safeguarding policy.

We keep your information and our discussions confidential. We will only share information about you if you tell us

- that you are being harmed in any way
- there is a threat to your life or safety or someone else's
- you know that someone has broken the law