



stonewall housing

Advice Service Factsheet

LGBT Youth Groups

What are youth groups?

There are a number of London based LGBT youth groups, some offering a chance to socialise and others providing a range of services such as counselling, housing advice and benefits advice among other services.

How do I get in touch?

LGBT youth groups rarely give out the address where they meet each week and you will have to phone and either leave a message and someone will call you back or speak to one of the workers who will let you know where the group meets each week.

List of groups

All London

- **One Up**

Based: North London

Areas Covered: London

Meets: Thursday 4.30pm - 7pm

020 8348 1785

Weekly under 18s group for people to meet people of their own age

- **Urban Youth**

Based: London

Areas Covered: London

Meets: Monday -Friday & Wednesday 6pm -8pm

07956 151 895

Offers drop in for advice, info and support Monday - Friday for young LGB people under 30 years old and also meets once a week in the evening for social and support group.

- **Cognito**

Based: Central London
Areas Covered: London
Meets: Thursday 6-9pm

020 7766 5550

Friendly supportive evening for under 26 year old LGBT people.

- **NRG Central**

Based: Waterloo
Areas Covered: London
Meets: Thursday 6.30-9.30pm

020 7816 4754 (Rachel)

07771 858 057

nrg@tht.org.uk

LGB (& questioning) youth, social and support, 21 and under.

North London

- **Outzone**

Based: Highgate
Areas covered: North London
Meets: Friday 6.30pm - 9.30pm

www.outzone.org

020 8348 1785

020 7700 1323

Youth group for men under 26 with social group and also counselling, introduction to the gay scene, sexual health advice, one to one support as well as residential weekends.

- **Girl Diva**

Based: Highgate
Areas covered: North London
Meets: Monday 6.30pm - 9.30m

www.outzone.org

020 8348 1785

020 7700 1323

Weekly youth group for lesbian and bisexual women under 26.
Social events as well as advice, support, and information.

- **First Move**

Based: North Finchley
Areas covered: North Finchley
Meets: Monday 6.30pm - 9.30pm

0800 38 99 251

Weekly youth group for gay men under 25

- **Tracks**
Based: Islington
Areas covered: North London
Meets: Monday 6-9pm

07963 747755
LGB social group for 13 - 25 yr olds.

- **Mosaic LGBT youth**
Based: Harrow/Brent
Areas Covered: North West London
Meets: Wednesday 6.30pm - 9.30pm

www.mosaicyouth.org.uk
020 8838 2376
07931 336668

LGBT youth group under 25s social group. Also offers advice, information, one to one support

East London

- **Staying Out Project**
Based: Hackney
Areas Covered: East London
Meets: Friday 6pm and also Tuesday 7pm

020 8533 2174
Weekly LGBT youth group for 11 -25 yr olds. Group activities as well as counselling and sexual health advice.

- **Step Out**
Based: Bethnal Green
Areas Covered: Tower Hamlets and East London
Meets: Tuesday 5pm -7pm

020 7739 3082 (Scott)
LGBT social and support group for under 25s

- **Beau Belles**
Based: Walthamstow
Areas Covered: East London
Meets: Tuesdays 6pm

020 8509 1210 (Karen Algacs)
07887 650 654
karenf2f@hotmail
020 8509 2446 (Jake Braden)
07980 686382
jake@lean.org.
LGBT group that is open to ideas from participants. Has weekly workshops and activities as well as trips out.

South London

- **Shout**
Based: Wandsworth
Areas Covered: South West London
Meets: Friday 7pm -9.30pm

020 8871 4698
07956 318 191
shout@shoutyouthgroup.org
Social groups for LGB people under 21
- **Shout Merton**
Based: South Wimbledon
Areas Covered: South West London
Meets: Tuesday 7-9.30pm

07903 988 146
shoutmerton@shoutyouthgroup.org
Lesbian, gay, bisexual (& questioning) youth, social and support, under 21s
- **LMO**
Based: Sutton
Areas Covered: South West London
Meets: Wednesday 7pm -9.30pm

07754 759 619
shout@shoutyouthgroup.org
Social groups for LGB people under 21
- **Tribe**
Based: Greenwich
Areas Covered: South East London
Meets: 1st & 3rd Saturday every month

ben@t-metro.co.uk
020 8265 3311
Under 16 LGB group that meets twice a month
- **Chilin Out**
Based: Greenwich
Areas Covered: South East London
Meets: Sunday 2pm – 5pm

tim@t-metro.co.uk
020 8265 3311
Weekly under 25 LGB social group and also offers advice and info

- **Snap**
 Based: Bromley
 Areas Covered: South East London
 Meets: Thursdays 7pm –10pm

ben@t-metro.co.uk
 07811 440694
 Weekly under 25 LGB social group and also offers advice and info
- **Metro 121**
 Based: Greenwich
 Areas Covered: South East London
 Meets: By appointment

emma@t-metro.co.uk
 020 8265 3311
 LGB one to one support around coming out, confidence issues, relationships, the gay scene and much more.
- **Anchor Project**
 Based: Greenwich
 Areas Covered: South East London
 Meets: By appointment

emma@t-metro.co.uk
 020 8265 3311
 One to one support for LGB people between 14 – 26 who are feeling suicidal or are self - harming.
- **Omo**
 Based: Croydon
 Areas Covered: South London
 Meets: Thursdays 7pm –10pm

omoyouth@yahoo.com
 020 8686 4433
 LGB social group for 14-25 yr olds also offering one to one support
- **NRG Croydon**
 Based: Croydon
 Areas Covered: South West London
 Meets: Tuesday 6.30-8.30pm

020 7816 4754 (Joshua)
 07771 858 057
nrg@ttht.org.uk
 LGB (& questioning) youth, social and support, 21 and under.

- **NRG KR**
Based: Twickenham
Areas Covered: South West London
Meets: Wednesday 5-7pm

020 7816 4754 (Rachel)
07771 858 057
nrg@tht.org.uk
LGB (& questioning) youth, social and support, 21 and under.

West London

- **Mosaic LGBT Youth**
Based: Harrow/Brent
Areas covered: North West London
Meets: Wednesday 6.30pm - 9.30pm

www.mosaicyouth.org.uk
020 8838 2376
07931 336668
LGBT youth group under 25s social group.
Also offers advice, information, one to one support.
- **Identity**
Based: Chiswick
Areas covered: West London
Meets: Sunday 5.00pm - 10.00pm

Identityuk@lineone.net
08000 854 036
LGB social group for 13 - 25 yr olds.
As well as group activities there are opportunities to do short courses in fashion, photography and others.
- **First Move**
Based: North Finchley
Areas Covered: North West London
Meets: Monday 6.30pm - 9.30pm

0800 38 99 251
Weekly youth group for gay men under 25
- **Notting Hill L&G youth**
Based: Notting Hill
Areas Covered: West London
Meets: Thursday 7.30pm - 10pm

020 7229 3266
020 7263 5932
LGB social group for under 25s

- **Out on Thursday**

Based: Hammersmith and Fulham

Areas Covered: West London

Meets: Tuesdays mixed groups 5pm -7pm and Thursdays for gay and bisexual men 7pm -9.45pm

0800 169 4318

020 7386 9131

www.outonthursday.org.uk

Ralph@outonthursday.freemove.co.uk