

Some advice from our members...

"Don't come out unless you feel like you are in a safe environment to do so, make sure you have a solid support system behind you (friends, other family) and only when you feel you are ready."

"Do some research first before deciding anything, this way you have a definite answer. Also go slow. Things take time and if it doesn't go right the first time then wait until everything has gone down before discussing it again. Patience is the key. Understand and accept yourself before getting others to accept it. This is what I did. I am a trans man and I am gay. Xx"

"Just be proud of what you are and remember you are powerful."



And some advice from our team...

"Don't forget that everyone's individuality is what makes them special - be the amazing individual you are and try not to worry what others think of you."

"Get involved in local community events that include the LGBT community, we're a friendly bunch!"

"Come to Galaxy and have a chat with people in the same boat as you - sometimes all you need is to talk to someone in a similar situation."

Information for friends and family

All of our staff are employed by the NHS, so we are in a good position to discuss health and social concerns with Galaxy members. We always have the young people's best interests at heart and ensure everyone is treated with respect, in a safe and friendly environment.

If you have any questions about a young person you know attending Galaxy, or would like more information about the group, just contact us.



Get in touch

We're always here if you want to find out more about Galaxy, other LGBT services, or even if you just need a chat.



[facebook.com/gaygalaxyouth](https://www.facebook.com/gaygalaxyouth)



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GALAXY



LesbianGayBisexualTransYouth

LGBT youth group for young people in Stoke-on-Trent

About Galaxy

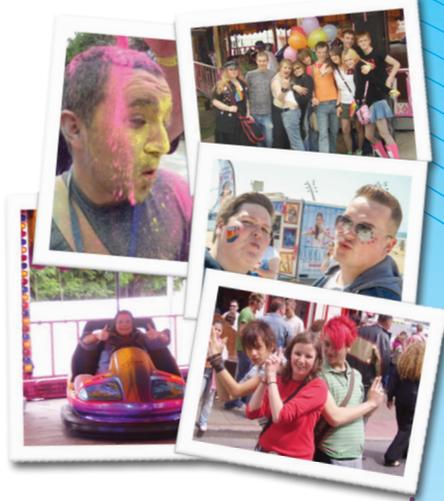
Galaxy is a youth group for young people aged 18 and under who identify as lesbian, gay, bisexual or transgender (LGBT) and for those questioning their sexuality or gender.

The group runs every Saturday 12-4pm in Hanley and is a chance to meet likeminded people.

When you attend our group, you can expect the following:

- Advice and support on bullying
- Internet access
- Information and advice on healthy relationships
- Arts and crafts
- A friendly, accepting atmosphere

We also arrange planned trips out to places like Alton Towers, and get involved with local community events.



What Galaxy members have to say...



I started Galaxy around 4-5 years ago, after not being out long my boyfriend at the time took me down there so I could meet new people and learn more about the LGBT [community]. During my time at Galaxy I met some of the most AMAZING people, friends I will have for many more years to come.

Galaxy gave me the knowledge and courage to be who I am without fear of ridicule. It gave me confidence to be proud of who I was regardless of what people thought. I couldn't change who I was and because of Galaxy, I wouldn't even try.

Galaxy has helped shape me into the person I am today, with the support and guidance from the staff and friends and memories made from the group. It has made me more sociable and confident, helping me make life decisions.

I remember my first session at Galaxy felt like coming home. There really were other people out there like me! I remember looking around at the members of the group and thinking how relaxed everyone looked with each other.



Read more stories on
www.lgbtstoke.co.uk

Being Trans

Whether you identify as a gender different to the one you were born, or you just don't feel like you fit the typical gender stereotypes, there is a place for you at Galaxy.

We feel you should be whoever you want to be, regardless of gender. Galaxy is a place where you can be who you want to be in a safe and accepting atmosphere. We have members who sit at all different points across the gender spectrum; non-binary, gender fluid, transgender and even those simply questioning their gender identity. Everyone is welcome!



Being Lesbian, Gay or Bisexual

Interested in boys, girls, both, or not sure? Galaxy is a safe space to be yourself and talk about the things that matter to you.

Our staff (who identify as LGBT themselves) can help to advise you on things like coming out, healthy relationships and how to deal with homophobic bullying.



We can help to advise you on how to love yourself for who you are, and signpost you to services we think may be helpful for you.

