



working out where you're at

There are various stages to 'coming out' which contribute to learning to accept yourself and be happy with your sexuality. We accept there is no 'set formula' and know that everyone is different, however, the stages to 'coming out' and feeling happy with who you are can be broadly categorised under the following 5 headings:



STAGE 1: realisation

Coming to terms with being LGBT

STAGE 2: disclosure

Telling others you are or may be LGBT

STAGE 3: socialisation

Making friends with LGBT young people

STAGE 4: positive self-regard

Feeling happy with who you are & how you feel

STAGE 5: acceptance & openness

Feeling proud & safe to be who you want to be

get in touch to get support

Weekly events at the London Queer Youth Group

Every Tuesday evening - 6.00 - 8.30pm in Islington

Come along to meet new people and make friends away from the 'commercial gay scene' - Ideal if you're just 'coming out' or new to gay life in London. Regular trips out, social events, workshops, information and support Email us: info@paceyouth.net for details or get the very latest news at the www.paceyouth.net website.



Confidential one2one support and information:

Monday, Tuesday & Wednesday 2.00 - 4.00pm (by appointment)

It really is good to talk. Confidential* one2one sessions around any issue including: sexual health concerns - bullying and discrimination - family and friends - homelessness and housing - sex and relationships - drug alcohol worries. PACE Youth Network one2one sessions are FREE and available weekly, by appointment. Email us: info@paceyouth.net for details or call on: 020 7700 1323.

Young people's Counselling Service:

Counselling for those aged 18 & under (by appointment)

Young people aged 18 and under can request more formalised support from our dedicated Young People's Counselling Service. Counselling appointments are available throughout the week - to give you that extra bit of support to get yourself sorted. Email us: info@paceyouth.net or call 020 7715 0370. Find out more about the Young People's Counselling Service over on our website at www.paceyouth.net



Join our online community:

Search Facebook for: PACE Youth Network

Join our peer-led Facebook community. Meet other service users and get advance notice about upcoming events. Please read the disclaimer on our website for terms & conditions.



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hello you welcome to our world

We've created this leaflet to help give our new members an idea of what to expect on their first visit and to provide a bit of an overview of the different services we offer. We understand you may still be feeling a little bit nervous if you've never accessed a project like ours before, but we promise we'll do our best to make you feel welcomed, comfortable and included. There should be no pressure put on you by our staff or other weekly group members to be anything other than who you are. At PACE Youth Network, we understand that everyone is at different stages in their lives and we know that an individual's sexuality is just one part of what makes them who they are.

ideal if your looking to make new friends and meet new people away from the 'commercial gay scene'

The London Queer youth Group (LQYG) at PACE is an 'open access' project - this means you don't have to take part in the weekly group programme or come along every week in order to take advantage the full range of services we provide - **unless you want to**. If you do come along to LQYG on Tuesday evenings, you don't have to stay for the whole session or share anything about yourself that you don't feel comfortable with - **remember: you are free to leave at any time** - however most people end up staying, and coming back, week after week. We usually encourage new group members to **'stick with it'** for a couple of weeks, as building up confidence and learning to feel relaxed and participate in any new group can vary from person to person - but, as existing members will testify, the group is ideal if your looking to make new friends away from the 'commercial gay scene' in a safe and supportive environment. **The hardest part is turning up for the first time.**

Our staff are highly experienced, specialist youth workers who are there to support you in any direction you wish to go. All our youth workers have up-to-date C.R.B checks and have been working with young people for many years and in various different settings.

You'll be asked to complete a confidential registration form on your first visit, and may be asked to prove your age & identity. PACE Youth Network is for LGBT young people aged 19 & under. We promise* not to share your details with anyone - without your express permission.

**Subject to our legal obligations & confidentiality policy*

Information about our confidentiality policy, complaints procedure other service guidelines:

Our range of policy and guideline documents set out how we will conduct our work and informs you about the minimum levels of service you can expect while making use of our services. LQYG operates with the policy framework of PACE - Registered Charity No. 801271 Full copies of all our policies are available on request from the Senior Youth Worker.

weekly group/social events

Members are encouraged to get involved & have a say about what goes on at the weekly group. We have regular event planning sessions where you can suggest ideas & help make them happen. From film nights to ten pin bowling - creative writing workshops to sex & relationships education. We're always open to new ideas and ways of working.



residential weekends**

Our residential weekend courses offer you an opportunity to get out of London and try new experiences in a safe & supportive environment. The weekends usually have a theme and are activity and issue based. Our residential weekends are about having fun, working together & learning to understand more about ourselves.

****Subject to funding being available**



workshops & group work

Throughout the course of the year, you get the opportunity to take part in our workshops and group work programme. We try and cover a broad range of subjects, including safer sex and sexual health promotion, coming out and staying safe, mental health and well-being, assertiveness & self confidence...to name just a few.



counselling & one2one

PACE Youth Network counselling service and one2one sessions are FREE and available weekly, by appointment. Email us: info@paceyouth.net for details or call on: 020 7700 1323. All one2one support sessions are subject to our confidentiality policy, safeguarding & legal obligations. Further details on request.

LGBT LONDON CALLING...

"The weekly London Queer Youth Group at PACE will provide an appealing and secure weekly meeting place for LGBT young people (and those who may be questioning their sexuality) aged 19 and under, where group members can feel accepted and safe to consider all sorts of areas of their lives. Specialist youth workers will aim to facilitate mutual peer support and social events and provide access to a range of information & youth support services."



London Queer Youth Group aims to:

- **Build** self-esteem and confidence by providing invaluable peer and one2one support
- **Promote** a positive self-image & identity through structured group work sessions and discussions
- **Provide** speedy, uncomplicated access to information, including sexual health & HIV prevention information, resources or referral
- **Ensure** LGBT young people aged 19 and under in London are happy, healthy and socially included.

London Queer Youth Group values:

- PACE youth workers and group members (LQYG) will aim to provide a safe and welcoming space for all LGBT young people (and those who may be questioning their sexuality/ gender) aged 19 and under.
- LQYG recognises that identifying as LGBT does not mean we will all share the same values and beliefs or have the same interests.
- LQYG recognises that young people who attend the weekly youth group sessions will be at various stages in their social and sexual development, and agrees to respect this position.
- LQYG encourages pro-active participation and creative self-expression to a level which the whole group considers acceptable. This means that staff and group members have the right to challenge any views and expressions without fear of reproach.
- LQYG recognises that its social events need to be varied and interesting, though appropriate to the user group.
- LQYG youth workers and group members will treat each other with respect and courtesy at all times and value the individuals' chosen level of participation.



Children in Need

LONDON COUNCILS

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