

## **Project Indigo**

Project Indigo is a youth group for people who are lesbian, gay, bisexual, trans, queer, intersex or who are questioning their sexual or gender identity, and are aged between 13-25.

The group meets weekly, at Off Centre, a mental health community service in Hackney. It is facilitated by an LGBTQI+ youth worker and therapist, to ensure a high level of support is available for the young people that use the service.

Many referrals to the group come from CAMHS and social care. Normally these referrals are to support young people with social isolation, concerns about their gender or sexual identity or to help them to deal with the shame and stigma imposed on them by society.

In the last month, we have had 22 different young people use the service, with an average of 13 young people at each session. 11 of these young people are trans, gender non-conforming or non-binary, 13 are disabled or have learning difficulties, and 5 are in care. These statistics give a picture of the needs of our service users, who often struggle to access more mainstream services due to the intersecting vulnerabilities they experience.

The sessions are framed as a social support space, meaning we aim to provide a fun and facilitated environment in which young people can meet one another, learning strategies to improve their health and wellbeing and have the opportunity to try out new activities. The activities in the group are service user led, so young people are involved in programming the weekly sessions. For example, we have recently had a “claymation” workshop exploring body image and dysphoria, a LGBTQI+ history session and a zine making session thinking about managing anxiety.

We also support young LGBTQI+ people by signposting them to local services when the issues they express are beyond our provision. We have a network of services such as GALOP, the Albert Kennedy Trust and Gendered Intelligence that we are easily able to make referrals to.



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Our group gives you an opportunity to meet other LGBTQI+ young people in a supportive environment whilst having fun and making new friends.

**We meet every Thursday, at the Off Centre in Hackney, from 5.30-7.30pm.** If you would like to join the group, you're welcome to just come along, or you can get in contact with us using the details below:

Contact Susy or Maya



Building stronger families



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