



MESMAC BRADFORD

CENTRE RESOURCE

- Sexual Health Testing
- HIV Support
- Peer-Support Groups
- LGBTQ+ Support
- MESMAC Mental Health



OUR VISION:

“

Building communities that have the knowledge, skills and resources needed to make choices about their lives, free from exploitation, stigma and fear.

”

**MES
MAC**



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**Scan for our
website:**



WHAT WE DO:



In Bradford we offer services to various communities including:

- LGBTQ+ Communities.
- People Living With HIV (PLWH).
- Men who have sex with men (MSM).
- At Risk Communities.

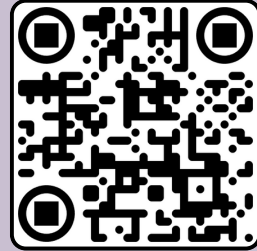


TESTING

We now offer **FULL**
Sexual Health Testing!

**SCAN TO BOOK A TEST OR
VISIT OUR WEBSITE / CALL US.**

Locala X
Sexual Health

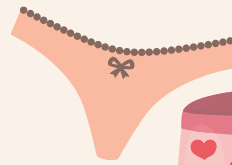


HIV Tests: Accurate at 12 weeks
since potential exposure.

Syphilis Tests: Accurate at 4
weeks since potential exposure.

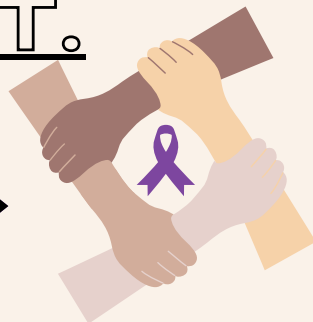
Full Screening: We now provide **SH24**
kits, they're discrete and confidential.

Clinic In a Box: 3rd Thursday of the month with
Locala at MESMAC Bradford: **3:30pm to 7:00pm.**
(Full sexual health screens, treatment for STI's,
contraception, vaccinations, and PrEP provision.)
To book for this clinic please call **07810 550 534**



HIV:

SERVICES AND SUPPORT.



HIV Testing and Support Services Include:

- ☐ **Testing and After-Care.**
- ☐ **Safe Sex Packs.**
- ☐ **1 on 1 Support.**
- ☐ **Skill Development.**
- ☐ **Prevention / HIV Awareness Training.**
- ☐ **Supporting Health and Wellbeing.**

Our Project - HIV Support Group:

What: A peer-support- group for HIV+Communities & their families, helping support health and well-being.

When: Every other Thursday.

Where: MESMAC Bradford from 1-3pm.



MESMAC COUNSELLING.

MESMAC offers a free counselling service for:

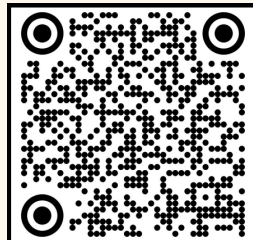
- ☐ **LGBTQ+** people aged 16+
- ☐ Men who have sex with men (**MSM**).
- ☐ **Couples:** both gay male couples and male/female couples, where the male partner is a MSM.

For mental health helplines and crisis support please see pages 10-12.

Refer Yourself or Someone Else:

MESMAC's free LGBTQ+ Counselling service is available in Bradford and Leeds.

Self refer, or refer someone else using our **website** or **scan** the link :





COMMUNITY LGBTQ+ MENTAL HEALTH.

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EMAIL: BRADFORD@MESMAC.CO.UK

CALL: 01274 740 548

TEXT/WHATS APP: 07407761569

Do you need support with your
mental health, well-being or
neurodivergent needs?

1 2 1 Support :

A casual chat (In-person, phone or online) about your mental wellbeing, access to services and your goals and needs. Support and signposting to get the right help for you.

Reducing Barriers :

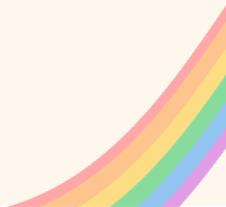
MESMAC Mental Health can help signpost you to support and assist with filling out forms for NHS Talking Therapies, Counselling, Advocacy Services and ADHD / Autism assessments and more.

Training :

We offer LGBTQ+ Awareness training for professionals, to staff in educational establishments or those providing services to young people.

Peer-Support-Groups :

See pages 6-7 for all MESMAC LGBTQ+ Peer-Support-Groups.





LGBTQ+ PEER-SUPPORT-GROUPS.

EMAIL: **BRADFORD@MESMAC.CO.UK**
 CALL: **01274 740 548**
 TEXT/WHATS APP: **07407761569**

**CONFIDENTIAL. SAFE SPACE.
 INCLUSIVE. FREE TO ATTEND.**

BLAGY - LGBTQ+ Youth Group:

For ages 14-25. Every Wednesday.

Neuro-Queer Bradford: For anyone LGBTQ+ 18+ and Neurodivergent. Undiagnosed or diagnosed, all are welcome.

Last Tuesday of the month.

Mind Makers: Arts, creativity and hobby group promoting mental well-being and mindfulness. All materials provided, or bring your own. (18+).

First and second Tuesdays of the month.

**GET IN TOUCH TO
 ATTEND 😊!**

"Groups are encouraging & understanding. Everyone feels welcome, heard and has fun!"
 - MESMAC Service Member.



LGBTQ+ PEER- SUPPORT- GROUPS.

EMAIL: BRADFORD@MESMAC.CO.UK

CALL: 01274 740 548

**TEXT/WHATS
APP: 07407761569**

WEBSITE:

**WWW.MESMAC.CO.UK/OUR-
SERVICES/BRADFORD**

ThursGay :

Support group for gay, bi and trans men (18+).

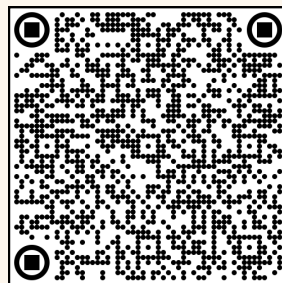
1st Thursday of the month from 6:00pm till 8:00pm and
the 3rd Friday of the month from 6:00pm till 9:00pm.

Email **James.edeg25@gmail.com** to join.

InclusivItY : Delivered by and for Transgender,
Non-Binary & Gender Diverse people. All services
are 18+. See page **9** for more details.

Bradford LGBTQ+ Social Hub. :

Drop in anytime between 5:30 and 8pm.
(18+). Free refreshments and games
provided. 2nd Thursday of the month at
Flourish Cafe.



Scan here to find out what's on this
month:



EQUITY LGBTQ+ PARTNERSHIP GROUPS.

EMAIL: ADMIN@EQUITYPARTNERSHIP.ORG.UK
 CALL: SUPPORT & ENQUIRIES 01274 727759
 WEB: WWW.EQUITYPARTNERSHIP.ORG.UK

BMC Men's Group

A confidential, weekly self-led group, for LGBTQ+ men of colour, who are 18+ and wanting to connect with others.

A fortnightly group for LGBTQ+ men who are aged 55 and over, meeting in the relaxed and friendly Equity Centre. All are welcome, including partners. We meet and socialise, take part in activities and go on regular trips

Older & Bolder

Older & Wilder

A social group for LGBTQ+ women aged 55 and over. We have lunch together every fortnight and take part in walking, book groups and other activities. O&W is a chance to meet others, socialise and have fun!

A peer support group for trans/ non-binary/ gender questioning adults. Come along and enjoy a coffee and chat. The next date is Friday 19th November at 7.30-9pm. Contact Finn for more details on finn@equitypartnership.org.uk

Trans Peer Support group

We host a Christian service and communion for LGBTQ+ people of faith who wish to connect with others. The next date will be Sunday 3rd November, refreshments at 6pm, worship starts at 6.30pm.

OPEN TABLE

Open Table Bradford

EQUITY PARTNERSHIP

Phone
01274 727759

For details of all our groups please email
admin@equitypartnership.org.uk

LGBT+ Youth Groups:

Phoenix

Shade

Sound

Spectrum

And MUCH more!

Scan for their website.



Equity Centre, 1 Longlands Street,
Bradford, BD1 2TP



Gender Outreach

- Supporting Trans, Non-Binary and Gender Diverse people.
- 121, helpline and group support.
- All services are 18+.
- This is provided by people with lived experience.
- Please call the phonenumber for advice and to book onto any of our groups.



Check us
out on
Link Tree



SCAN HERE!

MAKING WAVES

AGES 18+ TRANS & NON-BINARY ONLY

LEEDS

2 X SUNDAYS A MONTH
(CALL FOR NEXT DATES, BOOKING REQUIRED)
5.30PM - 6.30PM

FREE TO JOIN

Poolside cubicles, gym and pool access

EMAIL: Genderoutreachworker.lypft@nhs.net

CALL: Gender Outreach Phonenumber: 10am to 2pm,
Mon-Fri (Excluding bank holidays) **0800-1831486**

Inclusivity Bradford

Trans and Non-Binary Peer
Support and Social Group

In person support group.
Every 4th Monday. Central BFD.
5.30pm - 7pm.

Inclusivity Online

Online support for trans, non-
binary or gender diverse
people. Every 1st Monday
2.30pm - 4pm.

Inclusivity Masc Online

2nd Wednesday of every month.
Online support group for people with
masc identities. 5.30pm - 7pm.



MENTAL HEALTH: CRISIS SUPPORT

10

Unfortunately, we cannot provide crisis intervention or 24/7 mental health support. Check out the next page for Mental Health helplines.

For urgent crisis support:

In a life-threatening emergency please call **999**.

For urgent crisis team support in
Bradford contact:

Bradford's First Response Team
(Open 24/7) on 0800 952 1181.

Or Call:

National Suicide Prevention Helpline
Support through thoughts of suicide.
0800 689 5652 (6pm-3:30am everyday)

Shout

If you would prefer not to talk but need
crisis mental health support:
Text SHOUT to **85258**. Open 24/7.

**Scan for info
on Mental
Health
Helplines and
advice on
using them.**



MENTAL HEALTH: HELPLINES

Campaign Against Living Miserably (CALM)

If you're affected by suicide or suicidal thoughts.

- Call CALM on 0800 58 58 58
- (5pm–midnight every day)
- Or if you prefer not to speak on the phone, try the CALM webchat service.

Switchboard

If you identify as gay, lesbian, bisexual or transgender:

- Call Switchboard on 0300 330 0630 (10am–10pm every day).
- Email chris@switchboard.lgbt or use their webchat service. Phone operators all identify as LGBT+.

MENTAL HEALTH: HELPLINES

Samaritans

24 hours a day, 365 days a year:

- Call 116 123 (free from any phone)
- Email jo@samaritans.org.

SANEline

If you're experiencing a mental health problem or supporting someone else.

- Call SANEline on 0300 304 7000 (4.30pm–10pm every day).

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BRADFORD:

EMAIL: BRADFORD@MESMAC.CO.UK
CALL: 01274 740 548

Visit our website for more info :

<https://www.mesmac.co.uk/our-services/bradford>

Or scan the QR code:

