

Live in Bradford? Want to know more about support you can access?

This resource can help point you in the right direction, it contains information about:

⇒ **Services and Groups at MESMAC Bradford.**

⇒ **LGBTQ+ Support**

⇒ **HIV and Sexual Health Testing and Support.**

⇒ **Mental Health Helplines.**



**Yorkshire
MESMAC**

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Overview of Our Services:

Testing:

- Syphilis and HIV testing straight from our centre on Tuesday-Friday.
- We also partner with Locala for full sexual health screenings at our centre 2nd Thursday of every month.



Support:

- Community development workers.
- Gender outreach workers.
- Counselling service.
- For the LGBTQIA+ community, men who have sex with men, those living with HIV and their families .



Groups:

- Connecting with others in your community can be a great way to meet new friends and help yours and others wellbeing.
- They can help you grow your skills and experience.



Scan or click to access the MESMAC Bradford website.



HIV Services at MESAMC.



Confidential HIV Services:

- Testing: Results available in less than a minute, available to anyone over 16 years old.
- HIV Prevention such as free condoms and PrEP / PEP referrals to Locala.
- Support groups, skill development, 1 on 1 support.
- Improving your health and wellbeing.
- Counselling services.

Testing Service Information:

- **HIV tests** which are accurate at 12 weeks since potential exposure.
- **Syphilis tests** which are accurate at 4 weeks since potential exposure and the results will come back in 5 minutes. We recommend you testing even if you used a condom as Syphilis can be transmitted even with protection.
- **Clinic in a Box:** 2nd Thursday of the month for a full sexual health screening at MESMAC Bradford.

HIV Support



The Our Project: HIV Support Group

This is a Bradford based community service working with people living with HIV. We deliver a quality service to all in the Bradford and Airedale district offering:

- Advice and Support: We offer advice, information and support on HIV testing and pre-testing support.
- HIV Positive: Community project working with people affected by HIV including counselling, advice and support. We offer one to one and group support.
- Support and Social Groups: We have a group meeting every other week. You and family members impacted by living with HIV can also use our **free counselling service**.
- Courses: We offer training on HIV awareness, transmission, treatment and living positively with HIV.
- **When?** Every other Thursday fortnightly from **1-3pm**.
- **Contact:** **Wellington** or **Kemi** at the back of this booklet.

Testing

What do we test for?

HIV: Tests which are accurate at 12 weeks, the results will come back in less than 5 minutes

Syphilis: Tests which are accurate at 4 weeks, the results will come back in less than 5 minutes. We recommend you testing even if you used a condom as Syphilis can be transmitted even with protection.



Scan or click to book a test with us or call us
01274- 395815.

What about full STI tests?

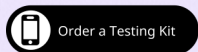
We run a full sexual health screening called 'Clinic in a Box' at our centre with Locala: 2nd Thursday of the month 4-7pm.

What if I can't attend Clinic in a Box?

- You can book a full test with Locala on 030 3330 9500.
- You can order a test online to be posted to your home on SH:24.



Scan or click to access the SH:24 website.



MESMAC Bradford - LGBTQ+

Social and Support Groups:

BLAGY (In Person and Online)

- A Bradford group for LGBTQ+ young people age 14-25.
- It's a great place to meet new friends, talk about the LGBTQ+ experience and to get support.
- **When?** Wednesdays, rotating weekly between in person sessions 5-7 pm and online 6-7 pm.
- **Contact:** **Char** on the back this booklet to join.

Mind Makers - LGBTQ+ Art, Hobby and Creativity Group.

- This group is for LGBTQ+ people ages 16-30 who want to practice art and hobby activities, we use mindful creativity to promote mental wellbeing.
- We provide arts and craft materials and mental health and wellbeing resources along with a safe place to express yourself and talk openly about your experiences if you wish.
- **When?** 1st Tuesday and 3rd Thursday of every month 4-6pm.
Contact: **Char**

MESMAC Bradford - LGBTQ+

Social and Support Groups:

Neuro-Queer: LGBTQ+ Neurodivergent Group and Neuro-Queer- Online Mental Health and Wellbeing Drop In:

- For Neurodivergent LGBTQ+ people aged 18+ either diagnosed or self-diagnosed with ADHD, Autism, Dyslexia, Dyspraxia, Dyscalculia, Dysgraphia, OCD, Tourette's etc. This group is brought to you by a fellow Neurodivergent LGBTQ+ person to provide support, information, resources and a safe space to meet likeminded folk. Support workers welcome too.
- **When?** Peer support group Last Tuesday of the month 4-6pm run hybrid on Teams too. Mental Health and Wellbeing drop in online on the last Thursday of the month on Teams.
- **Contact:** **Char** on the back this booklet to join.

Bradford LGBTQ+ Hub:

- A drop in service for LGBTQ+ folk aged 18+ in and around Bradford.
 - Trans and Non-Binary support by Gender Outreach.
 - Drug and Alcohol support by New Vision Bradford.
 - Mental Health and Wellbeing support though MESMAC.
 - Sexual Health support by Locala and MESMAC.
- **When?** 2nd Tuesday of every month. 4-7pm at MESAMC Bradford.
- **Contact:** **Char** to find out more.

MESMAC Bradford - LGBTQ+

Social and Support Groups:

Thurs-Gay

- This group is an informal social support group for gay and bisexual men.
- **When?** The first Thursday of the month from 6pm to 8pm at Yorkshire MESMAC in Bradford.
- **Contact:** For more information call our main landline on 01274 395815 or email secretaryperson.edeg@gmail.com.

InclusiviTy @ Bradford

- Brought to you by Gender Outreach Workers, this is an 18+ Trans and Non-Binary support and social group. They can support with: deed pole name changes, transitioning, NHS help, general queries or wanting to talk.
- **When?** 4th Monday of every month **5:30-7pm**
- **Where?** MESMAC Bradford.
- **Contact:** Genderoutreachworker.lypft@nhs.net

LGBTQ+ Mental Health and Wellbeing Support – LivingWell

1 on 1 Support –

- If you need support regarding your mental health, wellbeing, interpersonal relationships, LGBTQ+ identity or just want to talk to someone.
- We can also help you manage your referrals, enquiries and concerns.

Accessing Services –

- Signposting to what services are available and appropriate for you.
- We help improve the pathways and break down barriers for LGBTQ+ people being able to access care.

Campaigns and Groups –

- We will continue to spread awareness and support around LGBTQ+ mental health by providing groups, workshops, drop in's and campaigns through events in community hubs, workplaces and educational establishments.

Training, Education and Awareness –

- We aim to educate and spread community awareness about LGBTQ+ communities by delivering training, workshops and resources to schools, colleges, professionals.

Who to talk to?

Call or text our LGBTQ+ Mental Health Community Development Worker Char (Tuesday-Thursday 10-18.30pm) on 07407761569 or email C.Dodsworth@mesmac.co.uk

Alternatively call the main office number on 01274 395815

LGBTQ+ Social and Support Groups:

The Equity Partnership (The Equity Centre: 1 Longlands St, Bradford)

The Equity Partnership are a charity set up for LGBTQ+ people, they have lots of peer led groups such as:

Age 55+ Groups

Older & Bolder- A safe space for older Gay, Bisexual men.
Contact: Admin on admin@equitypartnership.org.uk.

Older and Wilder- A social group of older lesbian and bisexual women who live, work or socialise in the Bradford district.
Contact 07990 587030 or 0113 2623298.

Younger LGBTQ+ groups:

SOUND- Weekly peer support, education and fun for 16-19-year old's. / **Spectrum-** Younger sibling of SOUND for 11-16's, rotating with Phoenix on a fortnightly basis.

Phoenix- For Trans and non-gender conforming young people aged 13-21.

Shade- Monthly, for aged 13-18 QTPOC young people, a safe space to explore the intersectionality of their gender/sexuality and their ethnicity, religion and background.



Scan or click for details about their services

Counselling

Who is it for?

- LGBTQ+ communities.
- Men who have sex with men, and their partners.
- People living with HIV, and their families.

Why apply?

- It's a chance to talk to a professional about things impacting your mental wellbeing such as anxiety, bullying, negative thoughts or past experiences.
- Counselling can help you to manage and process difficult moments either past or present in your life, it can help remind you that you're not alone and alleviate stress and pressure in your life.
- It's **free** and you could expect a call in as little as **2 to 3 weeks**.

How do I apply?

Just fill out the counselling referral form on our website, alternatively, you can make a referral on behalf of someone else if they would have trouble completing the form or if you support them.



Scan or click to refer yourself or someone else.

Crisis Services

Unfortunately, we cannot provide crisis intervention or 24/7 mental health support. The numbers below are for support if either you, your friend or family member is struggling with thoughts of suicide, please reach out to these services for trained professional support.

For urgent crisis support:

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

If you or someone you are concerned about is in an emotional or mental health crisis that requires an urgent response, contact the GP out of hours service or call **NHS on 111**.

For urgent crisis team support in Bradford you can also contact Bradford District Care NHS Foundation Trust on **0800 952 1181**.

If you don't live in Bradford?

Please check your local crisis team on the NHS website below:

<https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>

Or Call:

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

Mental Health Helplines

- **Guide-Line -Mind Bradford:** Confidential emotional support from 12pm-12am 365 days a year. Talk on the phone or online.
- **SANeline:** If you're experiencing a mental health problem or supporting someone else, you can call **SANeline** on **0300 304 7000** (4pm–10pm every day).
- **Switchboard:** LGBTQ listening services, information and support . Call (10am-10pm) **0800 0119 100**, email on **hello@switchboard.lgbt** or use their web chat service on **switchboard.lgbt**.
- **Shout.** If you would prefer not to talk but want some mental health support, text SHOUT to **85258**. **Shout** offers a confidential 24/7 text service providing support if you are in crisis and need immediate help.
- **The Mix.** If you're under 25, you can call The Mix on **0808 808 4994** (3pm–midnight every day), request support by email or text THEMIX to **85258**.

Other LGBTQ+ services:



Scan or click to access the Mind LGBTQ+ service list.

Our vision at MESMAC.

Our vision

Building communities that have the **knowledge, skills** and **resources** needed to make choices about our lives, free from exploitation, stigma and fear. We do this through:

Free condoms, testing and health advice

**Information
and
resources**



**Confidential
1 on 1
support**

**Empowering community members
to run and participate in groups**

Contacts

MESMAC: If you would like to attend any of the groups or services here at MESMAC please get in touch with us and we can discuss your needs.

Contact (Testing services and HIV support):

Kemi: (Testing and HIV support)

Mobile: 07872 398 718

Email: O.Ogunrinola@mesmac.co.uk

Wellington: (Testing and HIV support)

Mobile: 07872 398 573

Email: W.Moyo@mesmac.co.uk

Contact (LGBTQ+):

John: (LGBTQ+ and Testing)

Mobile: 0771 0099 027

Email: J.Dugdale@mesmac.co.uk

Char: (Community LGBTQ+ Mental Health)

Mobile: 07407 761 569

Email: c.dodsworth@mesmac.co.uk

Facebook/Insta: Char Mesmac / @Char.Mesmac

Find us: 28 Chapel St, Bradford BD1 5DN.