



Safe Spaces Guide

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ABOUT US

Founded in 2018 by passionate local LGBTQIA+ volunteers, we organized Crawley's first Pride event, successfully held in 2021 despite Covid-19 setbacks. Through Pride, we connected with the community, learning about their challenges, such as discrimination and mental health issues. In 2021, we established our Community Interest Company (CIC) to provide year-round support.

Our vision is to create a safe, inclusive Crawley for the LGBT+ community to thrive. Our CIC aims to raise awareness of LGBT+ issues, promote Crawley as a welcoming place, and develop a sense of belonging through annual events and essential services.

Pride is our flagship event, raising awareness, building community cohesion, and supporting local LGBT+ individuals. Recently, we've expanded into Horsham to offer safe spaces to another community in need.



THE POD



After successfully receiving our Reaching Communities grant from the National Lottery, we were finally able to secure a dedicated venue. We are excited to announce that we have officially named this new space 'The Pod,' and we can't wait to get started on this new chapter.

This space facilitates our operations team, hosts training and social groups, and also enables us to lead drop-in days on Mondays, Wednesdays, and Fridays between 10:00 and 16:00. We look forward to seeing everyone there and utilizing this hub to its full potential for the community.



SAFE SPACES AT A GLANCE

Here at Sussex LGBT we host the following spaces which you are welcome to attend. You will find more details throughout this booklet.

Social & Support Groups

Trans Safe Spaces in Crawley & Horsham
Gaymers Night in Crawley & Horsham
LGBT+ Share Crawley (Horsham coming soon)
Rainbow Roots
Out & Active (LGBT Fitness)
Multi Faith Space
Lavender Lattes - Coming Soon
Pride Pop Up Stall
The Pod - Drop In Days (Mon, Wed, Fri)
Sexual Health Drop ins (Tues)

Annual Events

Horsham Friday Lates - Pride Night
Metrobus Pride Roadshow
Crawley Pride



TRANS SOCIAL GROUP



The Sussex Trans Social is an 18+ group that runs monthly throughout the year. They are held in our private safe spaces and occasionally have extra meet ups in public safe spaces. Whether you are just starting your journey or further along and just want to connect with like minded people this group is for you. If you do not feel comfortable in public presenting as yourself then we have facilities to get changed here. There's also kitchen facilities and refreshments available throughout each meet up.

CRAWLEY

When: 1st Monday of every month

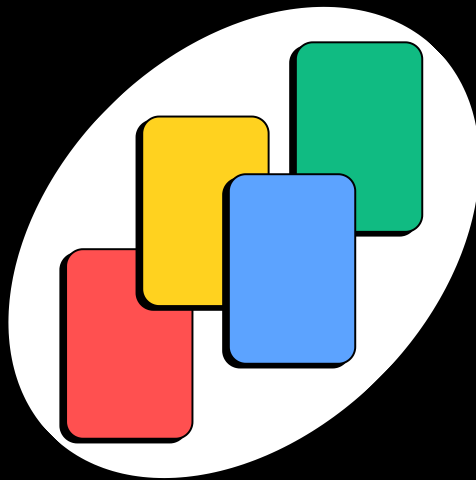
Where: The Pod, Crawley

HORSHAM

When: Last week of every month

Where: Park Barn, Horsham

GAYMERS NIGHT



Gaymers Night is held monthly and is a chance for people within the community who enjoy playing board and card games to meet up and play together. So come along as a solo player or with your friends and you will be welcomed into the group. We have a selection of games available here but we encourage people to bring along any games they love to play at home and share them with others. There are refreshments available in the kitchen area throughout the course of the evening.

CRAWLEY

When: Middle of the month

Where: The Pod, Crawley

RAINBOW ROOTS



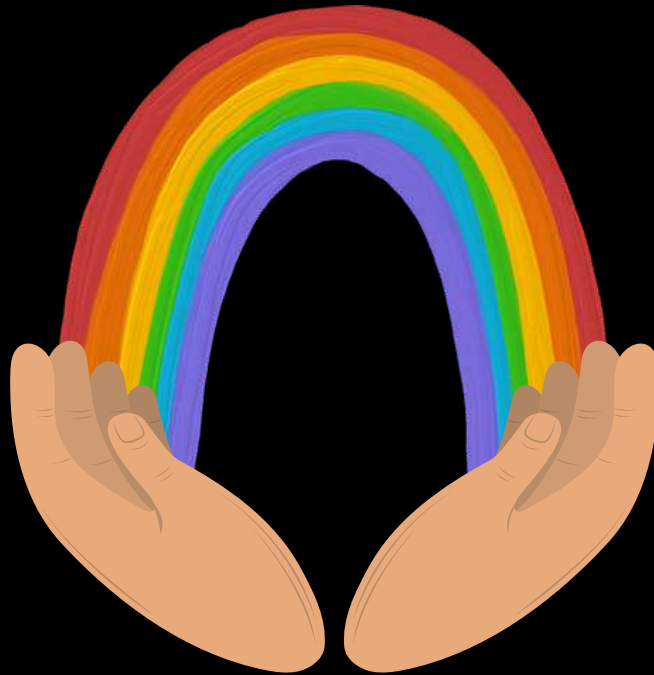
We are thrilled to launch Rainbow Roots, a support group for LGBTQIA+ parents and their children in Sussex. This initiative addresses the need for a dedicated space for LGBT+ families to connect and thrive. Rainbow Roots will host various activities, including excursions and social meet-ups at The Pod, a local inclusive venue. The group aims to develop community support, providing a safe space for parents to share experiences and for children to connect with peers who understand their family dynamics. We invite all interested LGBTQIA+ families in Sussex to join us and help make Rainbow Roots a vibrant part of the local LGBT+ community. Stay tuned for updates on our activities and meet-up dates.

When: Seasonal Celebrations

Where: Sussex



MULTI-FAITH SPACE



The Multi-Faith Space is an opportunity for LGBTQIA+ adults of any faith to gather socially in an open environment to share experiences and perhaps meet others who can help find safe places and meetings within their faith community. We have time to chat over refreshments and a short space for personal quiet reflection.

We're building a small team to facilitate the Multi-Faith Space – nothing onerous, just a commitment to be at most meetings to ensure they can go ahead – so if that's for you please let us know.

When: 1st or 2nd Thursday of every month
Where: The Pod, Crawley

LGBT+ SHARE

LISTENING GROUP



LGBT+ Share is a welcoming space for the LGBT+ community to connect, share experiences, and engage in meaningful conversations. It offers a safe environment for self-expression and engages mindfulness through grounding exercises. The group focuses on building connections, mutual understanding, and support in a non-judgmental setting.

Core Activities: wellness check-ins, grounding exercises, sharing your day-to-day without pressure, listening circle for respectful participation.

In partnership with MENSARE - LISTENING GROUP

When: End of each month

Where: The Pod, Crawley

OUT AND ACTIVE



A safe space with an inclusive environment for LGBT+ individuals (aged 16 and over) and respectful allies to engage in physical activity without apprehension of judgement, thereby enhancing physical and mental wellbeing, mitigating isolation, building self-confidence, promoting a positive body image, and encouraging community cohesion. Target demographics include those who feel excluded or anxious within mainstream fitness settings.

Sessions will be adaptable, inclusive, and suitable for all ability levels, prioritising enjoyment over competitive performance. Activities encompass gentle group exercise, structured walking groups, beginner-friendly fitness classes (e.g., circuits, yoga), mind-body sessions, peer-led activities, and dedicated social time.

When: Throughout the week

Where: Crawley & Horsham

PRIDE WITHOUT



BORDERS

Our support for LGBT+ refugees and asylum seekers is led by each individual's needs, experiences, and choices.

During our drop-in sessions, we welcome LGBT+ refugees and asylum seekers into The Pod, where they can meet a friendly face, talk through what they are experiencing, and access practical support in a safe and welcoming environment.

Where appropriate, we can signpost or refer people to relevant specialist services, while continuing to offer a familiar voice, encouragement, and advocacy wherever we can. Our aim is to make sure nobody has to navigate support alone.

**When: Throughout our drop in
sessions (Mon, Wed, Fri)
Where: Crawley**

LAVENDER LATTIES



Sussex LGBT+ is exploring a potential partnership with Age UK to launch a new social group for older LGBT+ residents in and around the area!

Why Join?

Open Conversations: Engage in meaningful discussions and build peer support. Welcoming Environment: A relaxed, non-judgmental space to be yourself. Community Connection: Meet other LGBT+ adults (50+) locally. Coffee & Conversation: Enjoy a classic coffee morning atmosphere to share experiences.

When: First Friday of every month

Where: Haywards Heath



COMMUNITY DROP-IN DAYS

At Sussex LGBT, we foster a welcoming and secure environment for the LGBT+ community through our drop-in sessions held at The Pod.

These sessions provide:

Listening Service: Confidential support for any concerns you may have.

Signposting Service: Assistance in navigating options and referrals to social groups and professionals.

A Safe Space: A friendly atmosphere where you can truly be yourself.

Feel free to drop in without an appointment. Enjoy a cuppa, a biscuit, and engage in a friendly chat!

When: Mondays, Wednesdays, Fridays

Where: The Pod, Crawley

SEXUAL HEALTH

DROP-INS

We understand that there are lots of barriers that the LGBTQ+ community face when it comes to sexual health and for a lot of people this can put them off getting tested regularly. We hope that we can help overcome some of these barriers.

Working alongside West Sussex Sexual Health Service we are able to distribute sexual health testing kits and condoms for FREE from our safe space The Pod, located at Hut 31 on Tilgate Drive, Crawley, RH10 5PH. You can drop in on any of our normal open days Mon, Wed, Fri 10am - 4pm but we understand that often discretion is key so we are opening on a Tuesday 10am-4pm specifically for the distribution of kits.

We also understand the unique needs of our TNBI community and that is why this project is being undertaken by our Trans Lead Skye who can tailor the test kits to suit wherever you are on your journey.

If you have never done one before and are worried about how to do the test then just ask for Skye and she can talk you through it step by step in our 1 - 1 room and help you complete the forms.

OUR ANNUAL EVENTS



METROBUS
PRIDE ROADSHOW



Horsham
District
Council

HOW TO JOIN OUR GROUPS

1

Scan the QR code on the back page and register your interest, ping us an email with what group/groups you're interested in, or drop in on a Monday, Wednesday or Friday.

2

We'll then drop you into our WhatsApp Community, where you can jump straight into the social groups digitally. It will be in these groups where you'll get to hear of upcoming dates.

3

Mark your calendar with group get-together dates and attend

Its as simple as that





FIND US ON



SIGN UP TO OUR
MAILING LIST

