

# LGBTQ+ Youth Services

## Queer Joy - 4Us celebrates its 1<sup>st</sup> birthday!

On February 27th, the 4Us under 13s youth group and accompanying primary carers support group celebrated 1 year of serving the Portsmouth community. In this time the service has supported 17 families in twice monthly sessions. The Young People were joined by peer mentors from 4u that evening, who led an activity on LGBTQ history month.

### Thoughts 4U

“4u is like a  
second home”

The Team have been undertaking a research project on access to services and intersectionality funded by the Underserved Communities Grant—we hope to share our results next month.

### Team Around The Worker Offer

**Josh Breach** and **Helen Elliott** our Specialist Family Support Workers are always on hand to offer support and guidance on how to work with young people who are exploring their gender identity/sexuality and their families. The team can:

- Liaise with schools and other agencies to ensure support for young people is effective
- Offer short interventions for young people and their families with exploring issues alongside their young person

### Trans Day of Visibility—31st March 2023

Trans Day of Visibility takes place every 31 March. It marks a time to celebrate trans and non-binary people, and to raise awareness of the discrimination faced by the community worldwide. It also provides an opportunity for trans and non-binary people to feel seen through positive and realistic representation – and for allies to learn more about how they can stand in solidarity. [Click Here to learn more](#)

### 4U, 4Me, 4Us

An experienced, skilled youth team offers a weekly youth group in a safe, secure and supportive environment. There are activities each week designed to help to improve self-esteem, give young people a social outlet in which to make new friends and to provide information to support them as they move into adulthood.

- For **13-18 year-olds**: There is **4U Youth Group**. Tuesdays 6pm – 9pm
- For **18-25 year-olds**: There is the **4Me Youth Group**. Thursdays 7pm – 9pm.
- For **Under 13s & Parents & Carers**: There is the **4Us Group**. A referral based monthly youth group, plus separate support group for parents/carers. Here primary carers can learn more about LGBTQ topics whilst meeting with other parents/carers. Alternate Mondays 5pm-7.30pm.



#### National News

[Trans rights are a feminist issue, activists explain \(thepinknews.com\)](#)

['I want to inspire young men to be themselves' - Zander Murray - BBC News](#)

#### Global News

• [Ugandan bill threatens jail for saying you're gay - BBC News](#)

• [Kids raised by LGBTQ parents are thriving, according to science \(thepinknews.com\)](#)

#### Service Updates

This month sees the launch of a new online referral form for the service. Accessible via the Portsmouth City Council webpage: [LGBTQ+ young people and their families - Portsmouth City Council](#)

#### Portsmouth Pride 2023

10th June 2023

Pride will be joining our 4U, 4Us and 4Me throughout May to prep for pride!

[@portsmouthprideuk](#)