

Presents :

QUEER HEALTH MATTERS

in collaboration with :

partially funded by



Welcome to Queer Health Matters, an initiative tailored to address the health inequalities of the LGBTQIA+ community.

**In response to numerous appeals from community and Health focused organisations,
Suffolk Pride has organised this platform for the community, professionals, and charities to convene, share information, and access services.**

Here you can find the areas where everything is happening

Signage will be available around The Hold so you can find your way

- **The Street :**
 - Features exhibitor's stalls.
- **The workshop room:**
 - Confidence workshop and Yoga .
- **The Auditorium**
 - Holds panel discussions on health and the community.
- **The education room**
 - Is the Suffolk Archives arts and crafts area for kids and grown-ups.
- **The Uni of Suffolk Square (waterfront)**
 - Houses the Be Well Bus with Suffolk and North East Essex Integrated Care Board (SNEE ICB).

**To better navigate this program we
have created 3 sections :**

Exhibitors:

Light blue pages - E1 to E11

Workshops :

Pink pages - W1 to W3

Community Conversations:

Yellow pages - CC1 to CC4

PROGRAMME

10:00- Welcome

**10:30-14:30- Arts and Crafts - The Hold
Workshop - W1**

**10:45-11:45- "Our Families Matter"
Community Conversation - CC1**

**11:30-12:30- Confident Conversations: Navigating Healthcare
with Pride – Sarah Bryer
Workshop - W2**

**12:00-13:00- "That Talk about Cancer"
Community Conversation- CC2**

**13:15-14:15- "Mental Health, Addiction and Our Community"
-Community Conversation- CC3**

**13:50- 14:20- Wellbeing Yoga -Yogability-
Workshop - W3**

**14:30- 16:00- "Our Health Matters"
Community Conversation - CC4**

EXHIBITORS

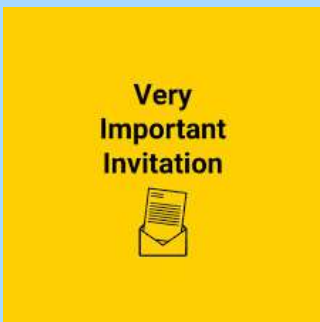
Healthwatch Suffolk



We're here to find out what you think about NHS and social care in Suffolk.

We use the things you tell us to influence standards of care across the county. But there's more to us, and as a social enterprise we also deliver commissioned projects that support our Healthwatch activities and improve care and support for local people. Discover more about our services below

Very Important Invitation



The Suffolk GP Federation Very Important Invitation Cervical Screening Project aims to improve the uptake of cervical screening in Suffolk and North East Essex.

The approach is through the continuation of co-production with Integrated Care Boards, Health Partners, GP Surgeries, Community Organisations and patients by delivering an education programme to enable patients to make an informed decision and increase in uptake of Cervical Screening in general practice in Suffolk and North East Essex.

SNEE ICB LGBTQ+ Network



The network provides a safe space for discussions and to share experience that values and recognises the differences between sexual orientation and gender identity, and thrives to work proactively to address these issues, specifically affecting transgender staff in the ICB and the NHS.

NSFT Wellbeing Suffolk



Wellbeing Suffolk offer help and support to improve wellbeing and manage stress, low mood and anxiety. We aim to reduce the onset of mental ill health, prevent deterioration and promote recovery by offering a range of flexible services tailored to meet your specific needs.

Our services, provided in community settings throughout the region, include a wide range of workshops and courses, talking therapies, including counselling and cognitive behavioural therapy. Alongside this, we also offer community events, peer support work and employment advice.

In Suffolk, Wellbeing is provided by Norfolk and Suffolk NHS Foundation Trust.

Cancer Support Suffolk



Set up in 1998, Cancer Support Suffolk is run with a passion to help the community that we live in. Our dedicated team includes complementary therapists, counsellors, educators, ambassadors and business brains that come together to educate and support the people of Suffolk.

ICENI



Iceni was created in 1998 based on the founding principle of treating the underlying causes of substance misuse and abuse rather than the symptoms. Initially ground-breaking and innovative, 25 years later it is still our founding principle. We have continued to grow into a team with a remarkable depth and diversity of skills appropriate to the needs of families within Suffolk.

Our team holds empathy and compassion for the people we work with and understand that problematic substance misuse is not a life choice, and that sometimes people can unintentionally cause harm.

We work with both parents and children, using a range of interventions delivered by an experienced and qualified team who have a passion for fairness, social justice and the process of change. We are proud to be inclusive and respectful of everybody, no matter who they are or what their background is.

Outreach Youth



Outreach youth is a youth work charity by and for young Lesbian, Gay, Bisexual, Trans*, Queer and Questioning people aged under 25 in Suffolk, UK.

We offer a variety of projects to empower young LGBT*Q+ people to support themselves and their communities and promote good mental health and well-being.

However, we are not just a charity providing LGBT*Q+ youth services – we're an LGBT*Q+ youth work movement mobilised to support, educate, promote and defend young people's mental health, rights and social position.

Outreach youth is free, confidential and self-referral – we give young people a choice and a voice.

Suffolk Sexual Health Service



We are responsible for delivering local authority funded sexual health services across the county of Suffolk.

We're here to help people stay safe, healthy and protected.

Through our partnership with clinicians and other service providers, we deliver advice, information, protection, testing, treatment and other support.

Whatever age, gender or sexuality, we provide free, confidential and non-judgemental services for everyone in Suffolk.

Leeway Domestic violence and abuse service



Leeway is a domestic abuse and violence charity supporting adults, children and young people across Norfolk and Waveney.

The emotional and practical advice Leeway offers enables people to get the support and protection they need. We work in a non-judgemental way with people to empower them to make independent decisions about their life and their future.

Oasis



Oasis was formed forty years ago by the late Barbara Ross OBE . Barbara was a social worker and gender counsellor who, for many years specialised in the counselling of transgender people. Barbara's legacy continues to this day through the work of Oasis.

We are a self-help support group, where the Transgender community can meet and enjoy the company of like-minded friends. Typically our members are thirty plus but we welcome folk of all ages.

Our monthly meetings are an ideal way to get to meet new friends and the conversation is always interesting, instructive and lively. There is no membership required and Oasis will always respect the privacy of members.

Restore Woman's Aid Center



Restore Women's Aid Centre (the Refuge) was established in 1974 to provide safety and support for women and children experiencing Domestic Abuse. Since then we have grown to provide outreach services, support for male survivors and to work with children and young people living in the community.

Turning Point



Whether you come to us with drug or alcohol issues, a mental health concern, or a learning disability, we'll give you the individual support you need. The people you'll meet have been in similar situations and can provide free and non-judgemental support at one of our 271 locations across England. Whether you're looking to make a change in your life or you want to get a better understanding of what's happening, we can be there alongside you.

Ace Anglia



We are a people-led advocacy organisation working with people with learning disabilities and autistic people across Suffolk. Ace is people-led, meaning organisational and strategic decisions are made jointly by a Board of Trustees & an Advisory Group. We are a registered charity & company limited by guarantee.

Forbishers wig specialists



Frobishers is a specialist wig company based in Ipswich, Suffolk. With over 40 years experience in supporting people through their journey. We specialise in the comprehensive supply of wigs to headwear to both Private and NHS Customers throughout East Anglia and the U.K. Additional services include: Size alteration of wigs, Full Cutting Service, Bespoke Custom made and an Online shop.

Get on the Soapbox CIC



SoapBox Spoken Word CIC is a non-profit organisation that uses spoken word as a tool to benefit people and communities. Legally formed in late 2024, we've been running inclusive, artist-led, community events in the East since 2006. We've worked with some of the biggest poets in the UK, but our favourite thing is still always an open mic event, creating safe spaces for people to share their thoughts, stories, poems and ideas in a room together with an engaged audience. Our monthly 18+ spoken word open mic 'Words & Verses' takes place at The Spread Eagle on the first Tuesday of the month, but do keep an eye out for our new programme of all-ages alcohol-free events taking place across Ipswich, at locations including The Hive on Norwich Road. Follow us on all platforms [@getonthesoapbox](#) Don't get put in a box, get on one instead. Get on the SoapBox.

Lighthouse



Lighthouse is a Suffolk based charity that supports women, young people and children who are affected by domestic abuse.

We offer refuge for women, young people and children who are fleeing an abusive situation.

Once you are safe, our team will help you rebuild your life. From sorting out your benefits, to arranging school places and assisting with moving on into a new home when ready.

We also run a women's centre in central Ipswich. This service is open to women, young people and children affected by domestic abuse. However, anyone is able to contact us for advice.

We are not here to judge you, or pressurise you into making decisions you aren't comfortable with. Our services are free, and confidential.

You are not alone.

Ipswich Together CIC



In 2021, we opened Geek Retreat in Ipswich. It was during the pandemic and we quickly realised what an important place it was for everyone who came through the doors.

Over the past 3 years we have seen the impact the shop has had on people's lives and we want to do more for the community.

So Ipswich Together was born! The CIC will focus on bringing people together through their common interests, hobbies and games. Ipswich together will allow us to do more outreach with local charities, schools and groups to provide essential services that help develop confidence, social skills in a safe friendly environment.

The Alzheimers society



At Alzheimer's Society we're working towards a world where dementia no longer devastates lives. We do this by giving help to those living with dementia today, and providing hope for the future.

As a Society, we are made up of people with dementia, carers, trusted experts, campaigners, researchers and clinicians. We are the UK's largest collective force of people with unparalleled knowledge and over 40 years of experience addressing the biggest challenges facing people living with dementia.

NSFT participation team EDI



The Participation team are a department consisting with staff that have lived experience, with the purpose of bringing co-production and co-design to the strategies, policies of the trust.

Suffolk Fostering & Adoption



For more information about Suffolk Fostering and Adoption Services please visit :

<https://www.fosterandadopt.suffolk.gov.uk/>

The Outhouse Essex



The OutHouse is a registered charity providing opportunities for LGBTQ+ people throughout Essex. We work to support LGBTQ+ individuals to find their community and achieve their full potential.

Acting as a rounded resource of support, our services extend to the following core areas:

Community Engagement – Recognising the various mental, emotional and social needs relating to bettering an individual’s health and wellbeing, whether it be for adults or young people and their support networks.

Counselling – Providing an accessible Counselling Service of utmost confidentiality and understanding around the nuances of the community; available to both adults and young people.

Training – Offering bespoke training for individuals and businesses to establish safe spaces through awareness and understanding.

St Elizabeth Hospice



St Elizabeth Hospice is an independent Suffolk charity, which every year delivers care to over 4,000 patients and their families who are living with a progressive or life-limiting illness.

Our care is given across East, Mid-Suffolk & into Great Yarmouth and Waveney.

THE WAY TO GO Suffolk



Discover activities near to you

We offer free walking, cycling and wheeling activities to keep you well and active. Find out what activities are available in Suffolk County .

A new collection of digital walks is also available for free on the Go Jauntly walking app which includes waterside routes and park trails in Ipswich.

NHS Be Well Bus



The Bus is a mobile one-stop shop for health and wellbeing support in Ipswich and east Suffolk. Anyone is welcome to visit the Bus and you do not need an appointment – simply turn up at the advertised time.

On-board, you will find a knowledgeable team made up of people from lots of different health, care and community organisations. Depending on your needs, our crew will either offer you help and advice there and then or signpost you to an organisation best-placed to help.

BE WELL BUS

Please hop on the Be Well Bus for a free health check including your blood pressure.



The Be Well Bus will be journeying across Ipswich and east Suffolk offering support and advice to those who need some extra help

@ THE QUEER HEALTH MATTERS IN IPSWICH – The Hold in collaboration with the Suffolk Pride

22/02/25
Saturday
10am – 4pm



University of Suffolk, Waterfront Building, 19 Neptune Quay, Ipswich, IP4 1QJ

WHO WILL BE ON THE BUS?



HOW CAN WE HELP YOU?

Free mini health checks ■ Mini health check in under 4/5 minutes and easy to use ■ View your results in the SiSU Portal or App ■ Measures Height, Weight and your Body Mass Index (BMI) ■ Measures blood pressure & heart rate ■

For information about the bus please contact:
bewell.bus@snee.nhs.uk ■ 07971 594 817 ■ via QR code



WORKSHOPS

Arts & Crafts by The Hold

10.30am-2.30pm

Suffolk Archives will be hosting a selection of family friendly crafts with all the colours of the Pride rainbow. Colourful jewellery making and of course badgemaking!



Suffolk Archives, a Suffolk County Council service, collects, preserves, and shares over 900 years' worth of Suffolk's rich history. Our collections are treasure houses of information in the form of original documents such as letters, reports, photographs, maps and plans which have been selected for preservation because of their lasting value to our society.

As the care takers of our county's archival heritage, it is our responsibility to engage, connect and inspire the largest and most diverse audience possible. We are committed to achieving this through a varied programme of countywide events and exhibitions throughout the year. Suffolk Archives strives to be an archive for all and is based at The Hold in Ipswich.

1. Confident Conversations: Navigating Healthcare with Pride 11.30am-12:30pm

Understanding Self-Advocacy in Healthcare - Challenges- what is advocacy and what are the rules?

Strategies for Advocacy - Prepping for appointments, Communicating effectively, what if things go wrong?

Building Confidence



**Sarah Bryer FRSA
(She/Her)**

As a former in-house and agency recruiter, team manager, and operations leader in finance, insurance, and advertising, I know first-hand how challenging it can be to break through the barriers to career growth. My mission as a Career Coach is to help introverted professionals—and anyone who feels stuck or overlooked—build the confidence and strategies they need to succeed, especially when they’ve hit a ceiling in their career.

After losing my job during the pandemic, I decided to take the skills I’d honed over years of successfully managing teams and helping colleagues get promoted and channel them into empowering others. I specialise in working with professionals who may struggle with outdated interview techniques, feel overlooked in their current roles, or have recently faced redundancy. My goal? To illuminate the path forward so they can land great jobs, earn more, and thrive in the roles they deserve.

2. Welbeing Yoga

1:50pm -2:20pm

YOGABILITY IS A MOVEMENT FOR THE MASSES

It's for rugby players, pensioners, those stuck at a desk all day, lost teens and overworked parents.

YOGABILITY is NOT about being the best in the room or forest, it's NOT about being able to touch your toes or being able to squeeze into the latest gym gear.

YOGABILITY is a community of acceptance, respect and unity. Welcome to all those who are looking for a way to feel like they belong and reconnect.

Whilst we are based in Ipswich: 524 Woodbridge Road, we host unique experiences all over Suffolk.

YOGABILITY is about inclusivity - all of our Classes and Retreats are empowering for mind, body and spirit no matter your experience.



COMMUNITY

CONVERSATIONS

Our Families Matter

10:45 -11:45

In the 21st century the importance of starting a family is not exclusive of heteronormative families, however the hurdles for a LGBTQIA+ couple can be harder to pass. This panel is a space for queer families, and the expertise of community organisations, to share their experiences in the start of their own families, to identify the challenges their children face in the education system, to denounce abuse and discrimination, and to recognise the reality of domestic violence in LGBTQIA+ couples.

This conversation will be hosted by: Stella

“The Talk” about Cancer

12:00-13:00

False beliefs about cancer screening, adverse encounters, and obstacles to obtaining suitable healthcare, knowledge, and assistance are among the socio-economic elements that may heighten the risk of cancer for the LGBTQIA+ community. This panel, guided by experts, seeks to dispel misconceptions, educate about available services, and highlight behaviors that can be modified to lessen the risks.

This conversation will be hosted by: LU

Mental health, Addiction, and Our Community

13:15 - 14:15

Based on the premise that LGBTQIA+ people are part of the population that is of a higher risk of developing mental ill health and also the reality of the level of substance mis-use in this community is equally high, this panel opens the discussion on how better to approach the issue with professionals and the public in order to identify solutions and show support in what services Suffolk have to offer.

This conversation will be hosted by: Kate

Our Health Matters

14:30-16:00

What does our community require?

What are the primary issues we face when using health services?

By bringing together representatives from various LGBTQIA+ organisations , we aim to allow the Queer Community to voice their thoughts and concerns, with the goal of enhancing access to health services in the County.

This conversation will be hosted by: Becki

While you here why not visit THE HOLD's
newest exhibition ?



DEPARTURES

EXPLORING EMIGRATION FROM SUFFOLK

EXHIBITION

14 FEBRUARY – 31 MAY 2025

THE HOLD, IPSWICH WATERFRONT

WWW.SUFFOLKARCHIVES.CO.UK

**SUFFOLK
ARCHIVES**

 **Suffolk**
County Council

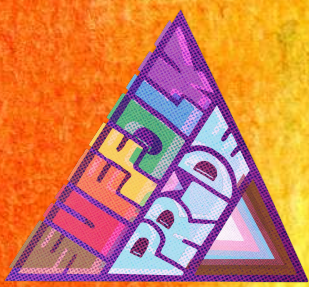
Supported by:
hudsongroup
Visual experiences since 1966

Suffolk Pride expresses gratitude to the individuals and organisations who contributed to making this event possible.



The Hold - Suffolk Archives
Mandy Rowlin
Su Conquer
Peter Broughton
Kimya Piper
Amy Wragg
Benji Rayson

Suffolk Pride is deeply thankful to **Suffolk County Council**, and especially to **Councilor Inga Lockington**, for their generous support in funding this event.



Suffolk
County Council

**SUFFOLK
ARCHIVES**



**Suffolk and
North East Essex
Integrated Care Board**



When someone truly understands
LGBTQ+ History Month

