



**Presents :**

# *QUEER HEALTH MATTERS*

## **EMPOWERING LGBTQIA+ HEALTH AND WELLBEING IN SUFFOLK**



**SUFFOLK  
ARCHIVES**



**Suffolk**  
County Council

**Welcome to Queer Health Matters a pioneering event crafted to address the unique needs of the LGBTQIA+ community, while also responding to the growing interest from health-focused charities and specialist NHS departments. Recognizing the importance of a dedicated space for meaningful connection,.**

**Suffolk Pride has curated this platform to bring together community members, healthcare professionals, and charitable organizations.**

**The event will foster open dialogue, facilitate the sharing of vital resources, and empower individuals through accessible services and information—all with the aim of advancing inclusive, affirming healthcare for every member of our community.**

# 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 Foyer/Breakout room:**

- Speed portrait Workshop- by Liminal Gaze Collective.

- Mini-Zine Making- Queer empowerment & Living authentically - by Luna Haven

- Love Letters to the Queer Community - By Guy Cry Club.

- **The Auditorium**

- Holds panel discussions on health and the community.

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

**Exhibitors:**

**Light blue pages - E1 to E10**

**Workshop :**

**Pink pages - W1 to W3**

**Community Conversations:**

**Yellow pages - CC1 to CC4**

# PROGRAMME

**10:00- Welcome**

**10:30-14:00- Workshop- Foyer/ Breakout space**

**Speed Portrait Workshop - W1**

**Mini-Zine Making Workshop -Queer Empowerment & Living Authentically -W2**

**Love Letters to the Queer Community- W3**

**Community Conversations- Auditorium**

**10:45-11:45-Living Authentically: Navigating Aging, Dementia, and End-of-Life Care and Death in the LGBTQIA+ Community  
CC1**

**12:00-13:00-Breaking Barriers: Advancing Health Equity for the Trans and Non-Binary Community - CC2**

**13:15-14:15- Proudly Connected: Navigating Sexual Health and Relationships in the LGBTQIA+ Community- CC3**

**14:30- 16:00-*Healthy Futures: Empowering LGBTQIA+ Voices for Better Care in Suffolk- CC4***



# EXHIBITORS



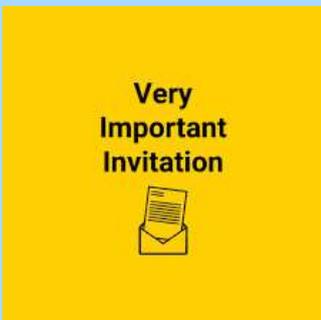
## Healthwatch Suffolk



**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.**

## 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.**

## 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.

## 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.**

## 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.**

## 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.**

# Wellbeing : talking Therapies



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.

## 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.**

## Sizewell C



**Sizewell C will provide decades of clean, reliable electricity for around 6 million homes. Together with wind and solar, it will help to build a greener energy system and protect households from high gas prices.**

**Majority owned by the UK Government, Sizewell C is a British nuclear project which will strengthen our energy security while providing thousands of great jobs across the country.**

## IRIS- Sexual Assault Service



**We provide support to individuals after sexual assault, no matter when it happened. We provide support to anyone who has experienced any form of sexual violence or assault.**

**Sexual violence is defined as any sexual act or activity that is committed, threatened, or attempted without the consent of the person. But what is consent? *Consent* to any sexual activity is where a person chooses to engage in the activity freely by choice and has the capacity to make those decisions.**

## 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.**

## Anglia Care Trust



**We exist to encourage people to achieve their full potential, whatever their circumstances, by providing a range of high-quality advice, guidance and support services, delivered by skilled and knowledgeable personnel.**

## East of England Co-op Funeral Services



**Arranging a funeral or planning ahead can feel overwhelming — but you don't have to do it alone. Here you'll find clear, practical guides and compassionate advice to help you understand your options, plan with confidence, and find support through bereavement.**

## Samaritans



**Samaritans is the charity that prevents suicide through the power of human connection. Connecting people in crisis with trained volunteers who will always listen. People calling for change with those who need to listen. People who've been there before with those struggling now.**



## SiSU Health self service health check-ups

The ICB has partnered with [SiSU Health](#) to commission health stations allowing easy access to a quick health check.

These health stations provide self-service, five-minute checks without requiring appointments or supervision, with the aim of having a positive impact on our populations health by the offer of free health checks and increasing health literacy.

The stations can be used by individuals independently to monitor:

- Height and weight
- Body mass index (BMI)
- Blood pressure
- Resting heart rate
- Body fat
- Stress



# WORKSHOPS





## Liminal Gaze Collective

**Liminal Gaze is a queer art collective, our aim is to represent marginalised queer bodies and create a safe environment for both artists and models. We are dedicated to the facilitation of events made for queer people, by queer people. We currently host life drawing events on a monthly basis and we hope to broaden our scope to include more creative, queer events in the future.**

## Speed Portrait Workshop:

**Speed portraits is a playful, social drawing workshop where participants can take part as artists, subjects, or switch it up and do both! Artists will be paired with a subject and given 15 minutes to create a portrait before subjects are rotated to a new artist. Quick portraits encourage intuition rather than perfection, the goal is to have fun, share in some creative silliness and discover the beauty that others see in you. We'll be hosting this workshop throughout the day and you're welcome to join for as little or as long as you like. All levels of artistic experience are welcome, our goal is to offer a relaxed and inclusive space to meet people, make some art and share some joy.**



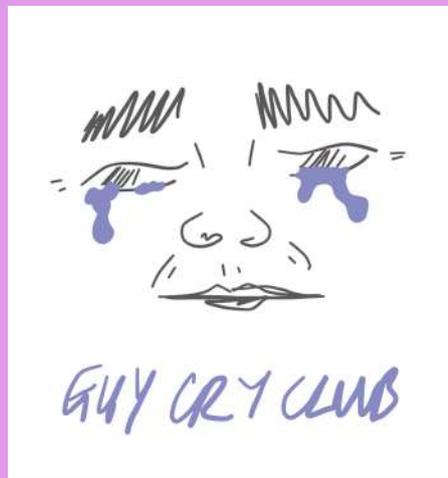
## **Luna Haven :**

**Luna Haven is a creative well-being peer group for Women and LGBTQIA+ folk. We aim to be a inclusive and accessible creative space for people to come along to create, chat and chill. We run our main event on the last Friday of each month, from 10am-1pm, at the New Wolsey Theatre, we gather in the upstairs space, which is accessible by lift. Each month we provide all the materials for the assigned creative task so all you have to do is come along and take part, some sessions are guided and some are suggested, but there is no obligation to take part, we just want to create a safe environment for people to meet like minded individuals.**

## **Mini-Zine Making Workshop - Queer Empowerment & Living Authentically**

**Come sit with us, Sherise and Aishleen the facilitators of Luna Haven, to express yourself making Mini-Zines.**

**Mini-zines are a great way to vent, rage, support, inform and be passionate about what matters to you, we have a theme of queer empowerment and living authentically for this mini-zine session. A safe, inclusive and chilled environment to get creative and express yourself.**



## **Guy Cry Club CIC**

**Guy Cry Club CIC is a movement diversifying the dialogue on masculinity and mental health through art. We believe in a masculinity beyond gender, creating spaces online and IRL with an invitation to playfully explore what masculinity means to the individual and the collective. From workshops and talks, to exhibitions and multi-media events, we aim to connect, challenge and create. We all have an experience of masculinity. We all have an experience of mental health. We all should have access to the arts. Guy Cry Club combines all these ideas into inclusive spaces to encourage expression of all forms and to advance the current dialogue on masculinity and mental health.**

## **Love Letters to the Queer Community**

**Crafting a letter is a unique experience to each and every person. We'll spend time thinking about how we can use letter writing as a way to show love to our queerness. Whether you choose to address the entire queer family, specific parts of the community, an individual or yourself, even just a few choice words can provide some much needed love and support. And there's no need to stick to words, letter writing can be as playful and creative as you would like it to be; doodle, colour in, fold and cut the paper. Wherever your imagination takes you is often where you'll find the deepest sense of love.**



# COMMUNITY CONVERSATIONS



# **1- Living Authentically: Navigating Ageing, Dementia, and End-of-Life Care in the LGBTQIA+ Community**

**12:00-13:00**

**As members of the LGBTQIA+ community grow older, their experiences are shaped by a legacy of resilience and perseverance in the face of discrimination, as well as an enduring quest for belonging and affirmation. Topics such as ageing well, navigating dementia, and preparing for end-of-life care are deeply personal, yet often complicated by social isolation, stigma, and inequitable access to resources specifically tailored for LGBTQIA+ individuals and their families.**

**This conversation seeks to establish a welcoming and affirming space for discussing positive ageing in the LGBTQIA+ community, the realities of living with dementia, and the importance of sensitive, inclusive end-of-life planning. We will examine the pivotal role that supportive networks, culturally competent healthcare, and the validation of chosen families play in fostering dignity, comfort, and affirmation throughout the later stages of life.**

**Together, we will explore resources, practical strategies, and lived experiences that empower LGBTQIA+ individuals and their loved ones to approach these profound topics with knowledge, compassion, and pride. Whether you are seeking guidance for yourself, supporting someone dear to you, or simply wishing to deepen your understanding, this conversation embraces all voices on the path to living—and dying—with authenticity and respect.**

**This conversation will be hosted by: Stela**

10:45 -11:45

## **2- Breaking Barriers: Advancing Health Equity for the Trans and Non-Binary Community:**

**Trans and non-binary individuals continue to face significant health disparities, driven by discrimination, systemic barriers, and negative experiences within healthcare. These issues lead to higher rates of chronic health conditions, mental health struggles, and suicidal thoughts. Accessing appropriate gender-affirming care and essential preventative services, such as cancer screening, remains a challenge for many.**

**Underlying these health inequalities are broader social factors. Being younger, having less formal education, and living in deprived areas further intensify the barriers faced by trans and non-binary people. Additionally, intersecting identities—such as race and ethnicity—compound the difficulties, resulting in even greater disparities and marginalisation.**

**Addressing these health inequalities requires open conversations that centre the lived experiences and needs of trans and non-binary individuals. By acknowledging the overlapping challenges they face, communities and policymakers can work collaboratively to foster more inclusive, equitable healthcare systems where everyone's well-being is respected and prioritised.**

**This conversation will be hosted by: Kate**

### **3- Proudly Connected: Navigating Sexual Health and Relationships in the LGBTQIA+ Community**

**13:15 - 14:15**

**Sexual health and healthy relationships within the LGBTQIA+ community are shaped by both common values and unique challenges. Certain groups—especially gay, bisexual, and other men who have sex with men—experience higher rates of sexually transmitted infections such as gonorrhea, syphilis, and HIV. These disparities stem from a range of factors, including stigma, discrimination, and barriers to culturally competent healthcare and regular testing.**

**Despite these challenges, there are a variety of effective prevention strategies, including regular STI screening, consistent condom use, vaccination against HPV and hepatitis, and open communication about sexual health. Improving access to affirming care and fostering frank dialogue are vital steps in empowering individuals to protect themselves and their partners.**

**Healthy relationships in the LGBTQIA+ community are grounded in communication, respect, trust, boundaries, and consent, just as in any relationship. However, they also involve navigating internalized homophobia or transphobia and finding safe, supportive spaces. By combining personal reflection with the support of inclusive communities and comprehensive sex education, individuals can overcome these hurdles and build strong, affirming connections.**

**This conversation will be hosted by: Becki**

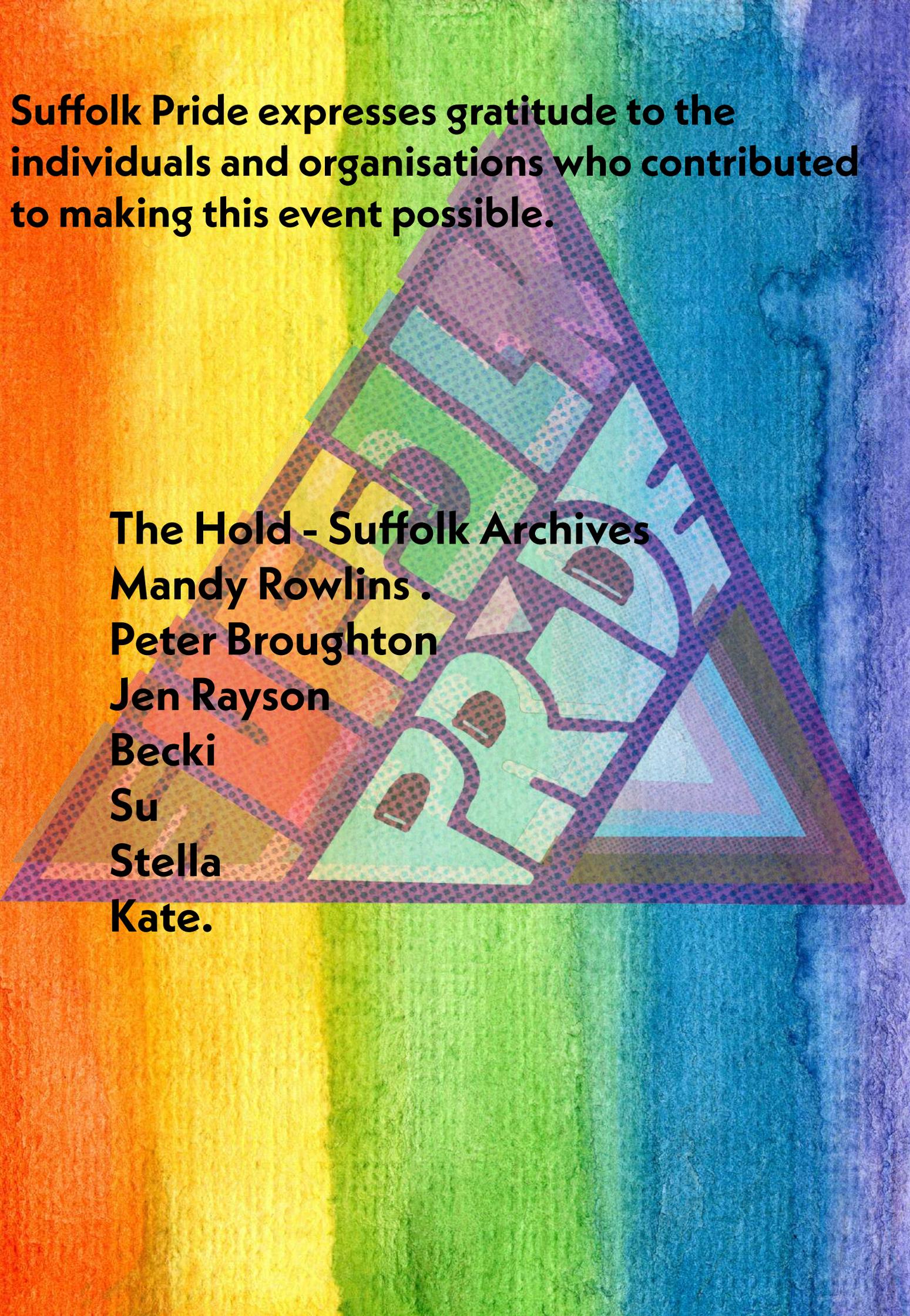
## **4 - Healthy Futures: Empowering LGBTQIA+ Voices for Better Care in Suffolk**

**14:30-16:00**

**This panel conversation centers on identifying and addressing the unique healthcare needs and challenges faced by the LGBTQIA+ community in Suffolk. Bringing together representatives from LGBTQIA+ organizations, the discussion aims to create an open forum where community members can share their experiences, concerns, and priorities regarding access to health services. The goal is to listen to a wide range of voices, highlight the most pressing issues, and collaboratively seek solutions that will lead to more inclusive and effective healthcare for everyone in the county.**

**This conversation will be hosted by: Su**

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



**The Hold - Suffolk Archives  
Mandy Rowllins .  
Peter Broughton  
Jen Rayson  
Becki  
Su  
Stella  
Kate.**

