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## INTRODUCTION

The Herts LGBT Guide aims to inform Lesbian, Gay, Bisexual and Transgender (LGBT) people about services in and around Hertfordshire.

It also lists local and national information as well as giving practical tips and advice.

The Herts LGBT Guide includes contributions from a number of statutory and voluntary partners across Hertfordshire.

It has been produced by;

**Hertfordshire County Council**

**Hertfordshire Partnership NHS Foundation Trust**

**Hertfordshire Constabulary**

**DISCLAIMER** The information provided by external organisations is for general guidance only. The partners do not endorse any of the external organisations, services or information listed in this guide. While the partners have aimed to provide accurate and up to date information we cannot guarantee at any time that all the information is up to date and accurate. The partners cannot accept liability for misleading or inaccurate information or omissions in information given to us by external information providers.



## OUT + ABOUT

### Bars + Clubs in Hertfordshire

#### **The Load of Hay**

207 Pinner Road,  
Watford, Herts  
WD19 4ET  
01923 441113  
[www.loadofhay.co.uk](http://www.loadofhay.co.uk)

#### **Monthly Gay Night**

at University of Hertfordshire  
[www.forumhertfordshire.co.uk](http://www.forumhertfordshire.co.uk)

### Groups + Organisations

#### **Herts Gay Community**

[www.gayherts.org.uk](http://www.gayherts.org.uk)  
Providing opportunities for members to find support and friendship, particularly through the organisation of regular social events and sport.  
01727 869236  
[info@gayherts.org.uk](mailto:info@gayherts.org.uk)

#### **Lezgo - Watford**

(regular meets). Social and support group for LGB women  
07845 608545 (Lin)

#### **University of Hertfordshire LGBT Society**

Sexuality, welfare and sexual health questions answered  
[lgbt.soc@uhsu.co.uk](mailto:lgbt.soc@uhsu.co.uk)  
[www.uhsu.co.uk/societies//lgbt](http://www.uhsu.co.uk/societies//lgbt)

#### **\* Social Networking**

##### **[www.outeverywhere.com](http://www.outeverywhere.com)**

Online social networking for LGB people (all ages)

##### **[www.gaydar.co.uk](http://www.gaydar.co.uk)**

for men over 18s only

##### **[www.gaydargirls.co.uk](http://www.gaydargirls.co.uk)**

for women over 18s only

##### **[www.queeryouth.org.uk](http://www.queeryouth.org.uk)**





## OUT + ABOUT *continued...*

### Bars + Clubs near Hertfordshire

#### **Pink Punters Nightclub**

Bletchley, Milton Keynes  
LGBT Bar and Nightclub MK2 2BS  
[www.pinkpunters.com](http://www.pinkpunters.com)  
01908 377444

#### **[www.gay-bedfordshire.co.uk](http://www.gay-bedfordshire.co.uk)**

Info about going out and getting support in the Luton area

### Youth Groups

#### **Young Pride in Herts**

East Herts based LGBT Group for 13-25yr olds  
[www.youngprideinherts.org](http://www.youngprideinherts.org)  
youngprideinherts@hotmail.co.uk  
07968 012987

#### **2Byou**

LGB youth group in Cambridge for under 25s  
[www.2byou.org.uk](http://www.2byou.org.uk)  
07808 189158

#### **Girl Diva**

Highgate Group for young women aged 25 and under  
[www.girldiva.org](http://www.girldiva.org)  
020 7700 1323  
and ask for girl diva

#### **Outzone**

Highgate Group for young men aged 25 and under  
[www.outzone.org](http://www.outzone.org)  
020 7700 1323  
and ask for outzone

#### **First Move**

Highgate First step group for LGBT people aged 18 and under  
[firstmove@pacehealth.org.uk](mailto:firstmove@pacehealth.org.uk)

## Groups + Organisations

**Barnet Gay Men's Support Group** Support for HIV positive gay men [www.barnetgaypoz.org](http://www.barnetgaypoz.org)

**Barnet Lesbian + Gay Group** Supporting LGBT people in Barnet [www.barnetgay.com](http://www.barnetgay.com)

**Beaumont Society** Social activities and support for Trans people [www.beaumontsociety.org.uk](http://www.beaumontsociety.org.uk)

**FTM Network** Self help group for female to male transgender and trans people, or those exploring their gender  
[www.ftm.org.uk](http://www.ftm.org.uk)

**Hertfordshire Cortex** Transgender support and social group  
[www.tgcortex.com](http://www.tgcortex.com) [fvacaster@tgcortex.com](mailto:fvacaster@tgcortex.com)



## YOUNG PEOPLE

### Youth Connexions

Youth Connexions Hertfordshire provides information, advice, guidance, support and positive activities for all 13-19 year olds in the county (up to 25 years for young people with learning difficulties and/or disabilities).

We recognise that LGBT young people often face additional hurdles and difficulties and we are here to help.

You can meet with Personal Advisors and Youth Workers in total confidence in one of the 'One Stop' shops or centres.

For opening times and locations:

[www.channelmogo.org](http://www.channelmogo.org)



### Young people's sexual health clinics

Young people can use any of the clinics listed in the sexual health section. However, the clinics below are specialist services for young people under 25 (unless otherwise stated).

#### Queensway Health Centre - Hatfield

01707 373358

Walk in clinic, Saturday 11am-1.30pm

#### Parkway Health Centre - Welwyn Garden City

01707 373358 Walk in clinic, Friday 3pm-5pm

#### Hertford County Hospital - Clinic E

01707 373358

Walk in clinic, Monday 12pm-4.30pm

#### Watford General Hospital (under 20s only)

01923 217206

Walk in clinic, Wednesday 4pm-6.30pm

#### St Albans City Hospital (under 20s only)

01727 897333/332

Walk in clinic, Tuesday 4pm-6.30pm



## TRANSGENDER PEOPLE (TRANS)

### **The Beaumont Society**

Offers support to people who crossdress, are transvestite or who are transexual. This support can be for themselves, their families and friends.

27 Old Gloucester Street London WC1N 3XX

Info Line (24 Hr): 01582 412220

[email@beaumontsociety.org.uk](mailto:email@beaumontsociety.org.uk)

[www.beaumontsociety.org.uk](http://www.beaumontsociety.org.uk)

### **Hertfordshire Cortex**

Transgender support and social group

[www.tgcortex.com](http://www.tgcortex.com) [fvacaster@tgcortex.com](mailto:fvacaster@tgcortex.com)



## **FACT-Did you know?...**

**Press for Change** Lobbying and educational organisation campaigning to achieve equality and human rights for all trans people in the United Kingdom, through legislation and social change. [www.pfc.org.uk](http://www.pfc.org.uk)



### **Transgenderzone**

Website supporting those who feel they are confused about their gender, those who are looking for support for someone who is trans, and health and social care professionals who want to learn more about the subject.

[www.transgenderzone.com](http://www.transgenderzone.com)

A gender recognition certificate can be awarded to Trans people to legally afford them the rights of their acquired gender



### **Gender Recognition Panel**

Government panel for assessing applications from trans people for legal recognition of their acquired gender.

0845 355 5155 [www.grp.gov.uk](http://www.grp.gov.uk)

**Mermaids** Support group which aims to support gender variant children and teenagers, up to the age of 19, who are trying to cope with gender identity issues.

Helpline 0208 1234819 Mon - Sat 3-7pm

[www.mermaidsuk.org.uk](http://www.mermaidsuk.org.uk)

### **Gender Trust**

Works to improve the quality of life of trans people and their families by supporting them and working with anyone who is affected by gender identity issues.

[www.gendertrust.org.uk](http://www.gendertrust.org.uk)

National helpline 0845 231 0505 (UK only):

Mon-Fri 10am-10pm, Sat-Sun 1pm-10pm

[www.transsexual.org.uk](http://www.transsexual.org.uk)

[www.gender.org.uk/gendys/linkpsgr.htm](http://www.gender.org.uk/gendys/linkpsgr.htm)



## SOCIAL CARE

### **Health & Community Services - helping people to live as independently as possible**

Like everyone else, most older and disabled people and people with mental health problems want to live independently in their own homes. They, their families or carers, turn to us for support when circumstances mean that their independence may be lost, or if they are at risk of harm. We work with partners to arrange, develop and provide services for adults in the community.

An important part of our work is to encourage people to stay fit, healthy and well rather than just intervening when they reach crisis point.

### **Children's Services**

aims to help children achieve the best possible levels of education and development. We place the interests of children firmly at the centre of everything we do, working with families to offer quality advice, support and guidance and helping children to achieve

their full potential. Our main services include libraries, schools and learning, social care services, early years, family support, fostering and adoption, Youth Justice and Youth Connexions.

We help children with many needs: those who may have learning difficulties, physical difficulties, social problems, need someone to talk to, need help in schooling or are particularly gifted.

If you are concerned about the welfare of a child or adult outside of office hours please call Hertfordshire County Council on **0300 123 4040**

Contact HertsHelp, a network of community organisations working together to help you find practical support, guidance and information, on: **0300 123 4044** or visit our website: **[www.hertsdirect.org/hertshelp](http://www.hertsdirect.org/hertshelp)**

LGBT people can be anyone at all...

*rich* *stylish* **UNIQUE** *sad* *NERDS* *MUSLIM*  
*Posh* *famous* **HAPPY** *lovely* *PIE* **BUTCH**  
*in a* *wheelchair* *RAVERS* *married*  
*WHITIE* *WOTTY* *deaf*  
*camp* *Outgoing* *healthy*



## EMOTIONAL HEALTH + WELLBEING

Emotional health is an important part of everyone's life, but it can be especially important for LGBT people when: Coming out, dealing with Gender Identity issues, meeting other LGBT people, starting a family or starting new relationships.

LGBT people can sometimes find it difficult to seek support, but it's important that you feel able to ask for the support that you need, and deserve, when you need it.

All of the services listed on the next page are positive about supporting LGBT people with their emotional health. This can range from concerns such as stress, anxiety and depression, to more serious mental health issues.





## EMOTIONAL HEALTH + WELLBEING *continued...*

### **Hertfordshire Partnership NHS Foundation Trust**

As the NHS provider of mental health and specialist learning disability services, we provide services for all aspects of mental health. If you need to use these services please speak to your GP or use the web address below to find out about local facilities in Hertfordshire.

[www.hertspartsft.nhs.uk](http://www.hertspartsft.nhs.uk)

Single point of Access (24/7)  
0300 777 0707

We're supporting

**time to change**

let's end mental health discrimination

[www.time-to-change.org.uk](http://www.time-to-change.org.uk)

### **Herts Mind Network**

Providing a range of person-centred services across Hertfordshire to improve the wellbeing of anyone experiencing emotional distress.

08444 772212

[info@hertsmindnetwork.org](mailto:info@hertsmindnetwork.org)  
[www.hertsmindnetwork.org](http://www.hertsmindnetwork.org)

### **Guideposts Trust**

Support and group activities for people recovering from mental health issues, in the Watford, 3 Rivers and Hertsmere areas 01923 223554

[www.guidepoststrust.org.uk/sw-hertfordshire](http://www.guidepoststrust.org.uk/sw-hertfordshire)

### **Mind in Mid Herts**

Helps people suffering from mental health issues in St Albans, Harpenden, Welwyn Garden City, Hatfield, Hertford and Stevenage.

01727 865070 [www.mindinmidherts.org.uk](http://www.mindinmidherts.org.uk)

## \* **LGBT Specific Services near Hertfordshire:**

### **PACE**

North London organisation promoting Lesbian, Gay and Bisexual wellbeing. Offers counselling, mental health advocacy, helpline and more.

Info on Services: 020 7700 1323

Helpline: 0808 1807 223 (free from landline) Open Mon 9.30-12.30, Tues 3-6, Thurs 6.30-8.30pm

[www.pacehealth.org.uk](http://www.pacehealth.org.uk)



## SEXUAL HEALTH + HIV

Sexual health awareness is an important topic for everyone - whether you are sexually active or not.

It's important to remember things such as;

- Using condoms during sex
- Saying No to sex that you do not want
- Talking openly about sex with your partner
- Regular check ups at a sexual health clinic
- Awareness of Sexual Transmitted Infections (STIs)
- Awareness of viruses such as Hepatitis and HIV
- Sexual confidence, assertiveness and responsibility
- Feeling emotionally comfortable with your sex life

Sexual health screening clinics are called GUM clinics and are usually attached to large hospitals. They offer confidential information, advice, testing and treatment for STIs including testing for HIV and Hepatitis.

### GUM Clinics

#### **Hertford County Hospital, Clinic E**

01707 373358 for an appointment.

Alternatively there are walk in clinics:  
Mon and Thurs 9am-5pm, Tues 9am-7pm,  
Wed and Fri, 9am-1pm

#### **St Albans City Hospital**

01727 897333/332 for an appointment.

Alternatively there are walk in clinics:  
Mon-Fri 9.15am-11.30am

#### **Stevenage, Lister Hospital**

01438 781121 for appointments and further details on clinics

#### **Watford General Hospital**

01923 217206 for an appointment.

Alternatively there are walk in clinics:  
Mon-Fri 9am-11.30am

### HIV Services

#### **St Albans - The Crescent Support Group**

Advice and support for those living with, or affected by, HIV.

01727 842532 [www.thecrescent.org.uk](http://www.thecrescent.org.uk)

#### **Ware - Herts Aid**

Meeting the needs of local people living with, or affected by, HIV.

01920 484784 [www.hertsaid.co.uk](http://www.hertsaid.co.uk)

\* See page 7 for young people's clinics.

**1 IN 8 PEOPLE**  
**HAVE BEEN A VICTIM OF**  
**HOMOPHOBIC CRIME IN**  
**THE LAST YEAR!**

**7 IN 10 PEOPLE**  
**DID NOT REPORT HATE CRIMES**  
**OR INCIDENTS TO ANYONE!**

If you are a victim of Hate Crime  
contact Hertfordshire Constabulary:

**Dial: 101** *Always dial 999  
in an emergency*

Where a team of trained Lesbian and Gay  
Liaison Officers (LAGLO) officers are waiting  
to help and advise you sensitively and  
confidentially.



HERTFORDSHIRE

CONSTABULARY



## DRUGS, SMOKING + ALCOHOL

This page provides you with links to websites and helplines which contain useful information about drugs, including smoking and alcohol.

If you are worried about drugs, either for yourself or someone else, you can get confidential help in lots of different ways.

To find local drugs and alcohol services in Hertfordshire visit:

[www.hertsdirect.org/caresupport](http://www.hertsdirect.org/caresupport)

### FACT-Did you know?...

\* **FRANK** is a 24 hour confidential helpline giving information about drugs, alcohol and other substances.

**FRANK**

0800 77 66 00 [talktofrank.com](http://talktofrank.com)  
Friendly, confidential drugs advice

\* **RELEASE** provides information about drugs, the law, and human rights.  
[www.release.org.uk](http://www.release.org.uk)

Levels of reported substance use disorders are higher amongst lesbians and gay men than their heterosexual counterparts *(Source, Mind)*

\* **Hertfordshire Stop Smoking Service**

provides support in over 280 locations across Hertfordshire. You can have appointments with a trained Stop Smoking Advisor in either locally run clinics or if you prefer, a local pharmacy.

0800 398 3 998 for more information or to book an appointment.  
[www.smokefreehertfordshire.nhs.uk](http://www.smokefreehertfordshire.nhs.uk)



\* **Drinkline** is the national alcohol helpline. You can call this free helpline, in complete confidence, 24 hours a day. They can put you in touch with your local alcohol advice centre.

0800 876 6776  
[www.drinking.nhs.uk](http://www.drinking.nhs.uk)  
[www.drinkaware.co.uk](http://www.drinkaware.co.uk)



## PERSONAL SAFETY

### Top Tips for Personal Safety...

- **KEEP COMPANY**, but if you must walk alone;
- **BE AWARE** of danger spots ie, waste land, dark alleyways, poorly lit areas etc
- **BE AWARE**, of whats around you, avoid wearing hoods, earphones or using your mobile phone
- **KEEP IN CONTACT**, let someone know where you are and what time you expect to return
- **NEVER** accept a lift with a stranger or someone you don't know very well
- **BE AWARE**, alcohol and drugs impair your ability to keep yourself safe

## Sexual Assault Referral Centres (SARC)

Victims of rape or serious sexual assault who may not want police involvement or are unsure of what action they should take are able to self refer to a SARC. They will be provided with advice on the options that are available to them and receive healthcare support in terms of sexual health screening and access to a counselling service.

To self refer contact **0808 178 4448** (24hr)

If you need to speak with an officer on this team; please call **01707 355064** or **355079**

[www.herts.police.uk/sarc/index.php](http://www.herts.police.uk/sarc/index.php)

Please see opposite for useful numbers.



## USEFUL NUMBERS *also see pages 36-37*

In an emergency always dial	<b>999</b>
Mental Health Single Point of Access (24/7)	<b>0300 777 0707</b>
Police (non emergency number)	<b>101</b>
NHS Direct	<b>0845 46 47</b>
Sexual Assault Referral Centre (SARC)	<b>0808 178 4448</b>
Stonewall	<b>08000 50 20 20</b>
Albert Kennedy Trust LGB support for young homeless	<b>0207 831 6562</b>
Rape Crisis Hertfordshire	<b>01707 276512</b>
Rape Crisis Watford	<b>0845 3011165</b>
Victim Support	<b>0845 30 30 900</b>
Survivors UK (for men)	<b>0845 122 1201</b>

## Domestic Violence (DV) Advice

National Domestic Violence Helpline  
**0808 2000 247**

Free Legal Advice for DV Victims  
**08709 220704**

Broken Rainbow LGB DV Support  
**08452 60 44 60**

## Sunflower

Watford **01923 215180**

Hemel Hempstead **01442 270679**

Cheshunt **01992 533880**



## CRIME

### Reporting Crimes and Incidents

#### EMERGENCY

You should only call **999** in an emergency where;

- There is risk of injury
- There is risk of serious damage to property
- You suspect a crime is in progress
- It is a serious incident which needs immediate police attendance

#### NON-EMERGENCY

If it is a non-emergency:

- Call the police on **101**
- Call into any police station
- Download, fill in and return by post a self reporting incident form for Hate/Homophobic Transphobic crime at: <http://www.herts.police.uk/report/forms.htm>
- At any other community reporting centres [www.herts.police.uk/report/centres.htm](http://www.herts.police.uk/report/centres.htm)

**Hertfordshire Constabulary** also operates a TEXTPHONE system for use in case of an emergency or non-emergency: **01707 390990**

Call our minicom: **01707 390990**

Emergency text messaging: **07786 207 091**

Fax: **01707 354409**

Email: [contactus@pnn.police.uk](mailto:contactus@pnn.police.uk)

Alternatively, you can contact Crimestoppers anonymously on **0800 555 111**

#### **Lesbian + Gay Liaison Officers (LAGLO)**

Hertfordshire Constabulary now have LAGLO officers who are specifically trained to deal with Transphobic and Homophobic crime.

#### **Victim Support**

Victim Support is an independent charity that supports victims of crime, people who have to attend court as witnesses and their families and friends. The support is free and confidential.

[www.victimsupport.org.uk](http://www.victimsupport.org.uk) **01707 354626**



## LIBRARIES

Libraries have a lot on offer and joining the service is free. You can enjoy:

- A wide range of stock including LGBT fiction and non-fiction such as health, coming out, civil partnerships and travel guides, music, film including blu-ray, magazines for loan and for reference
- Free internet for an hour a day for library members
- Free ebook and audio book downloads
- Author and cultural events including the celebration of LGBT History Month

An LGBT resource list is available in libraries or on the LGBT library web page. For more information 0300 123 4049 [www.hertsdirect.org/libraries](http://www.hertsdirect.org/libraries)

### Have you got a memory of life in Hertfordshire to share?

You can add new memories to the LGBT section at [www.hertsmemories.org.uk](http://www.hertsmemories.org.uk). It is easy to use and open to everyone to participate.



## TRANSPORT + TRAVEL

**Intalink** provides passenger transport information in Hertfordshire including timetables, tickets, maps, health travel services and journey planning. 0300 123 4050 [www.intalink.org.uk](http://www.intalink.org.uk)

**Traveline** provides journey planning for bus and rail nationally. 0871 200 2233 [www.traveline.org.uk](http://www.traveline.org.uk)

**Transport for London** [www.tfl.gov.uk](http://www.tfl.gov.uk)



### LGB WORLDWIDE TRAVEL

**Mantrav**  
[www.mantrav.co.uk](http://www.mantrav.co.uk)

**Amro Worldwide**  
[www.amroholidays.com](http://www.amroholidays.com)



## COMING OUT

Coming out is not necessarily a one-off event – lesbians, gay men and bisexual people may have to come out many times during their lives.

There is no one prescribed way to come out as lesbian, gay or bisexual. You may feel comfortable being open about your sexuality with some people, but not with others. Coming out to certain people, such as family, friends or colleagues, may be difficult and takes courage. Reactions to someone coming out can range

### FACT-Did you know?...

from very positive, to less welcoming.

Once you have made the decision to tell people about your sexuality, you may want to think about how you tell them.

Don't feel under pressure to come out – take your time. Only you will know when you feel comfortable and ready to do it.



It is illegal to be discriminated against at work because of your sexuality.

To hide your sexuality from other people often means lying and pretending. You will need to think about whether hiding your sexuality is more or less stressful than being open about it.

If you decide to come out, but are unsure how others might react, you could consider making contact with a support group first. There are helplines, community groups and agencies across the country which are there to support and advise you.

It could also be good to start by telling one or two trusted friends first, before coming out to other people.

If you do come out, but get a negative reaction, don't despair. Talk to someone for more support. Generally, however, you may be surprised by how positive the experience of coming out can be. Very few people regret coming out, even if it is difficult at the time.

This information and more can be found at:

**\* Stonewall [www.stonewall.org.uk](http://www.stonewall.org.uk)**



## PARENTING

Being a parent is one of the best jobs in the world, but it can also be one of the toughest as family life can often be challenging and demanding. Sometimes you may feel like you want some extra help, support or advice but you don't know which way to turn. Parenting and family support is available locally across Hertfordshire so whether you want to attend a short course or just need some friendly advice there is help at hand.

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**FACT-Did you know?...** Lesbian couples registering the birth of a child can both be named as parents on the birth certificate

\* If your child is aged 0-5 your first point of call to find support is your local Children's Centre.

\* If your child is aged over 6 your first point of call to find support is your child's school.

If you would rather speak to someone on the phone, please call the

Family Information Service:  
**0300 123 4052**

For more information visit:  
**[www.hertsdirect.org/parents](http://www.hertsdirect.org/parents)**

### Parentline Plus

Offers help and support through an innovative range of free, flexible, responsive services - shaped by parents for parents. **01707 270696**  
**[www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)**

### Stonewall

For same sex couples it is important that there is an awareness of the legal aspects as well as what support and advice is available. Stonewall provides a comprehensive information service for parents and parents to be.

**[www.stonewall.org.uk/at\\_home/parenting](http://www.stonewall.org.uk/at_home/parenting)**



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## PARENTING *continued...*



### **Families+Friends of Lesbians+Gays (FFLAG)**

FFLAG offers support and advice to lesbian, gay and bisexual people, and their friends and relatives. They run local groups and have produced guidance aimed at both parents and their children.  
0845 652 0311  
[www.fflag.org.uk](http://www.fflag.org.uk)

### **The D'Arcy Lainey Foundation (DALAFO)**

DALAFO is a national, voluntary, not-for-profit organisation working with and for LGBT families. They provide support, guidance and social activities to all LGBT families and those wishing to start a family.  
01380 727 935  
[www.dalafo.org.uk](http://www.dalafo.org.uk)



## FOSTERING + ADOPTION

Hertfordshire County Council's Fostering and Adoption Services support adopters and carers from couples or single people, whether they are heterosexual or lesbian and gay people. We provide ongoing training and dedicated support from social workers.

Please get in touch if you have a spare room in your home and would like to find out more about fostering, adoption shared care or supported lodgings.

For further information call **0800 917 0925**  
[www.hertsdirect.org/fostering](http://www.hertsdirect.org/fostering)

### **FACT-Did you know? ...**

Since 30th December 2005, same sex couples have been allowed to apply for joint adoption of a child





## CIVIL PARTNERSHIP

Same sex couples across the UK can now have their relationships legally recognised and any couple that registers a civil partnership will have the same rights as a married couple in areas like tax, social security, inheritance and workplace benefits. In Hertfordshire, The Hertfordshire Registration Service is the body responsible for the Registration of Partnerships.

A Registrar will work with you to plan your ceremony which will draw on the wide range of

### **FACT-Did you know?...**

options available and will incorporate individual choices of readings and music as desired. For further information on Partnership Registration, venues or to make a booking please contact any of the Hertfordshire Register Offices.

**[www.hertsdirect.org](http://www.hertsdirect.org)**  
*and search for  
civil partnerships*

Since 5th December 2005, same sex couples have been able to get civil partnered

### **REGISTRARS**

**Hatfield 01707 283921**

[hatfield.registrars@hertscc.gov.uk](mailto:hatfield.registrars@hertscc.gov.uk)

**Bishop's Stortford 01279 652273**

[bstortford.registrars@hertscc.gov.uk](mailto:bstortford.registrars@hertscc.gov.uk)

**Broxbourne 01992 623107 / 01992 623578**

[broxbourne.registrars@hertscc.gov.uk](mailto:broxbourne.registrars@hertscc.gov.uk)

**Hertford 01992 555590 / 01992 555591**

[hertford.registrars@hertscc.gov.uk](mailto:hertford.registrars@hertscc.gov.uk)

**St Albans 01727 774030**

[stalbans.registrars@hertscc.gov.uk](mailto:stalbans.registrars@hertscc.gov.uk)

**Stevenage and Hitchin**

**01438 316579**

[stevenage.registrars@hertscc.gov.uk](mailto:stevenage.registrars@hertscc.gov.uk)

**Watford 01923 231302**

[watford.registrars@hertscc.gov.uk](mailto:watford.registrars@hertscc.gov.uk)



## NATIONAL INFORMATION *also see page 23*

### **Emergency Contact Details**

In an emergency always dial 999

### **NHS Direct**

Help and advice line for health/medical issues

[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk) 0845 46 47

### **Friends + Family of Lesbians + Gays (FFLAG)**

[www.fflag.org.uk](http://www.fflag.org.uk) 0845 652 0311

### **London Lesbian + Gay Switchboard**

[www.llgs.org.uk](http://www.llgs.org.uk) 020 7837 7324

### **Project for Advocacy, Counselling + Education (PACE)**

[www.pacehealth.org.uk](http://www.pacehealth.org.uk) 020 7700 1323

### **Terrence Higgins Trust** Sexual Health & HIV

[www.tht.org.uk](http://www.tht.org.uk) 0845 1221 200

### **Stonewall** Gay rights and campaigning

[www.stonewall.org.uk](http://www.stonewall.org.uk) 08000 50 20 20

### **Beaumont Society** Support for Trans people

[www.beaumontsociety.org.uk](http://www.beaumontsociety.org.uk) 01582 412220

### **Press for Change**

Campaigning for rights of Trans people  
[staff@pfc.org.uk](mailto:staff@pfc.org.uk) [www.pfc.org.uk](http://www.pfc.org.uk)

### **Galop** - [www.galop.org.uk](http://www.galop.org.uk)

Preventing and challenging homophobic and transphobic crime

### **Naz Project** - [www.naz.org.uk](http://www.naz.org.uk)

Sexual Health and HIV info and support to LGBT minority ethnic communities

### **Outlet** - [www.outlet.co.uk](http://www.outlet.co.uk)

Gay and Lesbian accommodation service

### **Regard** - [www.regard.org.uk](http://www.regard.org.uk)

The national organisation of Disabled Lesbians, Gay Men, Bisexuals and Transgendered People

### **Albert Kennedy Trust** - [www.akt.org.uk](http://www.akt.org.uk)

Supporting lesbian, gay, bisexual and trans homeless young people. 0207 831 6562