

### Four in Ten Group

Four In Ten is a safe space for LGBT people living with mental health difficulties to meet, socialise and have fun. The group offers:

- Monthly Events and trips
- Tuesday Drop In at Maudsley Hospital
- Peer Support
- Group discussions and speakers

The group is open to all people who identify as lesbian, gay, bisexual, trans, queer, intersex or those who are questioning their sexual orientation or gender identity.

To find out more contact Peter on 07711 376 258 or email [peter.vittles@slam.nhs.uk](mailto:peter.vittles@slam.nhs.uk)

### Four in Ten Project Steering Group – Get involved!

Four in Ten are working with SLAM staff to improve the experience of LGBT people who use services at SLAM.

We are developing a number of new activities to help improve SLAM service for LGBT people. Why not get involved and tell us what you think?

SLAM staff and service users meet regularly to discuss how the project is going and we invite you to join us. Meetings are held every two months on the last Thursday at 113 Denmark Hill, SE5 8AZ. Future meeting dates: 28 March, 30 May, 25 July, 26 September, 28 November. Call Peter on 07711 376 258 for more details.



**Are you Lesbian? Gay?  
Bisexual? Trans?**

**And living with mental health difficulties?**

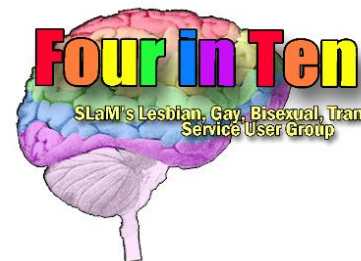
**Yes? Then you are invited to join**

**Four in Ten**

**SLAM's Lesbian Gay Bisexual Trans (LGBT) Service User Group**

- Monthly Events
- Weekly Tuesday Drop In
- Peer Support

**To find out more contact  
[Peter.Vittles@slam.nhs.uk](mailto:Peter.Vittles@slam.nhs.uk)  
07711376258**



**Group Programme  
April and May 2013**

## April

### Group Night

**2 April:** Trip and film-making planning evening

**9 April:** What do you want to say? Ideas for questions we want to ask at next week's event.

**16 April:** Our Event! Come down and take part in our event bringing together people to talk about how to improve services for LGBT people with mental health problems.

**23 April:** We are going to go to the Southwark LGBT Forum and give them an update on our event.

**30 April:** First Film Making Workshop with Barbara to get ideas for the next film

### Trips and events

**16 April:** 'Improving Mental Health Support for LGBT people'. This is our Southwark LGBT Network funded event to bring people together and discuss LGBT mental health support.

**23 April:** Trip to the Light Show at Haywards Gallery. We have 10 tickets to go and see this fantastic exhibition. Call Peter to reserve your place. Meet at 2pm at Hayward Gallery entrance.

**23 April:** Southwark LGBT Forum: Focus on Health at 6.30pm at Southwark Council, Tooley Street. Our chance to update the Forum on what happened at our event and tell them our priorities for improving mental health support.

## May

### Group Night

**5 May:** International Day Against Homophobia planning session. How should we mark this day to raise awareness of discrimination faced by LGBT people with mental health problems?

**14 May:** Film Making Workshop with Barbara – this session will plan out our next film

**19 May:** Growing up LGBT – sharing our stories.

**21 May:** Talk about physical health issues for people living with mental health difficulties.

**28 May:** Next programme planning evening

### 17 May – IDAHO

**We will be producing articles for SLAM staff enews and designing a poster – give us your ideas!**

### Trips

**28 May:** Natural History Museum Trip to see Sebastião Salgado: Genesis exhibition. We have 10 tickets for this photographic exhibition, of landscapes, wildlife and remote communities by this world-renowned photographer. Speak to Peter for tickets

### What's coming up in June...

June is Pride Month, so we are going to get plans together to go on the Pride March.

We also have some funding to put on a health and wellbeing programme so we need your ideas about possible workshops!