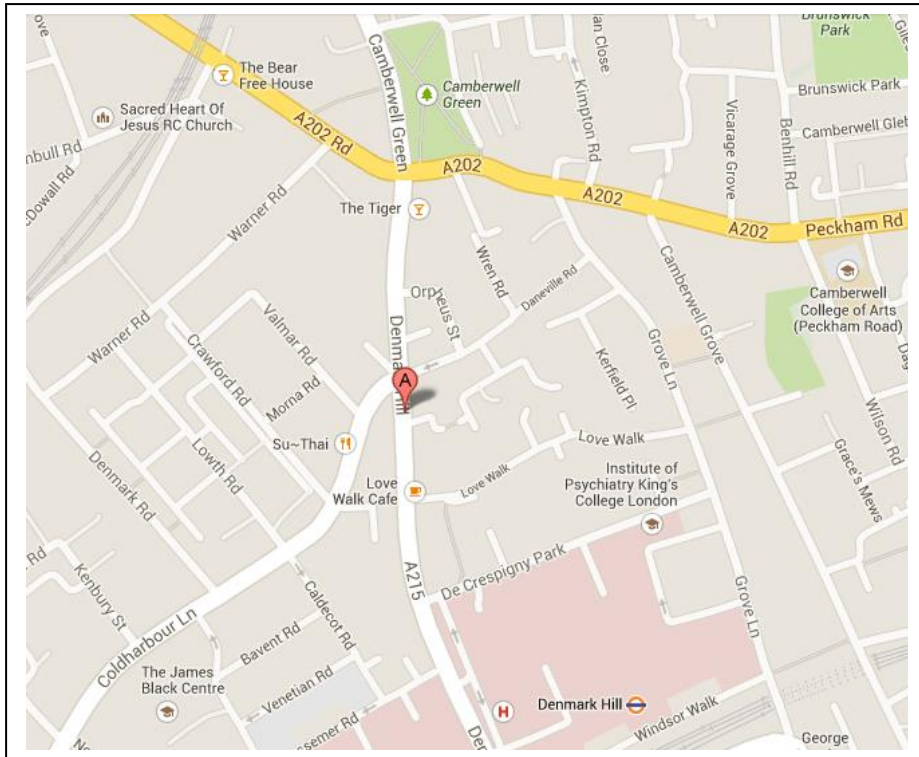


Four in Ten LGBT Peer Support Group

Drop in each Tuesday at Marina House,
Denmark Hill, 5.30pm - 7.30pm



At 63/65 Denmark Hill, Camberwell, SE5 8RS Buses: Any

Bus to Camberwell Green (35, 40, 42, 45, 68, 171, 176)

8 mins walk from Denmark Hill rail station

Keep up to date with the group with email and text.

Email Peter on peterv@metrocentreonline.org

Front cover – Claude Cahun, self-portrait (1928)

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

And living with mental health
difficulties?

Yes? Then you are invited to join

Four in Ten

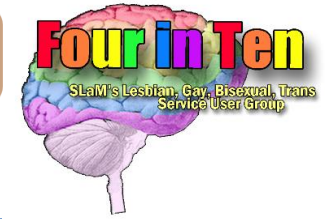
**SLaM's Lesbian Gay Bisexual Trans
(LGBT) Service User Group**

- Monthly Events
- Weekly Tuesday Drop In
- Peer Support

To find out more contact
Peter.Vittles@slam.nhs.uk

07711376258

Programme for Four in Ten – April to June 2014



. Join our email and text list for future updates as the details can change! Message Peter on 07711 376 258

Welcome to our new programme

Do you want to get involved in running the group?

We are looking for service users with energy and enthusiasm to help us put on a great programme!

If you want to help plan trips, organise a talk or something else, let Peter know!

Call 07711 376 258



	April	May	June
Tuesday evening meetings	8 Group discussion – What do you do to keep yourself well...? 15 Social and board games evening. 5.30pm to 7.30pm at Marina House	6 Trip out to local cafe 13 Discussion evening – next drama project 20 Discussion evening – LGBT Artists 27 Games and social evening	3 Rainham Marches Trip – details to be confirmed 10 LGBT film and popcorn night 17 Southbank Riverside walk and refreshments trip 24 Planning evening for next programme
Trips and event	1 Trip to Science Museum	31 Picnic at Ham House in Richmond. Details to be confirmed!	28 London Community Pride! Meet outside Half Way to Heaven at 12pm

Take Notice! WE delve in to the world of LGBT artists. Find out about Queer representations in art!

Give! Help us design new material to raise awareness of homophobia, biphobia and transphobia and where to get support.

Connect! Join us for discussion and story telling. Learn about other members coming out stories!



Be Active! Get your best walking shoes on and join us for London Community Pride on Saturday 28 June!

