

Creating Supportive Environments

We support schools and families across Cambridgeshire and Peterborough to build safer, more inclusive environments for LGBTQ+ young people. Our programmes focus on building empathy, reflecting on attitudes and moving towards positive behaviour change.

School Programmes



Break the Bias


- School workshop series for Year 7-8s
- Exploring and challenging attitudes leading to LGBTQ+ phobia, bullying, and hate crime
- Youth-led and discussion-based
- Building empathy and celebrating difference
- Encouraging reflection and fostering a positive peer culture




Building Bridges

- 6-week intervention programme providing individual support for young people exhibiting hate-based behaviour toward LGBTQ+ communities
- Youth-led, one-to-one sessions
- Reflecting on attitudes, beliefs, and behaviours
- Focusing on understanding harm and fostering positive change

Safe to Be

- Confidential 1:1 support for LGBTQ+ youth in Cambridgeshire and Peterborough facing bullying
 - One-on-one sessions in a safe, supportive environment
 - Emphasis on wellbeing and resilience
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Want to learn more about these school programmes or make a referral? Just email us or visit the 'Schools' section of our website below.

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Family Programmes



Monthly In-Person Events

- We offer a range of events across the county for families of LGBTQ+ young people to get together, meet other families, share experiences and receive support
- Parents and carers can attend on their own, or bring their young person too (a separate activity is provided for young people to attend)
- Snacks and drinks provided
- Opportunities to meet other LGBTQ+ individuals and families
- A space for parents/carers to chat and ask questions




Love Without Limits

- 6-week programme for parents and carers of LGBTQ+ young people.
- Focused on understanding LGBTQ+ identity and experience
- A non-judgemental space for questions
- Opportunities to challenge myths and misinformation
- Confidence-building in supporting children with love and acceptance

Digital Drop-Ins

- Monthly online drop-in sessions for parents and carers to receive support, ask questions, meet other parents/carers of LGBTQ+ young people



Want to learn more about these family programmes? Visit the 'Families' section on our website or email us below!