



## CONTACT US

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07976 025 694

To refer yourself or someone else,  
please complete this form online:

<https://forms.office.com/r/y7Aw6qp2L9>

<https://www.trinityyouth.org.uk/>



Are you Transgender/non-binary aged between 17 and 25 and looking for support?

We may be able to help...

We offer a listening ear and practical support to young transgender/non-binary adults who may have some questions or are in need of some wellbeing support.



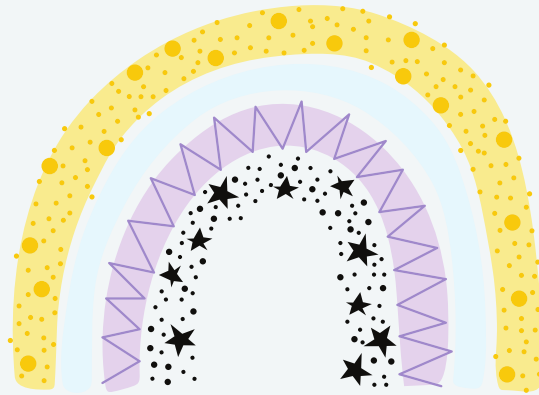


## Support

If you are transgender/non-binary (between the ages of 17-25) and need some support, we can help to try and meet your needs with one-to-one support, by offering a listening ear and helping developing self care routines and coping strategies.

We can also offer support with accessing information, attending any appointments and access to other services that may help support your needs too.

For further information contact Sarah Smith by email [sarahsmith@trinityyouth.org.uk](mailto:sarahsmith@trinityyouth.org.uk) or by phone 07976 025694 or simply fill in the online form <https://forms.office.com/r/y7Aw6qp2L9>



## Cooking Group

There will be an opportunity for people who are transgender/non-binary who are neurodivergent or experiencing poor mental health (ages 17-25) to develop life skills - such as living on a budget, cooking skills and healthy eating.

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## Meet Other People

There is an exclusive group for young trans/non-binary people that meets up in central Newcastle for ages 16-25.

This is held every other Wednesday between 4pm till 6pm. Come along and meet new friends.

For further information contact Debs Hickling-Walker by email [debswalker@trinityyouth.org.uk](mailto:debswalker@trinityyouth.org.uk) or phone 07415 104559 or fill in the online form <https://forms.office.com/r/y7Aw6qp2L9>

