

HEAD OUT: LGBTQ+

Your Adventure, Our Passion. Your Journey of Change.

Group activity programme for young people who identify as LGBTQ+

This programme is for LGBTQ+ young people aged 11-16. The main provision involves 6 group activity days which feature a combination of fun outdoor activities and workshops. The programme is designed to support young people who may be experiencing difficulties around identity; bullying; relationships; accessing education; drug and alcohol use; isolation or ill mental health.

The programme involves an initial outreach and befriending process with the option of individual site visits and taster sessions before the group days start. The activities and workshops are tailored to each group and promote resilience, improved relationships and building confidence.

"I learned that I am human and most things aren't impossible" - Carly

"I am more confident in myself and I'm not as frightened as before" - James

The programme is fully funded, please be aware that spaces are limited and places on the programme can also be spot purchased.



ZIPWIRE

ACCESSIBLE ABSEIL

As with all our core programmes young people are able to outline their own aims and goals for the programme, differences they would like to make and how they can go about achieving this with our support. Alongside the programme we can attend meetings with parents, school and other professionals to support with sharing achievements, overcoming barriers and promoting access to other services.

CANOEING

KAYAKING

CLIMBING

ORIENTEERING

PROBLEM SOLVING

ARCHERY

BUSHCRAFT

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