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## 1: INTRODUCTION:

As a Chemsex support worker who for more than 10 years has been tirelessly supporting gay men who are suffering from tragic consequences of this lifestyle, and after seeing hundreds and hundreds of them, I can say out loud that loneliness and isolation are some of the most important reasons why people engage with this reality, and probably, the biggest obstacle to get over it.

It's a fact that, nowadays, we are living in a culture where the only options that many gay men find to connect with others are through bars/clubs/saunas, hook-up Apps like Grindr or Scruff, or engaging with practices like Chemsex. But... what happens when someone is bored of them, or he is not happy with these options? In contrast to those living in countries such as Saudi Arabia or Sudan, where being gay is punishable by death, or those living in small villages with very few options, everything that a gay man needs to be a HAPPY gay man, is available in London. Despite this reality, unfortunately the truth is that in this huge city, lots of gay men are suffering from deep isolation and it's really difficult for them to find ways to connect with other members of their community.

This list of resources that I have created and designed, brings us the opportunity to come to know lots of alternatives that will help us meet others, enhancing the quality of our lives, improving the possibility of building up more meaningful relationships, and ultimately, increase our levels of happiness.

The majority of these resources are specifically addressed to the gay man, although some of them can also be an alternative to other members the community. I want to emphasise that the purpose of this list is to provide the biggest possible support, specifically, for a gay man, particularly vulnerable to isolation, and victim in many cases of rejection and homophobia from a very young age.

Ignacio Labayen de Inza - April 2019

## 2: SPORTS

BADMINGTON: **GOSLINGS LONDON BADMINGTON CLUB:** <http://www.goslingslondon.com>

BADMINGTON: **LYC BADMINTON CLUB:** <http://www.lyclondon.com>

BADMINGTON: **SMASH HITS LONDON BADMINTON CLUB:** <https://www.meetup.com/Smashhitslondon/>

BASKETBALL: **LONDON KNIGHTS:** <https://www.facebook.com/londonknightsbasketball>

# LIST OF RESOURCES FOR GAY MEN IN LONDON

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- BIKERS: **GAY BIKERS MOTORCYCLE CLUB:** <https://www.gbmcc.co.uk/home>
- BOWLING: **LONDON LADS GAY BOWLING:** <https://www.meetup.com/londonlads/>
- BOXING: **KNOCKOUT BOXING:** <https://knockoutboxinglgbt.com/>
- BOXING: **LONDON GAY BOXING CLUB:** [https://www.facebook.com/pg/gayboxing/about/?ref=page\\_internal](https://www.facebook.com/pg/gayboxing/about/?ref=page_internal)
- CAVING: **GOC CAVING EXPLORATION GROUP:** <https://www.goc.org.uk/groups/caving>
- CLIMBING: **NOT SO TRAD LGBT CLIMBERS CLUB:** <http://www.notsotrad.org>
- CRICKET: **GRACES CRICKET CLUB:** <http://www.gracescricket.org.uk>
- CYCLING: **CYCLE OUT LONDON:** <https://www.cycleoutlondon.org.uk>
- FITNESS: **DANCE FIT AT THE GAY MEN'S DANCE COMPANY:** <https://www.thegmdc.com/dancefit/>
- FITNESS: **FULL BODY BOOTCAMP AT THE GAY MEN'S DANCE COMPANY:** <https://www.thegmdc.com/werk-out-full-body-bootcamp/>
- FITNESS: **LONDON'S GAY FITNESS COMMUNITY:** <https://www.meetup.com/London-Gay-Fitness-Community/>
- FITNESS: **POSITIVE HEALTH SCHEME AT YMCA: FITNESS AND EXERCISE PROGRAM AT THE YMCA FOR PEOPLE LIVING WITH HIV** <https://www.ymcaclub.co.uk/about-us/charitable-projects>
- FITNESS: **3 GYM WORKSOUTS A WEEK FOR GAY/BI MEN AT THE RIDE HIT:** <https://www.ridehiit.co.uk/>
- FITNESS: **THE MUSCLE MARYS LONDON GAY GROUP FITNESS:** [https://www.meetup.com/theMuscleMarys/?\\_xtid=gqFyqTlxNjA3ODM5N6Fwo3dlYg&from=ref](https://www.meetup.com/theMuscleMarys/?_xtid=gqFyqTlxNjA3ODM5N6Fwo3dlYg&from=ref)
- FOOTBALL: **BARNES STORMERS, F.C.:** <https://www.facebook.com/groups/barnesstormers/>
- FOOTBALL: **LEFTFOOTERS F.C.:** <http://www.leftfooters.co.uk>
- FOOTBALL: **LONDON FALCONS F.C.:** <https://www.londonfalcons.co.uk/>
- FOOTBALL: **LONDON ROMANS F.C.:** <https://www.facebook.com/LondonRomansFC/>
- FOOTBALL: **LONDON TITANS FOOTBALL CLUB:** <http://www.londontitans.com>
- FOOTBALL: **SOHO FOOTBALL CLUB:** <http://www.sohofc.com>
- FOOTBALL: **STONEWALL FOOTBALL CLUB:** <https://www.stonewallfc.com/>
- GOLF: **IRONS GOLD SOCIETY:** <http://www.ironsgolf.org.uk/joomla/>
- HOCKEY: **LONDON ROYALS HOCKEY CLUB:** <http://londonroyals.co.uk>
- MARTIAL ARTS: **KICKBOXING AT THE GAY MEN'S DANCE COMPANY:** <https://www.thegmdc.com/martial-arts/>
- MARTIAL ARTS: **ISHIGAKI:** <https://www.ishigaki.org.uk/>
- OUTDOORS SPORTS: **WATERSPORTS, CYCLING, CLIMBING, RUNNING, WALKING... AT OUTDOORS LADS:** <https://www.outdoorlads.com/>

# LIST OF RESOURCES FOR GAY MEN IN LONDON

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PING PONG: **GAY PING PON:** <https://www.gaypingpong.com>

ROWING: **LONDON FLAMING DRAGONS:** <http://flaming-dragons.wixsite.com/dragon-boat-team>

ROWING: **LONDON OTTERS ROWING CLUB:** <http://www.londonotters.org/about/>

POWERLIFTING: **LGBT POWERLIFTING LONDON:** <https://outforsport.com/lgbt-powerlifting-union/>

RUGBY: **THE KING'S CROSS STEELERS:** <http://www.pitchero.com/clubs/kingscrosssteelers>

RUGBY: **SOUTH LONDON STAGS GAY AND INCLUSIVE RUGBY:** <https://www.meetup.com/South-London-Stags-Gay-Inclusive-Rugby/>

RUNNING: **LONDON FRONTRUNNERS:** <https://londonfrontrunners.org>

SAILING: **THE SAILING AND CRUISING ASSOCIATION:** <https://gaysailing.org.uk>

SCUBA DIVING: **GAY AND LESBIAN UNDERWATER CLUB:** <http://www.glug.co.uk>

SKI: **MEETUP GAY SKI GROUP:** <https://www.meetup.com/GaySkiGroup/>

SKI: **GAY OUTDOORS SKIING CLUB:** <https://www.goc.org.uk/groups/skiing>

SOFT BALL: **THE LONDON RAIDERS:** <https://www.londonraiders.co.uk>

SPINNING: **SPIN AT THE GAY MEN'S DANCE COMPANY:** <https://www.thegmdc.com/spin/>

SPINNING: **SPINDER:** [https://www.meetup.com/wearespinder/?\\_xtid=gqFyqTlxNjA3ODM5N6Fwo3dlYg&from=ref](https://www.meetup.com/wearespinder/?_xtid=gqFyqTlxNjA3ODM5N6Fwo3dlYg&from=ref)

SQUASH: **OUT PLAY SQUASH:** <https://outplaysquash.com/>

SWIMMING: **LONDON GAY SWIMMING GROUP GOSLINGS:** <https://www.goc.org.uk/groups/goslings>

SWIMMING: **POOL. OPEN WATER, SYNCHRONISED SWIMMING AT OUT TO SWIM:**  
<https://www.outtoswim.org/london>

TENNIS: **GAY MEN'S TENNIS GROUP:** <https://www.meetup.com/gay-mens-tennis-group-london/>

TENNIS: **LONDON GAY TENNIS CLUB:** <http://lyclondon.com/>

TENNIS: **LONDON GAY MEN'S TENNIS (SOUTH LONDON):** <https://www.meetup.com/London-Gay-Tennis-South-London-Meetup/>

TENNIS: **LONDON LGBT TENNIS GROUP:** <https://www.meetup.com/London-LGBT-Tennis-Group/>

TENNIS: **TENNIS LONDON INTERNATIONAL:** <http://tennislondoninternational.com>

WALKING: **GAY MEN'S WALKING GROUP:** <https://www.meetup.com/London-Gay-Mens-Walking-Group/>

WALKING: **GAY SUNDAY WALKING GROUP:** <http://www.gswg.org.uk>

WATER POLO: **LONDON ORCA LGBT CLUB:** <http://www.londonorca.com/>

YOGA: **YOGA AT THE GAY MEN'S DANCE COMPANY:** <https://www.thegmdc.com/yoga/>

YOGA: **YOGA FOR GAY MEN:** <http://gayyoga.gn.apc.org>

YOGA: **PANLONDON YOGA SESSIONS at OUTCOME:**  
<https://www.islingtonmind.org.uk/our-services/outcome/>

## **3: ACTIVITIES:**

ANIMALS: **BIRDS WATCHING AT GAY BIRDER'S CLUB:** <http://www.gbc-online.org.uk>

ANIMALS: **LONDON GAY MEN'S DOG WALKING GROUP:** <https://www.meetup.com/London-Gay-Mens-Dog-Walking-Group/>

ANIMALS: **LONDON WOOFER'S - GAY, LESBIAN, LGBT + SOCIAL DOG WALKING:**  
<https://www.meetup.com/london-woofers/>

ART: **CREATING ARTS INITIATIVES AT WISETHOUGHTS:** <https://wisethoughts.org/>

ART: **GAY ARCHITECTURE GROUP:** <https://www.meetup.com/Gay-Architects-Group/>

ART: **LIFE DRAWING AT THE GLORY:** <http://www.theglory.co/life-drawing-at-the-glory/>

ART: **PANLONDON ART WORKSHOPS at OUTCOME:**  
<https://www.islingtonmind.org.uk/our-services/outcome/>

BRIDGE: **WEST LONDON GAY BRIDGE CLUB:** <http://www.wlgbc.co.uk>

CARS: **GAY CLASSICAL CAR ENTHUSIAST GROUP** <http://www.gccg.org.uk>

COOKING: **PANLONDON COOKING WORKSHOPS at OUTCOME:** <https://www.islingtonmind.org.uk/our-services/outcome/>

CINEMA: **BUFFS: THE GAY MEN'S MOVIE MEETUP:** <https://www.meetup.com/buffslondon/>

CINEMA: **LGBTQ FILM LOVERS:** <https://www.meetup.com/LGBTQ-Film-Lovers-London/>

CINEMA: **SCREAM QUEENS: LONDON LGBT HORROR FILM GROUP:** <https://www.meetup.com/London-LGBT-Horror-Film-Group/>

DANCE: **BALLROOM AND LATIN DANCE AT OUT4DANCE:** <https://www.out4dance.co.uk/>

DANCE: **BALLROOM AND LATIN DANCE AT THE PINK JUKEBOX:** <http://www.pinkjukebox.co.uk/index.html>

DANCE: **AMERICAN COUNTRY LINE DANCE AT THE CACTUS CLUB:** <https://thecactusclub.co.uk>

DANCE: **DANCE OUT LOUD GAY 5RYTHMS:** <https://www.meetup.com/THE-DANCE-OUT-LOUD-GROUP/>

DANCE: **EXILIO LATINO:** <https://www.exilio.co.uk>

DANCE: **HELLS DANCE AT THE GAY MEN'S DANCE COMPANY:** <https://www.thegmdc.com/ballroom-latin/>

DANCE: **HIP HOP FOUNDATIONS AT THE GAY MEN'S DANCE COMPANY:** <https://www.thegmdc.com/hip-hop/>

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- DANCE: **POLE DANCING AT THE GAY MEN'S DANCE COMPANY:** <https://www.thegmdc.com/pole/>
- DANCE: **QUEER TANGO LONDON:** <http://queertangolondon.com>
- DANCE: **SALSA ROSADA:** <http://www.salsa-rosada.co.uk>
- DANCE: **SCOTISH COUNTRY DANCING AT THE GAY GORDONS LONDON:**  
<https://www.facebook.com/groups/19037654560/>
- DANCE: **VOGING DANCE AT THE GAY MEN'S DANCE COMPANY:** <https://www.thegmdc.com/voguing/>
- DRAMA: **PANLONDON Creative THEATRE group at OUTCOME:** <https://www.islingtonmind.org.uk/our-services/outcome/>
- DRAMA: **DRAMA CLASSES AT THE GAY MEN'S DANCE COMPANY:** <https://www.thegmdc.com/drama/>
- DRAMA: **IMPROVISATION FOR QUEER AND ALLIES:**  
<https://www.meetup.com/ImprovisationForQueersandAllies/>
- GAMES: **VIDEOGAMES WITH THE LGBT LONDON GAMERS AND GEEK AT GAYMERS INC:**  
<http://gaymersinc.com/>
- GAMES: **BOARD GAMES WITH THE LONDON GAYMERS:** <https://www.londongaymers.co.uk>
- MUSIC: **LGBT Choir PINK SINGERS:** <http://www.pinksingers.co.uk>
- MUSIC: **LGBT Chamber choir THE FOURTH CHOIR:** <http://www.thefourthchoir.com>
- MUSIC: **LONDON CHAMBER MUSIC LGBT CHOIR:** <http://www.diversitychoir.co.uk>
- MUSIC: **LONDON GAY MEN'S CHORUS:** <http://www.lgmc.org.uk>
- MUSIC: **LONDON GAY SYMPHONY ORCHESTRA:** <http://lgso.org.uk>
- MUSIC: **LONDON GAY SYMPHONIC WINDS:** <http://www.lgsw.org.uk/>
- MUSIC: **MANY VOICES LGBTIQ SINGING EVENINGS:** <https://www.meetup.com/ManyvoicesLGBT/>
- MUSIC: **OUTCOME: PANLONDON SINGING GROUP.**  
<https://www.islingtonmind.org.uk/our-services/outcome/>
- POLITICAL PARTY: **LGBT + CONSERVATIVES:** <https://www.lgbtconservatives.org.uk/>
- POLITICAL PARTY: **LGBT LABOUR:** <http://www.lgbtlabour.org.uk/>
- POLITICAL PARTY: **LGBT LIBERAL- DEMOCRATS:** <https://lgbt.libdems.org.uk/en/>
- PHOTOGRAPHY: **GAY PHOTOGRAPHERS NETWORK:** <https://www.gayphotographersnetwork.co.uk>
- PHOTOGRAPHY: **MEETUP LGBT + LONDON PHOTOGRAPHY WALKS:** <https://www.meetup.com/LGBT-London-Photography-walks/>
- READING GROUP: **MEETUP LONDON QUEER BOOKS GROUP:** <https://www.meetup.com/London-Queer-Books-Group/>
- READING GROUP: **LONDON GAY READING GROUP:** <http://www.lgrg.co.uk>

READING GROUP: **BLOOMSBURY GAY MEN'S NON FICTION BOOK CLUB:**

<https://www.meetup.com/Bloomsbury-Gay-Mens-Non-Fiction-Book-Club/>

THEATRE: **MUSICAL THEATRE AT THE GAY MEN'S DANCE COMPANY:** <https://www.thegmdc.com/mt/>

VIDEOGAMES: **LGBT LONDON GAMERS AND GEEK AT GAYMERS INC:** <http://gaymersinc.com/>

VISIT – TOURS - CULTURE: **GAY ARCHITECTURE GROUP:** <https://www.meetup.com/Gay-Architects-Group/>

VISIT – TOURS - CULTURE: **LGBT CULTURE LOVERS:** <https://www.meetup.com/LGBT-Culture-Lovers/>

VISIT – TOURS - CULTURE: **QUEER TOURS OF LONDON:** <http://queertoursoflondon.com/about-us/>

VISIT – TOURS - CULTURE: **VICTORIA & ALBERT LGBT TOUR:**

<https://www.vam.ac.uk/event/96W7yE6o/lgbtq-tour-2019>

VOLUNTEER OPPORTUNITIES: **LGBT OPPORTUNITIES THROUGH "CONSORTIUM":**

<http://www.lgbtconsortium.org.uk/volunteer-opportunities>

WRITERS AND AUTHORS: **Creative writing group at OUTCOME (PANLONDON).**

<https://www.islingtonmind.org.uk/our-services/outcome/>

WRITERS AND AUTHORS: **GAY AUTHORS LONDON:** <http://gayauthorsworkshop.uk/>

WRITERS AND AUTHORS: **LONDON QUEER WRITERS:** <https://www.facebook.com/LondonQueerWriters/>

WRITERS AND AUTHORS: **PINK INK:** Creative writing group at Londonfriend. <http://londonfriend.org.uk/get-support/social/>

WRITERS AND AUTHORS: **LGBT WRITERS LONDON:** <https://www.goodreads.com/group/show/123622-lgbt-writers-ondon>

## 4: SOCIAL AND DATING:

BEARS: **BRITBEARS:** <http://britbears.org/>

BISEXUALS: **LONDON BISEXUALS:** <https://www.meetup.com/london-bisexuals/>

COUPLES: **LONDON GAY MALE COUPLES:** <https://www.meetup.com/London-Gay-Male-Couples/>

DATING: **HIV POSITIVE DATING:** <https://www.meetup.com/meetup-group-iixmKYYL>

DATING: **LONDON'S MOST ELIGIBLE GAY BACHELORS:** <https://www.meetup.com/London-Gay-Single-Professionals/>

DATING: **Speed dating for gay men: 28 GAYS LATER:** <http://www.28gayslater.co.uk>

DATING: **Speed dating for gay men SPEED DATER:** <https://www.speeddater.co.uk/events/gay-speed-dating>

DATING: **Speed dating for gay men URBAN CONNECTIONS:** <https://urbanconnections.co.uk>

DRESS CODE: **LONDON LEATHERMEN:** <http://londonleathermen.uk>

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DRESS CODE: **SUIT & TIE SOCIETY:** <http://www.suitandtiesociety.co.uk>

ETNICITY/NATIONALITY: **GAY SOUTH ASIAN COMMUNITY AT BRITISHASIAN LGBT:** <https://www.facebook.com/BritishAsianLGBT/>

ETNICITY/NATIONALITY: **GAY SOUTH ASIAN COMMUNITY AT GAYSIAN:** <https://www.gaysians.org/>

ETNICITY/NATIONALITY: **GAY BLACK COMMUNITY AT BLACKOUT:** <https://blkoutuk.com/>

ETNICITY/NATIONALITY: **GAY INDIAN NETWORK (GIN):** <https://www.meetup.com/GIN-Gay-Indian-Network-London/>

ETNICITY/NATIONALITY: **IRAQI LGBT:** <https://www.iraqilgbt.org.uk/>

ETNICITY/NATIONALITY: **LONDON IRISH LGBT NETWORK:** <https://londonirishlgbt.wordpress.com/>

EVENTS: **A CHANGE OF SCENE:** <https://www.facebook.com/achangeofscene/>

EVENTS: **EAST LONDON MEN'S MEETUP:** <https://www.meetup.com/East-London-Gay-Men-s-Meetup/>

EVENTS: **ENTERGAYMENT GAY CULTURE & ENTERTAINMENT SOCIAL:** <https://www.meetup.com/EnterGayMenT-London-Gay-Culture-Entertainment-Social/>

EVENTS: **Events at IMPULSE LONDON:** [https://www.facebook.com/impulsegrouplondon/?tn-str=k\\*F](https://www.facebook.com/impulsegrouplondon/?tn-str=k*F)

EVENTS: **EXPAT LGBTQ + ALLIES IN LONDON:** <https://www.meetup.com/Expat-LGBTQ-and-Allies-in-London/>

EVENTS: **GAYBOURHOOD:** <https://www.meetup.com/Gaybourhood/>

EVENTS: **GAY GEEK LONDON:** <https://www.meetup.com/gay-geek-London/>

EVENTS: **GAY LONDON:** <https://www.meetup.com/GayLondon/>

EVENTS: **LONDON GAY MEN'S GROUP for people living with HIV:** <https://gmg.org.uk/>

EVENTS: **LONDON - GAYS:** <https://www.meetup.com/LONDON-GAYS/>

EVENTS: **LONDON INDIE LGBTQ+:** <https://www.meetup.com/LondonLGBTQ-IndieAlternativeMeetup/>

EVENTS: **LONDON LGBT HUMANISTS:** <https://www.meetup.com/lgbthumanists/>

EVENTS: **NAKED MEN READING:** <https://nakedboysreading.com/project-type/london/>

EVENTS: **NATIONAL STUDENTS PRIDE:** <http://www.studentpride.co.uk>

EVENTS: **Open-mic and performance night: SPOKEN WORD LONDON:** <https://www.facebook.com/SpokenWordLondon>

EVENTS: **QUEER WITHOUT BEERS:** <https://www.meetup.com/queers-without-beers/>

EVENTS: **SUNDAYS LGBT + WINE DRINKS IN LONDON:** <https://www.meetup.com/Sundays-LGBT-wine-drinks-in-London/>

FOOD: **GAY & BI VEGETARIAN AND VEGAN:** <https://www.meetup.com/Gay-Vegetarians-And-Vegans/>

FOOD: **GAY BRUNCH CLUB:** <https://www.meetup.com/GayBrunch>

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FOOD: **LGBT DINNER GROUP:** <https://www.meetup.com/LGBT-Dinner-Group/>

FOOD: **GAY SUNDAY ROASTERS:** <https://www.meetup.com/Gay-Sunday-Roasters>

FOOD: **LGBT VEGAN LONDON:** <https://www.meetup.com/LGBT-Vegan-London/>

FOOD: **LONDON GAY MEN'S DINNER CLUB:** <https://www.meetup.com/London-Gay-Mens-Dinner-Club/>

FATHERS: **GAY DADS:** <http://gaydads.co.uk>

FATHERS: **GAY PARENTING THROUGH SUBROGACY:** <https://www.meetup.com/Gay-parenting-through-surrogacy/>

FATHERS: **LONDON GAY DADS:** <https://www.meetup.com/London-Gay-Dads-Meetup>

HIGH IQ SOCIETY: **GLAM: LGBT MENSA SOCIETY:** <http://www.foxeath.net/glam/>

INTERCULTURAL: **LONDON LGBT FRENCH LANGUAGE SOCIAL GROUP:** <https://www.meetup.com/Gay-French-Group-learners-natives-and-lovers/>

INTERCULTURAL: **LONDON LGBT GERMAN LANGUAGE SOCIAL GROUP:** <https://www.meetup.com/London-LGBT-German-Language-Social-Group/>

INTERCULTURAL: **LONDON LGBT ITALIAN LANGUAGE SOCIAL GROUP:** <https://www.meetup.com/London-LGBTQ-Italian-Language-Social-Group/>

INTERCULTURAL: **LONDON LGBT PORTUGUESE LANGUAGE SOCIAL GROUP:** <https://www.meetup.com/London-Gay-Lesbian-Bi-Portuguese-Language-Social-Group/>

INTERCULTURAL: **LONDON LGBT SPANISH LANGUAGE SOCIAL GROUP:** <https://www.meetup.com/London-Gay-Lesbian-Bi-Spanish-Language-Social-Group/>

MILLENNIALS: **GAY LONDON MILLENIALS FOR COCKTAILS AND CONVO:** <https://www.meetup.com/London-Gay-Millennials-for-cocktails/>

ONLINE FORUMS: **LGBT CHAT AND FORUMS:** <https://lgbtchat.net/>

PROFESSIONALS: **ARMY LGBT FORUM:** <http://armylgbt.org.uk/>

PROFESSIONALS: **ARCHITECTURE LGBT + NETWORK:** <https://twitter.com/architectlgbt>

PROFESSIONALS: **LONDON BISEXUAL NETWORK for people who work in legal, insurance, banking and professional services industries:** <http://londonbisexualnetwork.co.uk/>

PROFESSIONALS: **CIRCA – CLUB PROFESSIONAL GAY MEN'S CLUB:** <http://www.circa-club.com/>

PROFESSIONALS: Like a gay chamber of commerce: **GAY BUSINESS ASSOCIATION:** <http://www.gba.org.uk>

PROFESSIONALS: **GAY PROFESSIONAL NETWORK:** <http://www.gpn.one/>

PROFESSIONALS: **GAY PROFESSIONALS – LGBT SOCIAL & NETWORKING EVENTS:** <https://www.meetup.com/GayProfessional/>

PROFESSIONALS: **GLADD: LGBT ASSOCIATION OF DENTIST AND DOCTORS:** <https://www.gladd.co.uk>

PROFESSIONALS: **INTERBANK LGBT FORUM:** <http://www.interbanklgbtforum.co.uk>



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PROFESSIONALS: **INTERLAW FORUM FOR LGBT NETWORKS:** <http://www.interlawdiversityforum.org>

PROFESSIONALS: **LGBT INSURANCE NETWORK:** <http://www.lgbtinsurancenetwork.co.uk>

PROFESSIONALS: **LGBT LAWYERS DIVISION:** <https://www.lawsociety.org.uk/support-services/practice-management/diversity-inclusion/lgbt-lawyers-division/>

PROFESSIONALS: **LGBT MEDIA INDUSTRY DRINKS:** <https://www.meetup.com/LGBT-Media-Industry-Drinks/>

PROFESSIONALS: **METROPOLITAN POLICE LGBT NETWORK:** <https://www.lgbtpolice.uk/london>

PROFESSIONALS: **PROGRAMMERS AT QUEER CODE LONDON:** <https://www.meetup.com/Queer-Code-London/>

PROFESSIONALS: **Technology: INTERTECH LGBT + DIVERITY FORUM** <https://intertechlgbt.interests.me>

PROFESSIONALS: **Social events, speed dating, etc for gay professionals: VILLAGE DRINKS:** <http://www.villagedrinks.co.uk>

PROFESSIONALS: **Working for the NHS: LGBT NETWORK:** <https://lgbtnetworks.org.uk>

PROFESSIONALS: **YOUNG LGBT PROFESSIONALS:** <https://www.meetup.com/Young-LGBT-professionals/>

SPORTS: **GAY FOOTBALL SUPPORTER'S NETWORK:** [http://www.gfsn.co.uk/?page\\_id=602](http://www.gfsn.co.uk/?page_id=602)

SOCIAL GROUPS: **DEMISEXUAL AND ASEXUAL GAYMEN'S GROUP LONDON:** <https://www.meetup.com/London-Asexual-Homosexuals/>

SOCIAL GROUPS: **EDWARD CARPENTER COMMUNITY:** <https://www.edwardcarpentercommunity.org.uk/>

SOCIAL GROUPS: **GAY & BISEXUAL MEN'S WELLNESS AND SUPPORT GROUP COVENT GRND:** <https://www.meetup.com/Gay-Bi-sexual-Mens-Wellness-and-Support-Group/>

SOCIAL GROUPS: **LGBT LADS LONDON:** <https://www.meetup.com/lgbtladslondon/>

SOCIAL GROUPS: **LGBT+ 20s AND 30s:** <https://www.meetup.com/LGBT-20s-and-30s/>

SOCIAL GROUPS: **LGBT OVER 45s:** <https://www.meetup.com/LGBTover45s/>

SOCIAL GROUPS: **MATRIX @ LONDONFRIEND:** <http://londonfriend.org.uk/get-support/social/>

SOCIAL GROUPS: **OLDER LGBT DROP-IN @ LONDONFRIEND:** <http://londonfriend.org.uk/get-support/social/>

SOCIAL GROUPS: **Q&A (QUEERS AND ALLIES) DISCUSSION GROUP:** <https://www.meetup.com/Q-A-queers-and-allies-discussion-group/>

SOCIAL GROUPS: **Positive people: MEETUP PLUS FRIENDS LONDON:** <https://www.meetup.com/plusfriendslondon/>

## 5: PERSONAL DEVELOPMENT, SPIRITUALITY AND RELIGION:

FAITH: **OASIS OPENHOUSE LGBTQIA+**: <http://www.oasiswaterloo.org/openhouse>

HUMANISM: **LGBT HUMANISTS UK**: <https://humanism.org.uk/community/lgbt-humanists/>

PERSONAL DEVELOPMENT: **GAY HAPPINESS PROJECT**: <https://www.gayhappinessproject.com/>

PERSONAL DEVELOPMENT: **LOVING MEN**: <http://www.lovingmen.org/about.php>

RELIGION: **Church of England. LGBTI MISSION**: <https://lgbtmission.org.uk/>

RELIGION: **Christians: ONE BODY ONE FAITH**: <http://www.onebodyonefaith.org.uk>

RELIGION: **Christians: TWO: 23**: <https://www.two23.net/who-we-are>

RELIGION: **JEWISH - KESHET UK**: <https://www.keshetuk.org/>

RELIGION: **LGBTQIA Christians: OPEN TABLE LONDON**: <https://www.meetup.com/London-LGBTQI-Christians-Anonymous/>

RELIGION: **THE EVANGELICAL FELLOWSHIP FOR LESBIAN AND GAY CHRISTIAN**: <https://www.eflgc.org.uk>

RELIGION: **Hinduism: GAY & LESBIAN VAISHNAVA ASSOCIATION GALVA 108** <http://www.galva108.org>

RELIGION: **LONDON QUEER MUSLIMS**: <https://www.meetup.com/queermuslims/>

RELIGION: **Muslims: IMAAN**: <https://imaanlondon.wordpress.com>

RELIGION: **QUEST GAY CATHOLIC**: <http://questgaycatholic.org.uk>

RELIGION: **QUAKER GENDER AND SEXUAL DIVERSITY COMMUNITY**: <http://qgsdc.org.uk/>

RELIGION: **SARBAT LGBT SIKHS**: <http://www.sarbat.net>

SPIRITUALITY: **GAY MINDFULNESS GROUP: EVOLVING MINDS**: <https://evolvingminds.org.uk/gay-mens-mindfulness/>

## 6: SUPPORT AND ADVICE:

ABUSE/SAFETY: **LGBT antiviolence charity GALOP**: <http://www.galop.org.uk>

ABUSE/SAFETY: **LGBT ADVISORY GROUP**. Voluntary group of independent LGBT advisors to the Metropolitan Police Service <http://www.lgbtag.org.uk>

ABUSE/SAFETY: **LGBT DOMESTIC ABUSE PARTNERSHIP**. <https://lgbtdap.org.uk>

# LIST OF RESOURCES FOR GAY MEN IN LONDON

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ABUSE/SAFETY: **LGBT HATE CRIME**: <http://www.lgbthatecrime.org.uk>

ABUSE/SAFETY: **NAPAC** National Association for people Abused in Childhood <https://napac.org.uk>

ABUSE/SAFETY: **STOP LGBT HATE CRIME**: <http://www.stophateuk.org/report-lgb-and-t-hate-crime/>

ABUSE/SAFETY: **SURVIVORS UK** of male rape and sexual abuse: <https://www.survivorsuk.org>

ADVOCACY: **LEGAL ADVICE FOR LGBT AT PINK LAW**: <http://www.lac.qmul.ac.uk/advice/pink/>

BULLYING: **PREVENTION BULLYING AT THE SCHOOL WITH DIVERSITY ROLE MODELS**: <https://www.diversityrolemodels.org>

BULLYING: **SUPPORT AND GRANTS FOR ANTI BULLYING PROJECTS FOR LGBT AT THE STAND UP FOUNDATION (BEN COHEN)**: <http://www.standupfoundation-uk.org/grants/>

COMING OUT: **BEING GAY IS OK**: <http://www.bgiok.org.uk/>

COMING OUT: **TURNING POINT GROUP AT LONDONFRIEND**: <http://londonfriend.org.uk/get-support/social/>

COUNSELLING: **COUNSELLING AT LONDONFRIEND**: <http://londonfriend.org.uk/get-support/counselling/#.XKljPWDPzIU>

COUNSELLING: **COUNSELLING AT TERRENCE HIGGINGS TRUST**: <https://www.tht.org.uk/centres-and-services/head-office/connect-counselling>

CRISIS: **SAMARITANS**: <https://www.samaritans.org>

CRISIS: **MAYTREE** supports people in suicidal crisis: <http://maytree.org.uk>

DISABILITIES: **REGARD: Support for LGBTQ suffering from disabilities**: <http://regard.org.uk>

EATING DISORDERS: **BEAT**: <https://www.b-eat.co.uk>

FAMILY: **FAMILIES TOGETHER LONDON**: <https://www.familiestogetherlondon.com/>

FAMILY: **FFLAG** supports families and friends of LGBT people: <http://www.fflag.org.uk>

FAMILY: **FREE2B ALLIANCE**: (Young people, parents and carers): <http://free2b-alliance.org.uk/>

FAMILY: **LGBT Adoption and fostering. NEW FAMILY SOCIAL**: <http://www.newfamilysocial.org.uk>

FUNDING AND GRANTS: **FOR LGBT ANTI BULLYING PROJECTS FROM THE STAND UP FOUNDATION (BEN COHEN)**: <http://www.standupfoundation-uk.org/grants/>

FUNDING AND GRANTS: **FOR THE ARTS**: <http://www.lgbtconsortium.org.uk/funder/grants-arts>

HEALTH AND WELLBEING: **GMFA**: <https://www.gmfa.org.uk>

HEALTH AND WELLBEING: **METRO CHARITY**: <https://metrocentreonline.org>

HELPLINE: **London Lesbian and Gay SWITCHBOARD – HELPLINE**: <http://switchboard.lgbt>

HIV: **BLOOMSBURY NETWORK**: <http://www.bloomsburynetwork.co.uk/>

# LIST OF RESOURCES FOR GAY MEN IN LONDON

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HIV: **LONDON GAY MEN'S GROUP** for people living with HIV: <https://gmg.org.uk/>

HIV: **PEER SUPPORT GROUP FOR GAY, BI AND MSM MEN LIVING WITH HIV AT POSITIVE 21:** <http://www.positive21.org.uk/index.html>

HIV: **POSITIVE EAST:** <https://www.positiveeast.org.uk>

HIV: **POSITIVELY UK:** <http://positivelyuk.org/gay-bisexual-men/>

HIV: **TERRENCE HIGGINGS TRUST:** <https://www.tht.org.uk/>

HOMELESS: **THE OUTSIDE PROJECT:** <http://lgbtiqoutside.org/the-project/>

HOUSING: **AKT – ALBERT KENNEDY TRUST** supporting homeless LGBT people under 25: <http://www.akt.org.uk>

HOUSING: **STONEWALL HOUSING:** <http://www.stonewallhousing.org>

HUMAN RIGHTS: **KALEIDOSCOPE INTERNATIONAL TRUST:** <https://kaleidoscopetrust.com/>

HUMAN RIGHTS: **HUMAN DIGNITY TRUST:** <https://www.humandignitytrust.org/>

INMIGRATION: **Housing support for LGBT asylum seekers and refugees at MICRORAINBOW:** <https://microrainbow.org/>

INMIGRATION: **SUPPORT FOR LGBT REFUGEES AND ASYLUM SEEKERS AT SAY IT LOUD CLUB:** <https://www.sayitloudclub.org>

INMIGRATION: **UK LESBIAN & GAY IMMIGRATION GROUP:** <http://uklgig.org.uk/>

MENTAL HEALTH: **ALBANY TRUST: SPECIALISED LGBT COUNSELLING AND PSYCHOTHERAPY (ALSO LOW COST SERVICE FOR PEOPLE WITH LOW INCOME:** <https://www.albanytrust.org/>

MENTAL HEALTH: **ELOP LGBTQ MENTAL HEALTH SUPPORT IN EAST LONDON:** <http://www.elop.org/>

MENTAL HEALTH: **LGBTQ MIND:** <https://www.mind.org.uk/about-us/our-policy-work/equality-human-rights/mental-health-and-being-lgbt/>

OLDER LGBT PEOPLE: **AGE OF DIVERSITY:** <http://www.ageofdiversity.org.uk>

OLDER LGBT PEOPLE: **OPENING DOORS:** <http://openingdoorslondon.org.uk>

PHYSICAL HEALTH: **LGBTQ PROSTATE CANCER SUPPORT AT LGBT WALNUT:** <http://www.lgbt-walnut.org.uk/>

RELATIONSHIPS: **RELATE:** <https://www.relate.org.uk/about-us>

SEXUAL HEALTH AND WELLBEING: **SPECTRA LONDON:** <https://spectra-london.org.uk>

TRAINING AND LEARNING OPPORTUNITIES: **LGBT CONSORTIUM:** <http://www.lgbtconsortium.org.uk>

TRANSGENDER: **BEAUMONT SOCIETY:** <http://www.beaumontsociety.org.uk>

UNION: **FIRE BRIGADES LGBT UNION:** <https://www.fbu.org.uk/lgbt>

UNION: **LGBT UNISON:** <https://www.unison.org.uk/about/what-we-do/fairness-equality/lgbt/>

UNION: **LGBT UNITE THE UNION:** <https://unitetheunion.org/what-we-do/equalities/sectors/lesbian-gay-bisexual-and-trans/>

UNION: **NUT LGBT TEACHERS:** <https://www.teachers.org.uk/equality/lgbt>

YOUNG LGBT PEOPLE: **BEING GAY IS OK:** <http://www.bgiok.org.uk/index.html>

YOUNG LGBT PEOPLE: **IT GETS BETTER:** <https://itgetsbetter.org>

YOUNG LGBT PEOPLE: **LGBT JIGSAW:** <http://www.lgbtjigsaw.net>

YOUNG LGBT PEOPLE: **MOSAIC LGBT YOUTH CENTER (BULLYING, DOMESTIC ABUSE, GENDER, HOUSING, SEXUALITY, MENTAL HEALTH, SEXUAL HEALTH, FOR LGBT BETWEEN 13 TO 19:** <http://mosaic youth.org.uk/>

YOUNG LGBT PEOPLE: **RAINBOW HEAD, FOR YOUNG LGBT PEOPLE (UNDER 25) REGARDING SEXUAL ORIENTATION, GENDER IDENTITY AND/OR MENTAL HEALTH DIFFICULTIES:** <http://rainbowhead youth.co.uk/>

## 7: ADDICTIONS & RECOVERY:

CHEMSEX: **56 DEAN STREET CHEMSEX TEAM:** <http://dean.st/chemsex-support/>

CHEMSEX: **ANTIDOTE @ LONDONFRIEND:**  
<http://londonfriend.org.uk/get-support/drugsandalcohol/#.XIJSgCL7Tcs>

CHEMSEX: **PANLONDON THE FRIDAY NIGHT CLUB – PEER SUPPORT GROUP AT WANSWORTH LGBTQ + FORUM:** <http://londonfriend.org.uk/get-support/drugsandalcohol/#.XIJSgCL7Tcs>

12 STEPS: **ALCOHOLICS ANONYMOUS:** <http://www.alcoholics-anonymous.org.uk>

12 STEPS: **ANOREXICS & BULLIMICS ANONYMOUS:** <http://aba12steps.org/aba-meetings/meetings/united-kingdom/london/>

12 STEPS: **CO-DEPENDENTS ANONYMOUS:** <http://www.coda-uk.org>

12 STEPS: **COCAINE ANONYMOUS:** <http://www.cauk.org.uk/index.asp>

12 STEPS: **CRYSTAL METH ANONYMOUS;** <http://www.crystalmeth.org.uk>

12 STEPS: **DEBTORS ANONYMOUS:** <http://debtorsanonymous.org.uk>

12 STEPS: **GAMBLERS ANONYMOUS:** <https://www.gamblersanonymous.org.uk>

12 STEPS: **NARCOTICS ANONYMOUS:** <http://ukna.org>

12 STEPS: **OVEREATERS ANONYMOUS:** <http://www.oasouthandeastengland.org.uk>

12 STEPS: **SEX & LOVE ADDICTS ANONYMOUS:** <http://www.slaauk.org>

12 STEPS: **SEX ADDICTS ANONYMOUS:** <http://saauk.info/en/>

ALTERNATIVE SUPPORT TO 12 STEPS: **BUDDHIST EIGHT STEP RECOVERY SOBRIETY HANGOUT:**  
<https://thebuddhistcentre.com/eightsteps/eight-step-recovery-sobriety-hangout>

ALTERNATIVE SUPPORT TO 12 STEPS: **SMART RECOVERY:** <https://www.smartrecovery.org.uk>

SUPPORTING FAMILIES AND FRIENDS OF USERS: **ADFAM:** <http://www.adfam.org.uk>

SUPPORTING FAMILIES AND FRIENDS OF USERS: **AL-NON:** <http://www.al-anonuk.org.uk>

## 8: RECOMMENDED READING

10 Smart Things Gay Men Can Do To Improve Their Lives Joe Kort

Codependent No More: How to Stop Controlling Others and Start Caring for Yourself Melody Beattie

Cruise Control: Understanding Sex Addiction In Gay Men Patrick J Carnes

Facing Codependence: What It Is, Where It Comes from, How It Sabotages Our Lives Pia Mellody

Facing Love Addiction: Giving Yourself the Power to Change the Way You Love Pia Mellody

Something for the weekend: life in the Chemsex underworld: James Wharton

The Artist's Way Julia Cameron **(A course in discovering and recovering your creative self)**

The Chimp paradox Dr Steve Peters **(Emotions and thoughts management)**

The Language of Letting Go: Daily Meditations for Co-dependents Melody Beattie

The straight jacket – **How to be gay and happy.** Matthew Tood

The Velvet Rage: **Self esteem - Overcoming The Pain Of Growing Up Gay In A Straight Man's World** Alan Downs

Who Says I'm An Addict? David Smallwood