

# SHOW YOUR PRIDE

Support Brightons Oldest  
LGBTQ+ Charity



Switchboard



Connecting you to LGBTQ support



# WHAT WE DO

Switchboard has been supporting Brighton's LGBTQ community since 1975.

We started out as a helpline, but have grown to deliver so much more. We now support over 3000 people every year.

Brighton & Hove has one of the highest LGBTQ populations in Europe and demand for our services is growing everyday.

As well as our helpline we offer services for older people, LGBTQ people living with dementia, LGBTQ people with disabilities, 1 to 1 support for trans and non binary people, support for survivors of sexual violence or abuse, LGBTQ bereavement support, and more.

We are committed to being there for every LGBTQ person who needs us, but we can't do it without your help.

To find out more about what Switchboard do or to make a donation:

[www.switchboard.org.uk/donate](http://www.switchboard.org.uk/donate)

[info@Switchboard.org.uk](mailto:info@Switchboard.org.uk)



# WAYS TO RAISE

Your team could raise money at a sports day, staff party, dress-down day or have an Equali-Tea and Cake sale in the office.

You could hold a raffle or auction an extra day off for your staff.

You could include our fundraising link in your Pride Month newsletter or email signatures to clients.

You could organise a charity challenge such as a run, drag contest, or glitter bath!

You could make a direct donation to Switchboard & receive lots of love from us online.

If you just can't choose, you could nominate Switchboard as your organisation's chosen charity of the year & help raise awareness of our work beyond Pride season.

You could donate proceeds from a particular product or package, or give your clients the option to round up in support of Switchboard.

Whatever you decide to do, we'll help support your efforts by giving your fundraiser plenty of promotion on our social media channels and newsletters.

## Switchboard



Connecting you to LGBTQ support

[www.switchboard.org.uk/donate](http://www.switchboard.org.uk/donate)



# TRAINING

As well as donating to Switchboard, you can support our work by purchasing a training package from us.

All Switchboard workshops are impact-assessed and designed to create meaningful conversation around LGBTQ issues and inclusion, while supporting you to meet your equality and diversity duties.

Not only will you receive incredible bespoke training designed and delivered by local LGBTQ communities, but you will ensure our doors remain open to every LGBTQ person in Sussex who needs us.

**To read more about our training packages visit: [www.switchboard.org.uk/training](http://www.switchboard.org.uk/training)**



# WHAT YOU SUPPORT

**£5**

Supports a caller to our helpline, providing a listening ear and emotional support to someone who may otherwise have nowhere to turn

**£10**

Supports a trans survivor of sexual violence through our Trans Survivors Group

**£25**

Brings an older LGBTQ person to a weekly social group, combating loneliness and isolation

**£50**

Funds individual attending our LGBTQ Disability Project and helps us to raise awareness of the barriers that LGBTQ disabled people face

**£100**

Recruits, trains and supports an LGBTQ listening volunteer, or a community researcher, leading to a better understanding of the health inequalities that LGBTQ people face today

**£250**

Supports an LGBTQ person living with dementia or memory loss to attend our Rainbow Dementia Café for a year

**£500**

Provides an LGBTQ Awareness Training course to raise awareness of LGBTQ issues and inequalities

**£1000**

£1000 will fund a six week Grief Encounters course, helping us to support LGBTQ people who have been bereaved

**£5000**

Ensures our amazing LGBTQ staff team have access to a year of professional support in order to continue delivering our life-saving services

OR

Funds our service user steering group for a whole year

OR

Ensures every NHS service, college, university and local authority in Sussex receives a Switchboard pack - including helpline posters, service information, and top tips on LGBT inclusion and affirmation.

## Switchboard



Connecting you to LGBTQ support

[www.switchboard.org.uk/donate](http://www.switchboard.org.uk/donate)