

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

info@Switchboard.org.uk

WAYS TO RAISE

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

You could ask friends & family to donate to mark a special occasion such as a birthday or anniversary.

Take on a personal challenge and get your friends and family to sponsor you. This could be a sports and fitness goal, learning a new skill, or doing a good deed a day.

Getting Married? You could donate on behalf of your guests instead of a wedding favour & make your day even more fabulous!

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

Whether it's a quiz, cake sale, open mic or club night; hosting an event is an excellent way to fundraise, have fun and showcase the talent of LGBTQ performers. Ask local performers to come on-board for a charity event, contact a local LGBTQ venue, and we'll happily help you pack the joint.

If big gestures aren't your thing, why not donate to us little and often, by becoming a regular donor via our website?

You could speak to your school or workplace about a team fundraiser or charity challenge.

If big gestures really are your thing, you could leave an LGBT legacy by writing a gift to Switchboard into your will. Get in touch to find out more.

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.

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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.

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