



lgbt+ 



**Handbook 2017/18**



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# Welcome To Sheffield!



Welcome to Sheffield from your LGBT+ Representative Committee! Whether you're new or a returning student there should be useful information in this handbook for you.

Off the bat, we are not a society, you don't have to sign up or pay for membership! The committee is here to represent all students of minority gender identities / sexual orientations within the Sheffield University Students Union. We aim to provide welfare support, social opportunities, and campaigning platforms for all LGBT+ students. More information on all of these can be found throughout the booklet!

Being LGBT+ at University can be very daunting especially when you start off living with strangers, but the LGBT+ Committee will always be here for a quiet and confidential chat whenever you want. When I came to University I didn't get involved with the LGBT+ Community for most of my first year because I had so many fears, but I can assure you it's a welcoming, comfortable and fun environment for everyone, so get stuck in!

Our committee meetings are open and we would love input from all students, regardless of whether you are on committee. We will be posting about our meetings each week on the Facebook group "LGBT+ at Uni of Shef". Honestly there is no such thing as a dumb question so feel free to ask away!

So whether you're new to Sheffield, a returning student looking to see what's out there, or an already active member of the LGBT+ Community, I hope you enjoy the handbook and have a wonderful year!

Cian x

# EGM

We will be holding our EGM (which basically means our second election) on **October 10th** from **6pm to 8:30pm** in **Diamond Lecture Theatre 8**. We will be electing the following roles:

- Inclusions Officer
- Events Officer (New Role)
- Freshers Rep
- A-Spec (Asexual and Aromantic) Rep
- BME (Black & Ethnic Minority) Rep
- Faith Rep
- International Students Rep
- Mature Students Rep
- Postgraduate Students Rep
- Sports Rep

Roles are available to all students who identify as LGBT+, but for the rep roles we ask that you only run/vote if you fit into that group being represented.

Get in touch with us via email if you'd like to know more about the roles! ([lgbt@sheffield.ac.uk](mailto:lgbt@sheffield.ac.uk))

# Inclusions

LGBT+ Committee are working hard to make information and events as inclusive and accessible as possible, but please do get in contact about any accessibility issues by emailing our account ([lgbt@sheffield.ac.uk](mailto:lgbt@sheffield.ac.uk))

The LGBT+ umbrella covers so many students and as a result of this diversity we have reps for various groups (see [page 11](#)). These reps are here for you to seek advice from, and to provide a voice for their respective group within committee meetings.

We have set up a buddy system that will be starting this year! We know from our own personal experiences that it can be an intimidating experience and getting involved with LGBT+ Committee is a bit harder on a personal level than your departmental societies. Sign up for a buddy using the form on our website and we will match you with a likeminded student that is further on in their studies and happy to provide you with that extra support!

You will dictate your interactions with your mentor, you can decide to meet them for a coffee just to chat and get some support, you can meet up with them before socials so you know a friendly face or take any other approach, the choice is yours!

# Meet the Committee



CIAN

CHAIR

HE/HIM

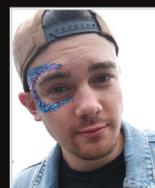
THEY/THEM

Hey! My name's Cian and I'm a final year Management student (cry reacts only) and Chair of the LGBT+ Committee! My role mainly involves organising everyone and doing a lot of the representation within the SU on behalf of the LGBT+ community, the role really appealed cause I'm really passionate about welfare, campaigning and socials so I wanted to have as broad a role as possible!

My main interests are drag and going out (aka Dempsey's regular). Always feel free to email me at [coherlihy1@sheffield.ac.uk](mailto:coherlihy1@sheffield.ac.uk) or message  /CianSU1 :)

PS since I'm the Chair be warned that I have a massive ego xxx

Hi I'm Andy and I'm a third-year computer science student, I'm the Vice Chair for 17/18. I support Cian with organising the committee, I'm also responsible for organising some awesome events for LGBT+ History Month (February 2018).



ANDY

VICE-CHAIR

HE/HIM

I'm always interested to hear off people about how we are doing as a committee so any feedback, ideas, issues or just not sure who else to contact feel free to drop me an email

[atylert1@sheffield.ac.uk](mailto:atylert1@sheffield.ac.uk) or message  /andy.tyler.921



ELLE

SECRETARY

SHE/HER

Hey, I'm Elle (like the letter); I'm a third year Biology student and secretary of the committee for 17/18. Basically that means I attempt to be organised and make sure everyone knows what is going on!

I'm always up for a chat especially if it involves some cool plants or if you don't mind hearing about whatever I have cut up that week (I did a shark once!!). I am horrific at names so if I avoid yours it means I'm afraid I will get it wrong! WARNING: Dad jokes ahead.

Hello, everyone. I'm a third year music student, and your Treasure and Disabled Student Representative (DSR) for this next academic year. Within my role I shall be drawing up the budget for the next academic year, and being your DSR I will strive to ensure that anything run by the committee is as accommodating as practically possible to physical and non-physical disabilities.



GEORGE  
TREASURER  
DISABILITY  
REP  
HE/HIM

My hobbies and interests include, playing Jazz and Classical music in a range of different ensembles at Uni, from singing to playing the Flute. Performing in concert halls all over Europe. Outside of my degree, I work as a research assistant, in the accessibility of the University of Sheffield to disabled students. Also, I am working on some academic papers outside of my degree, in the vain attempt of getting published in an academic journal.



DANIEL  
INCLUSIONS  
BI+ REP  
HE/HIM

Hey, I'm Daniel and I'm your acting Inclusions Officer and Bisexual+ Representative. My role entails being a visible & vocal rep regarding Bi+ issues, standing against Bi-erasure, organising Bi+ Socials from September and being a point of contact for anyone should you need it. Essentially highlighting the B in LGBT+!

I'm a 3rd year Politics & Philosophy stud(ent). I spend my time philosophising deeply in bed, eating good food because food is life, and occasionally having an existential crisis whilst munching on a very cheeky Nando's. Feel free to get in touch at [dajones1@sheffield.ac.uk](mailto:dajones1@sheffield.ac.uk)

Hey everyone! I'm Ash Uruchurtu, a Biomedical science student and professional layabout. I'm very proud to be your Campaigns Officer for 2017/2018; I have so many exciting ideas for campaigns which I can't wait to share with you!



ASH  
CAMPAIGNS  
THEY/THEM

Besides LGBT+ committee, this year I'll be involved with BME and Education committees. Liberation campaigns are hugely important to me and it's my goal to make all my activism inclusive and accessible to all.

My interests include leftist ideology, student politics, dismantling oppressive social structures, bad action movies and Billy Joel's discography. I can often be found napping in the lounge, feel free to approach if you have any questions, ideas for campaigns, or just fancy a chat!



ELSA  
VOLUNTEERING  
WOMEN'S  
REP  
SHE/HER

Hey everyone. I'm Elsa Vulliamy, I'm studying a part-time MA in English Literature and I am your Volunteering and Fundraising Officer, as well as your women's rep! My main role is to lead our amazing PSHE schools project, where we get to go into local schools and talk about LGBT+ issues, answering any questions the students may have. Please don't hesitate to contact me if you'd like to get involved. I'm also the women's rep, so I assist the women's officer in being there for all LGBT+ students who identify as women.

Generally, I'm a reclusive cat-lady, but you might just find me with a gin in my hand at just about every LGBT+ event ever. I'm a big fan of Netflix (I know, cliché of the century) and doing as little exercise as possible. I'm far too opinionated for my own good, and I'm interested in leftist and feminist activism. My other big interest is education: when I 'grow up' I want to be a teacher! Feel free to come and talk to me any time, I'm almost always in the IC (yay, postgraduate degrees).

Hey I'm Abby and this will be my 3rd year on committee so if you want to talk to someone who knows what they're talking about, speak to Declan. I'm social sec this year which basically means I get an official title for going to Dempsey's on a regular basis. I also make sure all of our socials (we do A LOT) get run and go off without a hitch (hopefully). Hit me up if you have any suggestions for a social!



ABBY  
SOCIALS  
SHE/HER

I'm known best for: **poor font choices**, bad money management and terrible Heely™ skills. I'm well-versed in self-destruction and on Wednesdays you can catch me in bed until the evening after having one too many at our Tuesday socials. Talk to me about: South African pop bands (a niche that you need to explore), your dog (or desire for one) or your bank balance. Other topic requests will also be considered.



GEORGINA  
WOMEN'S  
WELFARE  
SHE/HER

Hello everyone, I'm Georgina, and I'll be a third year English Literature student for the majority of the time I do my role the Woman's Welfare Officer. Essentially, what I do is help LGBT+ women with any welfare issues, for example, anything to do with mental health or sexual health, and any other issues you may be having in relation to your sexuality. Like the other Welfare Officers, I will be doing a weekly anonymous online chat so you can contact me discreetly, or alternatively, feel free to email, Facebook message, or talk to me at socials. Speaking of, next year I will also be organising women's events and socials, as well as campaigning for women's issues.

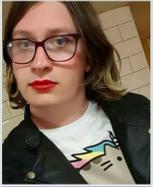
TBH apart from this, Mental Health Matters committee, and the occasional bit of activism when I'm not too hungover, I don't really do much. By day, you'll find me crying in the IC, by night, you'll find me dancing on a table in Dempseys. But no matter where it is, you'll always find me wearing my trademark orange "G Ryan"™ trainers and some sort of shellsuit jacket; it's called fashion, Brenda, look it up.

Hello! I'm Declan and I study Psychology. I'm the Men's Welfare officer and it will be my role to offer support, empathy, signposting or even just a coffee and a chat to any self-identifying men who are struggling with any issues related to their sexuality. To support you, I will be running a weekly anonymous online chat, and you are also really welcome to email me or message me on Facebook at any time and I'm always happy to listen and support you as best I can.



DECLAN  
MEN'S  
WELFARE  
HE/HIM

Like Abby, this will be my third year in a row on this committee, only I'm even older and therefore more pathetic than she is. I do appreciate that I need to move on with my life and get a 'job' or something so please help this cause by voting against me when I try to run for committee again next April. Besides that, my hobbies/interests involve political activism, all Nintendo games, Fantasy novels and mental health activism and research. I'm also a big fan of the Tuesday socials and Poptarts at the union so you're likely to bump into me there if I'm not at the IC scrolling through an endless sea of memes with my weekly reading list buried under hundreds of tabs.



EDEN  
TRANS  
WELFARE  
SHE/HER  
XE/XEM

Hello everyone! My name is Eden, and I'm the Trans Welfare Officer on LGBT+ Committee. It's my role to support trans and non-binary students as well as those who are questioning their gender identity. I'm also the LGBT+ Councillor on Student Union Council where I pass LGBT+ related policy and hold our officers to account. I'm a genderqueer trans woman, and I have been on committee before as the Campaign's Officer and Non-binary rep.

I'm really involved in student politics, and I've been elected to the first NUS Trans Committee as its Councillor on NUS NEC. Currently, I'm rounding off my last semester as a taught student, and over the summer in Sheffield I will be finishing off my dissertation for the MA Social Research.

Hi! My name is Laura Bowles and I'm a second year Physics with Computer Science student. I'm the Publicity Media Officer, which means I am responsible for advertising the society and its events by working with the Publicity Design Officer. This means I manage the society's facebook, twitter and website.



LAURA  
PUBLICITY  
MEDIA  
THEY/THEM

I'm probably best described as a nerd with a creative streak. I love a good board game or DnD sesh, but am also heavily invested in SUPAS and can talk extensively about alternative (read: hipster) bands.



CALLUM  
PUBLICITY  
DESIGN  
THEY/THEM  
HE/HIM

Hey! I'm Callum, I'm a Computer Science student and the Publicity Design Officer this year. My role is to make sure our online and printed publicity materials look pretty and professional.

You can usually find me in the LGBT+ Lounge being a right gremlin frustratedly coding something or crying because my code doesn't work (my code always works I promise please believe me), or playing some dorky video game like Minecraft or Sonic (I've played almost every single one, yes even Sonic '06, please don't get me started on it because I'll never stop..)

I also designed the very handbook you're reading right now; don't judge me, InDesign is hard. (Yell at me at [cwbooth1@sheffield.ac.uk](mailto:cwbooth1@sheffield.ac.uk) if something looks bad ^.^)

# Meet the Reps

You've already seen our Bi+ (Daniel), Disability (George), and Women's (Elsa) reps in [Meet the Committee](#), but we have a few more!



**MARLOWE**  
NON-BINARY  
REP  
THEY/THEM

I'm Marlowe and I'm your non binary rep. I'm currently studying German and Philosophy and am in my second year. I'm in charge of support for all non binary people as well as ensuring non binary visibility within the society. If you are a non binary person in need of support, questioning your gender or just need someone to chat with, send me a message.

You'll never see me without a leather jacket on and I own 1 piece of clothing that isn't black (it's dark purple). I spend my time either watching films, rewatching Brooklyn 99 for the 301st time or thinking about shedding my corporeal form and becoming a full time ghost.

Hi! I'm Allie, I'm a trans woman, a first year Physics student and your Anti-Transmisogyny rep for this year! I'm in charge of supporting people who experience transmisogyny both within the society and in general so if you feel like you have experienced transmisogyny within the society, would like support with issues related to transmisogyny or just want a chat don't be afraid to send me a message.

I'm a huge nerd and could talk for hours about trading card games, board games and Pokemon (my favourite Pokemon is Sylveon if you're asking). I enjoy DMing for my all gay Dungeons&Dragons group and annoying my friends with my unironic love of pop punk.



**ALLIE**  
ANTI  
TRANS-  
MISOGYNY  
REP  
SHE/HER



**STEVEN**  
MENTAL  
HEALTH  
REP  
HE/HIM

Hi, I'm Steven, and I'm your LGBT+ mental health rep. I study Physics and Philosophy, the less practical the better, and am doomed to be trapped in an ivory tower forever. I spend my time on debating, cocktails, strategy games and unnecessarily disputing logic and semantics. I have a fondness for classical antiquity, Romantic music and reading in bed.

I'm really excited about my plans for educating people about mental health, and reaching out to people who are not yet that engaged with LGBT+ Sheffield. I'll be hosting weekly webchats for any worries or concerns you might have around mental health, as well as its interaction with LGBT+ things, but feel free to message me outside of that for anything that worries you, or just to have a chat.

# Socials

## Freshers Bar Crawl

The main event of the LGBT+ social calendar is making its highly anticipated return this September. Whether you're new or old feel free to join us on our freshers bar crawl on **September 26th** starting in **Bar One at 8pm**, but some committee members will be at **The Edge for 7pm** if you want to have a more relaxed chat first! For full details of this event make sure you're on our mailing list or follow us on Facebook!

## Tuesday Socials

They're what it says on the tin really. Pop down to our Tuesday socials **every Tuesday evening from 9pm** where you can meet some new friends and have some drinks (if you're that way inclined). Subscribe to our mailing list or keep an eye on our Facebook group or page for more details!

## Coffee Socials

**Every Friday 12:30pm - 2pm** we host our coffee socials - we've got the hot drinks and biscuits covered, all you have to do is show up. For details on where these are held make sure to subscribe to our mailing list for weekly event info or join our Facebook group (this won't show up on your timeline) or like our page, if these options don't appeal to you feel free to send us an email ([lgbt@sheffield.ac.uk](mailto:lgbt@sheffield.ac.uk)) and ask for details.

## Boardgame Socials

**Every other Sunday from 2pm - 5pm** we gather in the **Activities Zone** of the SU to play some boardgames. Feel free to bring any board games you have or just come along and play the ones we will have there for you.

## Postgraduate / Mature Student Socials

**Every other week on a Wednesday** we host our postgrad and mature student socials from **7:30pm in the Doctor's Orders**. If you're a postgrad or a mature student feel free to come along to this one for some chilled out food and drinks (if that's something you're into).

## Bi+ Socials

We run these socials **bi-weekly** (excuse the pun) alternating with the trans socials. Bi+ Socials are an opportunity for people on the Bi+ spectrum to come together fortnightly, hang out and meet other members of our wonderfully diverse community. They will usually be held in **Interval Café** of the SU where you can get anything from a cup of coffee to a pint of beer, as well as many delicious vegetarian and vegan food options. So why not take a chilled break from studying and feel free to come and go at whatever time suits you! Although discreet, one of the committee will be visible to you in a purple hoodie, with **specific location & time details posted online nearer the time.**

## Trans and/or Non-Binary Socials

We run these social **bi-weekly** alternating with the bi+ socials. They'll be facilitated by a trans member of committee or our community and will be a space for those under the trans umbrella (including transgender and/or non-binary students as well as those questioning their gender identity) to relax and meet other trans students in a safe environment.

## City Breaks

We will be running trips to different big cities across the UK for LGBT+ nights out throughout the year. Keep watch on our mailing list and various social media to make sure you keep up to date with all the events we are running! Last year we had a night out in Manchester's Gay Village, a bar crawl in Leeds and a Friday-Sunday weekend stay in London for Student Pride!

## Women's Socials

We will be running regular women's socials throughout the year for all women and women-aligned students, including those who are trans, non binary and cis. We'll have something for everyone with a range of socials, from chilled out coffee socials to casual drinks and maybe even a city trip. Keep an eye on our social media and mailing list for updates on dates and locations. If you would prefer to meet with someone beforehand feel free to message either Georgina (our Women's Welfare), Abby (our Socials Officer) or email us on [lgbt@sheffield.ac.uk](mailto:lgbt@sheffield.ac.uk).

# Campaigns



As a committee that represents and supports the interests of the LGBT+ community, an essential part of what we do is running campaigns on vital issues that affect our members.

Previous campaigns include Spectrum, We're All Black And Gold, and SMUG Fest- to read more about them and other past campaigns, simply visit the campaigns page on our website! This year in particular, the focus will be on intersectionality and inclusivity. In order to achieve this we aim to work closely with other representative committees and liberation groups as well as grassroots campaigning groups to make a tangible difference in the local community.

Within the university and the union, we especially want to improve LGBT+ inclusivity in university sport, especially for trans and nonbinary students. Last year's committee and LGBT+ councillor made real headway in this area, and we want to see ongoing improvement by working with the SU Officers and with sports societies directly.

The welfare of trans students is also a priority; we're seeking to collaborate with local groups that campaign and fundraise to improve access to healthcare for trans people and to build on the progress already made by the last committee with regards to the UHS. Besides healthcare, we will campaign to make the university a safer, more respectful place for trans students, including supporting existing campaigns to introduce mandatory inclusions training for representative committees.

One of our wider aims is to improve accessibility to campaigning. All our campaigns should be as inclusive as possible for students with disabilities, students from diverse backgrounds, and students who wish to get involved for the first time.

## Previous Campaigns

### Sexual Minorities Uganda (SMUG)

A couple of years ago, we raised money for Sexual Minorities Uganda (SMUG), which is a Ugandan based charity that helps LGBT people. The money we raised helped sexual minorities in Uganda, improving their safety, livelihoods and mental wellbeing.

Our fundraising efforts culminated in SMUGfest, a music festival. We are extremely grateful to all those who got involved and helped raise money and awareness.



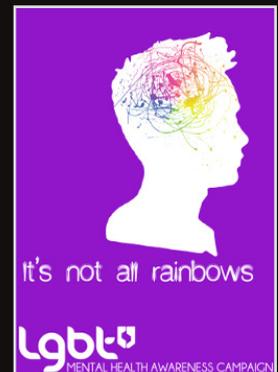
### Spectrum

Spectrum was our main campaign in 2014/15, held at West Street Live with monthly alternative music nights. The aim was to show the local music scene's support for an end to LGBT+ discrimination and to showcase the talent of the best local groups and artists. At these events and we fundraised for our chosen LGBT+ charity: The Sheena Amos Youth Trust (SAYIT), who aim to support young people who are LGBT+ or who are affected by HIV.



### It's Not All Rainbows

Being at university is a big jump, and many people find that they struggle to cope. Of course, identifying as LGBT is not mental health problems in itself, but mental health problems among LGBT people more prevalent due to issues such as homophobia, bullying, feelings of isolation and loneliness and the effects of prejudice and heterosexism in society. It is for this reason that we ran this campaign. We collected stories from various LGBT students. If you have been affected by any of the stories on this page, or want to talk to someone, contact us at [lgbt@shef.ac.uk](mailto:lgbt@shef.ac.uk).



# Bisexuality



Bisexuality, to paraphrase Robyn Ochs, is having the capacity to be sexually and/or romantically attracted to more than one sex and/or gender, not necessarily to the same degree or in the same way.

Bisexuality can be used as an umbrella term for other forms of attraction such as Pansexuality – attraction to people irrespective of sex and/or gender.

Bisexuality is sadly often felt to be overlooked within and outside of the LGBT+ community, however, it is a completely valid sexuality just like any other, not merely a “phase” on the way to being gay. It is perfectly acceptable to identify as bisexual if you are confused about your sexuality, or consider yourself “Bi-curious”, anyone who identifies as being attracted to more than one gender will be accepted within the Bi+ community!

Bisexuality is not synonymous with being greedy, promiscuous, and disloyal. We will work together at the LGBT+ Committee to dispel these misconceptions and combat all forms of Bi-phobia. Bisexuals are also less likely to access health services, in part due to the assumptions made when given healthcare advice. We want to provide a strong community that supports and encourages everyone to access the relevant services for them.

Bisexuals, we are in a unique position of being able to experience all people, let's celebrate that together proudly!

# Volunteering

For the past 5 years, LGBT+ committee has been working with schools around Sheffield to improve LGBT+ education in our city.

Ignorance and prejudice go hand in hand, and we hope to combat homophobia, transphobia, biphobia and much more by tackling stereotypes, misunderstandings, and bullying to create a school environment where LGBT+ students feel safe among their peers.

Students who identify as LGBT+ are invited to volunteer for our project, conducting sessions in secondary schools where young people are given the opportunity to ask questions about LGBT+ issues, our lives and our identities.

This is a great opportunity for LGBT+ students interested in activism, youth work and education to gain valuable experience and make a real difference in their city.

No experience is needed, and all volunteers will be given full training to help develop the skills needed for the project. You won't be expected to enter a classroom until you feel completely ready.

Interested? Contact [lgbtvolunteering@sheffield.ac.uk](mailto:lgbtvolunteering@sheffield.ac.uk)



# Coming Out

Coming Out is a process unique to the LGBT+ Community and people have had a variety of experiences in how this has panned out for them. University is often seen as a fresh start and a great time to start opening up about your sexual orientation / gender identity, which can be a great relief!

Coming Out is entirely optional and there is no right or wrong with whether someone decides to come out, also it's worth acknowledging that you don't just "Come Out" once! Some people come out to their friends at Uni but not their families etc.

If you would like advice on coming out, feel free to get in contact with any of our welfare officers or any other committee member you feel comfortable opening up to!

# Welfare

## Men's Welfare

The Men's Welfare Officer is here to help any LGBT+ Men needing support, whether it's related to coming out, physical health, mental health, relationships or just a friendly chat – and it's always confidential. Also if you don't identify as a man but wish to get support from a men's perspective, the Men's Welfare Officer is there for you too!



This is Declan's second year as the Men's Welfare Officer and he has great links with various local organisations if you need any signposting!

We have a wide range of free condoms and lube in the LGBT+ Lounge, but if you have any allergies / issues with those available, don't hesitate to contact Declan. Not all LGBT+ students are sexually active and they don't have to be, but those who feel comfortable and ready doing so should definitely stay safe.

## Women's Welfare

The Women's Welfare Officer is here to help any LGBT+ Women needing support, whether it's related to coming out, physical health, mental health, relationships or just a friendly chat – and it's always confidential. Also if you don't identify as a woman but wish to get support from a woman's perspective, the Women's Welfare Officer is there for you too!



Georgina has been doing extra work with the council to make local venues more trans friendly and is also planning a city social just for people who identify (in part or in whole) as women.

Sexual health testing and contraception (where appropriate) are still applicable for LGBT+ Women, so don't be scared to reach out to resources or ask Georgina to send you in the direction of support for any issue!

## University Counseling Service

University Counseling Service is free and has a wealth of resources (there's a library as well as counselors) to cope with coming out, homesickness, relationships, stress, housemate dramas and so much more. Nightline is also a super useful student-led resource if you need someone to just listen when you feel a need to vent.

## Welfare Webchat

This is run by each of our welfare officers once a week during term time. It is an empathetic listening service for any student to anonymously and confidentially talk about any issues related to their sexuality, such as coming out, sexual health or mental health. Our welfare officers cannot offer any advice but they will listen to you and offer empathy. They may also signpost you to a service that may be able to give you advice and assistance. Check our website for the hours that each welfare officer will be operating the welfare chat.

The time of each officer's webchat is yet to be confirmed but we will be posting this in our email newsletter, our Facebook group, and on our website.

# Trans Welfare

## The Facebook group

Separate from the main LGBT+ Facebook group there is a Trans and/or Non Binary secret Facebook group. This can be used for asking for support, talking to other trans people at uni or sharing ideas. As it is a secret group, it's members will not be shown and no one will be able to see you are added to it, so there is no chance of being outed.

If you would like to be added to this group, send one of the trans committee members a message on Facebook or by email.

## Trans groups outside the University

There are several trans related groups outside of the University of Sheffield that are either connected to the LGBT society or are generally a good resource and place to meet other trans people. Some of these include:



Action for Trans Health is a recently established, grassroots organisation which seeks to:

- educate medical professionals on the needs of trans people
- increase trans peoples access to healthcare through financial assistance with healthcare and related costs
- engage with the trans community about healthcare and health related issues

[www.actionfortranshealth.org.uk](http://www.actionfortranshealth.org.uk)

[sheffield@actionfortranshealth.org.uk](mailto:sheffield@actionfortranshealth.org.uk)

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

Facebook: @SheffieldATH

Twitter: @SheffA4TH



Queer Agenda Sheffield (QASH) is a network of queer activists in and around the Sheffield area. QASH promotes the interests of queer people as an oppressed group under patriarchal capitalism.

Facebook: @qasheff

Twitter: @qasheff



Trans Active aims to help the trans community in and around Sheffield socialise and improve their fitness and mental wellbeing through sport in a safe, relaxed environment.

[trans-active.co.uk](http://trans-active.co.uk)

[transactive2014@gmail.com](mailto:transactive2014@gmail.com)

Facebook: Trans Active (@TransActive)



We are an inclusive peer run group offering access to information that may otherwise be hard to obtain, and the opportunity to find support and gain confidence in a safe space, where your identity and confidentiality will be respected.

[www.t-boys.co.uk](http://www.t-boys.co.uk)

[tboysyorkshire@gmail.com](mailto:tboysyorkshire@gmail.com)

Facebook: @tboysyorkshire

## Support at Uni

If you feel you need advice on the best way to make administrative changes, to address accommodation requirements or if you're looking for additional professional support to assist with your transition, there is someone who can help.

**Marie Boam** in the **Student Administration Service (Level 6, Students' Union)** is the main contact for trans students, contactable either by email ([m.boam@sheffield.ac.uk](mailto:m.boam@sheffield.ac.uk)) or by phone (**0114 222 1289**). Marie will talk with you about the support available and what the procedures are to make these administrative changes.

Contacts have been established with colleagues in the Students' Union, Accommodation and Campus Services and in other sections of Student Services such as Counselling Services, University Health Service and Student Support and Guidance providing a wide range of professional, academic and personal support.

[www.sheffield.ac.uk/ssid/student/lgbt/contacts](http://www.sheffield.ac.uk/ssid/student/lgbt/contacts)

## General Resources

<a href="http://transmap.uk">transmap.uk</a>	A map of Sheffield which shows venues that have either registered as trans friendly, have gender neutral toilets or disabled access.
<a href="http://everydayfeminism.com/2015/03/i-think-i-might-be-trans/">everydayfeminism.com/2015/03/i-think-i-might-be-trans/</a>	A general article with advice when questioning your gender.
<a href="http://www.pronouns.failedslacker.com">www.pronouns.failedslacker.com</a>	A pronoun "dressing room" for testing out new pronouns.

# The LGBT+ Lounge

We are very lucky to have a designated space in the SU. It's cosied away in the finance corridor so it's discreet as possible for anyone in the closet! The finance corridor is on Level 2, and is near Interval if you want to ask another student / member of staff for directions without explaining exactly where you're heading!

The Lounge is busiest around lunchtime on weekdays but should be open whenever the SU is. It hosts our newly updated library and sexual health resources. The committee have led a community project open to all LGBT+ students over Summer to re-paint the lounge and freshen it up a bit.

## Gender Neutral Toilets

The 2011-12 Committee established a set of GNTs in the SU and through the great work of others we now have them in The Diamond.

### What Is It?

GNTs are quite simply toilets available to people of all gender identities, any student may use these!

### So Why Do We Need That?

Gender isn't as black and white as male and female. Many Trans+ people face a lot of anxiety about using toilets and what some students may take for granted, can be a very stressful experience. If a Trans+ student is in the toilets and is perceived to be in the wrong place, whether it is pointed out aggressively or politely, it is a humiliating and upsetting experience. As a SU that prides ourselves on inclusivity, the GNTs are a valuable asset for removing that particular stress faced by many Trans+ students.

### Where Are They?

The GNTs in the SU are outside the Nelson Mandela Auditorium, just down the stairs by Coffee Revs.

Gender Neutral Toilets



LGBT+ Lounge

Level 2

# LGBT+ and Faith

The media often portrays being LGBT+ and being religious as mutually exclusive experiences – this is not the case! As LGBT+ people we are often misinformed that various religions do not love and welcome us, which can cause a lot of frustration towards faith – but often this is based on incorrect information. This ongoing debate can be very confusing and upsetting for LGBT+ people of faith.

The University's Multi-Faith Chaplaincy is incredibly welcoming of LGBT+ people so feel free to get in touch with them!

## Useful Links

University of Sheffield Multi-Faith Chaplaincy	<a href="http://www.sheffield.ac.uk/ssid/chaplaincy">www.sheffield.ac.uk/ssid/chaplaincy</a>
One Body One Faith (AKA Lesbian and Gay Christian Movement)	<a href="http://www.lgcm.org.uk">www.lgcm.org.uk</a>
Keshet UK (LGBT+ in Judaism)	<a href="http://www.keshetuk.org">www.keshetuk.org</a>
Imaan (The UK's leading LGBTQ Muslim Charity)	<a href="http://www.imaan.org.uk">www.imaan.org.uk</a>
Sarbat - LGBT Sikhs	<a href="http://www.sarbat.net">www.sarbat.net</a>
GALVA - Information & Support for LGBTI Vaishnavas and Hindus	<a href="http://www.galva108.org">www.galva108.org</a>

We are hoping to elect our new **Faith rep** on **October 10th** (details available on the EGM page of this booklet) so please come by if you're interested in running or voting – we would love to work on raising awareness of, and addressing the relationship between LGBT+ identities and various faiths!

# Social Media

Here at the University of Sheffield we have lots of ways to get involved with the LGBT+ community through social media, because we want to reach as many people as possible! Find our social media guidelines on our website.

## Facebook Public Page - /SHEFLGBT

This is the place to be if you want to check out the LGBT+ events and campaigns going on at the University and some external organisations that we work closely with, but don't want to be notified when we post.

## Facebook Information Group - [bit.ly/UoSLGBTFB](https://bit.ly/UoSLGBTFB)

Our group is very similar to our page, but is ideal if you want Facebook notifications to stay updated. Most of your interactions with committee happen here, so join the group to get to know us a little better!

## Facebook Discussion Group - [bit.ly/UoSLGBTDiscuss](https://bit.ly/UoSLGBTDiscuss)

If you have absolutely anything that hasn't been mentioned above that you would like to share with your Sheffield peers, share it here! This may include any LGBT+ research you need help with, events that are unaffiliated with the University or simply an article you thought looked interesting. Please check our social media guidelines if you're unsure about something.

## Twitter - @LGBTSU

A convenient way to keep updated on our events as they happen.

## Website - [lgbtsu.weebly.com](https://lgbtsu.weebly.com)

Find information about our committee, socials, welfare and campaigns here. We also have a blog and are open to submissions for articles and creative writing.

## Mailing List

Sign up to our mailing list for our newsletter and information on any significant changes.

# Other Useful Resources

## Women's Committee

"We campaign for the rights of, and provide space for all women and women-aligned students, including those who are trans and non-binary."



## BME (Black and Ethnic Minorities) Committee

"We aim to improve BME representation both within the university and nationally. We also aim to provide BME students with a safe space and additional support whilst at university."



## Mental Health Matters

"MHM is a society that campaigns to end the stigma surrounding mental health. We host a variety of events from guest speakers to film nights and open mics. We offer a calm space when things are difficult and can point you in the direction of services that can help further if you need them."



## Welfare Committee

"Welfare Committee is dedicated to improving student wellbeing through campaigns and events on a range of student issues including housing, mental health and safety on campus!"



## Nightline

Nightline is a confidential, anonymous, non-judgmental, non-directive and non-advisory support service run by students for students

[www.sheffieldnightline.co.uk](http://www.sheffieldnightline.co.uk)

Sheffield  
Nightline

## University Counselling Service

UCS is a free and confidential service available to all students at University of Sheffield. UCS can be found at **36 Wilkinson Street**.

## Sexual Health Sheffield

Based in the Royal Hallamshire Hospital, find more information at [www.sexualhealthsheffield.nhs.co.uk](http://www.sexualhealthsheffield.nhs.co.uk)



## Mature Students' Committee

If you're over 21 then the Mature Student committee is here for you! We arrange events, socials and run campaigns to raise awareness of issues affecting mature students <http://msc197.wixsite.com/sheffieldmsc>



## International Students' Committee

ISC is a representative committee for International Students focused on representation, campaigning, and events



## Disabled Students' Committee

“The Disabled Students' Committee (DSC) represents all students with mental, physical and educational disabilities”



