

A stylized graphic featuring a rainbow spectrum of colors (red, orange, yellow, green, blue, purple) arranged in horizontal bands. The bands are composed of geometric shapes, primarily rectangles and triangles, that create a sense of depth and movement, as if they are layered or overlapping. The background is black, which makes the vibrant colors stand out.

lgbt+u


**Handbook
2018/19**

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USEFUL RESOURCES

HATE CRIME REPORTING

The Student Advice Centre is also an official hate crime reporting centre. You can report a hate crime in person by visiting them on Level 3 of the Students' Union, or you can call them on  [0114 2228660](tel:0114 2228660). You can also contact them via email:

 advice@sheffield.ac.uk

GALOP

Galop is a LGBT+ anti-violence charity. If you've experienced hate crime, sexual violence or domestic abuse, Galop is here for you. We also support lesbian, gay, bi, trans and queer people who have had problems with the police or have questions about the criminal justice system. Helpline:  [0800 999 5428](tel:0800 999 5428)  galop.org.uk

SEXUAL HEALTH SHEFFIELD -  sexualhealthsheffield.nhs.uk

SAYIT (SHEFFIELD)

SAYiT provides support and social opportunities for young people who are lesbian, gay, bisexual, transgender, or affected by HIV. SAYiT works with young people aged from 12 to 25, including those who are most vulnerable or marginalised. Our range of groups provide expert practical advice, emotional support and social opportunities for those who need them – no questions asked.

 sayit.org.uk

LASS (LESBIAN ASYLUM SUPPORT SHEFFIELD)

LASS is a volunteer run organisation with the overarching aim of supporting and empowering LBTQ+ women and non binary identifying asylum seekers and refugees.

 lassheffield@outlook.com

 lassheffield.org.uk

SWITCHBOARD.LGBT

A general switchboard that may be able to refer you to other support lines or services that might help!

 switchboard.lgbt

SAMARITANS HOTLINE -  [116 123](tel:116 123)

MEET THE COMMITTEE

Hi, I'm Marlowe and, as chair, I'm in charge of making sure everyone does what they're supposed to do and also get to run some really cool campaigns in the SU and beyond. I'm particularly passionate about trans liberation and fighting for trans people to be respected and included in all walks of life.

Come and ask me anything!

✉ mrmacdonald1@sheffield.ac.uk



MARLOWE

CHAIR

THEY/THEM

Hey! I'm Francesca, and I'll be going into my final year of Law and Criminology in September. As Inclusions Officer, I make sure that everything the Committee does is as inclusive and accessible as possible, particularly for those who belong to marginalised groups. As BME Rep, I represent the interests of QTPOC students at UoS.

✉ fklempner1@sheffield.ac.uk



FRANCESCA

INCLUSIONS

BME REP

SHE/HER

Hey-hey! I'm Britt, I study French and History and I'm the committee's secretary. My responsibility is to ensure that the committee doesn't get too disorganised and is working along smoothly. Also I will be the one sending out our newsletter every Sunday so make sure you sign up for those to not miss out on any of our events!

✉ bpalumaa1@sheffield.ac.uk



BRITT

SECRETARY

SHE/HER



JENNY

TREASURER

SHE/HER

Hey! I'm Jenny and I study Economics so naturally I'm the Committee's Treasurer for this year! I'll generally be doing behind the scenes finance work for events and socials for the committee but you can catch me at socials, probably drinking rum and coke.

✉ jenewton1@sheffield.ac.uk

Hey! I'm Beren (or Bez) and I'm your new internal campaigns officer! This year I'm really looking forward to working with Caelan on raising society's focus on running campaigns to improve the experiences of LGBT+ students at Sheffield and in the wider community. I especially want to hear from non-committee members and get people involved in making a real difference to LGBT+ @ Sheffield! You'll probably see me at a lot of the socials this year, so please feel free to say hi!



BEREN

**CAMPAIGNS
(INTERNAL)**

HE/HIM

If you have any campaigning ideas, you can contact me at

✉ btmaddison1@sheffield.ac.uk



CAELAN

**CAMPAIGNS
(EXTERNAL)**

HE/THEY

Hi! I'm Caelan, I'm a second year studying politics and philosophy and I'm one half of the campaigns team for this year. I'm really looking forward to working with Beren and hopefully improving the experience of LGBT+ people at our university and more generally! If you want to get involved in any of our campaigns, or you want any help with a campaign of your own, feel free to shoot me an email or to pop into one of our monthly campaign meetings!

✉ cjwreid1@sheffield.ac.uk

Hi! I'm Daniel, and I'm a 3rd year Computer Science with Maths student. It's my job to manage the committee's presence on social media, so I'm in charge of our Facebook and Twitter pages and our website, where you can keep up with all the amazing events everyone on committee runs.

✉ dmarshall2@sheffield.ac.uk



DANIEL

**PUBLICITY
MEDIA**

HE/HIM



CALLUM

**PUBLICITY
DESIGN**

HE/THEY

Hey! I'm Callum, I'm a 4th year Computer Science student and the Publicity Design Officer again this year. My role is to make sure our online and printed publicity materials look pretty and professional.

I designed this handbook so if it looks bad please message me what you think I could do better, or if you're a loyal #fan who saw the last handbook I designed, give me compliments on how much better this one is in comparison.

✉ cwbooth1@sheffield.ac.uk

Hi, I'm Ben and I'm a 3rd year Architecture Student and I am this years Socials Officer. My job is to organise our events, so I'm your guy if you have any questions about any of the socials going on this year!

✉ brwarren2@sheffield.ac.uk



BEN

SOCIALS

HE/HIM



HIELKE

VOLUNTEERING

HE/THEY

Hi! I'm Hielke, I'm a PhD student in English language and linguistics, and I am this year's volunteering officer. I make sure we (the people who sign up that is) go to loads of schools and talk about gender and sexuality to teenagers who would benefit from that. Should be loads of fun, come join us!

✉ lgbtvolunteering@sheffield.ac.uk

Hey there! I'm Cameron, a third year Economics student, avid drinker of tea [and gin, but not together], and this year's Men's Welfare Officer. This means I'm here to help self-identifying LGBT+ men with any welfare needs, including sexual and mental health issues, and work to hopefully help improve your university experience! If you need help with a problem, are unsure about your sexuality or coming out, or even just want a chat I'll be around! I'll be running anonymous web chats, but feel free to get in touch with me by email if you need to!

✉ cwmorgan1@sheffield.ac.uk



CAMERON

**MEN'S
WELFARE**

HE/HIM



HELEN

WOMEN'S
WELFARE

SHE/HER

Hey! My name's Helen, I'm a final year law student and I'm the new women's welfare officer. This year my job is help LGBT+ women with any welfare issues they might face. This could be anything big or small, from mental health or sexual health, coming out or and any other issues you may be having in relation to your sexuality. Feel free to send me and email, Facebook message or come chat to me at our socials if you fancy a chat! I also hope to run some socials specifically for LGBT identifying women during the academic year, so keep an eye on our Facebook page for details of that!

 lgbt@sheffield.ac.uk

Hi, my name is Stanley and I am a 3rd year history student and this years Trans Welfare Officer. If you are trans identifying and are looking for support/resources/information on trans socials I'm your first port of call.

 scroallt@sheffield.ac.uk



STANLEY

TRANS
WELFARE

HE/HIM

VOLUNTEERING

One of the things the LGBT+ committee is involved in is running a volunteering programme where we go into schools to talk to secondary-school children about gender and sexuality.

We give them the chance to talk to real LGBT+ people and ask any questions they want to ask. And that's quite a few things:

What does pansexual mean?

What's it like to be LGBT+ in uni?

How did your parents react?

Who's your celebrity crush?

Do you face a lot of discrimination?

Are you in a relationship?

When did you realise you were trans?

How do gay people have sex?

What does ace mean?

Can LGBT+ people have children?

What advice would you give to a young person struggling with their gender or sexuality?

If you'd like to answer these questions - clear up any confusion they have, share with them what it's like to be LGBT+, and show them the wonderful result of who you've become since secondary school - let us know!

The sign up form will be advertised through the


 [LGBT+@Uni of Shef](#) Facebook group and the Facebook page, or you can email  lgbtvolunteering@sheffield.ac.uk.

WELFARE

Your Welfare Officers are here to try and support you during any issues you face, including problems with your sexual or mental health, as well as providing resources you can access to try and prevent potential problems proactively. This year your welfare officers are Helen (Women's Welfare), Stanley (Trans Welfare) and Cameron (Men's Welfare).

Starting a new university can be an incredibly stressful time, especially for an LGBT+ student, and our job is to try and help you handle any problems you face. Whether you're worried about coming out, have questions about your sexual health, want someone to introduce you to people at your first social, or just want to get something off your chest, we're here to help you. Here's a few of the ways we try to improve your university experience:

ANONYMOUS WEB CHATS

Each week, each Welfare Officer will run an anonymous web chat online, where you can vent, ask questions, have a general chit-chat, or talk about any issues you might be facing. Here we will be able to talk through things, and signpost you to appropriate services if needed. For many, an anonymous web chat with one of the Welfare Officers is their first introduction to the committee, and may be the reason they went along to their first social. The link for the web chat as well as confirmed timings will be available on our website or from the  "[LGBT+ at Uni of Shef](#)" Facebook group and page.

SEXUAL HEALTH SERVICES

We liaise with Sexual Health Sheffield (SHS) to provide services at the university, including free condoms and lube, plus events at SHS where more discrete testing can be provided to just LGBT+ students while the clinic is closed to the general public.

OTHER EVENTS

We also have other events planned, such as monthly chats organised by the Men's Welfare Officer, each a casual chat around a central issue that LGBT+ men face. A handful of these were held

alongside some crafting sessions last year, and proved highly popular. The Women's Welfare Officer is also going to be running socials specifically for LGBT+ women, as well as welfare based events for issues which specifically affect LGBT+ women. These will be once a month and all info will be on the committee Facebook page. The next section provides further information about trans welfare, and some of the events being planned for trans students this year, including monthly trans socials hosted by the Trans Welfare Officer.

Finally, up to date information can always be found on our website or Facebook group, so keep an eye there, and remember you can always message one of the Welfare Officers if you need to!

If you need someone to urgently talk to at a time when the Welfare Officers are unavailable, there are other services available, including:

› Nightline

This is a listening service run by trained student volunteers. It's anonymous, confidential and free from any judgement. They are happy to listen to any problem, big or small, and are available to call anytime between 8pm and 8am during term time. They also have an email listening service, although this may be slower.

☎ [222 8787](tel:2228787) for listening

☎ [222 8788](tel:2228788) for information

💬 [07786 207 208](tel:07786207208) [from 8pm to midnight]

✉ nightline@sheffield.ac.uk

🌐 sheffieldnightline.co.uk

› Samaritans

This is a safe place for you to talk any time, about whatever's getting to you. They're available 24/7, are anonymous, and can be incredibly helpful in going through how you feel and helping you see things more clearly. If anything is worrying you, you need someone to talk to without judgement, or you think you might hurt yourself, please get in touch and they are trained to help.


☎ [116 123](tel:116123)




✉ jo@samaritans.org [may take longer for a response]

🌐 samaritans.org

TRANS WELFARE

The LGBT+ committee looks out for the most oppressed among us and our support of trans students is therefore incredibly important to us. We run monthly trans socials and trans clothes swaps, and Stanley (the Trans Welfare Officer) also runs weekly web chats where you can express any concerns you may have in a safe and anonymous way. If you need support you can contact Stanley at: ✉ scroall1@sheffield.ac.uk. Keep an eye out for announcements on trans identifying speakers at the university, and you can contact Stanley for more information on this.

The monthly trans socials will be exclusive to those who are trans identifying, or persons questioning their gender identity. These socials will be split into two halves, the first half will be an alcohol free social which will then lead into a drinking social. These socials will be attended by at least one trans identifying member of committee and they will be available for any questions and/or support you may need. For updates on specific times and dates of these socials like the  [LGBT@Uni of Shef](#) Facebook page to keep up to date on the latest events.

The Trans Clothes Swaps will also occur monthly and again are for trans identifying individuals only. We do however welcome donations from all persons and you can contact Marlowe:  [Marlowe SU](#) on Facebook or Stanley: ✉ scroall1@sheffield.ac.uk for more information on how to donate. We hope to have a donations box in the SU but you can sign up to the LGBT+ newsletter via our website:  lgbsu.weebly.com or join us on Facebook at  [LGBT@Uni of Shef](#) to find out more about donations and other relevant information.

IMPORTANT DATES

MAR
31

TRANS DAY OF VISIBILITY

MAY
17

INTERNATIONAL DAY AGAINST HOMOPHOBIA, TRANSPHOBIA, AND BIPHOBIA

NOV
2nd Week

TRANSGENDER AWARENESS WEEK

NOV
20

TRANS DAY OF REMEMBRANCE

ACTION FOR TRANS HEALTH

Action for Trans Health seeks to improve trans people's access to healthcare, through their solidarity fund, engaging with medical professionals and supporting the trans community.

 actionfortranshealth.org.uk

 @sheffieldath

 @sheffielda4th

TRANS ACTIVE

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

 @TransActive

 transactive2014@gmail.com

T BOYS

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.

 t-boys.co.uk


 @tboysyorkshire

 tboysyorkshire@gmail.com

TRANS SURVIVORS SWITCHBOARD

Provides support and information to trans and/or non-binary people or those who are questioning, specialising in providing support to those who have experienced crime, including sexual violence, at any point in their life.

Open on Sundays from 3pm to 5pm:

 01273 204050


 Live web chat:

www.switchboard.org.uk/projects/trans-survivors-switchboard/


 info@switchboard.org.uk

MINDLINE TRANS+

A confidential listening service for people who identify as trans, and non-binary people

 0300 330 5468 Mondays and Fridays 8pm to midnight

24 HOUR TRANS HELPLINE

 07527 524034

 nationaltrans24helpline@gmail.com

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) 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

GENERAL RESOURCES

🌐 transmap.uk

A map of Sheffield which shows venues that have either registered as trans friendly, have gender neutral toilets or disabled access.

🌐 everydayfeminism.com/2015/03/i-think-i-might-be-trans/



A general article with advice when questioning your gender.


🌐 pronouns.failedslacker.com



A pronoun "dressing room" for testing out new pronouns.


SOCIAL MEDIA

If you want to hear about all the fantastic events our committee runs or find out more about where and when you can get involved, one of the best ways is to get involved with us on social media, as we have a presence in a number of places and we always keep them updated with all the latest information.

Facebook is probably one of the easiest ways to keep up to date, and you have a number of options to choose from: if you're comfortable with being publically involved, then you can like our public page at  [@SHEFLGBT](https://www.facebook.com/SHEFLGBT), or if you're maybe in the closet or prefer to keep things private then you can join our private group at  [facebook.com/groups/552671974852453/](https://www.facebook.com/groups/552671974852453/) - all events are posted to both groups, so don't feel you'll be missing out whichever one you go for.

On Facebook there's also our discussion group at  [facebook.com/groups/1654681701504927/](https://www.facebook.com/groups/1654681701504927/), where you can post any LGBT+ content and get in touch with other LGBT+ students.

If that's not enough or if Facebook isn't your thing, you can also feel free to follow us on Twitter  [@lgbtsu](https://twitter.com/lgbtsu) or on Instagram at  [@lgbtsu](https://www.instagram.com/lgbtsu), where we'll keep you updated on recent news and post photos from our latest events.

Finally, we have our very own website which you can find at  lgbtsu.weebly.com, where you can subscribe to our weekly newsletter which goes around every Sunday, find out more information about the committee and our campaigns and events, and even download a copy of this handbook if you need to!

SOCIALS

The LGBT+ committee runs a mix of regular socials, so there should be something for everyone. Our socials are open to everyone, LGBT+ or not, and they can be a great way to get to know our Committee, meet new people and have some fun in a friendly environment! Below is information about our main events, but we run other events across the year, so be sure to keep up to date with us on social media! Also, if you have any ideas for socials or trips that we aren't running, let us know your suggestions and we'll see what we can do!

Coming to one of our events for the first time can be quite daunting - especially if you don't know anyone else is attending. For bigger events, such as Proud, the Committee runs pres at Bar One, and for events there will be meeting points, where you can find members of the committee. For any events where this is not already in place, feel free to e-mail us beforehand, and we will happily arrange someone to meet with you and walk with you.

For information of how to keep track of all of our socials and goings-on throughout the year, see the Social Media page of this handbook!

BAR CRAWLS

In Freshers and Refreshers week, we run a Bar Crawl, which is a great way to make new friends and familiarise yourself with the local bars, especially if you're new to Sheffield. There will be deals on drinks and more information about dates/times can be found on Facebook and our Website towards the end of August.

WEEKLY SOCIALS

Every week (day to be decided) at 9pm, during term time, we run our weekly drinking social. This can be a great way to meet new people, or just have a weekly catch-up with your friends. There are usually drinks offers, so make sure to check out our social media in late August to find out when and where these will be taking place!

COFFEE AND BOARD GAMES SOCIALS

On Fridays, we run a Coffee and Board games social between 12pm - 2pm, where we provide free cups of tea and coffee (and biscuits, obviously). If tea and coffee aren't your thing, feel free to bring along snacks and drinks if you'd like to chill with us. We have a selection of board games, but feel free to bring your own too!

PROUD

On the first Friday of each month, the Student's Union runs an LGBT+ club night in Foundry, with 2 rooms of music ranging from Cheesy Pop to R&B. The Committee will also host Pres to these events in Bar One of the SU, so feel free to come join us!

QUEER ADVENTURE TIME

We will also be putting on excursions throughout the year, starting with a walking tour of Sheffield during Freshers Week, to help familiarise people with the city and we will also be running a trip to Manchester in October, so look out for that!

As well as this, we run Post-Grad/Mature Student socials, walking trips to the peak district, screenings and activism-related socials, to name a few. We also run a monthly Trans Social, exclusive to those identifying as trans or questioning their gender identity. For more information about this social, see the Trans Welfare pages of this Handbook!

CAMPAIGNS

This year's campaigns officers have a few campaigns planned already, but we want to get as many people as possible engaged with campaigning! Therefore, we will be running multiple campaign planning meetings that are open to everyone - come along to share ideas, to get involved in our campaigns, and get support for your own campaigns! Details will be shared on the Facebook page throughout the year.

We will also be working with other committees and services within the university to provide LGBT+ inclusive campaigns, and continue some existing popular campaigns such as; LGBT+ and Faith: involving events that explore the relationship between religious and LGBT+ communities; and welfare campaigns: Welfare committee and the student officer team will be running a number of LGBT+ inclusive campaigns to ensure that LGBT+ student's voices are heard within discussions about welfare issues.

PLANNED CAMPAIGNS

› Staff Training

This year the committee and staff network will be working together to create and trial LGBT+ support/sensitivity training for university staff members, to build on the rainbow lanyard scheme.

› Safety in Nightlife

In conjunction with the other representative committees, this campaign will highlight the dangers and challenges faced by the LGBT+ community and other minority groups at night, such as attacks while walking home or on a night out, and build pressure on the wider community to take steps to understand these challenges and protect against these dangers.

› Crafts and Chats

Following the success of the craft and chat sessions run last year, we will be expanding on this allowing different groups of students to discuss the issues that they uniquely face within the LGBT+ community while bonding over an enjoyable craft activity (such as drawing, colouring, or scrapbooking).

› Trans Students are Welcome Here

A wide reaching campaign addressing the practicalities of trans safety on campus, and gender neutral toilets, to the inclusion and education in the curriculum.

THE LGBT+ LOUNGE

The LGBT+ Lounge is our designated space in the SU, situated in the Gallery Terrace. The Lounge is busiest around lunchtime on weekdays but should be open whenever the SU is. Don't hesitate to ask a member of staff for directions if you can't find us, or just ask them to direct you to Gallery Terrace if you want to be more discreet about it.

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 an 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.

