Trans Mutual Aid Manchester - Resources Sheet

Trans Mutual Aid Manchester exists to support all Transgender, Non-binary, and Gender-diverse people living in Greater Manchester. If you are in need of support, help, advice, or anything else please email us at:
Support@TransMutualAidManchester.org

We operate a grants programme through our Solidarity Fund that provides no-strings cash grants to trans people. These may only be applied to once in a three-month period. To apply, please email us at:
Grants@TransMutualAidManchester.org

If you wish to donate to support our work and contribute to the Solidarity Fund, all our donation information can be found **here.**

If you have any other enquiries or questions, please email us at:
Contact@TransMutualAidManchester.org

We will always do our very best to help, whatever the situation may be. However, we also rely on a great network of other organisations to provide specific services that we can't. Details of all of these groups, charities, and services can be found below.

Most of these resources are online, so if you do not have access to the internet, you can text **0786 0064 128**, the council Digital Inclusion Team, with your name and area you live in, to get information on local resources for getting online. Every local library in Greater Manchester has computers and will help you access the internet.

Mutual Aid

- Greater Manchester Mutual Aid Network Greater Manchester-wide Network for Mutual Aid
- Don't Pay Resource Bank Community Resources Sheet for Low-Income People across Manchester

Social & Support Groups

- LGBT Foundation Local Groups List List of Trans+ Groups across Greater Manchester
- Rainbow Noir Manchester group for Queer, Trans, and Intersex People of Colour
- Connect 18-35 year olds Trans Social Group in Manchester
- Forge Transmasculine Adults Social & Support Group in Manchester

- Mxer Non-binary Adults Social & Support Group in Manchester
- Sparkle National Trans Charity & Trans Events in Manchester
- The Proud Trust Groups & Support for LGBT+ Young People in Greater Manchester
- Trans Matters UK-based Online Trans Community
- TransSober Trans and Non-Binary Drug and Alcohol Peer Support Service, based in Brighton with Online sessions

Crisis & Mental Health Support

- Switchboard LGBT **0800 0119 100** 10:00-22:00, All Days. LGBT Crisis helpline
- The Mix Online Crisis Messenger **0808 808 4994** (SMS only) 24/7 Under-25s general crisis support service
- Mindline Trans+ **0300 330 546** 20:00-23:00, Fridays. Trans+ specific Mental Health Support
- Galop **0800 999 5428** 09:15-16:30, Weekdays. National Helpline for LGBT+ Victims and Survivors of Abuse and Violence
- Conversion Therapy Support **0800 130 3335** Weekdays. National Conversion Therapy Helpline
- LGBT+ Hate Crime Helpline **020 7704 2040** Galop operated Helpline for LGBT+ Victims of Hatecrime
- LGBT Foundation Talking Therapies Free Talking Therapy for LGBT people in Greater Manchester

Food

- Foodbank List List of Food Banks & Community Pantries in Greater Manchester
- Manchester Central Foodbank Trussell Trust operated foodbank network, email us for referral
- Queer Food Project Queer Mutual Aid food project organisation
- Queer Family Tea Manchester monthly Community shared meal group
- Spiral Garden Cafe Community Cafe at Niamos in Hulme

Money & Benefits

- Turn2Us Benefits Advice Service
- Citizens Advice Advice & Support with Benefits, Energy, & Housing
- Manchester Credit Union Community Banking & Financial Services

Housing

- Street Support Network Support Network for Rough SLeeping in Manchester
- AKT Housing Support Charity for under-25 LGBT+ people
- Greater Manchester Better Outcomes Partnership - Pathfinder Under-25 Homelessness Prevention project

- Manchester Homeless Referrals Online referral for Housing Support in Manchester
- Manchester Move Social & Community Housing Advice & Support Service
- Centre Point 18-25 year olds Homelessness Support & Advice Charity
- Shelter Housing Support, Advice, & Legal Aid Charity
- Homes for Queers Manchester Facebook Group connecting renters

Health & Wellbeing

- Trans Bare All National Trans Health & Wellbeing Organisation
- Trans Supportive GPs Community-created Map of supportive GPs in Greater Manchester
- Supportive GP map: https://trans-friendly-gp.mapped.tools/
- Trans Actual Trans Advice & Advocacy Organisation
- QueerCare Healthcare Advocacy for LGBT+ People
- Sapphic Bison Trans-led Organisation providing postal hormone Blood Tests
- Trans Health UK Guides on Trans Healthcare access
- MyTransGP National List of Trans Friendly GPs and reviews
- How to Start Hormones Leaflet Leaflet advising around hormones access
- Indigo Gender Service Greater Manchester NHS Adult Gender Service
- Hormone Prescribing Guidelines for Trans Women NHS Transfeminine Hormones Guidance for Professionals
- Hormone Prescribing Guidance NHS General Hormones Guidance for Professionals
- Bridging Prescription Self-advocacy Guide Guide on advocating for Hormone Bridging Prescriptions

Disability

- Disability Grants Advice Service for Disability Grants
- Greater Manchester Coalition of Disabled People Advice, Advocacy, & Campaigning Organisation for DIsabled People in Greater Manchester

Refugees

- Rainbow Migration LGBTQI+ Asylum Seeker Support Charity
- Micro Rainbow Housing & Support Charity for LGBTQI Migrants
- Manchester Refugee Support Network General support for Refugees in Manchester

Elderly

- Out in the City Over 50s LGBT+ Support Group
- Pride in Ageing Over 50s LGBT+ Programme operated by the LGBT Foundation in Manchester

Parents & Carers

- TransPaC Advice for trans parents and parents with trans children

- Mermaids - Families National Charity for Trans Young People & Families

Sex Work

- Sex Worker Advocacy and Resistance Movement National Sex-Worker based Collective
- Our Room Male, Trans, & Non-Binary Sex-Workers Hub in Manchester
- Manchester Action on Street Health Sex Worker Health, Safety, & Wellbeing Centre

Clothing and Hair

- The TIN Wardrobe Free Clothing DIstributor for Trans & Non-binary People
- Transfeminine Underwear Guide Community Produced Guide for Transfeminine and Non-binary People
- Manchester Trans-friendly Hairdressers List Community Produced List of Trans-Friendly Hairdressers in Manchester