

SPECTRUM LGBTQ+ YOUTH GROUP

TIMETABLE 2017-18

Spectrum offers a variety of opportunities. There are 2 kinds of groups as well as events, trips and training opportunities put on throughout the year.

SPECTRUM - PEER SUPPORT & PSHE

This group will meet every 2 months on the 2nd Wednesday of the month (exact dates below). These sessions will incorporate peer support and tailored PSHE workshops on topics such as healthy relationships, staying safe & emotional wellbeing.

SPECTRUM – YOUTH VOICE

This group will meet monthly, on 4th Wednesday of the month (exact dates below), to work on campaigns, local events, youth-proof policies and will also feed into the work of the Slough Youth Parliament.

EVENTS

We run an event in Slough for LGBT History Month every year. There are other opportunities to get involved with events run by the Slough Youth Parliament and the Youth Voice group.

TRIPS

We run a summer away day in August. This year it's a yoga & meditation course followed by dragon boating at Longridge. We also support the group to attend Pride with Stonewall's youth group and attend a yearly day of activism in London called Equality 4 Us run by the British Youth Council. As well as these regular trips we have previously attended the theatre, Houses of Parliament and also visited LGBT+ youth groups out of the area. Other similar opportunities may be offered to the group.

	EVENTS	PEER SUPPORT AND PSHE	YOUTH VOICE
AUG	Away Day 30 th		
SEPT		Group 1 13th	Group 1 27th
OCT			Group 2 25th
NOV		Group 2 Healthy Relationships 15 th	Group 3 29th
DEC	Training: Mental Health First Aid tbc		Group 4 13 th Due to Xmas
JAN		Group 3 Gender 17 th	Group 5 31st

FEB	LGBT History Month Event		Group 6 28th
MAR		Group 4 14th	Group 7 28th
APR			Group 8 25th
MAY	Slough Equality event		Group 9 30th
JUNE	Stonewall Youth Pride event		Group 10 27th
JULY	Stonewall conference		Group 11 25th

We will send you updates of session themes, new dates & opportunities.