

Older LGBTQ+ Londoner's guide

To socials,
services, &
events
2025



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Introduction

The idea for this booklet came from the Older LGBTQ+ Londoners Roundtable, hosted by LGBT Consortium. It collects a list of social and support groups for LGBTQ+ Londoners over 50. In the last few pages, we've included other LGBTQ+ groups, venues and resources that might be useful.

We've tried to include groups for people with different identities, of different ages, and with different needs and preferences. Wherever possible, we've listed a way to get in touch over the phone. For more information about any of the groups listed, you can contact Switchboard on 020 7886 8782.

There are lots of groups of various sizes who do different kinds of work. Groups change and close, gain and lose funding, many groups are run by volunteers or self-organised by communities. Unfortunately, we can't guarantee that the information in this booklet will be relevant beyond the Summer of 2025.

50+ LGBTQ+ Social groups

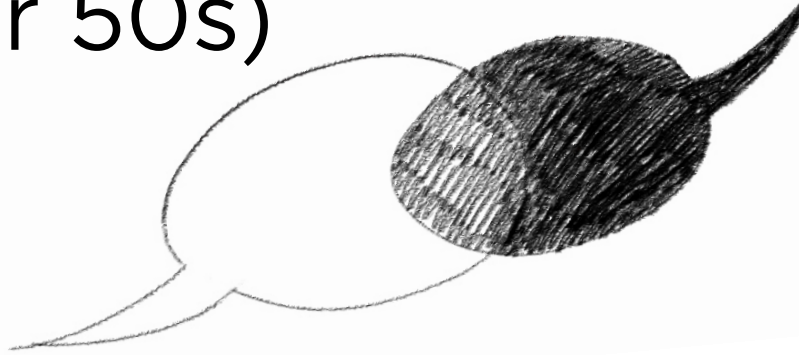
The following pages list social and support groups in London for LGBTQ+ people over 50. Some of these groups are 'by and for', and some are groups run by charities or organisations as part of their wider work. We've also included some other sources of support specifically for LGBTQ+ Older people. Most of these groups are free to attend, but some of them have a cost associated with their events.

Some of the smaller by-and-for groups are run by volunteer individuals who would prefer not to have their numbers published. We've given these numbers to Switchboard, who can share them upon request if you call 020 7886 8782.

The information here is accurate as of Summer 2025. There is a list of places to find more up-to-date information at the end of this booklet.

We've chosen to highlight social groups in this resource because of their power to tackle the loneliness that older LGBTQ+ people face, build community and a sense of belonging.

Bi The Way (over 50s)



A dynamic monthly social group designed for bisexual and pansexual individuals to come together and connect. Bi the way offers a warm and supportive environment where you can meet new friends, share your experiences, and celebrate your identity. The group hosts a variety of activities, discussions, and community events to foster a sense of belonging and fun.

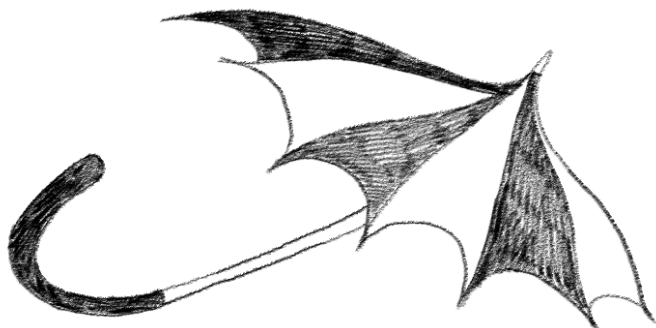
Who is it for: Bisexual and pansexual people over 50

When is it: Monthly on a Monday (drop in to the centre or check LGBTQ+ centre website for details)

Location: London LGBTQ+ centre, 60–62 Hopton Street, Blackfriars, SE1 9JH

Website: www.londonlgbtqcentre.org/whats-on/

Brixton Umbrella Circle



A peer to peer support group for 50+ LGBTQ+ people. Because our hearts and minds can be like umbrellas—useless if we do not open them. The group meet for coffee, lunches, picnics, walks, workshops, and outings. There is a monthly newsletter, and weekly meetings. Please contact for details.

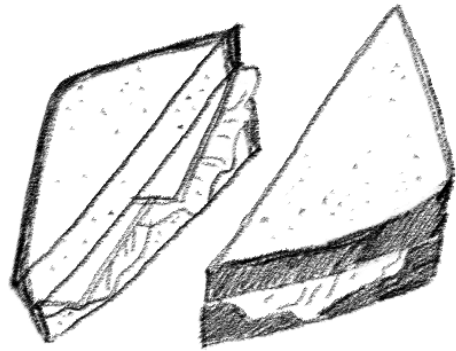
When is it: 1st Tuesday each month, coffee from 12–2pm, plus other events.

Location: Brixton House, Coldharbour Lane, SW2 + Online

Email: brixtonumbrellacircle@gmail.com

Phone: Contact Switchboard to be signposted: 020 7886 8782

East London LGBT Seniors



Support groups, lunch clubs, events, and outings for LGBTQ+ people over 50 in East London.

Who is it for: LGBTQ+ people over 50 from East London, Tower Hamlets, Hackney, Newham, Waltham Forest, Barking and Dagenham, Redbridge, Havering, Essex, and other places with easy transport to Stratford.

When is it: Monthly lunch club 1st Sunday of each month, Support groups 2nd Tuesday and 3rd Wednesday of each month.

Location: Stratford library + other venues

Email: info@eastlondonseniors.lgbt

Facebook: East London LGBT seniors

Website: www.eastlondonseniors.lgbt

elop Over 50s Meetup



A safe, welcoming and inclusive space to meet other members of the community and get stuck in with varied activities, events, celebrations and wellbeing workshops. Please email or phone to join the group.

Who is it for: LGBTQ+ people over 50

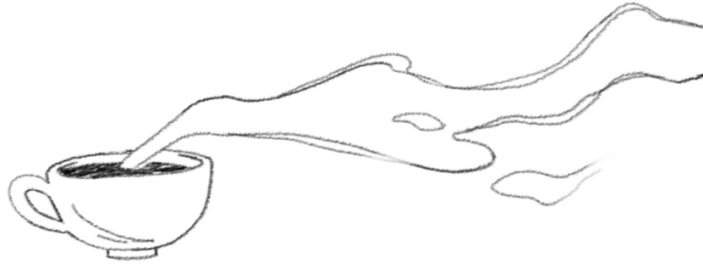
When is it: Every Tuesday, 4-5.45pm

Location: Toynbee Hall, 28 Commercial Street, E1 6LS

Email: events@elop.org

Phone: 07908 553744

50+ Friday Social



A weekly meetup for LGBTQ+ people over 50, formerly organised by Opening Doors, hosted by the London LGBTQ+ Centre.

When is it: Every Friday, 1-3pm

Location: London LGBTQ+ centre, 60-62 Hopton Street, Blackfriars, SE1 9JH

Website: www.londonlgbtqcentre.org/whats-on/

The Furzedown Project



50+ LGBT Coffee morning, a warm and friendly group of people who use the morning to meet others with a shared experience. This has led to being involved in other activities at Furzedown and across London. The morning also hosts guest speakers, holds discussions and a range of activities.

Who is it for: Anyone over the age of 50 who identifies as LGBTQ+ from Wandsworth, Lambeth and Merton.

When is it: Every Thursday morning from 10-12

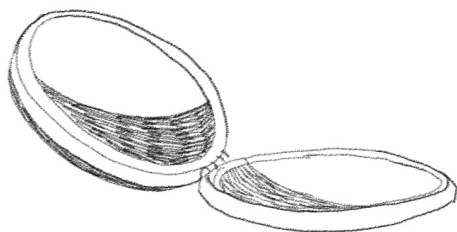
Location: 91/93 Moyser Road, SW16 6SJ

Email: lgbt@furzedownproject.org

Phone: 020 8677 4283

Website: www.furzedownproject.org/lgbt

GI Over 50's Transfem Group



An online peer support group, hosted by Gendered Intelligence, covering a range of topics including family dynamics, coming out at work, experiences of transition, and navigating healthcare. Contact the support line or email for a referral.

Who is it for: Trans women and transfeminine nonbinary people over 50, at any stage in their transition journey

When is it: Once a month on the 3rd Wednesday of the month, 6-8pm

Location: Online

Email: supportline@genderedintelligence.co.uk

Phone: 0800 640 8046

Website: www.genderedintelligence.co.uk

LGBT Hero 50+ HangOut



A friendly and welcoming online social support group on Zoom. Booked free through Eventbrite, or email Dan.

Who is it for: Anyone LGBTQ+ aged 50 and over

When is it: The 2nd and 4th Tuesday of every month, 6-8pm

Location: Online

Email: dan.singh@lgbthero.org.uk

Website: www.lgbthero.org.uk/hangouts-50

Eventbrite: www.eventbrite.co.uk/o/lgbt-hero-17463624603

London Friend over 50s's LGBTQ+ Social



A social group for all LGBTQ+ people aged 50 and over. You can find other social groups that London Friend runs on their website.

When is it: 2nd and 4th Wednesday of each month, 12.30–2.30pm.

Location: 86 Caledonian Road, N19 9DN

Email: office@londonfriend.org.uk

Phone: 020 7833 1674

Website: www.londonfriend.org.uk/london-friend-groups

Melanin Vybz



Melanin Vybz is a regular group for LGBTQ+ Black people and people of colour over 50, hosted by the London LGBTQ+ centre. An informal group with a flexible style.

Who is it for: LGBTQ+ Black people and people of colour over the age of 50

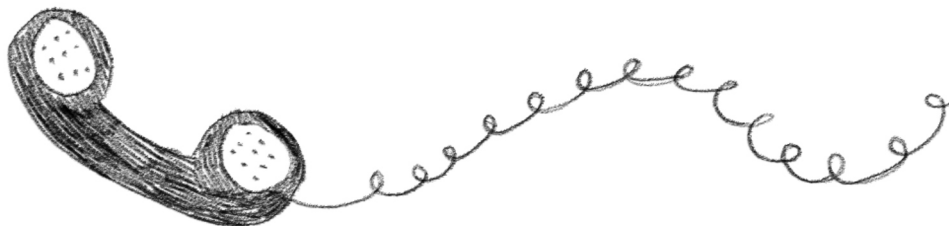
When is it: Every 2nd Thursday from 5.30-7.30pm

Location: London LGBTQ+ Community Centre, 60-62 Hopton Street, SE1 9JH

Email: melaninvybz2.0@gmail.com

Website: www.londonlgbtqcentre.org/events/

MindOut 50+ Project



Mindout's 50+ project offers peer support groups, advocacy and case work, mentoring and befriending, outreach support to people in residential care, volunteering opportunities, social events, and advice and information. Mindout is based in Brighton but offers online and telephone support outside of Brighton.

When is it: Contact for details

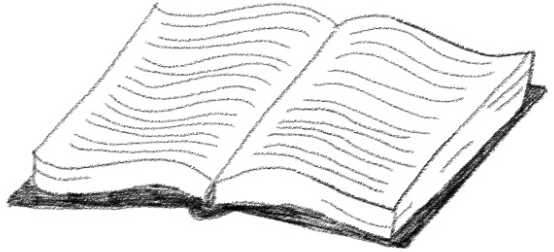
Location: Online or phone

Phone: 0300 7729 855

Email: info@mindout.org.uk

Website: www.mindout.org.uk/get-support/50plus-2/

Older Lesbian Discussion Group



The Lesbian Discussion Group has been going for 40 years at the bookshop Gay's The Word. The older lesbians group meets on the last Wednesday of the month. Topics are suggested by attendees and are listed on the LDG website, no registration necessary but arrive early to attend.

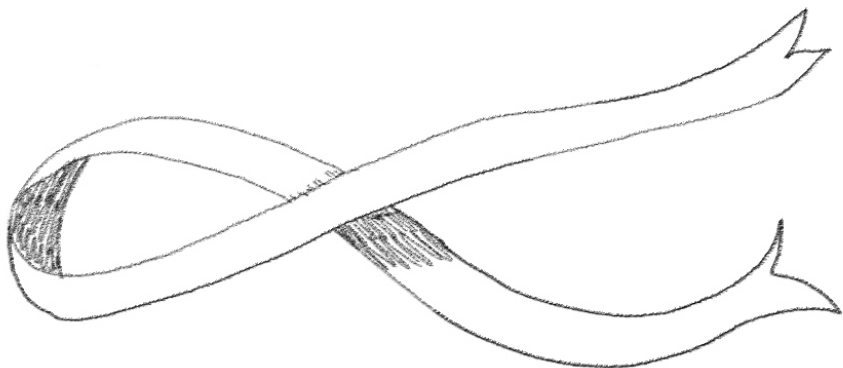
Who is it for: Older lesbians

When is it: The last Wednesday of the month at 7.15pm

Location: 66 Marchmont Street, WC1N 1AB. Check the website for any changes

Website: www.lesbiandiscussiongroup.com

Positive over 50



A social and support lunch group for people living with HIV aged 50 and above, from Positive East. Visit the Positive East website or contact them for information about other groups they run and to self-refer.

Who is it for: People living with HIV aged 50 and above

When is it: Usually runs on the first Thursday afternoon of each month

Address: The Mark Ashley Centre, 159 Mile End Road E1 4AQ

Phone: 020 7791 2855

Email: talktome@positiveeast.org.uk

Website: www.positiveeast.org.uk

40+ Queer women social



Formerly 50+ queer women social; a tea or coffee and conversation, where you can meet fellow queer women, trans and non-binary people over the age of 40. Run by Sappho events and hosted at the London LGBTQ+ Community Centre. See Sappho Events' full calendar on their website.

Who is it for: Queer women, trans and non-binary people over 40

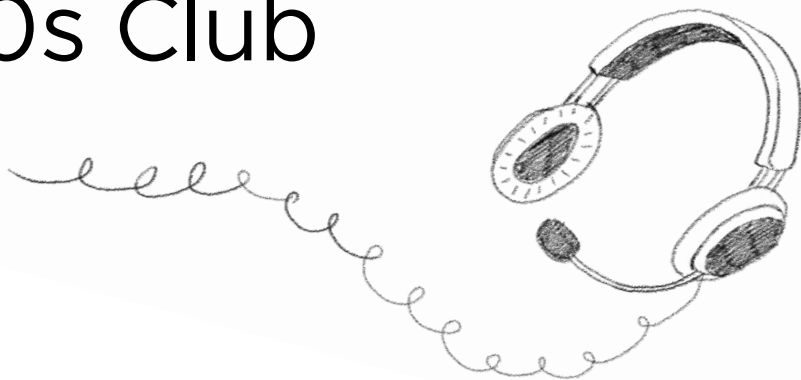
When is it: Every 3rd Saturday of the Month, 12.30–2.30pm

Location: London LGBTQ+ centre, 60–62 Hopton Street, Blackfriars, SE1 9JH Contact details

Email: sapphoeventsuk@gmail.com

Website: www.sapphoevents.co.uk

Switchboard Over 50s Club



A group for over 50's who come together to do volunteer shifts in-person at Switchboard's London office, speaking with a variety of service users via phone and instant messag. There is a lunch before or after to socialise and have a natter

When is it: Every Monday and Tuesday 10am-1pm or 2pm-5pm.

Phone: for administrative enquiries, call 020 7886 8782

For confidential, non-judgemental and non-directive support 10am-10pm, call 0800 0119 100

Location: Switchboard London office (near Angel Station)

Website: www.switchboard.lgbt

Terrence Higgins Trust Before '96



A group is for people who were diagnosed with HIV before or around 1996. The group aims to be a safe space where individuals can share topical issues and life experiences for mutual support. Register with [attheform](#) on their website or by phone.

Who is it for: People of all ages who were diagnosed with HIV before 1996. Many in the group are over 50.

When is it: The 2nd Tuesday of each Month at 4pm

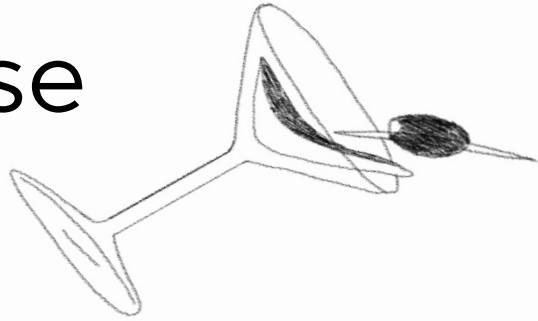
Location: Online via zoom or 439 Caledonian Road N7 9BG

Phone: 020 7812 1600

Email: info@ttht.org.uk

Website: <https://www.ttht.org.uk/get-help/living-well-hiv>

Tonic @ Bankhouse



Tonic @ Bankhouse is an LGBTQ+ retirement community in Vauxhall, Lambeth. They open a weekly bar for Tonic residents and their guests, and other events, activities and workshops open to all older LGBTQ+ people. These have included workshops on drama, creative writing and well being as well as afternoon teas with guest speakers. Contact Bob for more information about events.

When is it: The bar is open every Thursday evening

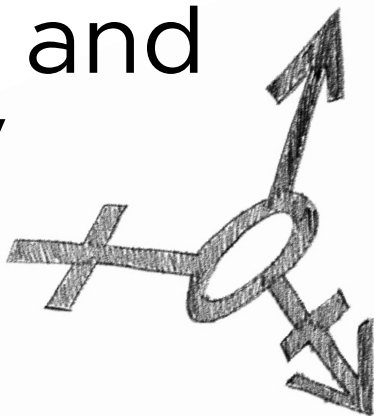
Location: 20 Albert Embankment, Vauxhall, SE1 7FY

Email: info@tonichousing.org.uk

Phone: 0207 971 1091

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50+ Trans and Nonbinary Meetup



A monthly meetup for Trans and Nonbinary people over 50, hosted by the London LGBTQ+ Centre

Who is it for: Trans and Nonbinary people over 50

When is it: Every 2nd Tuesday, 6.30 – 8pm

Location: London LGBTQ+ centre, 60–62 Hopton Street, Blackfriars, SE1 9JH

Website: <https://londonlgbtqcentre.org/events/>

Organisations in London for all LGBTQ+ people

You can call Switchboard's support line to ask for more information about any of the organisations listed: 020 7886 8782

LGBTQ+ Social groups, events, and arts

Forum+ LGBTQ+ social groups and cultural events across the year in Camden, support with hate crime and discrimination including a non-police reporting scheme. Phone: 020 7388 5720 Email: info@forumplus.org.uk Website: www.forumplus.org.uk

House of Rainbow– An LGBTQ+ affirmative pastoral support and faith group. Phone: +447521130179 Website: www.houseofrainbow.org

Imaan– A community group for LGBTQI+ Muslims. East London based, with events across the country Facebook: www.facebook.com/imaanlgbtq Email: info@imaan.org.uk. Switchboard can provide a phone number.

London Friend– Offers multiple LGBTQ+ groups, counselling, drug & alcohol support, sexual health support. www.londonfriend.org.uk. 020 7833 1674.

London International Lesbians– A meetup group that runs events for LGBTQ+ women . Website: www.meetup.com/london-international-lesbians-meetup Facebook: search for London International Lesbians

North West London Lesbian & Gay Group– An inclusive and friendly gay, lesbian, transgender and bisexual social group meeting weekly in Harrow. Phone: 07774688642 Email: nwlgay@mail.com Website: www.nwlgay.com

Wise Thoughts– An arts organisation based in Haringey that offers activities including Yoga, Mindfulness, and LGBTQI+ drop ins. Sign up on the website: wisethoughts.org or call 020 8889 9555. Groups meet at Wood Green Library, N22 6XD.

West London Queer Project– Events and socials that bring the LGBTQ+ community together in West London. Phone: 0203 488 3110 Email: info@wlqp.org Website: www.wlqp.org

There's more information in the last section about where to look for groups..

Support for LGBTQ+ survivors of abuse and violence

Black and Brown Rainbow – A peer led anti-violence, social justice, grassroots organisation to end violence against Black & Brown LGBTQI+ people. Phone: 0800 054 1097 (open Mondays and Wednesdays 6pm–8pm) Email: info@blackandbrownrainbow.com

Forum+– Support with LGBTQ+ hate crime and discrimination including a non-police reporting scheme. Phone: 020 7388 5720 Email: info@forumplus.org.uk or caseworker@forumplus.org.uk Website: www.forumplus.org.uk

Galop– Helpline support, advocacy and casework for LGBTQ+ people who have experienced abuse and violence. Phone: 0800 999 5428 Email: help@galop.org.uk Website: www.galop.org.uk

Metro Charity– LGBT hate crime support in Greenwich. Phone: 020 8305 5003 Email: safer@metrocharity.org.uk Website: www.metrocharity.org.uk

Star Refuge– Star refuge hosts Star Recovery, an 11 week programme for recent LGBTQ+ survivors, and StArt, a weekly art group for LGBTQ+ Survivors. Fill out the sign up form on the website to join:

www.starsupport.org.uk . Groups are held at The Outside Project LGBTIQ+ Centre.

Health

Metro Charity Pitstop clinic– trans-friendly STI testing for LGBTQ+ people in Greenwich. Drop ins on Wednesdays, 5–7pm at 1st Floor Equitable House, 7 General, Gordon Square, London SE18 6FH. Phone: 02083055000

Positive East– Health and wellbeing support for people with HIV, benefits advice, support groups. Phone: 020 7791 2855 Website: <https://www.positiveeast.org.uk>

Outpatients– Online and in-person peer support groups for LGBTQ+ people living with cancer and LGBTQ+ carers. Sign up through their website: www.outpatients.org.uk/support/

Cliniq– A trans-led sexual health service in London, which provides STI & HIV testing, PrEP and PEP, mental wellbeing support, and more, for all trans, nonbinary and gender diverse people. Drop in on Tuesdays 4.00pm – 7.00pm at the Caldecot Centre, 15–22 Caldecot Road, London SE5 9RS. Email: admin@cliniq.org.uk Website: www.cliniq.org.uk

Housing & homelessness

The Outside Project – a community centre and shelter. They have a weekly 'Open House' on Saturdays between 2 and 5pm at Unit 1, 52 Lant Street, SE1 1RB. Website: www.lgbtiqoutside.org

Stonewall Housing – Provides a free helpline for housing advice (weekdays 10am–1pm), specialist advice, advocacy and support for LGBTQ+ people who are homeless or at risk of homelessness. Refer to their services on their website: www.stonewallhousing.org/referralform Phone: 0800 6 404 404

Migration & Asylum support

Micro Rainbow – support for LGBTQ+ asylum seekers and refugees, including safe temporary housing, a moving on service and support with social inclusion. Support line for urgent matters: 0800 3585851 Email: info@microrainbow.org Website: www.microrainbow.org

Rainbow Migration – An organisation that supports LGBTQ+ people through the asylum and immigration system. They provide information on their website, offer helpline support, and you can apply for free legal advice. Phone: 0203 752 5801 Email: hello@rainbowmigration.org.uk Website: www.rainbowmigration.org.uk

LGBTQ+ Venues and community spaces in London

These are just a few venues which often have LGBTQ+ events going on. Many of them are spaces where you can drop by and see what's happening, but look them up first if you can.

Community Centres

London LGBTQ centre – 60–62 Hopton Street, Blackfriars, SE1 9JH, www.londonlgbtqcentre.org

Outside project LGBT community centre – Unit 1, 52 Lant Street, London, SE1 1RB, www.lgbtiqoutside.org/centre/

Galleries and museums

Queer Britain – 2 Granary Square, King's Cross, N1C 4BH, www.queerbritain.org.uk

Queercircle – B4, 3 Barton Yard, Soames Walk, SE10 0BN, www.queercircle.org

Space station 65 – Building One, 373 Kennington Road, London, SE11 4PT, www.spacestationsixtyfive.com

Bookshops and cafes

Gays the word – 66 Marchmont Street, WC1N 1AB.
www.gaystheword.co.uk

Common Press bookshop –
118 Bethnal Green Road, E2 6DG.
www.commonpress.co.uk

Useful phone numbers & Support lines

LGBTQ+ support

LGBT Foundation helpline – 0345 3 30 30 30

Switchboard support line – 0800 0119100

Gendered intelligence supportline – 0800 640 8046 or
whatsapp: 07592 650 496

Reengage rainbow call companions – refer through
their website www.reengage.org.uk or call 0800 716543

Emotional support

Samaritans 24/7 helpline – 116 123

Mindline: 0800 138 1692 or 01823 276 892

Mindline Trans+ – 01823 276 892

Housing support

Shelter housing advice: 0808 800 4444

Stonewall Housing: 0800 6 404 404

Support for older people

Age UK information and advice line – 0800 169 65 65

Care rights UK support and advice line – 020 7359 8136

Carers UK help and advice line – 0808 808 7777

DWP gender recognition team: 0300 043 1103

bereavement team: 0800 151 2012

Hate crime or abuse support

Galop LGBTQ+ abuse & violence helpline: 0800 999 5428

Hourglass older adults abuse helpline: 0808 808 8141

Where to find more information

Age UK have produced a booklet of information for older LGBT people called '**LGBT+ Navigating Later Life**'. It includes information about marriage and civil partnership, health and wellbeing, bereavement, getting care and care homes, planning for the future and dealing with abuse. This can be found on the Age UK website www.ageuk.org.uk if you search 'LGBT'. Your local Age UK might have copies, or you can call 0800

678 1602 to request one in the post.

If you're looking for more information about different kinds of LGBT groups and things to do, the **LGBT Consortium website** has a UK-wide list of groups. You can search by name, location, or who the group is for. www.consortium.lgbt/member-directory/

The Trans Dimension collates news, events, and services by and for Trans people, in London and Manchester. They have a calendar that is regularly updated. www.transdimension.uk

The Rainbow Boroughs Project are developing an A to Z Community Directory of LGBT+ groups, organisations, businesses, and services. They also run a project that maps and supports LGBT forums in London. You can sign up to their mailing list and find out more on their website: <http://rainbowboroughsproject.wordpress.com>

GIRES hosts **Tranzwiki**, a comprehensive directory of non-commercial groups and organisations supporting or assisting trans and gender diverse individuals, their families and friends across the UK. You can access this on their website. www.gires.org.uk/tranzwiki/

Gay's the word have a list of community groups and

resources on their website. [www.gaystheword.co.uk/
communitygroups](http://www.gaystheword.co.uk/communitygroups)

Silver pride is a celebration of our LGBTQIA+ over 50s and provides an once-a-year event to promote connectivity throughout the community, usually hosted by Walthamstow Trades Hall. You can find out more about Silver Pride on their website [https://
silverpride.thecactusclub.co.uk/index.html](https://silverpride.thecactusclub.co.uk/index.html)

You can download this resource at
www.consortium.lgbt/OPresource.

There's a version you can read online and a version that you can print yourself and staple together as a booklet.

A call for LGBTQ+ organisations and venues:

We owe so much to the generations of LGBTQ+ people that came before us, and it shouldn't be left just to our elders to fight for their rights.

The challenges that older LGBTQ+ people face are many, including social isolation, health disparities, financial inequality, and the physical and emotional consequences of a lifetime facing prejudice and discrimination.

Much more is needed, like consistent funding to keep these groups alive, information about how to navigate systems and services, LGBTQ+ safe and affirmative care, and work to address the ageism present in LGBTQ+ spaces.

There's a need for deeper solidarity with older LGBTQ+ people, across the LGBT charity sector and beyond.

If you are an LGBT organisation in London and you would like to work with us to improve how you include and support older LGBTQ+ people, please contact us. london@consortium.lgbt

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**With thanks to those who
worked on and supported
this project.**

The members of the Older
LGBTQ+ Londoners
Roundtable, and in particular:

Andrew Leonard

Clare Truscott

Chek-Min Ong

Bob Green

Written, designed, and
researched by Ray Carter.

