

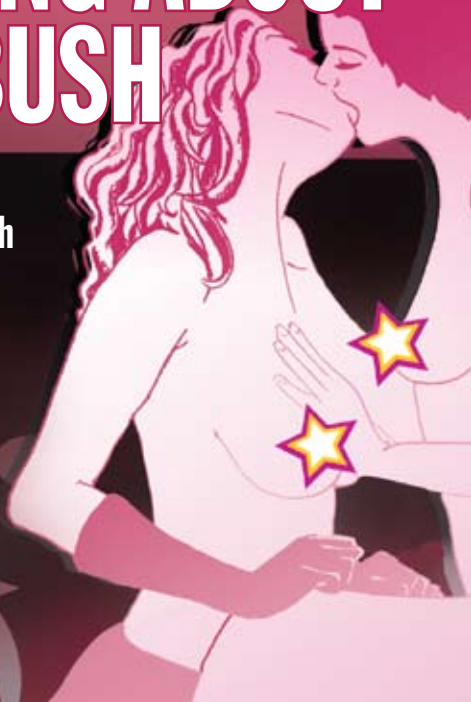
2009 Edition



Reg. Charity No. 1070904

BEATING ABOUT THE BUSH

**A guide to sex
and sexual health
for women who
have sex with
women**



Fully Updated

THANK YOU

This booklet has been written and produced by the Lesbian and Gay Foundation. We would like to take this opportunity to thank all our advertisers and The Department of Health for their support of this vital work. If you are a business or community group interested in getting involved with the LGF's agenda for women, please contact us at:

Email: women@lgf.org.uk

Telephone: 0161 235 8035

Visit our website: www.lgf.org.uk

Design by LGF Design.

Email: designservices@lgf.org.uk

www.lgf.org.uk/design

We'd also like to take this opportunity to give huge thanks to **Angela Woosey** of **Eberle** design for the illustrations in this guide. Visit her website at www.eberle.co.uk



Reg. Charity No. 1070904

This booklet has been produced by the Lesbian and Gay Foundation.

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INTRODUCTION

For many lesbian and bisexual women there is little or no information out there about the sex we have.

We have had to learn as we go along with trial and error. That is the exact reason why the Lesbian and Gay Foundation, the North West's leading LGBT charity has produced this resource.

This guide for women who have sex with women provides information around sex, sexual difficulties, negotiating sex, what to do and how to do it, together with information on masturbation, sexual behaviour, safer sex and sex toys.

We hope you enjoy this informative celebration of girl on girl sex!

This guide was first printed in March 2008 and we were overwhelmed by the positive response both from lesbian and bisexual women themselves and those who provide services to them.

This resource has been our most requested and popular to date. We are delighted to be reprinting this vital resource with support from the Department of Health.

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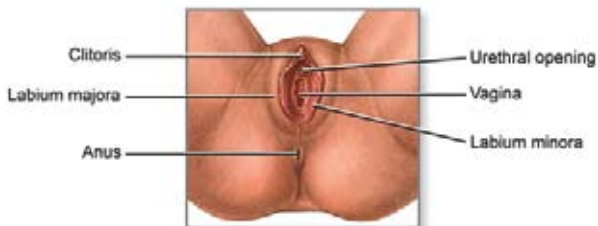
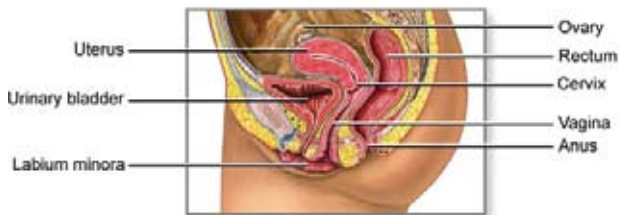
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SO WHAT'S DOWN THERE?

A lot of questions about how to have sex, how to masturbate, and worries about what's going on down there can be solved by simply getting to know your own body and genitalia. It's also probably best figuring out what does what, and what you like and dislike, before anybody else does!

Go get yourself a mirror, lock yourself in a room, spread you legs and start examining.



The clitoris, labium majora, labium minora and vagina are collectively known as the vulva.

MASTURBATION

Masturbation is a very healthy and liberating part of any woman's sex life. It's the perfect way to discover yourself, your sexual likes and dislikes and also to explore your own genitalia.

Some women enjoy their clitoris being touched, some enjoy penetration, others enjoy their G-spot being stimulated and many enjoy all three. Whatever you enjoy, remember there's no right or wrong way to masturbate, just do what feels good for you.

HOW TO GET STARTED:

- **Privacy** - Lock the door, turn off the phone and close the curtains.
- **Get yourself in the mood** - Take off your clothes, have a bath, light some candles and get comfortable.
- **Fantasise** - Recall a past sexual encounter, something you've seen in a film or create your own.
- **Touch Yourself** - Using one or two fingers, stroke your vagina, vulva and clitoris exploring different pressures, speeds and motions.
- **Breathing and rocking** - Breathe deeply and if it helps, move, rock or roll your body with the rhythm of your hand.
- **Orgasm** - Once you have discovered what you like, you may eventually start to climax - just make sure you keep the stimulation constant. If you don't reach orgasm, then don't worry – practice makes perfect!



SEX

THE INS AND OUTS!

One of the biggest mysteries of the modern age, now that more and more of us are out and proud, is what the hell it is that two women do in bed together?

Queen Victoria didn't help matters when she refused to believe lesbians existed. Her view was that women didn't have the equipment with which to do anything sexual together. Oh how wrong she was...!



SEX



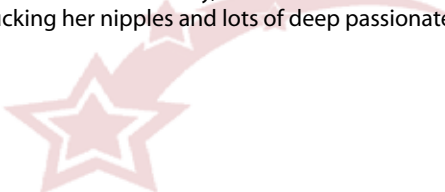
Research shows that regular sex can make you feel and look healthier, substantially lower your stress and anxiety levels and also help you burn off more than 100 calories per hour.

Probably one of the best things about two women having sex together is that you are blessed with a better understanding of each other's bodies and therefore generally you both know what feels good.

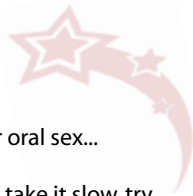
Begin with lots of kissing, stroking and teasing. Remember to take your time with kissing as it can be really sensual and stimulating. Think about what you're doing and what you would like done to you. Soft and slow or hard and fast – explore each other's mouths, licking and sucking gently and vigorously – once you've found a rhythm, you may find the hours fly by as you lose all track of time!

Foreplay makes any sexual touch much more pleasurable as it builds your sexual excitement and fills your vaginal and clitoral areas with blood. Touching and massaging each other's breasts, biting, sucking or pinching nipples, sexy squeezes of her arse – all will get you both aroused.

You can also intensify your partner's pleasure by gliding your hands all over her body, and combine this with licking and sucking her nipples and lots of deep passionate kissing.



SEX



Then of course there's the joys of cunnilingus or oral sex...

The most important thing here is again to relax, take it slow, try not to worry or feel anxious and intimidated – this can be one of the best sexual experiences for both giver and receiver. Sucking and licking the clitoris, vagina and vulva can feel amazing for both, particularly if you're both doing it to each other at the same time!

In terms of technique there are all sorts of theories out there about what feels good. Experiment – you'll soon know from her physical and vocal responses if you're hitting the spot.

So what about penetration? Oral, vaginal, anal – some women like it and some women don't. Communicate with your partner – find out likes and dislikes. Penetrating your lover's vagina with your fingers can be a wonderful, intimate and not to mention mind-blowing experience.

Curling your fingers towards you in a beckoning motion once inside her can stimulate the G-spot on the front wall of her vagina. If you want to penetrate the anus, do it very slowly with loads and loads of lubricant. And if using your fingers, always keep your nails clean and short.

There's a huge range of dildos out there and plenty of female friendly shops to talk you through the process of buying your first "friend"! The fabulousness of handsfree fucking cannot be underestimated! It can take a bit of practice but who's complaining?!



SEX

Remember sex doesn't have to be all about the orgasm. Sex is meant to be fun.

If you find you are not having fun because you're constantly worrying about you and your partner not climaxing, you are just putting an immense amount of pressure on yourself and may not reach orgasm.

It's time to let go. Let your thoughts and worries disappear and focus your mind on the amazing feeling between the two of you.

There are no hard and fast rules when it comes to sex. Just explore each other, have fun, talk to each other about what feels good, don't feel pressured into doing something you don't want to do or feel uncomfortable with, and be safe.

Turn to page **16** for tips on how to have sex safely and pages **20** and **21** to find out how using drugs and alcohol can affect sexual behaviour.



Pride Games



women take part

www.pridegames.org

GEN-E-SIS
Party/Club/Event

The New Women's Night To Hit
 Manchester

sat Saturday of the month @
 Eden Bar, Canal Street

£3.00 on door
 10.30 - 4am

2 fantastic lesbian DJs

GEN-E-SIS flavour - the finest
 POLLES classic/retro pop, funky
 vocal house/disco.

Music for Everyone!

prime drink deals all night long

*Male friends welcome as guests

*Good news for smokers - Eden has a devoted terrace
 & smokeover large overlooking the canal...perfect!

www.genesclubnight.co.uk
 facebook fans - search genes clubnight



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SEXUAL BEHAVIOUR

In this section we are going to take a very brief look at some sexual activities that some people may label as extreme and others may see as perfectly reasonable. As with everything, what you choose to do in the privacy of your own environment, whilst remaining in the bounds of the law, is your choice and we hope you would choose to do it as safely as possible. As with all sexual matters, talk it over with your partner and explain what it is you want exactly and where you draw the line. If you feel uncomfortable in any way, then don't do it.

ANAL SEX

We've all probably thought about it from time to time, but anal sex can be taboo for some lesbians. If you do decide to try it, then it's best to approach it with an open mind. If done properly, anal sex shouldn't be too painful or messy and you can get off on it too. The first rule of anal sex is cleanliness.

The second is plenty of water based lube. The third is start slowly and work up slowly to full penetration and don't be afraid to say stop if it doesn't feel right.

The great thing about lesbian anal sex is that unlike a penis, you can choose the size of the dildo or vibrator.



BDSM

The term BDSM is an abbreviation from the terms Bondage, Discipline, Sadism and Masochism. It defines a range of behaviours including dominance, submission, punishment, role play and a large variety of other activities usually of a sexual nature. Most important is your safety when engaging in these sexual practices. It's often useful to agree to use a safe word with your partner – particularly during role play – something totally non-related like 'biscuit', then if you feel uncomfortable or frightened at any point during the session, you can say your safe word and your partner will stop.

Make sure any BDSM activity you engage in is consented to by all concerned.

FISTING

This is where you penetrate your partner's vagina or anus with your hand and/or your forearm. You should have your fingers straight and as close together as possible, and then slowly insert them into a very well lubricated vagina or anus. Once insertion is complete, you may then clench your fist. The smallest movement of your hand may feel huge to her, so remember to take it slow and steady.

RIMMING

Rimming is where you use your tongue to lick and penetrate your partner's anus. If you do want to take part in this practice then make sure your and her anus is always clean before you begin. Rimming feels different for everyone and may or may not turn you on, so if the idea of licking your partner's arse doesn't do it for you, then simply don't.

SAFER SEX

The only form of safer sex between women is not allowing any body fluid (vaginal or menstrual fluid/breast milk) to enter your body and vice-versa. Activities that are safer include kissing, hugging, breast stimulation, massage and masturbation.

SO WHAT'S RISKY?

- Oral sex is low risk, but not if you or your partner have any cold sores, cuts or abrasions on or in your mouth or genitals, or are having a period. Dental Dams: (squares of latex which are sometimes flavoured), or a cut up condom placed over the genitals can provide protection against such risks.
- Mouth-to-mouth kissing is safe. However, you should be aware of bleeding gums, sores or cuts which could provide a risk.
- Sharing sex toys (vibrators and dildos) can be risky if they have vaginal fluids, blood or faeces on them. Always clean your sex toys. Also, using condoms on sex toys and changing them before using on a different person or body areas is a good way to prevent the exchange of bodily fluids.
- Any sexual activity, which can lead to bleeding or cuts/breaks in the lining of the vagina or anus, is of higher risk. This can include penetration, fisting or certain S&M activities. Keep your nails short and/or cover hands with latex gloves or individual finger cots: a device resembling a condom used to cover the finger.

SO WHAT COULD YOU CATCH?

Lesbians and bisexual women are at low risk of catching HIV from having sex with women but other things such as Thrush and Sexually Transmitted Infections (STIs) aren't so low. STIs are usually transmitted through close body or sexual contact and are usually caused by:

Viruses

(e.g. Herpes, Hepatitis, Molluscum Contagiosum and Genital Warts).

Bacteria

(e.g. Thrush, Bacterial Vaginosis, Chlamydia, Gonorrhoea, Non Specific Urethritis and Syphilis).

Parasites

(e.g. 'Crabs', Scabies, Trichomonas Vaginalis and Threadworms).

STIs can have a wide variety of symptoms from itchiness, redness, soreness, bumps and discharge etc but sometimes the symptoms are easy to miss or not there at all. The best thing to do is to have regular check-ups at your local sexual health clinic.

And remember; if you do pick up an STI, don't feel ashamed or embarrassed because the likelihood is that most people at least once in their lifetime will come into contact with one.

See the Lesbian and Gay Foundation's website at lgf.org.uk or the LGF's '**Sex Education Guide**' resource for further information on the symptoms of STIs.

WHEN SEX DOESN'T SATISFY

With or without sex, it is important to remember that you are the same person. Sex problems are often not normally due to physical reasons but to psychological ones and can cause emotional suffering and distress within a relationship.

Here we explore some of the reasons:

PAINFUL SEX - AND NOT THE KINKY KIND!

Women can sometimes experience pain during lesbian sex and the main cause is usually down to penetration. An unstretched hymen could be the cause as well as lack of lubrication, an infection or Pelvic Pain Syndrome, often caused by stress. Lack of arousal can also be to blame as it is likely to cause lack of lubrication.

VAGINAL DRYNESS

If you or your partner is not getting quite wet enough down there, then don't worry because it may just mean that you or her are not sufficiently aroused – which can occur for all sorts of reasons, such as inadequate foreplay, nervousness, anxiety, or the changes your body goes through as you get older. Some women can get wetter than others which is perfectly natural and does not necessarily indicate that they are not turned on or interested. There are plenty of water-based lubricants on the market to help with this, however if problems persist, consult your doctor.

LESBIAN BED DEATH - (AND NO NOT THE BAND...AND YES THERE IS ONE!)

Although it is widely thought of as a myth, Lesbian Bed Death often referred to as LBD is a term used to describe the supposedly inevitable diminishment of sexual passion in long term lesbian relationships. Well, there is nothing wrong with lesbians not having sex, or having it infrequently, however if you do think your relationship is suffering from LBD then try our tips for a more fulfilling sex life with your woman:

Be nice!

If you're bickering about washing up or hoovering then you ain't gonna get any!

Set a date!

Spending time together and enjoying each others company may mean you are more relaxed with each other and more likely to feel in the mood.

Act out your fantasy!

Maybe it's joining the mile high club or bonking in broad daylight... give in to yourself and give it a go!

Watch porn!

For many, nothing makes them hornier than watching other people get it on, whether they're gay or straight. (See page 26).

SEX AND DRUGS

Women are more vulnerable to the effects of drugs and are twice as likely to become addicted as men.

Most drugs and substances can affect hormones, and menstrual cycles can become disrupted and in some cases stop altogether. Fertility is also lowered by most recreational drugs.

Drugs can often cause sexual dysfunction. Under the influence (most notably with cocaine) the vagina can become dry and will no longer lubricate naturally. People taking drugs run a risk of suffering damage to the vagina, so if you do have sex while taking drugs, be sure to use lubricant.

Taking drugs will often jeopardise safety and leave you vulnerable. Being high can disrupt your thought processes, which can mean you lack the ability to get home safely. Lowered inhibitions and judgement mean you are more likely to have unsafe sex, increasing the risk of picking up sexual infections.

Lowered inhibitions and poorer judgement could put you at risk of attack. Some drugs can cause black-outs and comas leaving you vulnerable to rape.

If you do take a drug, tell your partner or friends what you have taken in case you run into difficulties. Never mix substances, as this can be dangerous, often causing extreme changes to breathing, heart-rate and consciousness.

LOOK AFTER YOURSELF!

If through alcohol, or drugs, you temporarily lose capacity to choose whether to have sex or not, YOU ARE NOT consenting.

SEX AND ALCOHOL

We've all heard of 'brewers droop' and the effects alcohol can have on men's sexual performance, but as women do we ever stop to think what it might be doing to our performance in the bedroom? (or anywhere else for that matter!).

In fact alcohol can have a more serious affect on our sexual experiences than we might think. As a nervous system depressant, alcohol can numb the nerve endings in genitalia and decrease feelings of sexual arousal and pleasure. Vaginal lubrication and the ability to orgasm can also be adversely affected by alcohol, potentially leading to painful and frustrating sexual experiences.

Alcohol can also be linked with other unwanted experiences such as the contraction of STIs, choosing inappropriate partners, serious injury, assault or even death. It also has the potential to negatively affect relationships, causing you to be less physically and emotionally sensitive. There is nothing to say that we should never mix alcohol and sex, but being aware of its potential effects allows us to make more informed and sensible choices.

If you require any advice or information regarding issues surrounding alcohol and drugs; referral into treatment, or to share your experiences of any treatment, please contact the Lesbian & Gay Foundation by the following:

Helpline: **0845 3 30 30 30**

(6pm-10pm Daily)

Email: **info@lgf.org.uk**

Website: **www.lgf.org.uk**

Main number: **0161 235 8035**

(Office hours).



0845 3 30 30 30*

6pm - 10pm daily Automated service 10pm - 6pm
Email: helpline@lgf.org.uk *Local rate applies



PROMOTIONAL FEATURE

Sh! Is the UK's first sex store owned by, run by and dedicated to women. Hailed in the press as "true pioneers" & "the best sex shop in the world", they've been providing expert advice, along with female-focused toys, including many own brand designs unavailable elsewhere, since 1992... so they really know their stuff!



A vibrator moves faster and for longer than any part of the human body and its this fabulous intensity than makes a vibe a puurfect plaything for adding extra stimulation during sex. Invented as medical instruments to "cure" hysteria, vibes have been giving women orgasms ~ or "hysterical paroxysm" ~ since Victorian times.

A huge number of women have their first orgasm with a vibrator and for many a powered-up vibe equals guaranteed orgasms. If you find orgasms tricky or illusive, a vibrator is likely to help. Many people assume the way to use a vibe is to put it inside, but actually the majority of women, around 80%, use theirs solely for clitoral pleasuring.

Direct clit-stimulation can feel way too much; imagine the clit as a clock face and focus on 10 to 2! Vibrators made from hard plastic generally deliver pretty intense stimulation whereas softer materials tend to absorb some of the intensity and provide milder stimulation.

By the same token, softer vibes are usually quieter. Jelly sex toys have raised health concerns because of the chemicals in them so always cover these with a condom. Better still, plump for silicone which is the safest, soft sex toy material around.



A dildo is chiefly a penetrative toy designed to give filled-up feelings of pleasure. A classical sex toy in every sense: Dildos feature in ancient art, classical Greek theatre and the Kama Sutra and the word “dildo” is believed to come from the Latin

for “wide-open” or the Italian for “delight”! Size is the most crucial factor when choosing a dildo with WIDTH more important than LENGTH. Remember you can always control how deep you go, but a dildo that is too wide will be nobody’s idea of fun.

During arousal, a woman’s vagina balloons, making her more receptive to larger playthings so it’s worth doing some homework during sex. Focus on how many fingers feel good when you’re really “Oh! My God! Give-it-to-me” turned on.

Feel like raiding the veg rack? Do it!

Gathering as much info as possible for your perfect dildo dimensions before going shopping means you’re less likely to get carried away and more likely to be satisfied! Dildos come in many different materials and each has its own advantages; Glass is heat-responsive, unbelievably slidey and G-Spots love the firmness: Wood is warm and eco-friendly: Latex and Jelly dildos are cheap making them great if you are unsure, (though you will have to invest in condoms for them). But by far the best is silicone – soft & velvety smooth to the touch, super-safe and very easy to clean.





A dildo slipped into a harness and worn on the body is a “strap-on” and a great erotic toy for any couple who enjoy penetrative sex together.

Strapping a dildo to your crotch with a hip harness) or to your leg (thing harness) leaves your hands free to stroke, tweak or delve elsewhere. Strap-on sex can also open up whole new worlds of erotic possibility, whether role-playing fantasy, imaginative new positions or enticing visuals.

Different dildo lengths lend themselves to different positions: Shorter dildos, 4” or less, work best for grinding together, whereas longer dildos, 6” or more, are better for stroking in and out.



Traditional style double dildos are extra-long with a dildo each for lovers to enjoy, either vaginally and /or anally. To play you lie, sit facing or back up to each other with your genitals close together and share the dildo between yourselves in a pull-me/push-me motion. Double dildos offer great voyeuristic potential and can feel intimately close as you share the same activity & sensations as your lover.

The downside is they can be tricky to coordinate. Newer-style Double Dils are U-shaped, designed to be worn and operated by one lover, so the sensations are more like conventional strap on sex but without the harness.



These strapless double dildos offer really close, body-to-body contact and lend themselves better to grinding rather than deep thrusting.



The ass is rich in super-sensitive never endings and there are lots of toys to explore these sensations; anal Beads provide deliciously repetitive pleasure: anal vibes deliver waves of trembly delight: butt plugs are designed to be 'worn' for sensations of fullness and pressure. Any toy that's bum-bound must be slathered in lube AND have a flared-base to stop it slipping inside and getting lost.



A true bedroom essential and probably the best, most liberating sex in the world!. It enhances every sexual experience by reducing friction and making moves sensually smooth....

Have Fun!
Love the Sh! Girlz xxx



www.sh-womenstore.com



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PORN AND EROTICA

Watching or reading about women getting down and dirty can be a huge turn on. It can also help you work out what gets you and your partner going, and is the perfect way to gain inspiration to put into practice.

When it comes to what turns you on, us ladies tend to be less visual than men. There's an endless supply of porn for men of every fetish and orientation, and very, very little for us girls. Most 'lesbian' porn is photographed or directed by and aimed at straight men and features bleached blonde, false breasted straight women with long fingernails. More often than not, these portray what we know to be an unrealistic view of lesbian sex. It's not surprising then, if this kind of porn doesn't do it for us.

However, all is not lost! Porn is more accepted now than ever before, and this is reflected in the diversity that you can find in shops or online. Your best bet for good girl-on-girl action you can identify with is to check out smaller companies or brave the unlimited options of the Internet. Britain's first female porn director, Anna Span, is a huge hit with many women. Also there's more and more lesbian film directors and actresses out there than ever before. Erotic literature is also widely available in mainstream settings.

Some women love it, some women hate it – either way, if you haven't tried it yet then surely it's worth a go?

THE GAY LIFESTYLE

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WHERE TO MEET WOMEN WHO LIKE WOMEN...

Well, it's the million dollar question! Whilst there is no definitive answer, here are a few ideas to get you started.

The Scene

A sure-fire place to meet other lezzas is out on the 'scene', and there are lots of different women's bars or club nights out there. If you live in or near Manchester then you're lucky as it's home to the award winning Vanilla; a women's bar which has proved very popular since its birth in 1998.

Coyotes is another great bar popular with the girls because it offers regular sports viewing and themed nights. As well as women's bars there are also some great women's club nights, such as GEN-E-SIS in Manchester.

If women only bars and club nights seem a bit intimidating there are some great mixed LGBT places.

And fear not – if you don't live near Manchester then check out page **31** or find out some of the highlights of what's on offer in your area by reading the listings in outnorthwest magazine or check out The Gay Girls Guide' feature for the ladies at www.lgf.org.uk/news/outnorthwest/features



Online

There's lots of websites for women wanting to chat to and date women – the most famous being gaydargirls.com and pinksofa.com. Most will have a subscription fee but look out for free trials or offers. You can then make a profile of yourself, and search to view other women's profiles with similar interests. It's a great way to meet other women in your area, or even the other side of the world!

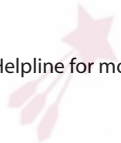
On many of these websites there will also be discussion forums and information on activities going on for gay women in your area. Remember, don't reveal any information which could expose your identity such as your name and address unless you're sure it's safe, and don't allow anyone to pressure you into revealing anything you're not comfortable with. If you decide to meet someone then make sure you do it in a public place and that someone knows where you're going and when to expect you back.

Groups

Joining a group is a great way to meet likeminded women and Manchester in particular offers a wide range of social, support and networking groups for all ages, interests and backgrounds. The LGF hosts social and support groups Carousel and Stepping Stones, and the Lesbian Community Project offers a discussion group, a support group for disabled LB women, groups for older LB women, and many more. The LIK:T project is a Manchester based group supporting 16-25 year old gay and bi-women.

There are also many others on offer, from sports groups and youth groups to dining groups. Again, if you're not from Manchester then there's still plenty going on across the North West.

Check out the listings in outnorthwest, or call the LGF Helpline for more information.



NORTH WEST LISTINGS

LIVERPOOL

Lesbian Book Group
clairemawplsey@yahoo.co.uk

Girls Go Down Club Night
www.ggdonline.co.uk

Girls, Girls, Films!
www.ggdonline.co.uk

Divas Social Group
Lou
0151 227 1931

BLACKPOOL

Lucy's Two
lucystwo.mysite.wanadoo-
members.co.uk

LEEDS

Blayde's Bar
01132 445 590

CUMBRIA

Cumbria Lesbians Network
cnetwork@sky.com

TODMORDEN

Todmorden Women's Disco
www.myspace.com/tod_disco

HEBDEN BRIDGE

Nelsons Wine Bar
01422 844 782

Bar Place
www.barplace.co.uk

LANCASTER

Lavender Lounge
www.lavenderlounge.co.uk

Amazone Social Events
amazonelancaster@yahoo.co.uk

Dancing Divas
www.lavenderlounge.co.uk
/id19.html

Lezzie Camp
www.lezziecamp.co.uk

Lunettes Social Group
lunettes@btinternet.com

STOCKPORT

Stockport Youth Service
Support Group
thebase@stockport.gov.uk

USEFUL CONTACTS

Please find below just a selection of some useful numbers for women who identify as either lesbian or bisexual.

FOR ALL WOMEN



Reg. Charity No. 1070904

The Lesbian & Gay Foundation Helpline
6-10pm every evening
0845 3 30 30 30
helpline@lgf.org.uk
www.lgf.org.uk



The Lesbian Community Project
0161 273 7128
email:
mail@manchesterlcp.org.uk
www.manchesterlcp.org.uk

biphoria

Biphoria

Support for women who identify as bisexual 0794 811124
email **mail@biphoria.org.uk**

FOR YOUNGER WOMEN



The Albert Kennedy Trust
Providing support for homeless L&B women.

0161 228 3308
email: **manchester@akt.org.uk**
www.akt.org.uk



Lik:T
Answer phone:
0161 273 7838

email: **likt_info@yahoo.co.uk**
www.likt.org.uk



Lesbian and Gay Youth Manchester

Answer phone: 0161 2737838
email: **info@lgym.org.uk**
www.lgym.org.uk



0845 3 30 30 30*

6pm - 10pm daily Automated service 10pm - 6pm
Email: **helpline@lgf.org.uk** *Local rate applies



For sexual health check ups or details of your local clinic, call NHS Direct or The LGF Helpline on **0845 3 30 30 30**

For more contacts around the north west, pick up **outnorthwest** magazine, visit **www.lgf.org.uk** or check **The Lesbian Community Project's** newsletter.

We believe in a
fair and equal
society where all
lesbian, gay and
bisexual people
can achieve their
full potential.



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