



**OUTCOME** are launching a new service that supports **lesbian, bisexual, and transgender women** who are experiencing, or have recently experienced, domestic violence.

### What is Outcome?

Outcome is the **LGBTQ+** service of Islington Mind, **entirely led and run by a LGBTQ+ team**.

We provide a **safe space** for clients to be themselves, **free from discrimination**.

We offer a **therapeutic drop-in space**, with a range of therapies and services to improve mental health & wellbeing.

We also provide a number of **specialist services** for clients with more complex needs.

### What is United In Strength?

#### Our aim is to:

Create a **safe, friendly** and **inclusive** space for lesbian, bisexual, and trans women who are or have recently experienced domestic violence.

Ensure your **safety**.

**Reduce** social isolation.

Help you to **improve coping strategies, mental health**, and your general **wellbeing**.

#### We provide:

**One-to-one support** with a specialist domestic violence support worker.

**Peer and group support** with a befriending programme.

**Access** to relevant information, resources, including referrals to other support agencies.

A series of **workshops** and **activities** that will help improve your confidence, self-esteem, and resilience. These workshops will include:

- Self-defence
- Basic DIY
- Money management
- First-aid/self-care
- Communication skills
- Mindfulness
- Employability & CV help
- Public speaking skills
- Dance & movement classes

#### We are an inclusive service. Please visit us:

Tuesdays 10.30am-4pm

35 Ashley Road, London, N19 3AG

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