

CouRAGEus

What is The CouRAGEus Project?

We are a diverse group of organisations who work with young people affected by violence and abuse.

We support **Black and minoritised young people**. This includes those from ethnic minority groups, LGBT+ and disabled young people. We can support you if:

- You are aged 13-24
- You are worried about or have experienced violence, abuse or exploitation
- You live, work or study in any London Borough
- You are experiencing trauma or emotional distress

We know that young LGBT+ people are often overlooked or misunderstood so we work together to ensure that you get the support you deserve.



1:1 Advocacy

Advocacy is emotional and practical support which helps you to have your voice heard, ensuring you get all the resources you need to move forward.

Your advocate will work alongside you and can help to raise concerns – for example with teachers and social workers.

Community Engagement Work

This is about us coming out to you to raise awareness and offer support. We offer workshops, activities and group work to increase awareness of violence and abuse, and to build young people's resiliency.

We also provide training to professionals and parents to ensure the whole community is empowered to support you.

Counselling

Counselling offers you the opportunity to talk to someone 1:1 to process difficult emotions and experiences.

This can support your wellbeing by building on your personal strengths. We will help you find counselling, if that's what you want.

Experts by Experience Programme

Young people are experts in their own lives: you know best how services can support you. We have lots of opportunities for young people to help shape the support we offer whilst learning new skills. This means our work is always led by the needs and wishes of young people like you.



We are committed to a better future for young people through **Resistance, Resilience and Rebellion!**

We respect your privacy!

This means we will not share information about you without your consent unless you or someone else is at risk of serious harm.

If we think we might need to share any information about you we will talk to you about this first.

We see you for you!

We understand that finding the right support can be difficult. We are a diverse group of organisations who will work together to ensure you get the best support for your needs.

We celebrate diversity!

We understand the challenges that come with the different parts of your identity as a young person – including ethnicity, disability, class, immigration status, gender and sexual orientation. We are here to work with you to overcome these challenges.

We believe in healing!

We understand the impact of trauma on your wellbeing and behaviour. We do not judge you because of the difficult experiences you have had. We will support you to move forward.

To get support contact:

GALOP

Phone/text/WhatsApp: 07555 278 225

Email: advice@galop.org.uk

Online form: www.galop.org.uk/report



We offer advocacy to LGBT+ young people across London.



To find out about support offered by the CouRAGEus partnership across London visit wgn.org.uk/CouRAGEus or email CouRAGEus@wgn.org.uk.



@womenandgirlsnetwork

