

# sashnews

## Coping with the changes

We know that lots of people are finding it hard coping with Covid-19 and the huge changes it has brought on in all of our lives. More people are dealing with things like loneliness and isolation and we know that intimate partner violence is increasing. We're adapting the best we can and finding new ways to support you through this challenging time.

We're still providing our counselling, coaching and one-to-one services either by phone or video chat. We're also still taking referrals so if you or someone you work with would benefit from some support around your sexual wellbeing, your relationships or feelings of isolation you can get in touch by emailing [info@sashlondon.org](mailto:info@sashlondon.org)



## Lockdown Events



### Self-care for LGBTQ+ people

During this difficult and uncertain time, we will explore what it means to do self-care and discover what our body and mind needs to cope with the environment surrounding us. Through sharing our thoughts, challenges and successes with others it is possible to expand our understanding of self-care, get support and improve our wellbeing in a non-judgemental space.

### Sexual Health and Emotional Wellbeing During Covid-19

We will be offering a weekly two-hour briefing session to support professionals, parents and carers during the Covid-19 outbreak. We will be covering how to have supportive conversations during this uncertain time, as well as sexual health and safer sex practices, reproductive health, healthy relationships, self-care and mental wellbeing.

### Sexual Health Quiz

We're holding weekly quizzes for young people aged between 16 and 25. Come and test your sexual health and well-being knowledge to be in with a chance to win an Amazon voucher.

To find out more or to get involved with any of our events  
[info@sashlondon.org](mailto:info@sashlondon.org)

## Training

We are offering a two-hour course that will introduce the scope of the service and cover the foundations to sexual health. This is an interactive course and there will be case studies and discussions to support the learning, as well as information about how to refer clients to SASH and the types of outcomes we offer.

**This course is open to all professionals and is free of charge.**



## Innovation fund

During COVID-19 we are looking to fund projects that will help people in our local communities connect and reduce isolation.

You can apply for up to £1000 to bring your idea to life and help support people through this challenging time.

For more information email [lisa.harston@sashlondon.org](mailto:lisa.harston@sashlondon.org)



connect with us

 SASHLDN 

 SASH\_London

## Getting Involved



Among the people we support is Quinnely, who is documenting LGBTQ+ experiences of lockdown. He says:

"Years from now the pandemic will be taught in schools, and everything we do now to document our lives and emotions will be another resource that could be shown. Please help document queer history by taking a photo of yourself, your housemates, your environment, or anything else that might reflect your state of mind.

Let's contribute to the writing of this history and create an archive of 'queers in quarantine'.

### What to submit



A photograph of you or your environment in quarantine



A brief description of what the image represents



Email your submissions to [quinn@quinnely.com](mailto:quinn@quinnely.com)

## Make a referral

If you think that you would benefit from our services you can email our team on [info@sashlondon.org](mailto:info@sashlondon.org)



You can also make a referral via our website – [www.sashlondon.org](http://www.sashlondon.org) 

## Online Training Sessions

We are offering free weekly online training sessions for professionals on sexual health and wellbeing during Covid-19. Please check our Eventbrite page for details.



[www.eventbrite.co.uk/o/sash-london-18485477853](http://www.eventbrite.co.uk/o/sash-london-18485477853)



Contact us: 020 7851 2955