




Weekly Newsletter



Richard
He/Him



Kimora May
She/They

WELCOME BACK :)

Hello Spring!

Howdy folks,

Hope you've all been keeping well.

As we move into spring, we say goodbye

to absolute icon Paul O'Grady. Truly a

multi-generational hero, O'Grady and

persona Lily Savage will be dearly missed.

In lieu of new beginnings, I will be stepping

back next week temporarily as I move into a

new role within ELFT.

Next issue will be hosted by Richard, see you

then! !~

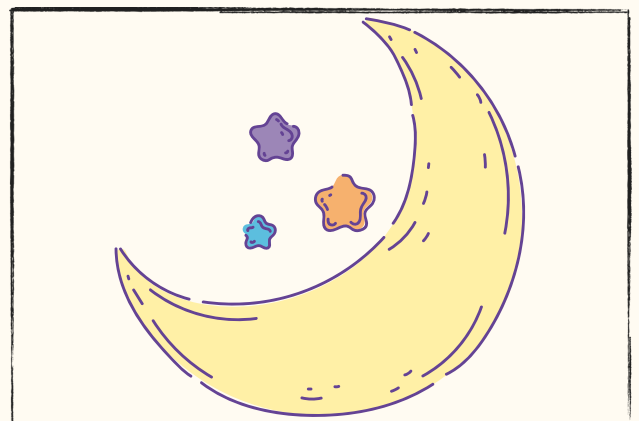
Kimora x

The Importance of Sleep

BEAT THOSE MUGGY SPRING NIGHTS

Moving from Winter to Spring brings with it dreary raining evenings and muggy nights, it can often be hard to get a good nights sleep- and tempting to stay up to the early hours scrolling on social media.

Compiled here are a list of tips to try and get the best night's sleep you can- for healthcare professionals by healthcare professionals.



[GET A GOOD NIGHT'S SLEEP](#)



LATEST NEWS



Autism Acceptance Week

27TH MARCH - 2ND APRIL

For many there is an uncomfortable link between
Neurodiversity and LGBTQ+ identity.

Does this mean that all LGBTQ+ folks are mentally ill?
Certainly not.

In fact it is the re-framing of one's thoughts through
Neurodivergence; by viewing things from a different angle
and often seeing past (or overcomplicating) the binary that leads
many Neurodivergent folk to identify as gender-expansive.

Find linked a whole weeks worth of content compiled by ELFT,
for those with and without a Neurodivergent diagnosis.

[ELFT NEWS LINK](#)



SOCIALS & CRAFTS



Ramadan Support

With the lengthening days, Ramadan
can be a challenge for some. Taking
care of your body and mind is crucial,
and linked below are several guides
and support options.

[RAMADAN SUPPORT](#)

Parenting while LGBTQ+

A peer-based gathering for
parents, carers and those with little
ones in their lives.

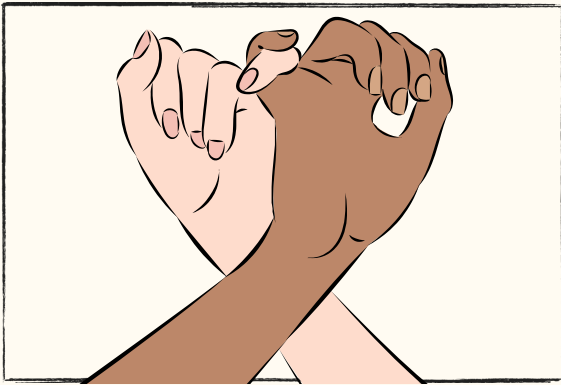
This online group aims to bring
advice and support to both LGBTQ+
folks and allies alike!

[THURSDAYS, 16:00-17:00](#)



NEXT NETWORK MEETING:
FRIDAY 21ST APRIL, 15:00



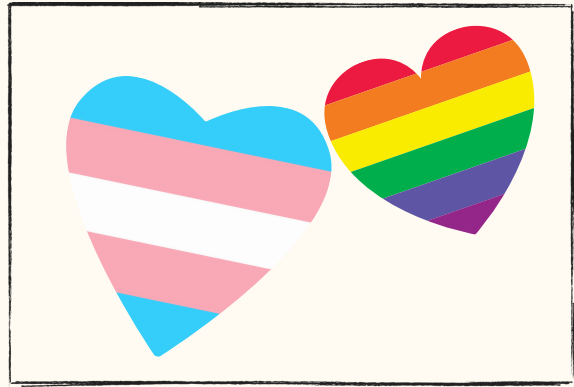


ELOP Befriending

TRANS AND NON-BINARY PALS

Want to meet like minded folks? This safe, vetted group aims to build social skills and community over 8 weekly sessions.

[EMAIL FOR MORE INFO](#)



Staff Training

TRANS AWARENESS TRAINING

Sign up now for the next session of Rainbow Bedfordshire's Trans Awareness training. Spaces are going quickly!

[14TH APRIL, 13:00-15:00](#)

LGBTQ+ PARENTS MAKE LGBTQ+ KIDS

JUST BLATENTLY UNTRUE

Parents who are open with their children about LGBTQ+ identities are coming under judgement at the moment. There is no evidence to show that making children aware of LGBTQ+ people 'encourages' LGBTQ+ identities, any more than left handed parents 'encourage' left handed children. Let people and parents exist as they are.

Contact Us

QUESTIONS? COMPLAINTS? JUST WANT A CHAT?

Our inbox is always open, no matter the reason :)

[LET'S CHAT!](#)

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Thanks for reading!

Stay safe out there! ☆☆☆

Kimora May



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