

LGBTQ+ History Month

Q Alliance & MK Rotary Club Swimathon



Q Alliance is a charity supporting the local LGBTQ+ community, they run multiple youth groups, go into schools to raise awareness and support LGBTQ+ young people, offer training and support for local businesses and organisations, provide counseling, as well as multiple

other community projects and collaborations. They're a continuation of a number of other LGBTQ+ charities going as far back as the 1970s in Milton Keynes.

Q Alliance currently offers three youth groups for a variety of age ranges, as well as a support group for parents and carers of LGBTQ+ people, and the need for these services has never been greater. Coming out of COVID now the mental health of our young LGBTQ+ people has particularly suffered, with lockdown seeing them cut off from friends and school, and often stuck in homes where their LGBTQ+ identity is misunderstood or worse.

As a young queer person in Milton Keynes I was lucky to have Q Space, which was a youth group that ran in the early 2000s, and was a predecessor to Q Alliance. Having the opportunity to meet other young people like myself, and different from myself, was a valuable part of my growing up. As well as that, having youth workers there to talk about health and wellbeing, LGBTQ+ history, coping with bullying and more, really helped me and many others get through a difficult time.



This Saturday 26/02/22, volunteers and staff for Q Alliance will be swimming to raise money as part of the MK Rotary Club's 28th Annual Swimathon. The event runs every year and raises money for a number of local charities, and this year for the first time Q Alliance is one of them. If you'd like to donate directly to Q

Alliance's team, you can do so through the JustGiving link below, and if you'd like to learn more about the event, or any of the other charities involved please follow the links.

[Q alliance is fundraising for Rotary Club Of Milton Keynes Charitable Trust Fund \(justgiving.com\)](https://www.justgiving.com)

[Rotary MK Swimathon – RotaryMK](#)

[Q:alliance \(qalliance.org.uk\)](https://qalliance.org.uk)