



Pride in North Cumbria provides social and support services and one to one support to LGBT+ people, aged between 13 to 25 years. PiNC have regular weekly meet ups on Mondays and Thursdays, from 3pm to 7pm. You can get involved as much or as little as you like it's up to you, you may want to come and have a chat hang out, or plan and organise activities and events.

By contributing to the internationally recognised Pride movement, Cumbria Pride takes a positive stance against discrimination, delivering inclusive events and activities which promote cohesion and celebrate diversity.

PiNC are a safe space to meet people and get support

Pride events stand for inclusivity, visibility, having fun, and celebrating love and equality rather than fighting for it!

The charity originally came together in 2009 to bring 'pride' to Cumbria. They wanted to show that this is not just something for big cities but also for rural areas and the small towns too. An event was held at the University of Cumbria campus in Carlisle, with just around 50 invited guests attending. Pride has since evolved and grown into the organisation they are today!



LGBTq+ is Cumbria's home for lesbian, gay, bisexual, trans and other information services. They have a community centre, a community garden, a hate crime reporting centre, conference facilities and a safe meeting space.

They can be found at
21 Victoria Place, Carlisle, CA11EJ
www.lgbthq.org.uk



June marks the official beginning of pride celebration in many places around the world, coinciding with the anniversary of the stonewall uprising in New York City. Pride Month is not only a celebration for the LGBTQ+ community but a movement for their equal rights. People can be actively involved in the month whether they are apart of LGBTQ+ community or just consider themselves an ally. Over the month, many big cities will make headlines with their celebrations but many charities and groups get involved in Cumbria too!

