



END OF YEAR REPORT 2022-2023

WITH SUPPORT FROM...



Onward

**Our Volunteer
Counsellors provided 60
counselling sessions for
10 people**



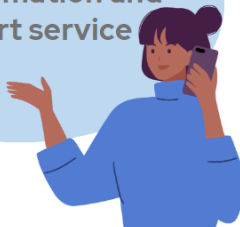
**Our Support Worker
provided 121 one-to-one
support sessions to 28
people**



**Between 2022-2023, we
had a total of 1183
beneficiaries**



**489 people contacted
our information and
support service**



**164 beneficiaries
attended our groups 448
times**



**492 people watched our
Mental Health Hour
webinars**



ABOUT LANCASHIRE LGBT

Founded in 2009, we are the pan-Lancashire charity supporting Lesbian, Gay, Bisexual Trans and Q (Questioning or 'Queer') people (LGBTQ+). Our vision is that 'All LGBTQ+ people in Lancashire can be safe and feel a sense of pride and belonging'.



Our aim is for all LGBTQ+ people, their family members and carers to be happier, healthier and better connected. So, our core work focuses on improving mental health and well-being and reducing social isolation.

We are user-led and all of our activities are based on evidence of need.

Our core support activities include:

- Information and support
- One-to-one support from a dedicated support worker
- Peer Support and activity groups
- Workshops promoting well-being and improving mental health
- Counselling

We also run our Quality Mark 'kite mark' scheme which invites organisations to undertake an audit to measure how LGBTQ+ inclusive they are as service providers and as employers. This is currently under review.

We have a partnership with Leeds and York Partnership NHS Trust Gender Identity Service, hosting their Gender Outreach Workers who give support to people on the waiting list or who are already on the care pathway. They work out of our offices as part of our team.

We deliver training and are block-booked on an annual basis by Lancashire County Council, Lancaster University Medical School, local Health Trusts and Lancashire Constabulary. We also deliver training to GP surgeries and other local charities.

LANCASHIRE LGBT- 1 APRIL 2022 – 31 MARCH 2023

OVERVIEW OF THE YEAR

- 489 people contacted our information and support service
- Our Support Worker provided 121 one-to-one support sessions to 28 people
- Our volunteer counsellors provided 60 counselling sessions for 10 people
- 448 group attendances of 164 beneficiaries
- 492 people watched our Mental Health hour webinars

Total 1,183 beneficiaries

Funding this year was from a variety of sources:

We received the third year of 3 years of funding from the Tudor Trust towards core costs.

Funding from The Community Foundation for Lancashire and Postcode Neighbourhood Trust made the one-to-one support service possible.

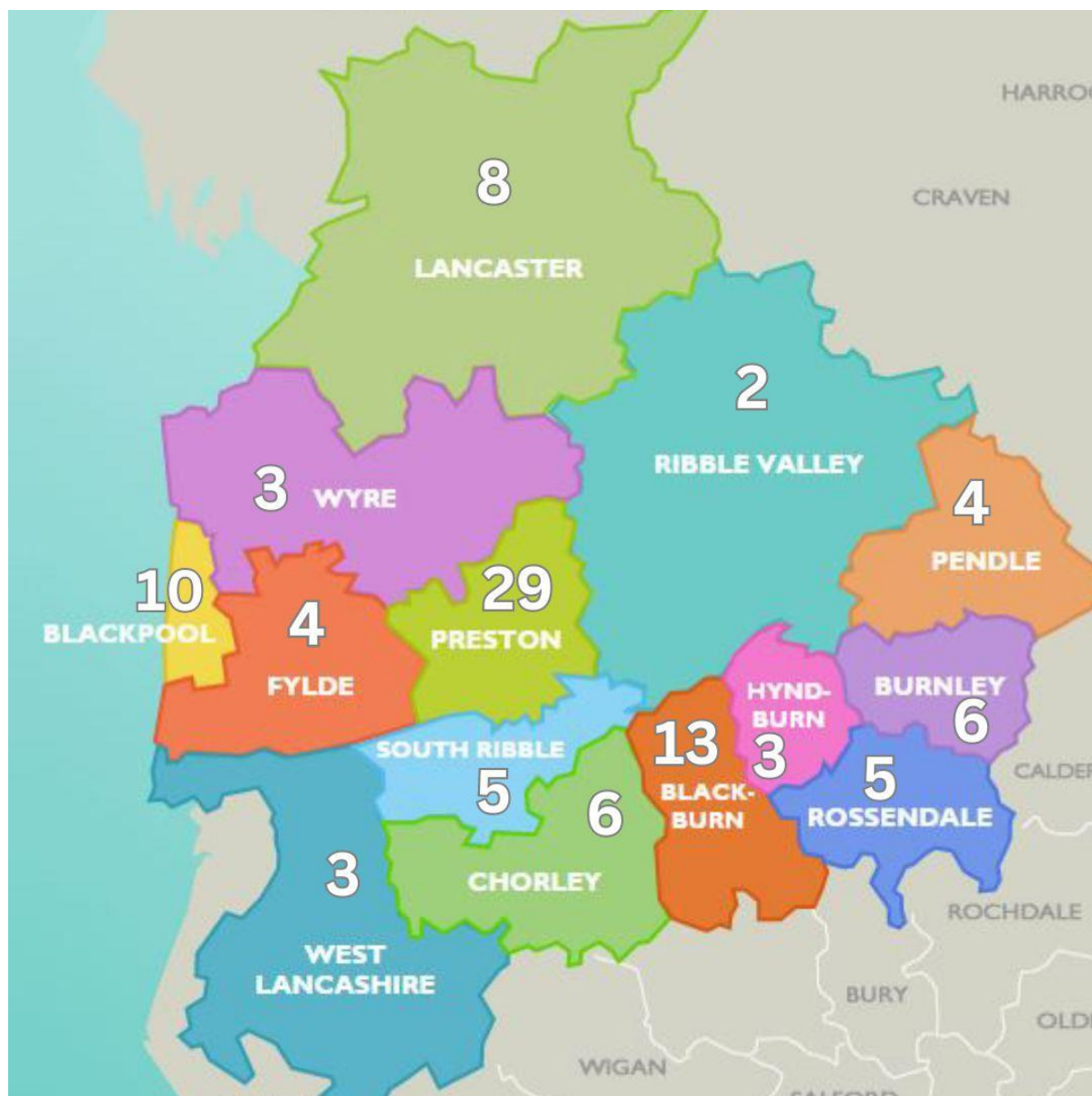
Blackpool Fylde and Wyre clinical commissioning groups' Self Care Fund contributed to the costs of our swimming group.

The Alpkit Foundation contributed to the costs for our walking group.

Onward Community Fund gave a grant towards the costs of running our walking group.

Healthier Lancashire and South Cumbria commissioned us to deliver a series of Lunch N' Learn sessions to local NHS Trusts on LGBTQ+ inclusion in accessing healthcare as well as creating inclusive working environments.

**LANCASHIRE LGBT ENGAGEMENT BY LOCAL AUTHORITY
AREA (IN %)- 1 APRIL 2022 – 31 MARCH 2023**



ALL ACTIVITIES IN DETAIL

INFORMATION AND SUPPORT SERVICE: 489 BENEFICIARIES



We have an information and support service which at this time was available 4 days per week, where people can contact us by phone or via an enquiry form on our website.

- 66% of enquiries were from an individual LGBTQ+ person
- 22% was a professional with a general enquiry (usually about equality and inclusion for LGBTQ+ people in an organisation)
- 12% of enquiries were from a professional supporting a LGBTQ+ client

23% of enquiries came by telephone – we have noticed that many people prefer to contact us electronically.

25% of enquiries were using our new self-referral forms and third-party referral forms which are downloadable from our website.

41% of enquiries were about supporting a trans person or a parent of a trans person.

ONE-TO-ONE SUPPORT: 121 SESSIONS FOR 28 PEOPLE



Supported 28 beneficiaries - Of those, 19 people had at least 6 sessions

Referrals for this service are usually a self-referral form or a third-party referral form (from an external agency), both of which are available on our website.

At the point of contact, service users are measured on their mental well-being, confidence in themselves, how equipped they felt to manage their issues and levels of self-confidence. These factors are then measured after several support sessions over a period of time.

IMPACT

76% showed an overall improvement in mental health according to our assessments before support began and when the sessions finished.

- 67% reported an improvement in mental health and well-being
- 91% reported an increase in confidence
- 78% reported an increase in self-esteem:
- 78% reported that they felt better equipped to manage issues

100% of beneficiaries would recommend the support service to other LGBTQ+ people

With thanks to The Community Foundation for Lancashire and the Postcode Neighbourhood Trust for funding the costs of the Support Service



LGBTQ+ MENTAL HEALTH HOUR WEBINARS: 492 VIEWS

492 people watched our
Mental Health Hour
webinars



LGBT+
MENTAL HEALTH HOUR: EPISODE 8



Beth Meadows in conversation with Tamsin Nicole on:
'Queering Western yoga practices'

Wednesday 5th October 5pm-6pm
(later uploaded to Youtube)

Register here! 

LGBT+
MENTAL HEALTH HOUR: EPISODE 7



Beth Meadows in conversation with Emma Preston on:
'Using art as a means to explore trans mental health'

Thursday 16th June 12:00pm-13:00pm (later uploaded to Youtube)

Register here! 

LGBT+
MENTAL HEALTH HOUR




Beth Meadows in conversation with Bryan Dalgleish-Warburton on:
Identity, shame and self-acceptance

Thursday 13th May, 18:00-19:00 on Zoom.


Register here! 

LGBT+
MENTAL HEALTH HOUR



Beth Meadows in conversation with Osman and Deenah from Hidayah on:
Mind, body, spirit: a Queer Muslim perspective

Thursday 10th June, 18:00-19:00 on Zoom.

Register here! 

LGBT+
MENTAL HEALTH HOUR: EPISODE 3



Beth Meadows in conversation with Matthew Peace from SHARE (Sexual Help and Relationship Enhancement) on:
'Accessing support for sex and relationship problems and gender issues'

Thursday 12th August, 18:00-19:00 on Zoom.

Register here! 

LGBT+
MENTAL HEALTH HOUR: EPISODE 6



Beth Meadows in conversation with Daniele Lul from Parapride on:
LGBT+ History Month: let's talk about LGBTQ+ and disability

Thursday 24th February 12:30-13:30 on Zoom (later uploaded to Youtube)

Register here! 



Since March 2021 we have hosted our 'LGBTQ+ mental health hour' webinars, raising awareness of maintaining mental health and wellbeing, which people join on zoom or watch later on our YouTube channel. All webinars have a BSL interpreter. We have covered LGBTQ+ mental health with a diverse range of guests to talk about their experiences – for example we covered being LGBTQ+ and being Black/Person of Colour or Muslim or Disabled or being Trans focusing on mental health and wellbeing. These are very popular.

See <https://www.youtube.com/@lancashirelgbt9897>

COUNSELLING: 60 SESSIONS, 10 BENEFICIARIES



During this time, we had 2 volunteer counsellors giving person-centred counselling in 60 counselling sessions for 10 people.

During these sessions, Lancashire LGBT counsellors create a confidential and non-judgmental environment where individuals can openly discuss their trauma, triggers, explore their feelings, and work towards personal growth and improved mental health and wellbeing. Our experienced volunteer counsellors use different therapeutic approaches depending on the beneficiaries needs. Some examples of

approaches that are used are Psychodynamic Psychotherapy, Integrative Counselling and Person-centred counselling. Some of the main theme's beneficiaries seek counselling and 1-2-1 support for are self-acceptance, self-confidence, self-esteem, isolation, gender or sexual identity issues, sexual issues, depression and anxiety, abuse, and trauma.

GROUPS: 448 ATTENDANCES, 164 BENEFICIARIES



Some of our peer support groups alternate online meetings with in-person meetings. We have learned since the lockdown years that online groups are an opportunity for better inclusion, particularly for people who would not ordinarily attend a peer support group in-person - for example those who have social anxiety and/or mobility problems. It is also an opportunity for people who are geographically dispersed to get together as Lancashire is such a large county.

LBT WOMEN AND NON-BINARY ZOOM GROUP: 167 ATTENDANCES BY 45 PEOPLE, AVERAGE ATTENDANCE: 8.

The online Women's group continues to be very popular with regular attendance from across the County.

IMPACT

- 64% said their well-being has improved since attending the group.
- 66% said their sense of belonging and community has improved since attending the group.

Feedback:

'A great group for encouraging people to feel proud of who they are, as an individual. That they mean something to this country/world as an individual too'.

'I feeling better to joining the group and nice chatting, sharing and listening'

WALKING GROUP: 157 ATTENDANCES BY 68 PEOPLE - AVERAGE ATTENDANCE 16 PEOPLE



The walks are led by our volunteer walk leaders and take place monthly from February to November, allowing walkers to experience the beauty of rural Lancashire.

With thanks to the Alpkite foundation and Onward Community Fund for funding towards the walk leader expenses.

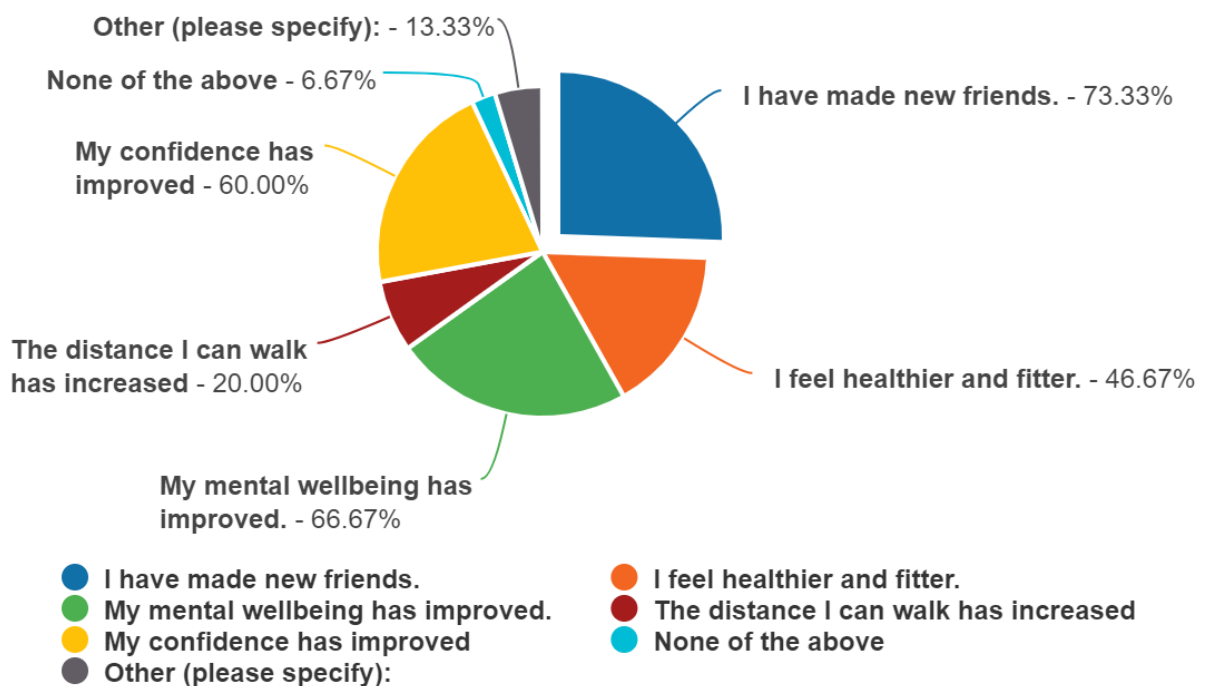


Onward

IMPACT

We asked attendees to give their feedback about attending the group:

Overall, what benefits have you received from attending the walking group (Tick as many options as you wish).



Feedback:

'The walk leaders are wonderful, and they are extremely knowledgeable. I feel very supported in the group. Les and Sam are genuine people and perfect walk leaders. They should be commended for volunteering their time. Thank you both.'

'I have found the group friendly, well organised, inclusive and a safe place to discuss my own journey and share experiences with others without feeling pressurised to do so. I would encourage the continued support of this group as from my own experience it provides a safe, valuable place to meet other people and develop confidence.'

'I have only been to one walk so far and everyone was friendly and welcomed me as I was a bit shy at first but they were all great '

SWIMMING GROUP: 86 ATTENDANCES WITH 28 PEOPLE. AVERAGE ATTENDANCE: 9.

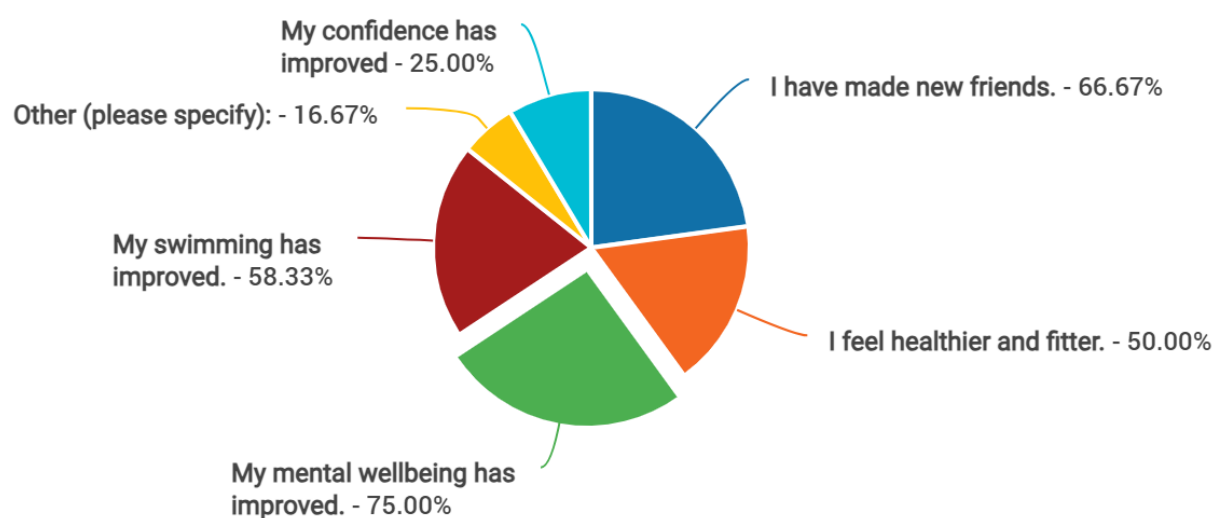
Our LGBTQ+ swimming sessions take place monthly at Moor Park Leisure Centre in Blackpool where we have exclusive use of the pool for an hour. We also have a swimming coach present to help attendees with their technique or even teach them to swim.



IMPACT

We asked attendees to give their feedback about attending the group:

Overall, what benefits have you received from attending the swimming group (Tick as many options as you wish).



Feedback:

All the feedback about attending swimming sessions was a request for more sessions

With thanks to Fylde and Wyre and Blackpool Clinical Commissioning Groups' Self-Care Fund for contributing to the costs of running the swimming group.



NEW GROUPS:

MANSPACE ZOOM GROUP: 3 SESSIONS, 21 DIFFERENT ATTENDEES, 36 ATTENDANCES. AVERAGE ATTENDANCE: 12

During this time, we started a peer support group for men which is inclusive of trans men and masculine-presenting non-binary people. This groups meets alternately in person and online and is proving very popular.



PAN-LANCASHIRE TRANS MASC GROUP:

This new group run by a volunteer, is exclusively for trans men and masculine presenting non-binary people.



TRANS SUPPORT:

Partnership with Leeds and York Partnership NHS Trust Gender Identity Service

The activities of this Partnership continue with two new full-time Gender Outreach Workers recruited during this time, Jenny and Bradley, who are funded by NHS England. They work as part of our team out of our office giving support to people on the waiting list or who are already on the care pathway.



QUALITY MARK –ACHIEVED STATUS: 1

The Lancashire LGBT Quality Mark is a quality assurance programme for service providers. First introduced in 2015, the Quality Mark was developed as an updated version of the former Navajo LGBT Charter Mark. The programme is designed to assist service providers to help measure how well the needs of lesbian, gay, bisexual trans and queer or questioning service users, volunteers and staff are being met.

During this period, we recruited a Business Development Officer to refresh the scheme, which was funded by the Grand Trust.

South King Street Medical Practice reached Achieved status during this time



TRAINING SESSIONS – TOTAL 70 SESSIONS; NUMBER OF PEOPLE TRAINED: 1292



We deliver a CPD- accredited Gender Identity Awareness course as well as LGBTQ+ sessions which are adapted to be relevant to a sector (for example, health, criminal justice, education).

We are block-booked on an annual basis by:

- Lancashire County Council Adult Social Care to deliver our CPD accredited Gender Identity Awareness sessions

- Lancaster University Medical School to deliver LGBTQ+ awareness sessions to their third-year medical students.
- Lancashire Constabulary for Trans awareness sessions to all new Student Officers

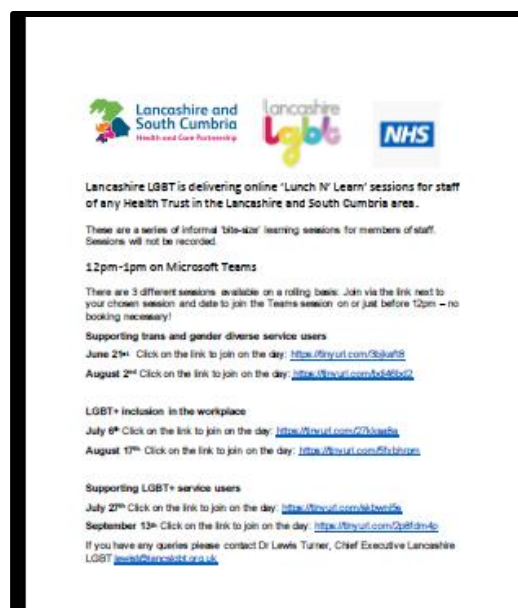
This year Lancashire and South Cumbria Foundation Trust also block-booked a series of CPD accredited Gender Identity Awareness sessions and LGBTQ+ awareness sessions.

Other local organisations also booked training with us – with our CPD accredited Gender Identity Awareness sessions proving to be the most asked for.

LUNCH N' LEARN SESSIONS FOR NHS TRUSTS: 15 SESSIONS TO 154 PEOPLE

This year we were commissioned by Lancashire and South Cumbria People Board to deliver a series of 'bite-size' Lunch N' Learn sessions for NHS Trusts in Lancashire and South Cumbria. The sessions covered:

- LGBTQ+ inclusion in the workplace:
- Supporting LGBTQ+ service users:
- Supporting trans and gender diverse service users:





<https://lancslgbt.org.uk>

 www.facebook.com/lancashirelgbt

 www.twitter.com/lancslgbt

 www.instagram.com/lancslgbt/

Registered charity No. 1137578