

ANNUAL REPORT

2025-26

Lancashire LGBT

Registered Charity No: 1137578

The Henry Smith Charity
founded in 1628

Garfield Weston
FOUNDATION

COMMUNITY FUND

SKELTON
CHARITY

Onward
Creating positive spaces

Supported by players of
PEOPLE'S POSTCODE LOTTERY

Awarded funds from
POSTCODE NEIGHBOURHOOD TRUST

Funder thanks



The Adelphi Preston

ESC CC Clitheroe

And all those who made individual donations!

Supporter thanks



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CEO and Chair Review

- This year, 841 people received direct ongoing support from us.
- We prioritised increasing our capacity in the parts of our service where demand is highest, using our resources where they would have the greatest impact.
- We made improvements to our referral systems as well as managing waiting lists.
- We increased our capacity for counselling.
- 847 professionals took part in our CPD-accredited Gender Identity Awareness course and bespoke LGBTQ+ awareness training, helping create safer, more inclusive environments for LGBTQ+ people.
- Our helpline and online self-referral form remained vital access points for support, offering LGBTQ+ people and partner agencies clear routes to reach us and share their needs.
- Our volunteer community continued to grow, supported by our Volunteer Manager who provides structured supervision, support and development.
- We were shortlisted for the Spring North VCFSE Awards in the category of Health and Wellbeing, in recognition of the mental health and wellbeing support we offer LGBTQ+ people.
- Unplanned staffing changes and sickness provided a timely moment to reflect on our delivery model and strengthen the way we support. We kept all one-to-one support running smoothly, ensuring that people continued to receive timely, personalised support throughout.
- Two peer support groups paused temporarily while we refreshed facilitation capacity, positioning them to relaunch with improved stability.



Neil Darby,
Chair



Lewis Turner,
Chief Executive

About us

Founded in 2009, we are the pan-Lancashire charity supporting Lesbian, Gay, Bisexual, Trans and Queer/'Questioning' people (LGBTQ+).

Our core work focuses on improving mental health and well-being and reducing social isolation.

Our mission is for all LGBTQ+ people, their family members and carers to be happier, healthier and better connected.

In 2025-2026, we celebrated 15 years as a registered charity.



Our Values

Compassion

We provide a person-centred compassionate approach informed by the lived experience of LGBTQ+ people.

Inclusivity

We are inclusive of all LGBTQ+ people. We are committed to removing barriers to participation and ensuring that everyone feels seen, safe and respected.

Empowerment

We empower LGBTQ+ people and allies. We engage with organisations and promote LGBTQ+ equality and inclusion.

Integrity

We work with integrity and hold ourselves accountable to the highest standards in everything we do.

Our Services



Counselling



One to one support



Activity groups



Peer support groups



Information service



Mental Health Hour webinars



Training & Consultancy

LYPFT

NHS
Leeds and York Partnership
NHS Foundation Trust

Partnership with Leeds & York Partnership NHS Foundation Trust

Scale of the issues LGBTQ+ people are experiencing

There are an estimated 42,195 Lesbian, Gay, and Bisexual people aged over 16 living in Lancashire (ONS, 2021). The estimate for Trans and Gender Diverse adults in Lancashire is 5,575 (Cumbria and Lancashire Public Health Collaborative, 2025)

It is well documented that LGBTQ+ people are at a higher risk of experiencing poor physical and mental health compared with the general population. People identifying as LGB+ have a 1.3x higher risk of death from any cause - compared with those identifying as straight or heterosexual (ONS 2026). Suicide is a leading cause of death for LGB+ people across most age groups (ONS 2026).

LGBTQ+ people also experience barriers to accessing healthcare (fear of discrimination; lack of understanding about health needs), leading to worse outcomes than the general population (NHS England, 2025). As our research with Healthwatch Lancashire (2014, 15 & 16) shows, many LGBTQ+ people in Lancashire experience barriers accessing mainstream services because of a perception that there is a lack of understanding of LGBTQ+ identities.

There is a huge knowledge gap in mainstream support services about the needs of trans and non-binary people which creates barriers to accessing services in a timely way.

LGBTQ+ people experience disproportionate rates of social isolation due to a variety of factors, including family rejection, discrimination, and the lack of inclusive social networks. The proportion of LGBTQ+ people aged 55+ has grown by over a third in the last 6 years. They are more likely to be living alone, with little connection to their family of origin and are more likely to be single (Centre for Ageing Better: Older LGBTQ+ people 2026).

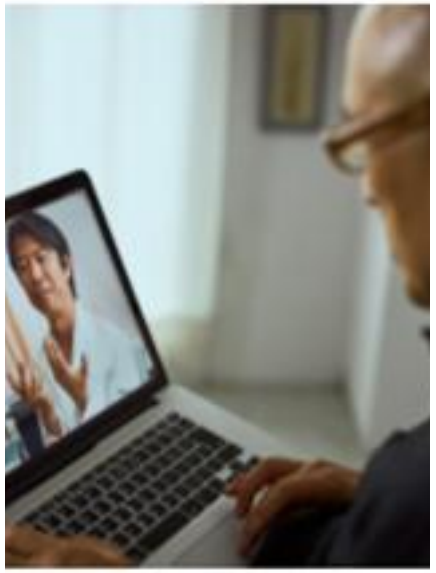
The waiting list for trans people with a Gender Identity Service is now up to 7 years from referral to first assessment. The mental health and wellbeing of Trans and Gender Diverse people has been hugely impacted by the negative and polarised environment in the mainstream media and social media, with many feeling intimidated and unsafe outside their homes (Trans Actual, 2025)


lancashire
lgbt

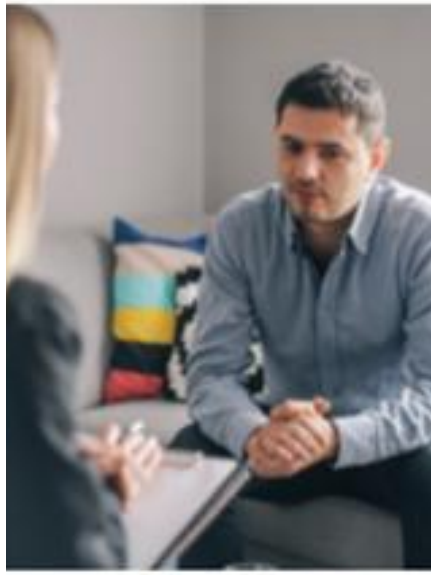
Our Impact at a Glance

In 2025-26, Lancashire LGBT directly supported **841 people.**

“As one still in the process of gradually "coming out' to family and friends, it is validating, empowering and affirming to meet and chat with a group of like-minded people, many of whom have been on a similar journey”



206 counselling sessions provided to 33 people



140 one-to-one support sessions provided to 29 people



122 peer support group attendances by 35 people



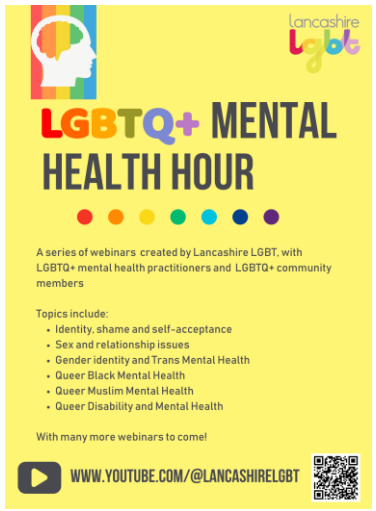
102 activity group attendances by 70 people

Our Impact

“Keep up the good work. You guys make a world of difference to those who need support and compassion the most”



191 people contacted our helpline



101 people engaged with our Mental Health Hour webinars



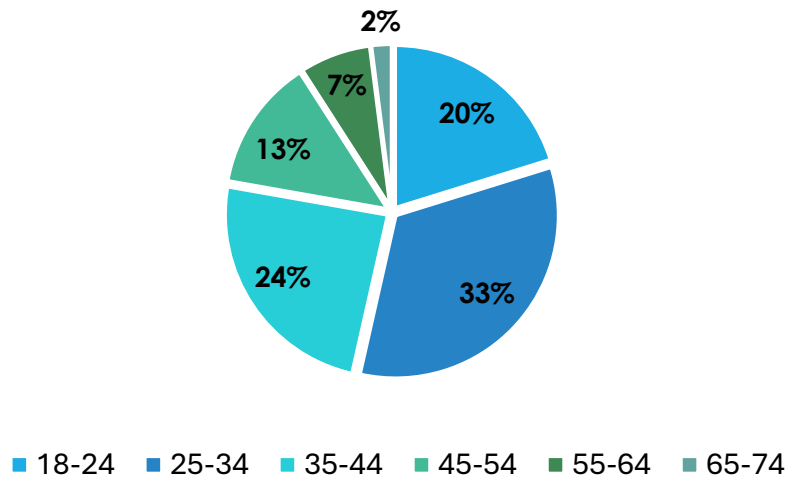
300 people engaged with at community events



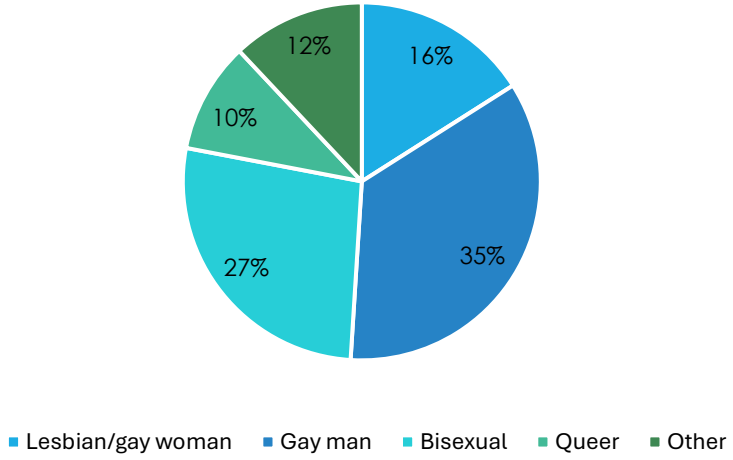
We received 82 referrals from people with a range of support needs

Characteristics of our Beneficiaries

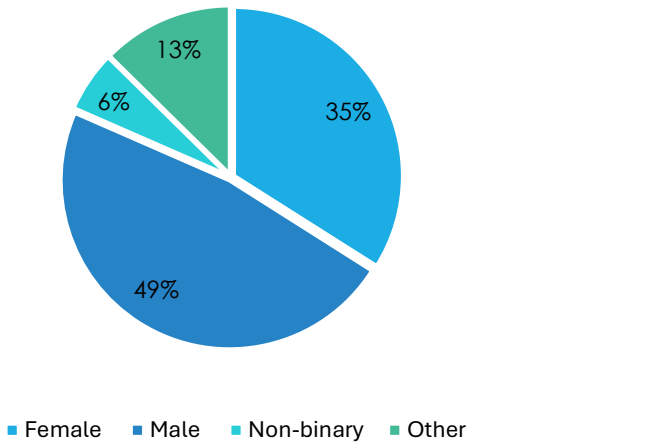
Age



Sexual Orientation

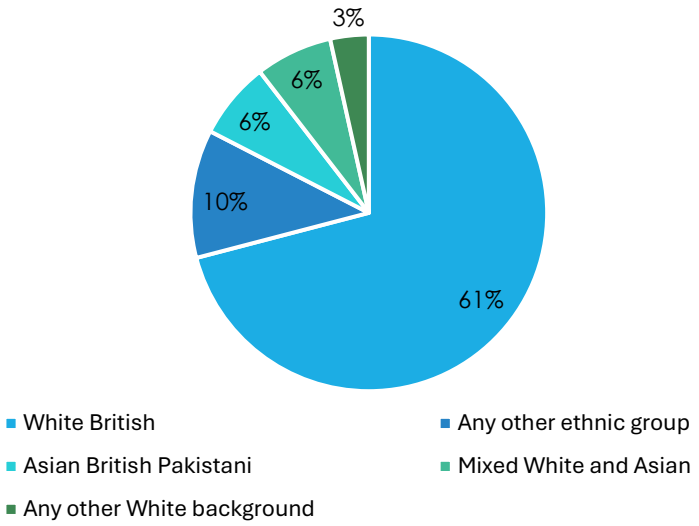


Gender



*** 52% of referrals were trans or gender diverse**

Ethnicity



*** 35% of referrals identified as disabled**

Counselling

We are proud to report we delivered 206 counselling sessions to 33 clients. These individuals received person-centred emotional and wellbeing support from a trained counsellor with lived experience of being LGBTQ+.

- **75% of counselling beneficiaries reported an improvement in their mental health and wellbeing (using standard PHQ9 and GAD7 scoring)**

One to one support

A total of 140 one-to-one support sessions were delivered by our support worker to 29 individuals. These individuals received support tailored to their support needs, focusing on various aspects of their wellbeing, including mental health, physical health and living situation.

- **90% of one-to-one support beneficiaries reported an improvement in their mental health and wellbeing (using standard PHQ9 and GAD7 scoring)**

Referrals

45% of third-party referrals were from NHS Trusts.

***** These figures do not reflect the demand, as we periodically close the referral process once our waiting list gets too long

Improving Mental Health and Wellbeing

“I have had several private therapists before and have never been able to talk about my sexuality with any of them. My counsellor made this almost easy for me to do so, I am incredibly grateful for their professionalism, patience and their ability to conduct the sessions in a way that I truly believe have impacted how I see myself and how I will hopefully try and now live my life.”

Counselling	• 75% reported improvements in their mental health and wellbeing
One to one support	• 90% reported improvements in their mental health and wellbeing
Peer support groups	• 88% said their wellbeing had improved since attending
Activity groups	• 60% said their wellbeing had improved since attending

Spring North VCFSE Awards finalist

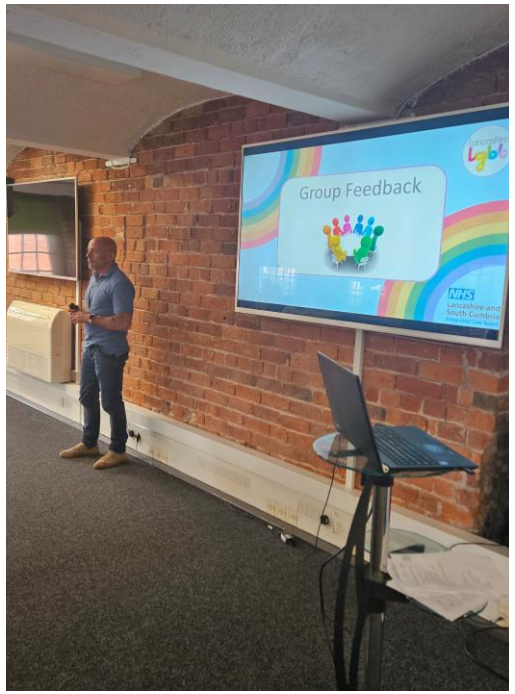
This year Lancashire LGBT was a finalist for the Spring North VCFSE Awards in the Health and Wellbeing category.

“Your application demonstrated high-quality, impactful work, with a strong sense of purpose and a clear connection to the heart of your community. The judges were unanimous in agreeing that your organisation met and, in many areas, exceeded the criteria for your award category. The difference you are making to people’s lives came through clearly and powerfully.”



LGBTQ+ Awareness Training for Professionals

In 2025-26, Lancashire LGBT provided training to **847 people.**



653 professionals attended our bespoke LGBTQ+ Awareness Training



194 professionals attended our CPD accredited Gender Identity Awareness training

"Lewis is a great presenter, always enjoy his sessions. Very approachable and measured. I love the mixture of quiz, video and content. Content is always super relevant and up to date. I don't often speak in sessions like this, but I always feel comfortable to do so in Lewis's sessions"

Reducing the Barriers to Accessing Healthcare

We have 3 training packages:

- CPD accredited Gender Identity Awareness.
- CPD accredited LGBTQ+ Mental Health Awareness.
- Bespoke LGBTQ+ awareness.

This year, 44% of our training was delivered to NHS Trust mental health professionals and Medical Students at Lancaster University Medical school.

This training raises awareness about the barriers that LGBTQ+ people experience accessing healthcare as well as informs professionals how to reduce those barriers by providing LGBTQ+ inclusive services.

"Facilitator was very knowledgeable. Good presentation skills. very warm. had good balance between theory/practical examples/application to practice and 2-way feedback between himself as a presenter and attendees"

Our CPD accredited Gender Identity Awareness sessions for professionals	• 100% of attendees reported an increase in awareness of Trans and Gender Diverse issues
Bespoke LGBTQ+ Training	• 100% of attendees reported an increase in awareness of LGBTQ+ issues • The trainer was rated 99% for knowledge and 98% for presentation skills

Reducing Social Isolation

Peer support groups

During 2025-26, we lost 2 peer support group facilitators but continued to delivered our twice- monthly LGBTQ+ women and non-binary peer-support group. A total of 20 peer support group sessions were held, with 122 attendances by 35 people. Those who attended received peer-support facilitated by a trained facilitator and volunteer co-facilitators and reported an improvement to emotional wellbeing.

Activity groups

During this period, we continued our walking group and swimming group. There were 102 attendances by 59 people Those who attended our monthly walking group and our swimming group reported physical and wellbeing benefits.

> *" Keep up the good work. You guys make a world of difference to those who need support and compassion the most"* (group member)



Peer support groups	• 87% said their sense of belonging and community had improved
Activity groups	• 64% said they had made friends since attending

Additional Support for Trans and Gender Diverse People

We have had an important partnership with Leeds and York Partnership NHS Trust since 2017.

This involves their two full-time Gender Outreach Workers with lived experience, working as part of our team out of our offices in Preston complimenting our support services.

They support local trans and gender diverse people who are either on the waiting list for the Gender Service or who are already on the care pathway.

NHS
Leeds and York Partnership
NHS Foundation Trust


Booking for The Platform:
Our Box Office will be open in the foyer on
Tuesdays and Thursdays
12pm - 4pm
Lancashire
Lancashire
WWW.LANCSLGBT.ORG.UK
THE PLATFORM
LIVE PERFORMANCE + EVENTS VENUE
Outreach Workers
WELCOME PACK
TRANS-MASC SUPPORT

“I hope [the charity] continues for a long time to come as it’s provided a lifeline for so many of us over the years to meet new people and make new friends in a safe and welcoming environment.”

lancashire lglbt

WWW.LANCSLGBT.ORG.UK 07788 295521 HELLO@LANCSLGBT.ORG.UK