

mind OUT

LGBTQ mental health service

ANNUAL REPORT 2015-2016

info@mindout.org.uk / www.mindout.org.uk / 01273 234839

MindOut

non-binary
peer support group

- Male
- Female
- Neither

for anyone who identifies outside the gender binary

- A welcoming and supportive group for anyone identifying as non-binary or genderqueer to talk about their mental health and wellbeing
- MindOut services are confidential, non-judgemental and free
- Provided by and for LGBTQ people



For more information call 01273 234 839, email info@mindout.org.uk or visit our website www.mindout.org.uk

MindOut BAME Wellbeing



Workshops for LGBTQ people from Black, Asian and Minority Ethnic backgrounds to talk about mental health and wellbeing

- For more information email: info@mindout.org.uk or phone 01273 234 839
- LGBTQ/BAME facilitators
- Confidential, non-judgemental and free



MindOut Workshop for LGBTQ people on how to manage change and be resilient



- Run by and for LGBTQ people with lived experience of mental health issues
- MindOut workshops are free, confidential and non-judgemental



For more information email: info@mindout.org.uk or phone: 01273 234 839 or visit our website: www.mindout.org.uk



Comedy and cabaret extravaganza featuring award winning comedienne Zoe Lyons with Debra Jane Appley, Dolly Rocket, Kukulele, members of Brighton Gay Men's Chorus, Sally Vate, Trudi Styles & The Pianoman and compered by Spice

17TH MARCH START 7:30^{PM} (DOORS 6:30^{PM})
ST GEORGE'S CHURCH, ST GEORGE ROAD, BRIGHTON BN2 1ED
Tickets £12 (£10 conc) available from WWW.BITLY/LAUGHS2016

info@mindout.org.uk / www.mindout.org.uk / 01273 234 839

Personal Safety Workshops For LGB&T People

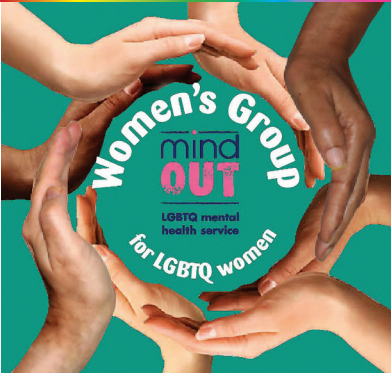
CRIME STREET-WISE
STAY SAFE
TAKE CARE
SELF CONFIDENCE
TRANSPHOBIA SELF-DEFENCE TECHNIQUES
SELF ESTEEM HELP HOMOPHOBIA
SUPPORT BIPHOBIA
BOUNDARIES PREJUDICE
COMMUNITY SAFETY

ASSERTIVE BE AWARE
PROTECT CHOICES
WELLBEING
FEARFUL
PREJUDICE

For more info contact Jason on 01273 234 839 or email Jason.saw@mindout.org.uk



If you would like to talk about staying safe in the city generally, please contact Rory Smith LGBT Liaison / Hate Crime Co-ordinator Tel: 101 Ext. 550727 Mobile: 07775 546 548



- A welcoming, supportive group for LGBTQ women with concerns about their mental health
- MindOut services are confidential, non-judgemental and free.
- Provided by and for LGBTQ people

For more information call 01273 234 839 email info@mindout.org.uk or visit our website www.mindout.org.uk

MindOut Peer Support for OLDER LGB&T

Join our friendly, supportive group for 55+ lesbians, gay men, bisexual and trans people to share your experiences, learn from each other and give and receive support.

SAFETY CONNECTING AGEING TIME PEACE OPTIMISM
HEARING FEELING BETTER COPING
FAMILY WELLBEING SUICIDE
TALKING LEARNING DEPRESSION ANXIETY
SOCIAL LISTENING
ALONE PREJUDICE LONELINESS HEALTH
SUPPORT ISOLATION
SADNESS RECOVERY
SHARING FUTURE LIFE

Tuesdays 4.30-6pm • Hove



MindOut groups are facilitated by experienced LGBTQ group workers, are confidential, non-judgemental and free.
For more information email info@mindout.org.uk or phone 01273 234 839 or see www.mindout.org.uk

WORK IT OUT

Juggling work and your mental health

Many people deal with anxiety, depression and stress at work. Join our friendly, supportive group for Lesbians, Gay, Bisexual and Trans people to talk about your experiences, talk about how you manage and find out what can help.



MindOut groups are facilitated by experienced LGBTQ group workers, are confidential, non-judgemental and free.
For more information email info@mindout.org.uk or phone 01273 234 839 or see www.mindout.org.uk

MindOut Sleep Matters

Workshops for LGBTQ people concerned about how problems with sleep affect their mental wellbeing



LGBTQ Peer Support Group Durrington (nr Worthing)

For LGBTQ people with concerns about their mental health and wellbeing



- MindOut services are confidential, non-judgemental and free.
 - Provided by and for LGBTQ people.
- For more information call: 01273 234 839 email: info@mindout.org.uk



Suicide Memorial Vigil

Wednesday 2nd April 2014 - 6pm
To remember all LGB&T friends or family lost to or affected by suicide.



Gather at the MindOut memorial tree in St. Ann's Well Gardens, Hove

For more info call: 01273 234 839 Or email: admin@mindout.org.uk
www.mindout.org.uk

MINDOUT: UNDER 30?

Join our friendly support group for Lesbian, Gay, Bi, Trans* and Queer people who are under 30 with concerns about their mental health and wellbeing



MindOut groups are facilitated by experienced LGBTQ group workers, are confidential, non-judgemental and free.
For more info email info@mindout.org.uk or call 01273 234 839 or see www.mindout.org.uk

*"Another brilliant year for MindOut! We have maintained and developed our frontline services alongside new projects and significant funding for the future."
Helen Jones, CEO, Co-chairs Kate Wesson and Andrew Breary*

Director and Chair's Report

All of our services have worked harder than ever this year, all credit to our fantastic, committed staff and volunteer teams. We offer support to more LGBTQ people who experience mental health issues year on year. We have developed our national online service, our national anti-stigma work, our training sales and community fundraising.

We pride ourselves on how responsive and accessible our services are. We respond to all contacts within a maximum of two working days, our phones are answered 90% of the time during office hours and our online service is open 80% of weekday evenings.

This year has seen significant growth of our much needed Advocacy Services. We recruited a Housing Advocacy Worker, housing is one of the top ten issues people request help with. We secured funding to set up a Trans Advocacy service – a first for us and a first for the city! This is the realisation of a long held aim, we have been providing advocacy support for trans communities for many years, to have a dedicated service means we can meet growing need.

Our Peer Support group work and Peer Mentoring services, Allotment and Food Group are very well used and more than 30 volunteers help to run these



and the online service.

This year we ran a very popular series of workshops and courses, including Mindfulness, Change and Resilience and preparing to meet your GP. The demonstrable improvements to people's wellbeing show how much these sessions contribute to recovery and to building resilience.

We have had great results from measuring the impact and benefits of the work we do, the feedback we get is very positive, see the report for more details. The success of our new initiatives builds on this, demonstrating our effectiveness and value for money has been key.

We went all over the country, hosting a Suicide Prevention Conference in Bristol, running workshops in Birmingham and Leeds, and worked on a national LGBTQ campaign with Mind and developed an LGBTQ Good Practice Guide.

"I have to say... we took real inspiration from

MindOut - a trailblazing organisation that was helping lead the way around LGB&T health support."

As for the future, we were awarded a Local Sustainability Fund grant from the Cabinet Office and Big Lottery Fund and were the only partnership in the South East to be successful in a bid to the Big Lottery Fund's Help through Crisis Fund. With Allsorts Youth Project we will be setting up a joint Urgent Need Advocacy Service, running over the next five years.

Thursday 10th March was a red letter day for MindOut – we heard we were successful with two bids on the same day! The combined value was £444,000. This will provide some much needed stability for both MindOut and Allsorts over the coming years and a huge investment in the health of Brighton and Hove's LGBTQ communities. ■



MindOut's Phil Brooke, Jason Saw, Emma Crossland and Helen Jones



mind OUT
LGBT mental health project

Advocacy Service

We listen to you, support you and help you ask for what you want

The MindOut Advocacy Service can help you to:

- have your voice heard on issues that are important to you
- defend and safeguard your rights
- have your views and wishes considered when decisions are being made about your life

Advocacy will enable you to:

- explore options & make choices
- express your views and concerns
- get information and access to services

MindOut's advocacy service is:

- free
- confidential
- non-judgemental
- empowering
- led by the client

Age

Under 18, 2%; 18-30, 23%; 31-40, 24%; 41-50, 27%; 51-60, 18%; 61-70, 6%; 71-80, 0.3%.

Religion/faith

Agnostic 17%, Atheist 22%, Buddhist 6%, Christian 22%, No particular religion 1%, Jewish 1%, Muslim 1%, Other belief 6%, Pagan 8%, Spiritualist 2%, Catholic 1%, Pagan 2%, Wicca 0.7%, Vegan 0.7%.

Are your day to day activities limited?

yes a little 38%; yes a lot 35%; No 27%

Type of impairment

Mental health condition 49%, physical impairment 16%, long-standing illness 17%, learning disability/difficulty 8%, other 10%

Carers

yes 13%

Awards

We received a Golden Handbag in 2016 for favourite LGBTQ voluntary sector organisation. Helen Jones, our CEO, received an honorary MA from the University of Brighton in recognition of her public service contribution to LGBTQ mental health.

What does MindOut do?

All MindOut services are confidential, independent, free, impartial, person-centred and empowering.

Advice & Information

We respond to hundreds of requests for information every year.

People ask us for

information about many different areas, for example: mental health services, GP services, housing and homelessness, welfare rights, LGBTQ rights, support for addictions, counselling services, treatments, mental health law, trans care pathways, community safety, immigration and asylum, relationship issues and many other things.

Advocacy

“The service gives you control...the power is with the client until a suitable outcome is reached, that’s so different to other services, I want that to stay”

Our advocacy workers hold or are working towards level 3 of the Independent Advocacy Qualification and our service meets the quality standards for advocacy services. We are part ►



The Rainbow Chorus joined MindOut at the LGBTQ memorial tree in St Ann's Well Gardens, to remember those we've lost to suicide



- Welcoming and supportive groups for LGBTQ people who want to talk about their mental health and wellbeing
- MindOut services are confidential, non-judgemental and free
- Provided by and for LGBTQ people

For more information call 01273 234 839
email info@mindout.org.uk or

- ▶ of a local partnership delivering specialist mental health advocacy and independent complaints advocacy.

The MindOut Advocacy Service can help you to:

- have your voice heard on issues that are important to you
- defend and safeguard your rights
- have your views and wishes considered when decisions are being made about your life

Advocacy will enable you to explore options & make choices, express your views and concerns, get information and access to services

Advocates can negotiate with service providers, ask for what you want, write letters, attend meetings

MindOut's advocacy service is:

- free

- confidential
- non-judgemental
- empowering
- led by the client
- independent from other services and professionals.

Online Instant Chat Service

We offer an out-of-hours online chat service, run by trained volunteers. This service is accessible through any internet enabled device, meaning that clients can seek support from where they are at a time convenient to them.

We have expanded the service this year by offering it through social networking apps.

Peer Mentoring

"It was good to have someone to talk to who had experience of my issues. I was able to gain insight into

life skills from my peer mentor."

The Peer Mentoring project gives people with lived experience of mental health the opportunity to be paired up with a trained volunteer. The support offered is person centred, meaning that the mentee can choose the type of support they want. This could be related to social contact, training & educational opportunities, employment or volunteering, cultural activities or physical activities.

All of our volunteer peer mentors undertake a training course before being matched and receive regular support and supervision.

MindOut for Each Other Wellbeing Project

With funding from the Big Lottery we have continued to ▶



- ▶ offer courses, events, workshops and peer support group activities in Brighton & Hove and across East and West Sussex.

Topics have included Mindfulness Meditation, improving sleep, coping with the winter blues and managing stressful lives. A regular peer support group has been established in West Sussex.

We are planning two workshops for LGBTQ BAME people in October.

Peer Support Group Work Service

We run groups for lesbian, gay, bisexual, trans and queer people to share experiences, problems and solutions with each other. Many LGBTQ people with lived experience of mental health are keen to meet each other

outside of the commercial 'scene'. We aim to provide a place to meet where it is safe to identify as LGBTQ and as having mental health concerns.

Our groups are Brighton based (apart from a monthly group that we run in Worthing) and are facilitated by experienced LGBTQ group workers.

This year we have run the following groups:

- Work it Out – for people juggling mental health concerns with paid employment
- Out of the Blue – for people who have experience of suicidal thoughts or suicidal distress
- Women's Group – for Lesbian, Gay, Bisexual, Trans and Queer women
- UNDR30's – for LGBTQ people under the age of 30
- Open Group – a weekly drop-in for members of the

groupwork service

- Social Group – a weekly social space that follows the Open Group
- Durrington Open Group – a monthly drop-in for members based in Worthing
- A group for LGBTQ people over the age of 50
- A group for Queer identified people.

Allotment and Food Groups

Run by volunteers and service users, MindOut has an allotment group which meets weekly in the growing season, less often in the winter.

We grow, harvest and eat locally produced organic produce. We also run a wholefood buying group, making low-cost wholefood available to buy, helping to redistribute waste food and donations, giving healthy recipes, and food and mood tips. ▶



Bakesale fundraiser

National partnership with Mind

We ran a second very successful Suicide Prevention Conference in Bristol in January this year. A sell out, it was attended by 160 people. A key note speech from the journalist Owen Jones was a highlight, as was the workshop we ran on Focussing the Mind, our photography exhibition.

We have worked with Mind to draft a LGBTQ Good Practice guide, due to be published very soon.

Fundraising

This year we employed a Community Fundraiser, Silvio Grasso. He ran cake stalls, MindOut for the Laughs, set up a half Marathon and Brighton Marathon team, a Dine for MindOut scheme and more. Many thanks to Silvio for his

work and great results.

MindOut for the Laughs featured Zoe Lyons, Debra Jane Appleby, members of the Gay Men's Chorus, hosted by the amazing Spice, Rudi Styles and The Piano Man, Sally Vate.

Silvio also supported the most amazing individual fundraiser, Aaron Lawrence. Aaron began 'My Costume Drama' wearing a different fancy dress outfit every day for a year. To date he has raised over £10,000 and aims to raise £15,000 by 30th September 2016.

Several other organisations hosted events and sponsorship in support of MindOut. These included: Caroline Lucas and her office, and the Brighton Gay Men's Chorus among others.

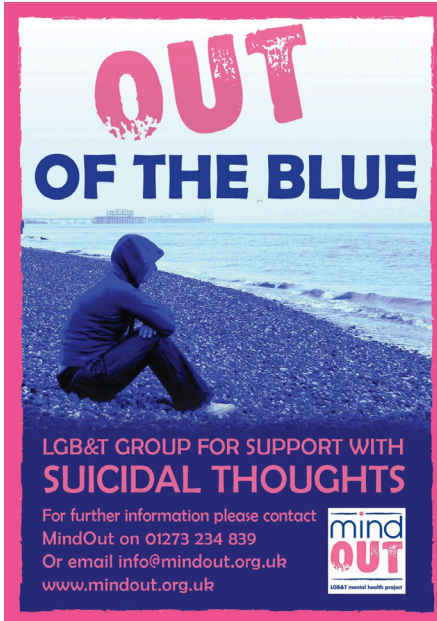
We raised £3,403 at the Swimathon, swum by Lorraine Bowen, Alison France, Silvio Grasso, Emma Crossland, Kerry Mitchell, Sam Newbould.

We raised £4,261 from the half and full marathons. Runners included: Adam Atkins, Adrian Day, Andrea Rocchi, Clare Hughes, Graham Williams, Greg Storm, Joe Paxton, Kate Dodsworth, Liam Shear, Luke Hornsby, Matthew Mella, Owen Worts, Ralph Corke, Sarah Crosier, Sarah Hardy, Silvio Grasso and Simon McLeod.

MindOut's Board of Trustees

Andrew Breary and Kate Wesson are our co-Chairs. Charlie-Bel James, Alison France, Sarah Jane Meyer, Sharon Munnings, Kate Webb are our Trustees.

During the year several Trustees left the board, they were: Katherine Johnson (resigned 24.03.16), Emma Bates (resigned 14.10.15), Daniel Conway (resigned 20.11.15), Andrew Doig (resigned 15.07.15), Mike



Gaunt (resigned 20.11.15), Vicky Parramore (resigned 25.05.16), Daniel Salamon (resigned 27.05.15), Edward Whelan (resigned 11.05.15). Some left as they had been on the board for some years and wanted to move on, some because their paid work commitments had increased, one because he applied for a post at MindOut, one left in order to retire.

Many thanks to all our past Trustees for the knowledge, skills and experience they contributed during their time in office. We have recently recruited two new Trustees and are planning a recruitment drive for a Treasurer.

The Board had an Awayday and team building event in November and after reviewing all that had been achieved, we looked at how well we were performing our governance role as a board.

During the year we regularly reviewed the potential risks facing the charity and how to mitigate them, we reviewed progress against our workplan for the year and we kept a close eye on income and expenditure against our budget. On all these measures we had a successful year.

Finances

We have had another successful year, we have maintained funding for our main services and have set up new projects as well. Thanks to Lorraine Heaysman and Steve Early.

Total income: £218,643
Total expenditure: £208,577
Net income: £10,066

Volunteers

Peer Mentoring: Andy Barber, Anna Roscher, Becky Cannon, Chrissie Cattani, Clare Hughes,

Drew Mason, Dirk Hemmings, Frankie Roake, Georgia Petroutsa, Jamie Foster, Jesus Latorre, Kevin Terry, Mike Bessey, Patrick Green, Paul James, Peter Southgate, Phillip Bremner, Sam Oliver, Silvio Grasso, Seb Sandys, Stephanie Jackman, Vince Lane.

Workshops: Andy Barber, Karine Laradji, Nicki Heywood, Clare Hughes.

Online service: Frankie Roake, Regan Buree, Silvio Grasso, Tim Robbins, Ed Borgars, Rhys Dower, Ben Coomes, Karen Dresback, Rob Stokoe, Ren Delmar, Philip Bremner, Paul Jaymes, Daniel Stewart, Chrissy Cattani, Andy Barber, Koi Choi Kong, Kylie Okoro, Jude Fishenden, Clare Hughes, Chris Campen, Sam Oliver and Becky Cannon.

Group Work volunteers: Karen Dresback, Rhys Dower, Alfie Shepherd, Sam Oliver, Georgia Petrousa.

Food group: Tracey Clarke.
Allotment: Clare Hughes, Karen Dresback.



MindOut staff (l-r): Ed Whelan, Phil Brooke, Jason Saw, Emma Crossland, Helen Jones, Peter Finch and Simon Campbell

MindOut's staff



- ▶ This year our staff team has been:
- Helen Jones, CEO.
- Jason Saw, Team Leader.
- Phil Brooke, Advocacy Worker.
- Simon Campbell, Peer Mentoring & Wellbeing Coordinator.
- Peter Finch, Group Worker.
- Amanda Bristow, Group

- Worker.
- Silvio Grasso, Fundraiser.
- Edward Whelan, Administrator.
- Emma Crossland, Housing Advocacy Worker.
- Yasmin Kapadia, Group Worker.
- Alfie Shepard, Group Worker.
- Vic Valentine, Administrator.

Thankyous



Thankyou to all our supporters, especially: Aaron Lawrence and all at the Bedford Tavern, Kineo staff team, James and Michelle at Gscene, Infinity Foods, LoveFit café, Kathy Katon and Radio Reverb, Scruff, Recon, Wapo and Wapa, Bar Broadway, Rory Finn – LGBT Community Police Liaison Officer, Amex. ■

Thankyou to our funders



Big Lottery Fund, Brighton & Hove City Council, Brighton & Hove Food Partnership, Brighton & Hove NHS, Mind, Rainbow Fund, Sussex Community Foundation, Lloyds Bank Foundation.



Registered charity number 1140098 Limited company number 7441667