

ANNUAL REPORT 2013-2014



SUPPORT FOR LGB&T PEOPLE WITH SUICIDAL THOUGHTS

For further information
please contact **MindOut**
on **01273 234839**
Or email us at
info@mindout.org.uk
www.mindout.org.uk

**mind
OUT**

LGB&T mental
health project



Director and Chair's Report

Helen Jones – Director (pictured left, holding our BBC Radio 4 All In The Mind Award), Kate Webb – Chair of Board of Trustees (right)

We are delighted to report a third year of growth, development and excellent outcomes for MindOut. Staff, volunteers and service users have worked incredibly well this year to develop some key new initiatives as well as sustaining existing services.

This year saw the start of our new Peer Mentoring and Online Chat services, funded by Brighton & Hove Clinical Commissioning Group and Brighton & Hove City Council. This project is run by volunteers, we recruited 31 fantastic volunteers to work on either or both of these projects. Both have got off to excellent starts, please see the project reports for more details.

In June 2013 we were delighted to receive funding as part of the Time To Change anti-stigma initiative run jointly by Mind and Rethink Mental Illness. We are funded to reduce mental health stigma within and toward LGB&T communities. We got off to a flying start with a massive Time To Change 'Village' at Brighton LGBT Pride in August. Many thanks to all the volunteers who made this such a success.

This year also saw a big increase in the number and range of wellbeing courses and events in West Sussex and Brighton & Hove. We hoped to run more in East Sussex, though these have proved harder to arrange.

Our fundraising programme was boosted this year with donations from LGBT groups, choirs and venues. We recruited a massive team of 24 runners for the Brighton Marathon, who together have raised in excess of £17,000.

MindOut improved our quality assurance system by adopting the Action for Advocacy Quality Performance Mark and Trustees reviewed and adopted a raft of new policies throughout the year.



MindOut's Board of Trustees

As board members we held our annual awayday in November 2013. We took some time to remember and reflect on all we and the staff had achieved in the past year and explored how our governance role was working with Helen, our Director. The day was a motivating and encouraging experience for all present.

The Board met on seven other occasions during the year following a planned timetable of meetings. We have written agenda papers a week before our meetings. We regularly review, with the Director, MindOut's current services, plans for new work, and the present financial position. We periodically review progress with our annual workplan, our contract compliance and the management of risk. Policies continue to be reviewed on a rolling programme.

Since the installation of a client database we have secured more comprehensive and accurate reporting on the take up of services. We are pleased with the general direction of MindOut's development and its responsiveness to need. High levels of service quality and performance have been maintained.

We continue to enjoy constructive discussions as a board and a good working relationship with our managers and staff. People who donate money to MindOut and commissioners who fund its work can have confidence that we will ensure MindOut's services will be well designed and delivered and that good value for money is being achieved.

Despite the challenging environment, we maintained our offer to service users and improved our income. Our three biggest funders were the Big Lottery, contracts from the local Clinical Commissioning Group (CCG) and Brighton & Hove City Council, and Time To Change. For the first time since becoming an independent charity, the City Council supported us with a grant of £5,000. The Rainbow fund increased its support to allow us to continue our suicide prevention peer support group, to canvass the needs of older LGBT people and to pay for the hire of rooms for meetings. Thanks to the work of staff and volunteers, including our marathon runners, we raised over £10,000 from fundraising events in the community. After a successful local partnership bid, our advocacy service received renewed funding. In all, our income rose to £210,120.

As planned we ran at a small deficit and covered this with a contribution of £9,383 from reserves. As we started the new financial year, our reserves stood at £94,362 and we planned further growth in our services for the year ahead.



TRUSTEE BOARD

Kate Webb (Chair)
Kathryn Marples
Vikki Hayward-Cripps

(Resigned 24 October 2013)
Andrew Doig (Company Secretary)
Katherine Johnson (Equality & diversity officer)
Victoria Parramore

Ed Whelan
Mike Gaunt
Daniel Salamon
Charlie – Bel James (Appointed 16 September 2013)
Alexander Hyatt (Appointed 13 March 2014)



607

people have benefitted from our services this year

128

people have volunteered for MindOut this year

27

events, workshops and courses were run by MindOut this year

How many people we supported this year

This year 607 individuals have benefitted from our advice & information, advocacy, group work, wellbeing courses workshops and events.

Of these 607:

- 87 people used our peer support group work services with a total attendance of 1,133, making an average of 13 attendances each
- 382 people used our advocacy service, which worked on 450 distinct cases
- 194 people attended wellbeing workshops, courses and events in Brighton & Hove and East & West Sussex

In addition we provided a service to 117 people through our online chat service. As most of these 117 are anonymous they may or may not be part of the 607 beneficiaries.

103 people have volunteered with our Time To Change anti-stigma project. Between them they had 1,426 anti-stigma conversations. We recruited 31 volunteers to the Peer Mentoring/Online chat service and we have matched 31 peer mentees.

Volunteering

- 128 people have volunteered for MindOut this year.

Of these:

- 103 people volunteered for the anti-stigma project
- 31 volunteered for Peer Mentoring and/or the online service
- 10 people volunteered as Trustees
- 12 people volunteered for both anti-stigma and Peer Mentoring projects
- 4 Trustees are also anti-stigma volunteers, 2 are also Peer Mentoring volunteers
- 12 people volunteered to fundraise
- 32 people volunteered to run and/or fundraise for us in the Brighton Marathon

Public events

We have run 27 events/workshops/courses including:

- 5 self esteem courses
- 2 Mindfulness courses
- 4 consultation events
- 2 living library events
- 47 people came to our celebration event
- 250 people came to MindOut for the Laughs
- 33 people came to the inaugural Older & Out event for LGB&T people over the age of 50

Social Media

We have attracted 1,281 twitter followers. We were retweeted by Gok Wan to 1.5m people. We also have 403 facebook friends.

Who uses MindOut's Services?

We ask our service users to tell us about their gender identity, trans* identities, sexual orientation, age, ethnicity, disabilities, religion & faith and caring responsibilities. Not everyone answers all of the optional questions. Of those who did, we know that they were:

- Female 45%, Genderqueer 2%, Male 52%, Other 1%
- 10% identified as trans*
- Bisexual 12%, Gay 48%, Heterosexual 6%, Lesbian 26%, Other 1%, Queer 3%, Unsure 3%
- 18-30 – 18.5%, 31-40 – 20.5%, 41-50 – 23.5%, 51-60 – 21.5%, 61-70 – 13%, 70+ – 3%
- 6.5% were BME
- Agnostic – 11%, Atheist – 20% Buddhist – 11%, Christian – 30%, Hindu – 1%, no particular religion – 7%, Jewish – 1%, Muslim – 1%, Other religious belief – 9%, Other philosophical belief – 3%, Pagan – 6%
- 16% were carers
- 42% deal with limits to their day to day activities: Mental Health Condition – 45.5%, Developmental Condition – 3%, Learning Disability/Difficulty – 9%, Long-standing Illness – 14.5%, Other – 3%, Physical Impairment – 14%, Sensory Impairment – 1%

Marathon Team

This year, 24 people completed the Brighton Marathon, out of a team of 28 and one person ran the Brighton Half Marathon for MindOut.

Between them they raised an amazing £17,500. Thanks again to everyone who took part and especially to Jason Saw for recruiting and motivating the team. Being part of the Marathon Team had many benefits including:

- 63% of our marathon team strongly felt "More positive/confident about being LGB &/or T" due to taking part
- 53% strongly agreed that being part of the team had improved any feelings of depression
- 74% strongly agreed that it increased their awareness of positive mental health & well-being
- 68% strongly agreed that being part of the team had brought improvements to: taking care of themselves in general, mood, self confidence & self esteem, sleep and stress levels

BME Working Group

This year we set up a working group to address the mental health needs of LGB&T BME communities. The seven members of the Working Party are service users, volunteers and trustees who are members of BME communities and are enthusiastic about creating real change within MindOut.

Aims:

- To support MindOut in its ambitions to be an accessible and responsive LGBT mental health service for BME people and communities.
- To support MindOut to develop BME affirmative practice, publicity, campaigns, events and services.
- To consult with LGBT BME people and communities about MindOut services and to engage with relevant BME and/or LGBT community projects and organisations
- To advise and support MindOut in any future developments or initiatives that are BME focused or related.

An ambition of ours is to arrange Race Equality and Cultural Competency training principally to members of staff, then eventually to roll it out to volunteers and service users. Another of our goals is to translate the most frequented pages on the MindOut website into the top five most widely spoken languages within Brighton and Hove. The Working Party has already written the first draft of MindOut's first ever Anti-Racist Policy; the group will continue to work on this so that the final piece will be implemented as soon as possible.

£17,500

Total raised by MindOut's Brighton Marathon runners this year



mind OUT
LGBT mental health project

BRIGHTON MARATHON
SUNDAY 6TH APRIL 2014
Support your LGBT runners to raise money for MindOut

Donate:
<https://b14.everydayhero.com/uk/mindout>

For more information about our charity please visit our website www.mindout.org.uk

Photographer: Rick & Sharon



MINDOUT'S SERVICES

Advice & information

Many people contact us every year about issues related to LGBT&T mental health, such as access to information, advice, support and services; other issues including hate crime, housing, welfare rights, employment, legal issues, physical health etc. We also receive many enquiries from other professionals wanting information about MindOut and/or LGBT mental health issues.

problems such as psychotic disorders, recurrent depression etc.

The support people request can vary from straight forward enquiries through to complex and sometimes multiple issues which may involve a range of advocacy interventions. Not all issues are directly mental health related, but may be impacting on the person's mental health and wellbeing, for example; housing and homelessness, employment issues, money, debts and benefits, physical health, immigration and asylum, civil and human rights, bi, trans or homophobic attitudes, harassment and abuse, heterosexism, trans care pathways, domestic violence, substance misuse, legal issues etc.

mental health advocacy in partnership with Mind in Brighton & Hove.

"I can't praise the advocacy service enough. Just knowing that someone was helping me fight my corner and supporting me through my dark times, alleviated so much stress and burden. If it wasn't for this service, I may well have lost all control of my life and probably got myself into more debt, more stress and ultimately crisis. It can be very hard to communicate with people effectively when you're depressed and alone, so this service finally gave me a voice that was listened to and respected."

Advocacy

Our LGBT&T mental health advocacy service continues to support people to source information, negotiate what they need and want from other services and professionals, to get their voices heard and to get the best from health and social care providers. People make contact with a wide range of issues and concerns relating to or affecting their mental health and wellbeing; some people may be managing issues ranging from common mental health problems such as stress, depression and anxiety through to longer term and severe

MindOut became one of five partners of the Independent Complaints Advocacy Service (ICAS) in Brighton & Hove, which helps people make complaints about NHS services. MindOut was the most active partner in the ICAS umbrella with 7 active cases over the year.

Our advocacy workers hold the National Advocacy Qualification. We are well on the way to completing the Quality Performance Mark for advocacy services.

We were successful in securing a new three year contract for local community

Advocacy outreach

Our visits to community groups continued to raise awareness of our advocacy service, and helped some isolated people to get to know our advocate and access the service. Our outreach visits also offered one to one and group advice and information and brief focused advocacy support. Outreach for this year includes:

- 8 visits to the Clare Project, reaching an average of 11 individual members each visit.
- 8 visits to Lunch Positive, reaching an average of 25 individual members each visit.
- 1 visit to William Collier House, Wellbeing Event



mind OUT
ONLINE

Online support for lesbian, gay, bisexual and trans people who are experiencing mental health issues.

Out of hours, online support is available live via our website address below. Chat to a trained lesbian, gay, bi and trans volunteer ready to provide:

- mental health support
- advice and information
- signposting to other services

MindOut Online is anonymous, free, confidential and non judgemental.

MindOut Online complements the telephone helpline service offered by Brighton & Hove LGBT Switchboard.

Brighton & Hove **NHS**
Brighton and Hove CCG

To use MindOut Online please visit www.mindout.org.uk

Peer Mentoring & Online 1:1 Chat Service

This year we set up a new service funded by the Clinical Commissioning Group (NHS Brighton & Hove) and Brighton & Hove City Council as part of the Psychosocial Support Commissioning process. Our Peer Mentoring and Online support service works in partnership with Brighton and Hove LGBT Switchboard's helpline.

The project aims to offer ways to prevent social isolation. Loneliness is a massive cause of mental distress and far more prevalent in LGB&T communities in Brighton and Hove than most of us realise.

"My peer mentor was very good at building my self-confidence. She was extremely good at listening and empathising."

Peer Mentoring

Over the last year 31 people have been matched with a mentor, there were 156 peer mentoring sessions and a total of 16 volunteer Mentors.

The ways mentees have chosen to use their time with their mentors has varied ranging from support to find employment, accessing social activities, going on day trips or to events, and meeting up regularly to explore specific issues such as mental health, wellbeing and identity.

The majority of peer mentoring matches provide meaningful social contact to address issues of social isolation, loneliness, more connection to LGB&T people and the community as well as building confidence in social settings. The feedback from both mentors and mentees has been overwhelmingly positive.

"As a volunteer with MindOut, I'm involved as both a peer mentor and an online support worker. Whilst each role is different and each service user presents a unique set of individual circumstances, I've witnessed how cathartic and empowering the process is of sharing lived experience of mental health issues and being LGB&T. The space MindOut gives people to connect with each other in such an intimate, structured way makes positive impacts on individuals and contributes to a greater sense of community."

Scott Roedersheimer, volunteer

"My peer mentor was very good at building my self-confidence. She was extremely good at listening and empathising."

"Peer mentoring got me started in achieving my goals, and connecting with people again. Showed me I could still do things that I once enjoyed doing. Also has given me more confidence to go out and do things on my own again"

"I would use it [peer mentoring] again in a heartbeat."

Online Support

Our out of hours online support service is run by 15 volunteers, has been open for 144 sessions, and had 117 contacts.

The majority of online contacts have required emotional support and have resulted in a successful outcome. Issues raised includes:

- depression and anxiety
- health issues
- suicidal thoughts
- loneliness and isolation
- difficult relationships with family or a partner
- homophobia

Outcomes include signposting to mental ►

Personal Safety Workshops

For LGB&T People

CRIME **ASSERTIVE**

STREET-WISE **BE AWARE**

STAY SAFE **PROTECT CHOICES**

TAKE CARE **WELLBEING**

SELF CONFIDENCE

TRANSPHOBIA **SELF-DEFENCE TECHNIQUES**

SELF ESTEEM **HELP** **HOMOPHOBIA**

SUPPORT **FEARFUL**

BOUNDARIES **PREJUDICE**

COMMUNITY

SAFETY

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

You are invited to

OLDER & Out

Do you identify as lesbian, gay, bisexual, transgender, queer, undecided, intersex?

Are you 50+?

Come along and enjoy fabulous food, creative informal discussion and meet like minded people.

Let us know what you think...

Saturday 21st September

12 to 2pm

Somerset Day Centre,
62 St James's Street,
Kemptown, Brighton,
(car parking off Lavender Street)

Call Lifelines on **01273 688117** for more information
or email hbashford@csv.org.uk or just come along.






- health services, community support groups and resources, referral to the MindOut advocacy service, for group work, wellbeing and peer mentoring projects.

Other online contacts have required specific advice and information about access to mental health and non-mental health specific services such as benefits, employment and housing advice.

"In less than a year MindOut have offered me a wealth of volunteering opportunities. I have been involved with their online Support Service, I have become a peer mentor and have lent my support to their new open group in West Sussex. My experiences of volunteering for MindOut have been very rewarding."

Liz Ansell, volunteer

MindOut For Each Other Wellbeing Project

With funding from the Big Lottery we have continued to offer wellbeing courses, events and peer support

opportunities in Brighton and Hove and in East and West Sussex.

Over the last year we have provided 4 LGB&T self-esteem courses and one taster session for 39 participants.

We ran a Mindfulness Day and a Mindfulness Course for 23 participants. The project has also offered a range of workshops including Suicide Alertness and Personal Safety.

Wellbeing Consultation

We held a consultation in partnership with Coastal West Sussex Mind in September to learn about the wellbeing and mental health needs of the LGB&T community in West Sussex and what support MindOut could offer.

As a result of this consultation MindOut now runs a monthly peer support group in Worthing. There have been 19 attendances and 9 group members.

Living Well courses

We also developed a new two part living well course and ran our first one for older LGB&T people in March for 12 participants and plan to run more in the coming year.

Peer Support Group Work Service

"I love the open group! I'm new to the concept of group work, so I'm slowly getting used to having that safe, non judgmental and supportive environment to be able to open up. The mutual respect and understanding of the group enables me to feel comfortable to talk about some my deepest emotions and problems that are affecting me. I find it hugely beneficial in helping me along my road to recovery."


We provide a range of group opportunities for people who would like to share their experiences, give and receive support and learn from each other how to improve their mental wellbeing.

We aim to provide a safe space where people can be out about their sexuality and gender identities as well as their mental health experiences. Many people who contact us are socially isolated, which is often related to poor mental health. We support people to develop

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.

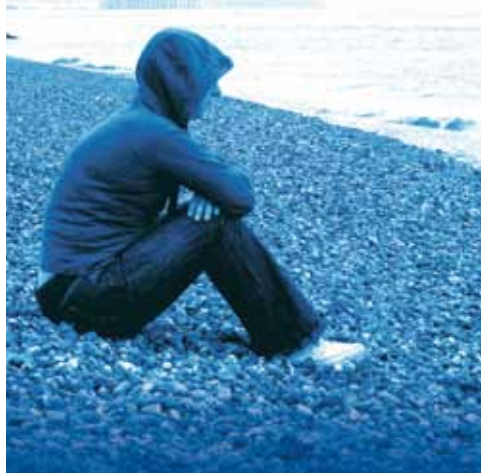


mind OUT
LGBT mental health project

MindOut groups are facilitated by experienced LGBT 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

OUT OF THE BLUE



SUPPORT FOR LGB&T PEOPLE WITH SUICIDAL THOUGHTS

For further information please contact **MindOut** on 01273 234839 Or email us at

mind OUT

- social networks and increase their social capital, all of which improves resilience and wellbeing.

“Being part of the group, made me feel like a member of the LGBT community again. The sense of commonality and care within MindOut is a pillar of strength for many.”

Our groups are:

Out of the Blue

A peer support group for people who are or have experienced suicidal distress.

“The sense of shame, secrecy or fear of mentioning such feelings, begins to evaporate – there is the possibility of lightening that load.”

Closed Groups

For people wanting to commit to joining for at least 9 weeks. Some closed groups

have been themed and this year have included: trans*, and GBT men.

Social Group

An informal group for all group service members.

Open Groups

Drop in groups for members of the service, held in Brighton and in Worthing.

“I don’t feel alone or weak anymore. I’m part of an beautiful community that has some amazing staff, volunteers and services users that help to maintain and demonstrate its ethos of equality and diversity. I feel privileged to feel part of it.”

Anti-stigma Project

This year MindOut has taken on a new project to work towards ending the stigma of mental health. Funded by Time to Change this project has seen 103 volunteers take part in the following activities and events:

- Trans Pride
- Brighton Pride
- World Suicide Prevention Day
- Living Library Event at the University of Brighton
- MindOut Out and About
- Time to Talk Day
- Living Library Event at the Jubilee Library
- International Women’s Day

Using the social contact model, anti-stigma volunteers had open and meaningful conversations about mental health stigma with 1426 members of the public.



Don't judge a book by it's cover

[LIVING LIBRARY]

Visit the living library and take out your prejudice!

Part of LGB&T History Month

Wednesday 26th February 12 noon – 4pm
Jubilee Library, Brighton

In the **LIVING LIBRARY** books are people. The shelves are full of people who belong to groups who frequently face prejudice and stigma in society. In the **LIVING LIBRARY** you can learn about your own stereotypes and prejudices – choose from our catalogue, e.g: gay parents, living with HIV, hearing voices, depression, being bullied, transgender and more!

time to change
let's end mental health discrimination

mind
OUT
about mental health issues

Brighton & Hove
City Council

LOTTERY FUNDED

info@mindout.org.uk tel: 01273 234839 www.mindout.org.uk

► **"I just wanted to say that helping out at pride was the most amazing thing I've done since being in Brighton... It challenged me, which really made me feel like I overcame some demons that day. It made me feel part of an amazing community of some of the greatest people."**

Phil Pollard (volunteer)

"It was the best day of the year for me last year. There was a lovely atmosphere and the village worked really well. It was really useful as it lifted my spirits. Very beneficial to be around people doing something meaningful as part of a team."

Simon Goldsmith (volunteer)

MindOut "Out & About" Anti-stigma project

In April a group of dedicated volunteers took the initiative to pilot 'MindOut Out and About', where volunteers have a regular presence at LGBT scene bars in Brighton to talk about mental health stigma.

A team of MindOut volunteers have been visiting local LGB&T pubs and bars on Friday nights, setting up a MindOut information stall in the venues and inviting punters to come up and talk to us about mental health stigma, prejudice the many services that MindOut have to offer.

The response has been incredible and it has been a great opportunity to speak directly to local LGB&T people on the scene, to give out information and challenge many of the stigmas that exist about mental health.

We currently visit four local venues on a rota system and hope to expand this to others in the coming months.

We would like to give a big Thank You to the following venues for their very kind support by allowing us to come along on a Friday night:
Bar Revenge
Charles Street
The Camelford Arms
The Marlborough

Allotment and Cooking Project

MindOut's allotment continues to offer a unique opportunity for LGBT people with mental health issues to be more involved in healthy, sustainable food growing, eating and buying within the supportive environment of MindOut's services. We grow, harvest and eat locally grown organic vegetables and used them for cooking sessions at the group work service.

We mainly go to the allotment weekly, less frequently in winter. Beetroot, lettuce, beans, sweetcorn, strawberries, raspberries, rhubarb and potatoes all did very well this year.

It was with huge amounts of gratitude that we said farewell to Andrew Doig who has been our lead allotment and cooking volunteer for the last 5 years. He has been dedicated, creative, inspiring and made delicious food. Thank you Andrew! And welcome to Sebastian who has taken his place on the allotment. ►



Feedback about our services

We regularly ask service users about their experiences of using the services we provide. This helps us collect information about their effectiveness, suggestions for improvements and developments.

Here are some highlights:

Advocacy

● 89% of people said that they found their advocate both 'very helpful' and 'very supportive' and 100% of people said they would use the service again or recommend it to a friend

"I feel less isolated and alone, I feel my life is starting to move forward in a positive way. And I would like to say, thank you for all your help and understanding."

"This service is fantastic and very important."

"Keep up the excellent work."

Peer mentoring

● 83% of people using our Peer Mentoring service last year reported an improvement in their self-confidence

"I surprised myself in that I thought I would never be able to connect with people in the outside world like I used to. I proved to myself that I am still the same person as I was years ago and I

can still achieve goals that I never thought I could."

Wellbeing events

● People attending our wellbeing events answered the question 'I've been feeling good about myself' 23% more positively at the end of courses than at the start.

(The trainers) "were really encouraging and understanding, and their use of gentle humour really helped to create a really relaxed and comfortable environment, where it felt easy to be open and honest about very personal thoughts and feelings."

"I learnt to deal with overwhelming feelings of anxiety and become more independent and confident. I've learnt that I can be more in control of my mind and there is a way out of overwhelming depressive thoughts."

"Very positive experience. Glad I did it."

Support groups

● 81% of people attending our peer support groups reported improvements in their mood in general, anxiety levels, self-esteem and self-confidence.

● 74% of group service users found that attending groups reduced the incidence of suicidal thoughts.

"This group has helped to keep me alive and well, it stopped a decline into despair."

"The group helps so many people and is extremely important to me."

"These groups are supportive and non-judgemental, they are also very enjoyable and reassuring."

Feedback from our volunteers

"The training I've received has been really interesting. It's not only given me a greater insight into the lives and experiences of people with mental health problems, but it has also offered me a new perspective on what it means to be part of the LGBT&T community as a whole, which is incredibly valuable."

"Volunteering at the open group has had a very positive impact on my own confidence and mental health and I've loved learning and developing new skills from the excellent training that MindOut have sent me on as well as the support I've received from the other group workers."

"I am really getting a lot out of volunteering for MindOut. I was quite hesitant at first about taking on things that I didn't feel I could cope with but I'm so glad I've pushed myself."

"I've spent so long being ill and wishing I could get back to a "normal" life but just thought it was an insurmountable task for me. Volunteering for MindOut has been so much more rewarding and achievable than I imagined it would be."

"Being a Human Library book is always a good two-way learning (and fun) experience for both the reader and the book."

"Being a volunteer has opened my eyes more to the NEED and immense belief of MindOut in today's society."



Fundraising

Each year MindOut needs to raise funds to cover our costs. Some of the costs of providing services are met through grants and contracts, but not all.

MindOut for the Laughs

We ran another sell out comedy cabaret evening at the Komedia this year, with marvellous performances from Marylin Munroe, Dolly Rocket, Qukulele, Actually Gay Women's Chorus, Julie Jepson, Tom Allen and Debra Jane Appelby with Danii Bloodrush hosting, all compered by Cat Harding. Many thanks to all of them for their support.

Thanks too to the pubs, clubs and venues who have raised fund for us, especially the Marine Tavern, and those who have had our collecting tins.

Finances

We had a successful year, sustaining funding for our services. We used some of our reserves as match funding for grants received this year. Many thanks to Lorraine Heaysman and Steve Early.

Total income, £210,120
Total expenditure, £219,503,
total deficit £9,383

Our staff

This year our staff team has been:
Helen Jones Director
Jason Saw Team Leader
Phil Brooke Advocacy Worker
Simon Campbell Peer Mentoring and Wellbeing Coordinator
Chloe Foster Administrator/Anti-stigma Coordinator
Vic Valentine Administrator
Jo Wren Wellbeing Worker
Peter Finch Group Worker
Tanya Levene Group Worker
Cian Howlett Advocacy Worker

Volunteers

Alex Garner, Alexandra Langridge, Amanda Hodgson, Anna Schutt, Andrew Baker, Andy Barber, Andy Wass, Anna Roscher, Becky Cannan, Becca Delvin, Ben Coomes, Boris Boccanello, Caroline Penn, Charlie Bel-James, Chloe Foster, Chris D Greatorex, Christine Belk, Dorothy Jones, Danielle Ashley, David Fields, David Hayter, Delphine Nonin, Dottie Miller, Drew Mason, Ed Whelan, Ella Doherty, Emma Davey, Emma Mitchell, Farah, Felice, Frankie Hemmings, Freya Benson, Gary Smith, Gill Davis, Greg Brown, Gill Davies, Jen Neal, Jessica Gagnon, Jessie Freeman, Jo Bardsley, Joe Carr, Joe Ifill, Joli Kipps, Judy, Karen Desback, Kate Peake, Katherine Johnson, Kevin Terry, Kore Sage, Kylie Okoro, Latham Zita, Liz Ansell, Liz Fishenden, Lynne Thomas, Manuel Muriel, Mandy Healy, Mike Bessey, Mike Harris, Miranda Frost, Nicki Kilbi, Nicola Lloyd, Olivia Condie, Paul

James, Paula Sousa, Phillipa Cook, Rebecca Jenkins, Regan Burree, Rich Bridger, Rob Stokoe, Sabah Choudrey, Sam Oliver, Sanjay Ghosh, Sarah N Bailey, Scott Roedersheimer, Shardy Ommi, Silvio Grasso, Tasha Barefield, Tee Sze Hwei, Tereza Kaplanova, Vicky Parramore, Vince Lane, Wayne McCormack, Zahra Ganji, Simon Goldsmith

Partnerships

MindOut works in partnership with many organisations across the city. This year we would like to thank those groups and individuals who have been so helpful, generous with their time and expertise and so willing to work together. They include:

- Brighton & Hove LGBT Switchboard
- Allsorts Youth Project
- Lunch Positive
- The Carers' Centre
- Somerset Day Centre
- Lesbian Link
- Mind in Brighton and Hove
- Impetus and members of the Brighton Advocacy Partnership
- Community Works
- The LGBT Safety Forum
- THT
- Time To Change
- University of Brighton
- Albion in the Community
- Sussex Partnership NHS Foundation Trust
- Grassroots



Awards and recognition

We have received two awards this year:

- In June we were awarded the Golden Handbag for Brighton's favourite LGBT voluntary sector organisation
- Also in June we also won the Radio 4 All in the Mind 25th anniversary award.

"Congratulations... on receiving the 'All in the Mind' award. I have bi-polar and came to Brighton 15 years ago, as a refuge from a rejecting family. I had a few friends, a job, a house and have been well. But my life may have been very different, and I am grateful that MindOut is here if I need it, and for many others less fortunate."

Thank you to all our supporters, especially:

James and Michele at Gscene
Lush

Infinity Foods
Lunch Positive
Gunns Florist

Dolly Rocket
Komedia
Bar Revenge
Charles Street
Marine Tavern

Performers: Miss Jason, Lorraine Bowen,

Cat Harding, Brighton Gay Men's Chorus,
The Two Wrangies, Zoe Lyons, Debra Jane
Appelby, Tom Allen, Dolly Rocket

BSL Signers: Paula Cox, Paul Michaels
Photographers: Richard Lemon, Pete
Boyd, Nick Ford

Venues: R-Bar, The Camelford Arms, The
Marlborough, Charles Street, LoveFit Café
Studio 57

All the Marathon runners
Eric Page LGBT Community Safety Team
Carolyn Stubbs, Worthing Locality
Manager

Kathy Caton and Radio Reverb

OUR FUNDERS

Rainbow Fund
Sussex Community Foundation
Big Lottery Fund
Brighton & Hove NHS
Brighton & Hove City Council
Brighton & Hove Food Partnership
Time To Change



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