

Annual Report

April 2017 to March 2018

We listen to, support & connect children & young people under 26 who are lesbian, gay, bisexual, trans or unsure (LGBTU) of their sexual orientation and/or gender identity.



Welcome

youth president

To say Allsorts has changed my life would be an understatement. I was Youth President for nearly four years and it was the best four years of my life by far. I've learned to love my transness and have been able to celebrate myself through wearing pronoun badges and through telling audiences of hundreds of people about myself.

Allsorts has taught me resilience, and self love, and that there are so many people around me experiencing the same things. I've also learned a lot of practical real world skills; I've developed a love of public speaking, I've learned how to talk professionally to adults, and I've become better at chatting to new people and making new friends. When I tell people about Allsorts I never feel I can do it justice, and now I've moved away it's the only thing I miss about home, it's the only place I've ever felt completely myself. The staff, volunteers, trustees, and young people have never failed to make me feel truly valued as an artist, a trans person, and as a human being.

I've loved working in schools to teach them about people like me, I've loved working with trustees making important decisions in the charity, I've loved working on the podcast so far, and I've loved being able to work with and represent young people like me. **Colin, Youth President 2014 - 2018**

co-chair

Now in its nineteenth year, Allsorts Youth Project continues to go from strength to strength. 2017-18 saw the project expand its services into West Sussex thanks to funding from West Sussex County Council. The Kids Group and the Parents Group continued to flourish with 27 children and 67 parents attending respectively. We delivered staff training and workshops for pupils in schools all over Sussex, reaching 3635 pupils & 344 staff members as well as delivering 65 LGBTU & Trans awareness training sessions to organisations across Sussex. .

The continuing success of the project is largely due its youth-centred ethos. Our dedicated staff team create a safe and non-judgmental space where LGBTU young people can explore and express their identity in their own way and at their own pace. The organisation is also youth-led, with young people involved in every level of decision-making and operational activity at the organisation, from the management committee to the delivery of workshops in schools and youth projects.

We are lucky to have such a fantastic staff and volunteer team, led by co-founder and Director Jess Wood, and Co-Director, Katie Vincent. Their dedication to supporting LGBTU children and young people as well as their determination to help make the world a safer place for all LGBTU youth is truly inspirational.

Their work wouldn't be possible without our funders. We are extremely grateful to the following: Brighton and Hove City Council Three year strategic grant; Big Lottery Fund UNAS; Public Health Sexual Health Grant; CCG/ BHCC Psycho-social; Comic Relief; BBC Children in Need; BHCC Youth Service; Rainbow Fund; Public Health Trans Lot 6; Rainbow Flag Award; No Fear Bridge, Sussex Community Foundation; Well-Being Service; West Sussex County Council YMCA Downslink group; Brighton & Hove Schools Contracts.

After two years as Chair of the Management Committee, I will be stepping down in September 2018. I'm pleased to announce that Trudy Ward will be taking over the role. Trudy brings a wealth of knowledge and experience and I have no doubt that under her and the other trustees' governance, Allsorts will continue to flourish.

Marianne Lemond

Welcome



'Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.'

We are inspired by Margaret Mead's words because small charities consistently do so much for so many. They do this, in general with very few resources.

Can we begin by paying tribute to and thanking all the wonderful small charities that we work with locally and national, in particular the YPC where we are based and MindOut with whom we work in close partnership.

We also developed our connections across the country with three amazing projects: The Proud Trust, the Kite Trust and Human kind and together we have been funded over the last two year by the DfE and Government Equality Office to provide school across the country with the tools they need to further LGBT pupil inclusion.

There are so many others and other individuals, too many to name individually here, who make are work possible and contribute to its success.

What motivates us at Allsorts are the LGBT children and young people who attend our services. This what one of them said about how they have felt:

Sometimes I've felt wrong. Different. Hated. Small. Squashed. Alone.

You give me exactly what I need to make it happen.

You give me delicious vegan food.

You give me a human heart to listen to me.

You give me a blank sticker with which to invent myself.

You give me glue, glitter and paint.

You give me projects to chew over.

You give me a crowd of people to love, to admire, to go to the beach with.

***You give me a new vision of who I can be
of who I want to be.***

Thank you Allsorts for making me bolder.

This is why we fight so hard to provide our services. We know the impact they can have and how life-changing and life-enhancing they can be. Young people step up to leadership in the project and we are indebted to our youth presidents, peer role models, kitchen helpers and peer educators for all the work they do. Our wonderful staff team, volunteers, trustees and management committee officers likewise give so much energy and creativity to the project.

We are a micro-community. These are its essential ingredients: enthusiastic, passionate, fun, committed, reflective, compassionate, sometimes angry, always ready to lend a hand, open to feedback, ready to change, wanting to grow. This soup nourishes us all. We would like to thank everyone who contributes to Allsorts. Please join us any way you can and help us continue to reach LGBT children and young people and give them our support as they find themselves and thrive.

Jess Wood MBE & Katie Vincent

Who we are

Vision

We want to see a world where LGBT young people are free to thrive.

Mission

To support lesbian, gay, bisexual, trans and unsure (LGBTU) children and young people and challenge exclusion, prejudice and discrimination in all areas of children and young people's lives.

Project overview

We aim to improve the lives of LGBTU young people via a two pronged approach;

- 1 Providing specialist youth services to children & young people from the ages of 5-25 who are LGBTU.
- 2 Training the wider community and professionals so all spaces can be better LGBTU safe spaces.

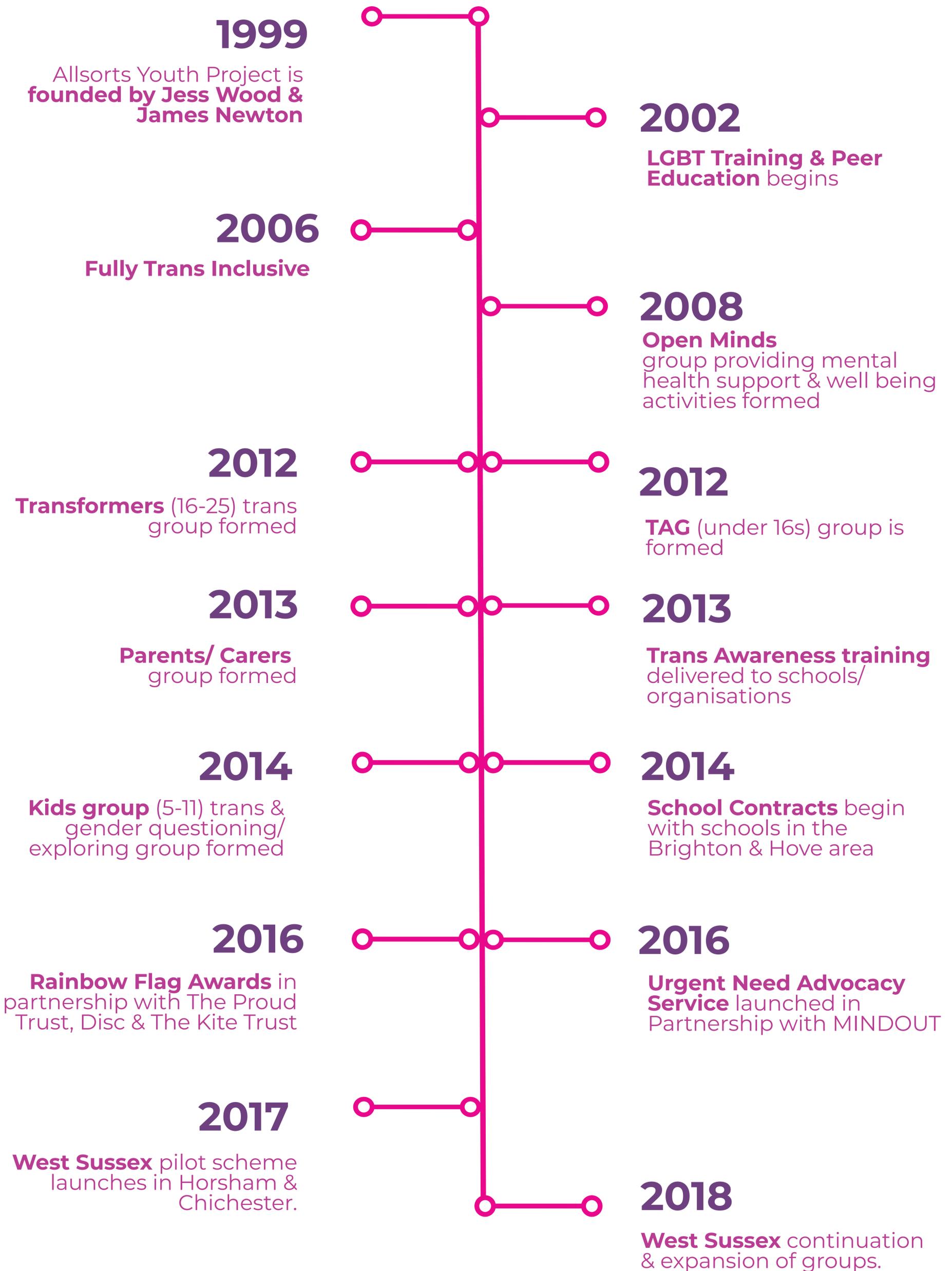
Young LGBTU people deserve to feel safe and thrive at home, at school and in their communities.

How we help

There are a number of ways that we support young people:

- We facilitate age-appropriate workshops and activities that are fun, interactive and often aim to promote positive mental health and wellbeing.
- Provide safe spaces for young people to develop friendships with their peers.
- Through our advocacy service, we support young people who are 16+ to understand their rights should they ever face discrimination or issues as a result of their LGBTU identity.
- Support young people to feel more at ease with their gender identity, sexual orientation or where they are at on their journey of exploring who they are.
- Provide specialist LGBTU youth support and education in schools, colleges and other youth settings, with the aim to positively promote LGBTU awareness and inclusion.
- Support young people to engage with mainstream services that range from careers advice to counselling and more.
- Provide young people with positive LGBT role models of varying ages, ethnicities, faiths, backgrounds, and abilities. This develops cross-generational understanding and a better sense of community history and diverse representation.
- Offering positive engagement and support to parents and carers. Celebrate diversity in all its forms including ethnicity, background, faith and ability.

Timeline



Impact

Evidence of Impact

Allsorts gains an understanding of the impact of the activities we deliver in reducing distress in LGBT children and young people using a bespoke 'psychometric testing' tool, otherwise known as our Well-Being Diary.

At induction, service users complete the short Warwick-Edinburgh scale well-being questionnaire. Six months and a year later they re-visit the tool and Allsorts analyses the data to generate information about their 'journey' and their distance travelled. This measure allows Allsorts staff to track progress and review the efficiency of the service against impact on service users.

Service users are also asked in different contexts, including on the six-monthly survey, to provide the staff with feedback. Here is an example of one service users experience of Allsorts.



Allsorts is the reason I'm still alive. Without this service I wouldn't be here, and I'm constantly thankful for that.



We asked our young people how Allsorts had helped them...

Taken from our 6 monthly survey in September 2018



100%

of our young people

felt that Allsorts had been helpful to them



68%

of our young people

Felt more part of the LGBTU community



68%

of our young people

felt more at ease about who they are



55%

of our young people

felt more comfortable with their sexuality/ gender identity

Survey Results

March 2018



92%

of our young people

Faced challenges with their mental health & well-being

40%

of our young people

Had done something to injure or harm themselves

52%

of our young people

Experienced some form of Homophobia/Biphobia/Transphobia



I have made new friends and have become more confident with everything including my sexuality. I have had people to talk to and that has really helped me, I've been distracted and distraught about my life so far however coming to Allsorts has improved my well-being and my life overall.



Allsorts has helped me with my social anxiety and to develop new friendships with LGBT people
It has made me feel more positive about life - before I was negative about my feelings.

Allsorts as has allowed me to meet people like me, I don't feel like I am alone and and different , I have met some people like me in here which has actually helped me to boost my confidence level.

Activities

overview

In order to address isolation, invisibility and low self-esteem and meet the well-being needs of LGBT children and young people, Allsorts provides the following services and activities:

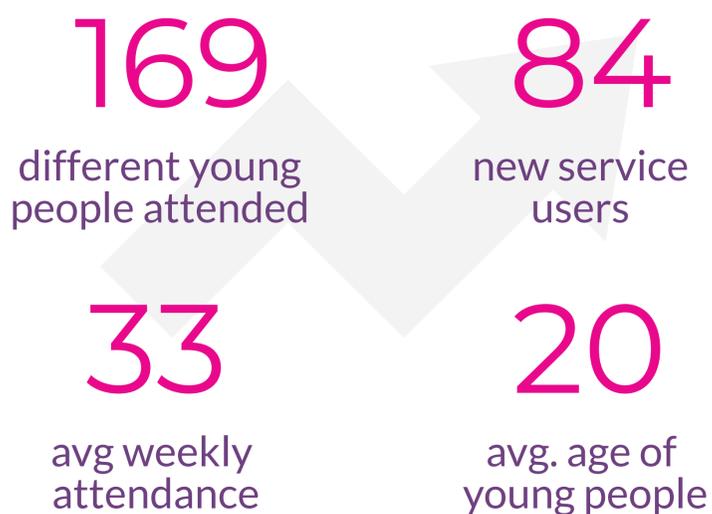
- **Group activities;** such as **Drop-In** (16-25 LGBTU); **Transformers** (16-25 Trans, Non-Binary, Gender Questioning); **TAG** (Under 16s LGBTU) **Kids Group** (5 - 11 Trans, Gender Questioning/ exploring); **Open Minds** (16-25 LGBTU positive health and well-being programme; specific **mens & women's** activities/ workshops.
- **LGBT youth volunteering** including **governance of the project; peer education** in schools and colleges; **peer role models** under-16 support project; **outreach; PR and promotion; youth consultation** work, **event management; campaigning; diversity events.**
- **One-to-one** emotional support through our **Talk It Out** service.
- **Advocacy** service partnered with MindOut.
- **LGBTU & Trans Awareness Training** in schools and other youth settings.
- **Peer-led homophobia, biphobia and transphobia** awareness and **anti-bullying workshops** for young people in schools, colleges and youth organisations.
- **Homophobia, biphobia and transphobia** awareness **training** for adults and agencies working with young people.
- Opportunities for LGBT+ **community adults** to work with LGBT youth and/or become trustees of Allsorts.
- **Consultancy** on **issues concerning LGBT** young people for national and local government **agencies.**
- Specialist **support** and **advice** around **sexual health, mental health** and **well-being.**
- **Creative activities:** such as drama, music & creative writing with local and national youth organisations.
- **Residential trips** for LGBT young people
- **Offsite trips** such as Trans Youth Conference, Bushcraft & Skateboarding
- **Campaigning** on **human rights** and **issues affecting LGBT young people.**
- **Website & social media** platforms with wealth of **information & resources** for LGBT young people, parents and professionals including **promotional & educational materials.**

Drop-in

16-25 LGBTU

Weekly Group

Drop-in, our weekly LGBTU safe space, continues to see high numbers of young people attending and is a busy, lively group! Nearly all of the young people attending experience challenges with their mental health, as well as issues with low confidence and self-esteem, drop-in activities are therefore designed and planned with wellbeing promotion in mind. The 'one stop shop' model has continued to expand again this year and we now host the largest number of services to date at Drop-in, giving young people access to a broad range of specialist provision within the group itself!



Allsorts has given me a new group of friends who have enabled me to cope with difficult situations and has made my life a lot happier. It has given me a safe space to make friends and talk about anything bothering me.

Highlights

- ♥ A range of **wellbeing activities** this year included: creative mindful journaling, healthy eating and cookery workshop, compliment jars, stressball making, gratitude wristbands, winter wellbeing wreaths, 'I am...more than my mental health' campaign, and stigma challenging placards that the young people then carried on the World Mental Health Day walk through Brighton.
- ♥ We hosted the **'Brighton Resists'** exhibition – reflecting on Brighton's contribution to LGBT activism throughout the years - right here at the YPC, following its launch at the Marlborough Theatre! Young people made campaign T-shirts and badges using images from the exhibition to inspire them to raise awareness of and root them more deeply in our history.
- ♥ Monthly Choir 'Sing Out!', with songs chosen to encourage young people to learn about and connect with LGBT artists and icons and acknowledging the impact of music and group singing on wellbeing, empowerment and group cohesion.

Regular Services

- ♥ THT - STI & Rapid HIV tests
- ♥ MindOut - Advocacy & Mental Health support
- ♥ Pavilions - Drug & Alcohol support
- ♥ LGBT TAPA/CAOT worker
- ♥ Community nurses - 1:1 health advice
- ♥ WiSE worker - support & advice on range of issues
- ♥ Rise worker - support & advice around issues related to domestic abuse & healthy relationships
- ♥ RightHere - focus groups around self-esteem

Transformers

16-25 Trans, Non-binary & Gender Questioning

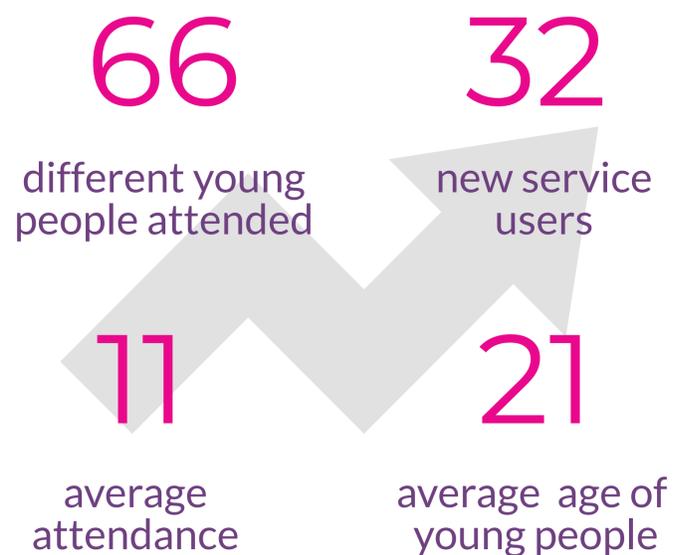
Monthly Group

Transformers has seen a consistent number of young people, who are trans, non-binary or gender questioning, attending the space over the last year as continues to be facilitate by trans/non-binary staff members and volunteers.

We have delivered many activities for the young people covering various themes such as sexual health, wellbeing, gender identity and challenging prejudice.



It has helped me to become more comfortable with my trans female status, given me confidence to be myself, and provided a friendly space to meet cool and interesting queer young people.



Highlights

- ♥ Looking to the future workshop – what do we want to see get better?
- ♥ Fantasy vs reality sexual health workshop
- ♥ Workshop run by a young person on gender identity through history
- ♥ Overnight camping trip including a nature walk and circus skills workshop
- ♥ Badge making for Trans Pride
- ♥ Visit to the Trans Youth Conference

I feel like the people here are very kind, and I always feel welcome. Felt like I was from a different planet before, but I've found my place here.

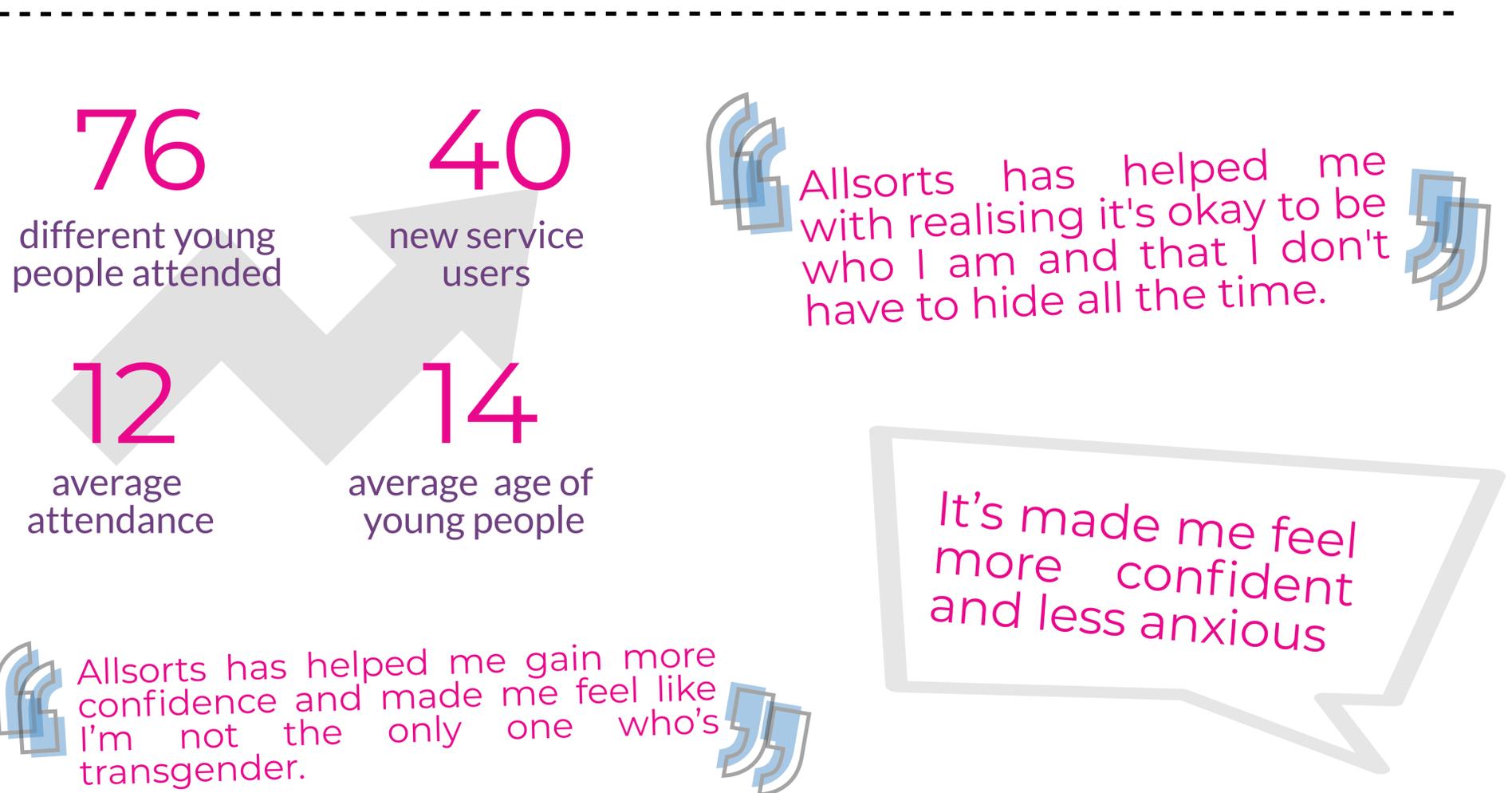
I feel more at ease with my gender identity because I am accepted and respected

TAG

11-16 LGBTU
Fortnightly Group

This year we have had a good number of LGBTU young people accessing the group. We continue to have a large proportion of them coming from outside of the Brighton and Hove area, and so see the need for wider support options for under 16s in Sussex.

A focus this year has been looking at friendships values and managing relationships, as well as ensuring that young people are able to access sessions that give direct support and guidance relating to wellbeing and managing challenging emotions.



Highlights

- ♥ Mental health awareness t-shirt decorating
- ♥ Healthy relationships and friendship values workshop
- ♥ Skateboarding trip
- ♥ "What does Pride mean to us?" workshop
- ♥ International Womens Day quotes and decorations
- ♥ Attendance at Pride on Allsorts Youth Project bus
- ♥ Piñatamaking to break on Stress Awareness Day

Allsorts has helped me through and given me some place safe

Kids Group

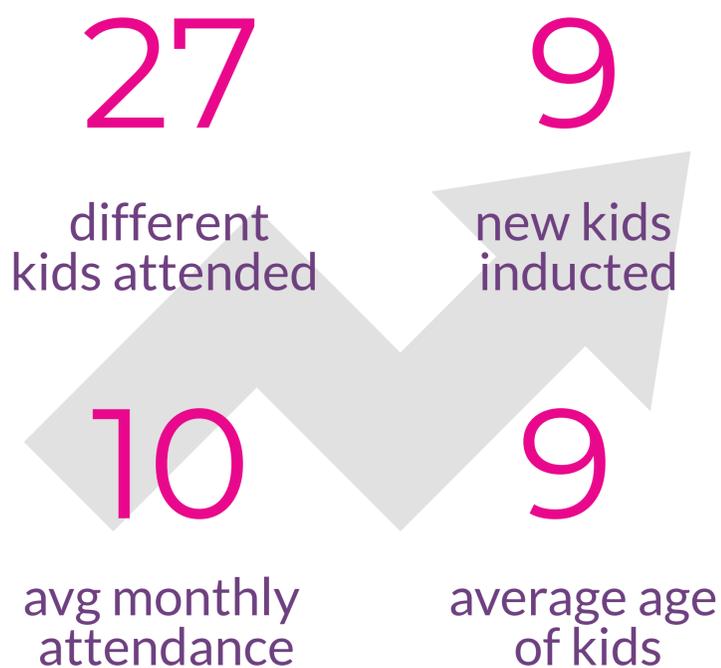
5-11 Gender Exploring & Trans children and their Parents

Monthly Group

The Kids Group is now in its fourth year of running as a supportive and fun space for children aged 5 – 11 who are trans or exploring their gender identity.

The group continues to be a vital space for children to have their experiences validated and parents/carers to access informal peer support.

As the group has expanded, we have seen more children flourish in their identities as they create new connections and friendships with children who have similar experiences to themselves. As children age up through the group, we also have begun to see the younger children looking up to the older children as role models.



I wanted to say how valuable the Allsorts Group is, not just to the kids, but to us parents as well.

After my meeting with school this week, I've been feeling quite low and have been questioning whether we're doing the right thing, and after speaking to the other parents today, I know that we are.

If the group wasn't there I wouldn't have had anyone to speak to about this and compare stories.

It reaffirms our journey and has empowered me to be stronger when confronting those unnecessary hurdles.



Highlights

- ♥ Fruit kebabs and blind tasting exotic fruits for World Health Day
- ♥ World Book Day celebration including fancy dress
- ♥ 'How we feel when...' activity related to managing emotions
- ♥ Skateboarding trip
- ♥ Create your own Superhero activity
- ♥ New year's memory boxes

Coming to the kids group is really fun

West Sussex

Under 16's & 16-19

Weekly Groups in Horsham & Chichester

This year saw the expansion of our West Sussex group continuing to grow and develop with over 170 young people now inducted into the project.

Allsorts West Sussex reaches remote areas of the county, enabling young people to access specialist LGBT support previously unavailable to them.

Evidence suggests that this kind of support reduces isolation, a major issue faced by LGBT young people, and improves mental health and wellbeing.

2018 has seen the project develop even further with the recruitment of additional staff to support the running of the groups and to help deliver on the demand for one-to-one support.

Allsorts West Sussex offers community volunteer and youth volunteering opportunities and has provided guidance to West Sussex schools and colleges so they can support the running of their own youth-led LGBT groups.

This year, Allsorts launched the LGBT one-to-one outreach support across the county and will pilot a 3rd West Sussex group in Worthing in early 2019.



For me, Allsorts has been nothing but positive. It gave me a safe place where my identity wasn't questioned or belittled and surrounded me with caring and friendly people; who I will now be friends with for a very long time.



Having a safe, non-judgemental space to try out different pronouns, question my sexuality and figure out who I am as a person has been invaluable.

It's not an exaggeration to say that I wouldn't be alive without Allsorts



Volunteering with Allsorts over the past year and getting to see the development of the West Sussex groups has been incredible.

Seeing the young people build on their confidence and make new friends has been my favourite part of working with Allsorts, and the reason I keep going back to volunteer as I understand how much it means to those who come to have an open and inclusive place to chill out.

Ryan - West Sussex Volunteer

89

different young people attended

74

new young people inducted

11

avg weekly attendance

16

average age of young people

Highlights

- ♥ Bowling trip with over 30 young people attending
- ♥ Self-compassion and mindfulness workshop
- ♥ Youth volunteers supported the running of the Allsorts stall at the first Worthing Pride and Fresher's Fairs.
- ♥ 15 West Sussex young were onboard the Allsorts Pride bus for Brighton and Hove Pride
- ♥ Created anti-stigma slogan t-shirts for Mental Health Awareness Week.
- ♥ Facilitated talks/workshops by West Sussex representatives from the Youth Emotional Support (YES), CGL West Sussex Drug and Alcohol Wellbeing Network, NHS and West Sussex Police

Parents/ Carers Group

Peer Support

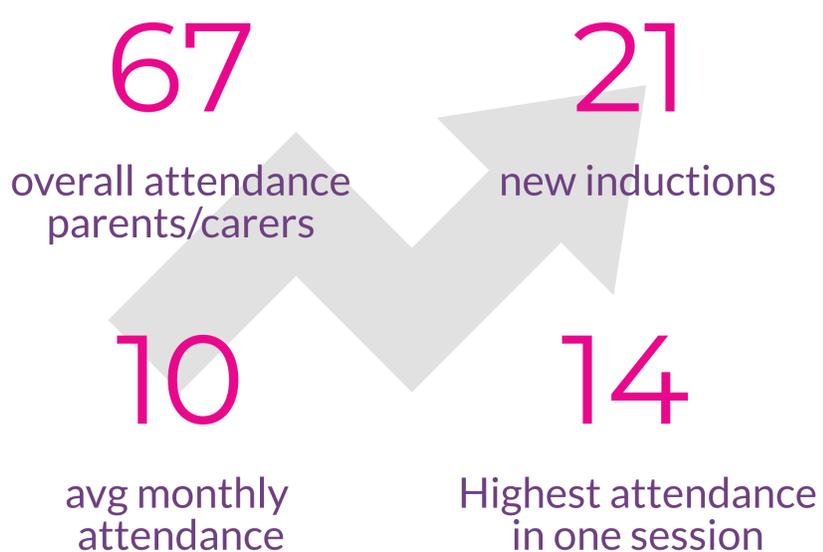
Monthly Group

Our Parents Group has been meeting since 2013 and provides a safe space for parents to meet and offer and receive peer support. We are very fortunate to have a small team of parent volunteers who assist in the running of the group, some of who have great experience in raising a trans child, and we'd like to take this opportunity to acknowledge how much we appreciate them.

This year the group has seen another increase in the number of parents/carers/family members contacting us for support either initially for information, advice and guidance but also direct enquiries for the group.

There is now a large and active online community of over 60 parents/carers using our Parents Facebook Group - a secret online group that only members who have attended one of our group sessions can access.

We will always be hugely grateful to our former Parent Trustee, Sara Taverner, who started the group and sadly passed away only a short time after it first began.



Just beginning our association with Allsorts & the service they provide is superb.

Thanks for giving my child such encouragement and understanding!



A very big thank-you to you all for saving my son's life.

Thank you also for being there and for us knowing you are there...even the other month when he had a blip, just knowing he can always contact helps us enormously.

Another big thank you knowing that I as a parent can also talk to you and other parents going through the same has and still does help hugely.



Urgent Need Advocacy Service

130

Advocacy cases this year

2

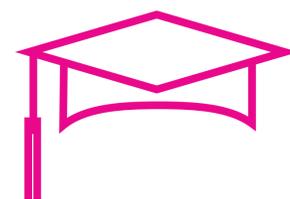
Years old



Partner

The Urgent Need Advocacy Service (UNAS) has built on the successes of its first year for a very strong second year. Once again, our advocate Liam O'Hare and Emma Crossland at MindOut have exceeded their targets, reaching a high number of young people in urgent need, providing solutions and support along the way.

Our urgent need advocacy service continues to support young LGBTU people in urgent need across these areas:



Liam has provided a wide variety of support to Allsorts young people, including support around economic hardship, insecure housing and homelessness, food and fuel poverty, immigration and asylum, and barriers to services because of LGBT+ discrimination.

This past year Liam has also provided support to young people in financial crisis because of the government's introduction of the new Universal Credit benefit system.

Liam's advocacy work has included making action plans to resolve a crisis, accompanying young people to important appointments to ensure their rights are respected, researching possible solutions to crisis situations and presenting this information in an accessible way, and signposting to other services relevant that can help an individual in crisis. The service has also provided dozens of food parcels to people experiencing food poverty.

In order to address the complex needs of young LGBT asylum seekers, and in light of significant government cuts to legal aid, the advocate service is now working in partnership with Clifford Chance LLP, who have generously offered pro bono support to asylum seeking clients to collect evidence for their cases and to put them in touch with a legal aid solicitor.

Rainbow Flag Award

Funded by Government Equalities Office,
via the Department for Education

Allsorts Youth Project, alongside our partner organisations The Proud Trust, Humankind and The Kite Trust, have been delivering the Rainbow Flag Award in schools across England since 2017.

The award aims to eradicate homophobia, biphobia and transphobia (HBT) and support the development of inclusive spaces and positive LGBT education in schools.

An array of school settings have engaged with the program, including primary and secondary schools, independent schools and alternative school settings such as therapeutic communities and a secure children's home.



Allsorts, and the whole RFA consortium, have exceeded the targets set out by the DfE and have engaged over 300 schools with the program, more than 100 of them going on to take the full award scheme to their communities. The 6 areas of the award are:

- Red – Skilled Teachers**
- Orange – Supportive Governors & Parents**
- Yellow – Effective Policies**
- Green – Inclusive Curriculum**
- Blue – Pastoral Support**
- Violet – Pupil Voice**

Many schools have chosen to train a selection of their students as “Safer People” or “LGBT Ambassadors” for their Pupil Voice award which has proven to be especially popular. Almost 100 young people have been trained by Allsorts so far, with this number likely to double during the remainder of this funding period.

A key aspect of the RFA is to provide evidence of the development of future initiatives informed by the program, ensuring that a legacy of positive cultural change is achieved, and sustained long after a schools project year comes to an end. **The Government Equality Office has acknowledged the effectiveness of the Rainbow Flag Award as “the best model for LGBT provision in the country”.**

The RFA consortium are working to expand the program with additional GEO and DfE funding, which will see Allsorts’ reach broaden beyond Sussex and in to surrounding counties.

Consortium Partners



Talk it Out

One-to-one emotional support

Our one-to-one emotional support service, "talk it out" saw another busy year of young people requesting sessions both at Allsorts as well as sessions in the schools that we work with locally.

This service continues to show that more than ever that our young LGBTU people are needing us for additional emotional support.

My Talk it Out sessions have really helped me figure out how to deal with the issues and confusion I have about things

It was really good to be able to talk to someone about everything



Main issues discussed



Allsorts



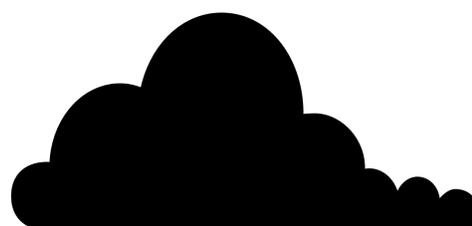
Mental Health



Gender



Relationships



Depression

Open Minds

Monthly mental health & well-being programme

Our monthly mental health and wellbeing programme offers a safe and supportive space for young people to explore new and healthier ways to manage their mental health, share experiences and get support from their peers and staff to support them to build resilience, self-esteem and enhance their confidence in a friendly and inclusive environment.

Open Minds was run in a different format this year, with wellbeing activity sessions taking place within the Drop-in itself.

This was to engage a wider pool of young people and ensure that positive mental health promotion was as far reaching as possible within the Drop-in space.



Highlights

- ♥ Anti-stigma T-Shirt and placard making for World Mental Health Day and worn by young people participating in the World Mental Health Day walk across Brighton.
- ♥ 'I am...' More Than My Mental Health campaign, exploring all of the things that make the young people who they are, beyond their mental health.
- ♥ Gratitude Wrist Bands: exploring the concept of gratitude and how it can contribute to wellbeing through the design of wrist bands displaying something each young person felt grateful for as a reminder.
- ♥ Compliments Jars: glass jars that the young people filled with nice words and sentences about themselves to encourage positive self-talk or draw upon when having a challenging time.
- ♥ Creative Mindful Journaling session, exploring how this practice can promote positive mental health promotion and management through regular creative expression.
- ♥ Winter Wellbeing Wreath': exploring positive things young people can do during winter time to help manage their mood.
- ♥ Stress ball making for Stress Awareness Day

Youth Volunteering

In this last year we've engaged over **90** young people in volunteering in a range of roles at Allsorts including:

- Youth presidents
- Kitchen volunteers
- Peer education support
- Peer role models
- Events & promotion volunteers
- Campaign volunteers
- Podcast volunteers
- Resource volunteers



These volunteering opportunities are part of a **wider initiative** to encourage **community spirit** and **facilitate skill acquisition** in our young people to **help prepare them for employment**.

We have again been hugely **impressed** by **their commitment** and **dedication** to these roles!

Q&A with a Peer Role Model (PRM) who volunteers with our U16 fortnightly group, TAG

Why did you want to volunteer to be a PRM?

Volunteering wasn't something I'd actively thought about in general but I decided to take the opportunity when we were told about it during Announcements. I guess I wanted to be more involved and often describe my role as the 'bridge between TAG and Drop-In'.

What did you like the most about volunteering at TAG?

I find it hard choosing just one highlight about my time as a PRM. However, I enjoyed being involved with a collaborative project between Allsorts and Brighton Museum; and really loved helping run the workshops and creative activities during sessions.

What do you think you gained personally from volunteering?

I definitely gained more confidence when it came to working with young people as well as invaluable experience that I can transfer to other placements and situations in the near future. I've also made some friendships with the young people when they aged up and started going to Drop-In.

Community Adult Volunteers

Our community volunteers continue to be an **integral part** of the project - we simply **couldn't run the groups without them** giving up their spare time.

They help the staff team to **create a friendly, safe & supportive space** across all of our groups as well as helping to **set up, facilitate the activities, prepare & serve hot meals** as well as **providing support & information** to our children & young people.

They have also volunteered on our **external trips** including **Bushcraft** sessions, the Brighton & Hove **Pride parade**, International Women's Day, the **World Mental Health Day** walk and so much more.....



Being a volunteer at drop-in is such a rewarding experience I recommend it to all the LGBT people I know. The encouragement, advice and confidence I get from the team, and from the young people, has helped me to grow and develop tremendously over the last year and a half.

My time with Allsorts has inspired me to move in to a career working with young people, a career I wouldn't have considered without this experience. Allsorts will always have a special place in my thoughts and in my heart.



Why did you decide to volunteer at Allsorts?

I admire the service that Allsorts provides and the commitment of the staff, the young people and their journeys and the positive impact of Allsorts in their lives.

I love working with young people and it feels good to give back to the community and provide support and friendship that I never had, but, could have made a world of difference to me if I had had any.

Pride Season

Brighton Pride

For the first time in Allsorts' history we paraded through the city on an open top bus with 35 of our young people!

Young people across the project created 'Allsorts of...' hearts with empowering messages on them for this year's Colour My World theme.

Leading up to Brighton & Hove Pride, we explored in our group sessions, significant themes such as drugs and alcohol, relationships and sexual health and festival safety.

We gave out our popular Pride Safety Packs to the over 16s heading to Pride which including including suncream, condoms, crisis contacts, drugs & alcohol information and anti-drink spiking caps, water, sanitary and condoms.

We are hugely grateful to Brighton & Hove Pride for raising much needed funds for local LGBT groups (including ours!) from the profits via the Rainbow Fund.



There's a great atmosphere! Everyone's cheering lots, waving lots! I'm seeing lots of trans flags waving, a lot of diversity, a lot of people being very proud. I'm feeling really proud of Brighton today and really happy that pride brings in so many amazing LGBT people and allies.

Trans Pride

Once again we had a presence at Trans Pride this year with, a Young People's stall as well as the Parents Stall. Both offered information and advice about the services we provide as well as sharing messages of trans inclusion. Between the stalls we managed to raise over £570 for the project

As with every year we do Trans Pride a significant feature of the day were our youth volunteers who gave up their time to engage with visitors on our stalls, giving out flyers and first-hand accounts of what Transformers and Allsorts means to them. Young people of Allsorts created banners to hold and T-shirts and badges to wear on the day in groups leading up to Trans Pride.



Pride is just incredible. There's nothing else like pride and it's incredible to be here. It's an incredible event it means the world to me to be able to feel at home. Usually, when there's a crowd of people I'm scared to death because I'm worrying about how people perceive me but in this moment, people don't care - in the best way - and in fact they support me whatever I wanna do. That's what Pride means to me.



Worthing Pride

We were hugely proud to be one of the charities that the very first Worthing Pride was raising awareness & funds for!

It was a fantastic sunny day on our stall where we had our young people volunteers help us with handing out flyers and answering questions.

Over £750 was raised for the project at Worthing Pride and with our new Allsorts Worthing Group opening in early 2019, we're hoping to be back there next summer!



Pride in Pictures



Campaigns

The young people of Transformers put together a booklet of illustrations for LGBTU young people to colour in, sharing something that reflects them and something about their experience of being part of the trans community.

Transformers identified that colouring was something they could do which was fun, soothing and calm and took them away from day to day stresses. They wanted to share this with the wider community.



Mindfulness Colouring Book

CREATED BY TRANSFORMERS YOUTH GROUP, BRIGHTON

LGBTU young people were invited to find comfort and space in decorating these sheets, knowing that there is a diverse trans and wider LGBTU (lesbian, gay, bisexual, trans and unsure) community out there for them to connect with!

You can find the resource on our website www.allsortsyouth.org.uk/resources

Other Campaigns



#Iammorethanmymentalhealth

World Mental Health Day

Young people created 'I am more than my mental health' signs & t-shirts to combat stigma and stereotypes.

They then proudly took part in the annual walk through the City to mark World Mental Health Day.

#BiVisibilityDay Bunting

Young people made bunting to celebrate Bi Visibility and raise awareness of bi young people in their communities

#Nationalcomingoutday

Young people shared their experiences through the creation of coming out posters to stand together with their stories

Schools Support Work

Supporting schools in the Brighton & Hove area

Schools in Brighton & Hove choose from a Menu of Services to ensure they best meet the needs of LGBTU students in their school. Our PSHE workshops on LGBTU Awareness and Challenging Homo/Bi/Transphobia continue to be in high demand and the feedback from students and staff continues to be very positive.

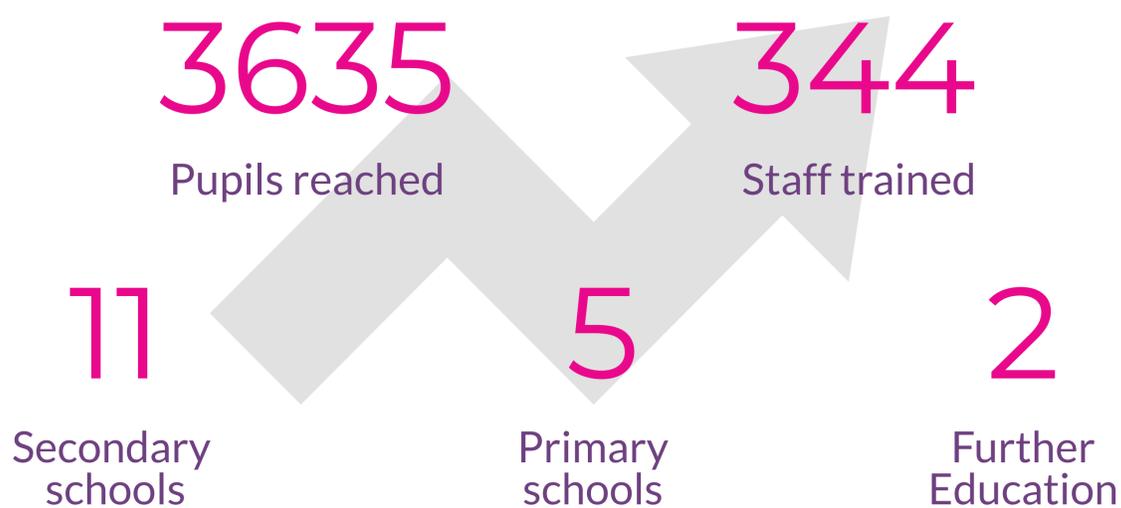
We continue to see an increase of the number of one-to-one support sessions taken up by students in schools. This is important as we believe many of these students would not have accessed support from Allsorts had we not been able to see them in the familiar setting of their own school with trusted staff supporting the process.

A positive outcome of this increase in one to one support is that we have continued to have high numbers of young people engaging in U16's group, TAG.

We believe there is a link between students creating a positive relationship with an Allsorts member of staff in school and their confidence in accessing the services we offer outside of the school setting.

We have provided staff training sessions in a number of Brighton & Hove Schools.

As always, we would like to acknowledge our appreciation of the continued support offered by Sam Beal (Partnership Adviser: Health and Wellbeing, Standards and Achievement Team) in the work we carry out in Brighton & Hove schools.



In addition to the contracted schools work, we have delivered PSHE workshops and assemblies to students and staff in primary schools, SEN schools and independent private schools in Brighton & Hove and across Sussex.

The 'Allsorts' team has always enabled the LGBTU young people at Longhill to feel empowered, safe and valued. Their individual and group actions have benefited the the whole of the schools community, not just in terms of their invaluable one to one and small group support, but also in terms of every year 7 students access to the annual 'LGBTU Awareness' days; whole staff training; the completion of The Rainbow Flag Award as well as the tools to start and support offered to continue students and staff LGBTU Allies groups."

Training & Education

Allsorts Training Service continues to provide vital training, workshops, consultancy and advice for professionals and young people on a range of issues relating to sexual orientation, gender identity, coming out, bullying, mental health, relationships, trans inclusion and safety in school/college/university, and LGBTU issues in general.

This year has seen a further increase in demand and we have delivered training to a variety of organisations across Brighton & Hove and across Sussex such as the education and youth work sectors, children's services, social services, adult social care, NHS, and community and voluntary services.



We have also provided information, advice and guidance to schools, colleges university staff, social workers, other professions and parents who are working with and supporting LGBTU children and young people.

This has covered a range of issues such as sexual orientation, gender identity, coming out, bullying, mental health, relationships, and trans inclusion and safety in school/college/university.



A very well planned and informative session with a mix of activities. Ben created an atmosphere of ease so you could answer questions and raise issues without fear of looking silly if you didn't know something. Some of the more in depth medical issues were explained clearly.



The session was delivered in a easy to follow and interesting way.

I would 100% recommend this facilitator to lead sessions for the students in induction week or throughout the academic year and more sessions to staff.



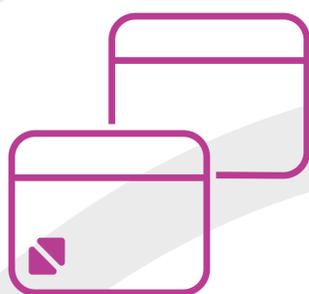
Website & Social Media

Since our website & brand re-fresh in June 2017 we've continued to grow our online networks by posting news & information about what we're up to as a project, showcasing our young people's voices, campaigns & blogs as and what they say about the project.

We are also able to connect with & support other groups & organisations allowing us to grow our networks.

Our social media followers have grown with over 340 new followers on twitter & over 290 joining us on Facebook this last year.

We continue to use Facebook as an internal platform to communicate with our young people, parents & volunteers via closed groups.



12,677

website sessions



3,681

followers



621

likes

Financial Statement

Year ended March 2018

I'm delighted to report that Allsorts is once again in a good financial position. While the long-term financial outlook (beyond 2019) continues to be uncertain, particularly around statutory funding, the team have been working hard to secure funding via grants & foundations for beyond 2019.

Year ending 2018 saw an increase of funds coming into the project from donations, fundraising, training fees and small grants, ensuring the stability of the project into the next financial year.

Lorraine Heaysman, our experienced bookkeeper, has done a fantastic job keeping track of our patchwork of funding alongside our accountants Chariot House.

We keep our management and core costs to the minimum in order to maximize our investment in front line delivery. This means our services give real value for money and continue to be of a very high standard.

Schools in Brighton and Hove have continued to be hugely supportive, as have the Local Authority, in terms of grasping the gravity / importance of the situation facing LGBTU children and young people and providing CVS organisations such as our own with opportunities to bid for funding.

We thank all our funders, from the large organisational funders to individuals, for without their contributions, Allsorts Youth Project would not be able to deliver its wide array of services.

James Ravenhill, Treasurer

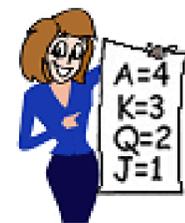
Income & Expenditure for the period

1st April 2017 to 31st March 2018

Funds	£
Income	336,611
Expenditure	
Staff Costs	250,070
Premises Costs	14,642
Project Costs	52,677
Total Expenditure	316,889
Net incoming/ outgoing	19,722
Balance b/fwd @ 1/4/2017	124,628
Balance c/fwd @ 31/3/2018	144,350

thank you ...

...to our funders



...to our partners & friends



...and to EVERYONE who's fundraised, donated & made a positive contribution to the staff, volunteers & young people here at Allsorts Youth Project!