



Allsorts Annual Report 2009-2010

Welcome to our first electronic report!

We bring this paperless version to you as a postage and printing austerity measure, to save trees and also create shelf space. Please feel free to print it out. Please look at the rest of our website for photos and further information about the project!

Our annual report usually contained a second section that young people have large input into. This year, they have written a book – Different and Beautiful which can be purchased from us. Please see next page!

Publication Order Form

Allsorts Youth Project produces a wide range of publications for professionals and organisations/groups working with Lesbian, Gay, Bisexual and Trans Youth.

You can use this form to order our publications. Many of our publications are also freely available to download on our website.

The prices below include postage and packing within the UK. For overseas orders, please email: info@allsortsyouth.org.uk for postage prices or Tel: +44 12 737 212 11.

	Single Copy Price	Extra Copies Price (each)	No.	Total £
Most Recent Publications				
Different And Beautiful An Anthology of Writing by lesbian, gay, bisexual and transgender young people from Allsorts Youth Project	£9.50	£8.00		
Healthy Heads and Hearts: Difference is normal. A mental health support and resource booklet for young people who are lesbian, gay, bisexual, transgender or unsure. Written by the young people of Allsorts Youth Project.	£9.50	£8.00		
Annual Report Year Ending March 2010.	ONLY available to download as PDF			
Books				
Blue Deep Sea An Anthology of writing by lesbian, gay and bisexual young people from Allsorts Youth Project	£9.50	£8.00		
Education Publications & Guides				
Voices of lesbian, gay and Bisexual Young People. Schools Edition. This book contains selected writings taken from Blue Deep Sea. The selection has been chosen by members of the Brighton & Hove Education Authority PSHE Advisory Team to support the PSHE Curriculum Framework and Scheme of Work.	£6	£5		
Subtotal (carry over to page 5)				

Zero Tolerance A toolkit for challenging homophobia for people working with young people It is designed to enable individuals and organisations to set up and run workshops or discussion sessions with staff and volunteers.	£9	£7.50		
Booklets				
Coming In A support resource to help young people and people working with young people around coming out. Written by the young people of Allsorts Youth Project.	£2.00	£1.50		
Policies and Procedures Handbook 2010. A guide to working at Allsorts. Covering everything you might need for your own project/organisation covering one-to-one support, equal opportunities, safeguarding children, under 16s, self-harm and attempted suicide, drugs and alcohol, ground rules, boundaries etc.	5.00	4.00		
Volunteers' Handbook LGBTU Youth Volunteering Programme	2.00	1.50		
Stickers, Posters, Flyers and Leaflets				
Allsorts of Love sticker sheet (35 stickers)	1.00	50p		
LGBT Safe Space sticker sheet (15 stickers)	1.00	50p		
"No Transphobia" sticker sheet (15 stickers)	1.00	50p		
"No Biphobia" sticker sheet (15 Stickers)	1.00	50p		
"No Homophobia" sticker sheet (15 Stickers)	1.00	50p		
Subtotal (carry over to page 5)				
Gay Poem postcard	75p	45p		
A4 Biphobia poster – thoughts by young people from the Allsorts Youth Project	75p	45p		
A4 Transphobia poster - thoughts by young people from the Allsorts Youth Project	75p	45p		
A4 Homophobia poster - thoughts by young people from the Allsorts Youth Project	75p	45p		
Yearly Reports				
Annual Report Year Ending March 2009. Focus of report on 'creating safer spaces for LGBT young people'.	2.00	1.50		
Annual Report Year Ending March 2008. Focus of report on 'Inspiring LGBT young people – Young People's Voice LGBT Youth Forum'.	2.00	1.50		
Subtotal (carry over to page 5)				

Annual Report Year Ending March 2007. Focus of report on 'LGBT Youth & Adult volunteering programmes'.	2.00	1.50		
Annual Report Year Ending March 2006. Focus of report on 'Trans and homophobia anti-bullying'.	2.00	1.50		
Annual Report Year Ending March 2005. Focus of report on 'A tribute to our project member, Gavin Partridge who died in October 2005'.	1.50	1.00		
Annual Report Year Ending March 2004. Focus of report on 'Three glimpses into our year'.	1.50	1.00		
Annual Report Year Ending March 2003. Focus of report on 'Looking in depth: An example of Allsorts at work'.	1.50	1.00		
Annual Report Year Ending March 2002. Focus of report on 'Selection of writings from members of Allsorts Youth Project'.	ONLY available to download as PDF			
Subtotal (carry over to page 5)				

Total	
Subtotal from Page 2	
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Donation By making a donation to Allsorts Youth Project you will be enabling LGBT young people to go out into the wider world and flourish as confident LGBT citizens.	
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Tel: 01273 721211
 email: info@allsortsyouth.org.uk
 Web: www.allsortsyouth.org.uk

Letter from our Chair

This has been an exciting year of many first including my first year in this position as this time last year I had just become the chair of Allsorts. During which I have had the honour of representing Allsorts at the Stonewall Award ceremony where we received the award for Best Community Group, for our support work and our peer education in schools. This was a great night and not only a first for Allsorts but also Stonewall, having a young person chair collect the award on behalf of the organisation.

The good work around peer education has also been developed this year with the introduction of the new peer support workers and team leader funded by the big lottery. This has led to greater peer education support being offered within schools and new peer education one to one work and group work with people under-16 and young women. It has also allowed us to offer more support to young people from the wider East and West Sussex areas. The demand for Allsorts shows the need by young people both within and outside of Brighton.

The YPV have also had a busy year with its own firsts. This came about through supporting and co-ordinating a project with the Brighton Dome. It gave young people an opportunity to write, produce, direct and perform a piece at the Pavilion Theatre, supported by two acting professionals. Seeing the other young people come together as a theatre group was exciting and the final performance had both a professional feel and enthusiasm that left both the performers and audience wanting more. I hope that the group will find a way to continue to work together and give us an even greater performance next year.

This year has also seen the first Allsorts Ball 'Allsorts of Love'. It was not only the first ball but also the first time Allsorts have run a money raising event. I thought that the evening was truly amazing and was both pleased and astounded by the number of people who came to join and support us on the night, raising awareness of and money for Allsorts. It also provided a great opportunity for young people to perform alongside professionals and to a big and enthusiastic audience. It was fantastic as the chair and a user of Allsorts to see. In both of these roles, I would like to thank all those involved in the organisation, donations and giving and work on the night for making it so memorable, especially Karl Jones of Moshi Moshi and the Thistle Hotel.

I would also like to thank all staff, volunteers and young people at Allsorts for making this a year of new developments and achievements to remember. While we go into the next year on such a positive note as chair I am mindful of the financial restraints we will be facing. However, I am confident that through the outstanding commitment shown by all involved in Allsorts we will find a way to adapt and continue to offer such a good service to LGBTU young people.

We would like to thank our wonderful funders and donors and supporters:

Moshi Moshi, Infinity Food, and Terre a Terre for providing refreshments for our events, drop-ins and group meetings.

- V, National Youth Volunteering charity
- Brighton and Hove PCT
- Brighton and Hove city council
- Big Lottery Fund
- Youth Opportunities Fund
- Youth Capital Fund
- Comic Relief
- Children in Need

Director's Report

In November 2009, we celebrated Allsorts 10th anniversary. We could never have imagined when two volunteers (myself and James Newton) set up Allsorts then that, by 2010, we would employ nine members of staff and be delivering such a wide range of services both for LGBT young people and the wider community. Our first donation was a ream of pink A4 paper from the head of the youth service. Next, a city council small grant of £1000, then a PCT small grant of £5000. We thought we hit the big time! With the Diana Fund then giving us £210,000 in 2000, we began to realise that we were not alone in thinking that the situation facing isolation, marginalised, stigmatised LGBT young people was dangerous and that Brighton and Hove needed a specialist project to meet their urgent needs.

We will look back on 2009-2010 as the culmination of ten years LGBT youth work. We have secured city council long term support, the PCT expanded their funding of us beyond sexual health to include our mental health work and we received a five year grant from the Big Lottery Fund of £301,885.

How suddenly all of our hard fought security has been shaken! Who could have believed that the situation we now all face could have arisen so quickly? The PCTs face dissolution and the city council is in melt down. We have also noticed in the last two years how much more intense the competition is to win grants from trusts and charities like Children in Need. With statutory funding being withdrawn, charities all over the country are now looking to these funders to support them. Projects that may have been funded in the past, now are in the packed pool with every kind of diverse applicant, all swimming for survival. With the remit of equalities being so expanded, LGBT services no longer can expect ring-fenced support.

So what to do? We have begun the process of seeking private finance. With our wonderful business partner, Karl Jones of Moshi Moshi, we are trying to raise the profile of the issues faced by LGBT young people and seek wider support for them. We are exploring the possibility of social enterprise and business sponsorship. The food we provide for young people each week is supplied by Moshi Moshi, Terre a Terre and Infinity Foods. Kall Kwick has provided some of our publicity materials. The Thistle Hotel provided the venue for our fundraising Allsorts of Love Ball.

We are also exploring the possibility of forming consortia with our closest partners, so that when the PCTs disband, we are in a strong position to win new contracts to deliver LGBT services in the city.

But that is all in the future! Looking back over 2009, I see two important developments for the project:

Firstly, Allsorts delivers generic services for LGBT young people under-25. It is not hard to imagine that what a 16 year old lesbian needs will not be the same as a 24 year gay man. Or that trans young people need to find one another and not always be the only one or two of their community in a wider group. Thanks to Big Lottery funding, Allsorts is able to diversify its provision. We now have a woman's (LBT) group as well as a men's group (GBT). We can provide specialist support for the under-16, trans and bi young people. While we will still run two generic services where all can participate, our weekly drop-in and annual residentials, we are finally in a position to specialise too.

Secondly, the Big Lottery have funded us to develop our peer support work. Already, as you will read below, we train LGBT young people to go into schools and colleges to do homophobic, bi and transphobic awareness training and anti-bullying work. Now we will be able to extend those peer support opportunities so that more empowered LGBT young people can support their LGBT peer who may be struggling. Peer support is not necessarily age defined. It does not follow that older LGBT young people are in a better place in the world or with themselves than younger ones.

Sometimes it is the reverse. An older young person may have lost whatever safety or support a home or a family or community may have once provided. The role these young volunteers will play alongside our adult volunteers becomes more and more pivotal. We have also been able to appoint a peer support paid worker to help with this development and will be able to appoint another next year.

We have always framed our 'mission' in two ways: offering support to LGBT youth through groups work and one-to-one support and getting out there in the wider community to educate young people, youth workers and teachers about how to create safe and supportive space in their services for LGBT young people. We offer workshops in schools led by our young people and I deliver training with Connexions, charities working with adults and young people, Workforce Development, Working Together Project, and the University of Brighton youth work and community development courses.

This core mission never changes. Since 2003, five of our young people have taken their own life and one died of HIV-Aids related illness. A third of our young people have attempted suicide. Many more self harm, either directly or through harmful behaviours (unsafe sex, sale of sex, substance misuse). Many suffer homelessness. Some struggle to form healthy relationships. These young people are not destructive. These young people struggle, often completely alone, for years to come to terms with bullying, abuse, discrimination and isolation from their LGBT peers. This has an impact on all of their life.

Lots of LGBT young people are resilient. They not only survive despite all that is thrown at them or pinned on them but somehow manage to thrive. Sometimes it is through having supportive families and friends or encountering a teacher who stood up for them or a youth worker who listened. We know one young man who is the only out gay person in his large school. He is a bit of a celebrity there. I don't think he thinks being gay is disadvantaging him. He has parents and a headmaster who are 100% behind him. Yet he has to wait for the holidays before he can be with his LGBT friends again. His joy is something to behold the moment he walks back through our door.

So while we provide a space for peer support for our thriving LGBT members, our main job is to support those who are struggling, those whose resilience has been systematically eroded, those who feel very alone and on the outside and near to falling off the edge.

For these young people, Allsorts has to survive these times of economic austerity and the disintegration of public services and funding. It is my job as Director and that of our trustees to ensure this. Let's hope by the time you read the next report, our future is more assured.

Finally, we could not do our work without the support of fantastic other charities and infrastructure organisations, in particular: BMEYPP (Black and Minority Ethnic Young People's Project), Mind Out, Switchboard, the Young People's Centre, the Claude Nicol Centre, THT South, West Sussex and Brighton & Hove Healthy Schools Teams, Brighton Dome, the CRI and the CVSF - Community and Voluntary Sector Forum (where I serve as a representative for children and young people).

Below is a summary of the services we have provided 2009-2010. Hope you enjoy reading about them!

Drop-in

The drop-in provides LGBT youth with a safe space to meet each other, get involved in a range of projects and activities and access staff support. Our workshops have included an identity photography workshop, a range of workshops exploring relationships, leaflet design promoting safety at Pride, and picnic and games sessions at the beach and at Stanmer Park.

Our workshops supporting young people not in education, employment or training included confidence building, team work, communication skills development and job application support. These are designed to support young people to work together as a team, build their self esteem and gather together the information and resources to equip them for job interviews and education and employment opportunities.

Peer-led workshops this year include awareness-raising around sexual health and drugs and alcohol, and mosaic and bracelet making for World Aids Day. These workshops create a unique peer-led space that empowers LGBT young people to support each other by sharing their knowledge, experience and resources.

Visiting organisations running workshops include Ru-ok? young people's substance misuse service, the Claude Nicol GUM clinic, the CRI brief interventions service for alcohol and Hove YMCA Housing. Young people often find these services more accessible when they can meet with staff representatives in the familiar space of the Allsorts drop-in.

Volunteers

The support and commitment of our team of sixteen adult volunteers enable us to run such a diverse and varied drop-in programme, whilst ensuring that young people's support needs are met. The volunteers help us meet and greet young people on arrival, prepare food in the kitchen, help with workshops and activities and help to create a friendly, LGBT affirmative atmosphere. They are a great team, highly skilled and experienced and also brilliant fun to work with. We couldn't run Allsorts without them and we cannot thank them enough!

Allsorts Drop-in Programme 2009–10

We try to run at least two activities each drop-in. There is always a quiet space in reception which is facilitated by a volunteer. Often young people will sit there and talk as a group about things. We also provide an IT suite for young people to check their Facebook pages, explore the internet and play on-line games. Our programme is designed by young people at the beginning of each quarter and evaluated by them at the end of each quarter. Young people deliver some of the sessions.

We promote healthy eating and ethical shopping and we provide a meal for everyone at 6.30. Sometimes young people assist in the preparation of food and we are fortunate to have two chefs! Food is provided by Infinity Foods, Moshi Moshi and Terre a Terre. We thank them from the bottom of our hearts and tips of our taste buds for providing young people the best food in the world! Here's our programme for last year:

7 th April	Self-Defence
14 th April	Self-Defence
21 st April	Self Defence
28 th April	Self Defence
5 th May	Library Visit/Henna Tattooing
12 th May	Poster-Making Workshop/Under-16s check-in
19 th May	Pride Party leaflet design with ru-ok?
26 th May	A-sorted Introduction
2 nd June	Sexual Health workshop/ Re-launch of sexual health services & C-Card Scheme A-sorted Relationships (8-9.30, Emma + Jim)
9 th June	Bracelet making workshop with Stacey/A-Sorted (8-9.30)
16 th June	Peer Educators 'Sussed about Safer Sex' Workshop. A-Sorted (8-9.30)
23 rd June	Identity Photography Workshop
30 th June	Personal Safety Awareness - Community Safety Team Under-16s group
7 th July	Healthy Heads and Hearts Launch Event
14 th July	Pride Planning
21 st July	Pride decoration making
28 th July	Safety at Pride Workshop/ Under-16s Group
18 th August	Arts and Crafts

25 th August	Peer Education Workshop – sexual health
1 st September	Beach Picnic
8 th September	Games in Stanmer Park
15 th September	Residential Planning Sexual Health Services Review
22 nd September	Residential Planning Connexions Workshop – Job interview Skills
29 th September	Residential Debrief Connexions Workshop– CV writing Big Survey
6 th October	Hand out new programmes Evaluation of previous quarter A-Sorted
13 th October	Housing workshop Henna A-Sorted
20 th October	Arts and Crafts / Bracelet making Alcohol Awareness A-Sorted
27 th October	YPV Halloween Quiz Black History Month (tbc) A-Sorted
3 rd November	Healthy Relationships Peer Education Workshop Under-16s Group
10 th November	Creative Writing Under-16s Group
17 th November	Creative Writing Under 16s Group
24 th November	AGM – 10 Year Anniversary
1 st December	World Aids Day A-Sorted
8 th December	Creative Writing 121 support A-Sorted
15 th December	YPV Winter Party A-Sorted
5 th January	Henna Why Ground Rules?
12 th January	Bracelet making

	Mark-making to Music (Cellist)
19 th January	Under-16s Brief Intervention Service for Alcohol Workshop (also available for 121 interventions)
26 th January	Under-16s Creative Writing Workshop
2 nd February	Clay making Team-building Activity
9 th February	A-Sorted Quiz
16 th February	A-Sorted Board Games Goals and Dreams for the Future
23 rd February	A-Sorted Arts and Crafts Brief Intervention Service for Alcohol (121 interventions)
2 nd March	A-Sorted Under-16s Preventing Youth Homelessness and Housing options
9 th March	Under-16s Mental health awareness raising (Peer-led)
16 th March	Bracelet making Healthy Relationships and Self-Care
23 rd March	Bingo Positive Speakers
30 th March	LGBT Young Volunteers Awards Ceremony Brief Intervention Service for Alcohol (121 interventions)

A-Sorted Health and Well-being Programmes

Allsorts has continued to develop its resilience work with the Resilient Therapy CoP, a local inter-disciplinary and inter-agency community of practice, exploring and developing Resilient Therapy. As well as enabling us to continue raising awareness of LGBT issues in the wider community, working with the CoP is helping us to further develop our inclusion work around supporting LGBT young people who have additional support needs, such as young people with learning and physical disabilities.

This year we have been exploring how we can develop and integrate specific LGBT resilience building work into the A-Sorted health and well-

being programmes. To do this we have been working with the CoP and with members of A-Sorted. The focus of the A-Sorted Health and Well-Being group has been around developing specific LGBT resilience-building work to increase confidence and self-esteem, and to find positive coping methods instead of resorting to self-harming behaviour.

The A-Sorted programmes have been informed by the increasingly important research into resilience building in disadvantaged children. It works with five basic concepts: basics (safety), belonging, coping, learning and core self (identity).

As part of our pilot resilience building work, the young people have designed the LGBT COD (Cloud of Dreams) support plans to accompany our psychometric HAIN monitoring. The support plans help the young people to identify the key areas in their lives in which they need support, and look at how they can build their resilience in these areas.

Peer-led work in the A-Sorted programmes this year includes peer-led workshops on drugs and alcohol, sexual health, safe relationships and emotional literacy work. This year, we have also completed working with the young people to produce *Healthy Heads and Hearts, Difference is Normal*, a resource written by and for LGBT youth. The resource illustrates with stories, poetry, drawing, painting, and photography, how young people have used their inner resources to help get them through difficult times in their lives.

Young people from the A-Sorted group participated in the Youth Arts Fringe, and exhibited their paintings at Blatchington Mills College. The exhibition included art sessions co-facilitated by a trans young woman.

LGBT Mental Health Resources

This year, we held an in-house event to launch our mental health resource booklet *Healthy Heads and Hearts*, and our *Guidelines for managing LGBT youth self-harm, suicide and death*. The event was planned in partnership with Experience in Mind, a local support and training organisation for young people's mental health. The young people delivered presentations of their work, and were given the opportunity to view *Through the Mind's Eye*, a film made by young people from Experience in Mind, to address stigma around young people's mental health issues.

Sexual Health Work

The most important addition to Allsorts sexual health provision was the appointment of a new sexual health peer support worker. This new role was funded by the PCT and was created in order to facilitate greater peer support and education around sexual health, particularly for young men. Aspects of the role were to include maintaining health promotion information, overseeing and promoting the C-Card Scheme (free condom provision), developing and assisting in running the 'Male Matters' group, planning and facilitating sexual health workshops and working with key partners. Matt Gardiner took up the position in August 09 and with great commitment and enthusiasm began to assist in developing the peer support work provided by Allsorts.

Through the year we delivered 7 peer education sessions around sexual health at the drop in, including 'keeping safe in your relationships'; 'drugs and alcohol and sexual health safety awareness'; 'safety at Pride' and a talk from 'Positive Voices' about HIV/AIDS awareness in relation to young people. We also distributed over 300 condoms and stuffed over 3000 condom packs for THT. Also our partnership with the Claude Nicol continued throughout the year with 10 visits by a health advisor to the drop in. We also ran training for peer educators around that looked at safe ways of supporting peers around sexual health.

Male Matters

With the peer support worker helping to promote the group the membership increased significantly during the year. During 09/010 there were 11 Male Matters meetings with various trips, activities and guest speakers. Sessions included 'testicular self examination awareness' (provided by a guest health advisor from the Claude Nicol); a workshop from the Alcohol Early Intervention Service on the 'risks of alcohol use'; a session exploring 'the portrayal of young gay men in the media' and a workshop on 'STI's and safer sex'. We also had some fun trips including bowling and the Male Matters residential.

Male Matters Residential

The residential took place at Bowles Activity Centre from Friday 18th to Sunday 21st Feb with 9 young men in attendance. The weather was, well, varied! We had a brief spell of clear skies and sunshine on the Saturday morning, but persistent heavy rain soon moved in and dogged us for the rest of our stay (even managing to penetrate the heavy duty waterproofs

provided by Bowles!) However we didn't let the bad weather get us down and the Bowles instructor kept us busy busy busy!

Our whistle stop programme included 'problem solving and team building', 'ski-ing', 'raft building' in the pool and 'rock scrambling' which saw us all clambering and squeezing through impossibly tight gaps and crevices at Harrisons rocks.

The highlight for many was the physically testing 'Jacobs Ladder' and the nerve jangling 'Leap of Faith'. The 'Jacobs Ladder' activity involved the young men working as a team to get team members onto horizontal telegraph poles suspended on high wires. Alas this proved a step too far, mainly because the driving rain made the poles too slippery.

However the rain did not deter the young men from the 'Leap of Faith' and it was amazing to see so many of them shin up the high telegraph pole, clamber up onto a small wobbly platform at the top and then leap off to catch a trapeze! Some of the young men made this activity look like a walk in the park, while others had to take several attempts in a bid to overcome their fears around being so high. Even with a harness it was difficult to master a very natural fear of falling, and with so many brave and successful attempts it was clear that our LGB young men were a force to be reckoned with! There was certainly a collective sense of achievement by the end of this activity; with so many of the young men overcoming personal fears and barriers.

Throughout the weekend the young men had a chance to explore their own leadership and team working skills. All of the young men were expected to help with the smooth running of the activities and to volunteer to help out at meal times. As always on residential the favourite volunteer slot was the wake up call. and some creative methods were employed to get us up in the mornings (mostly involving VERY loud music). Also during our stay the peer support worker ran a workshop on the C-Card Scheme and safe use of condoms , and assisted another young man to co-facilitate a workshop that explored safety on the scene for young men.

Under 16s Group

This year, the Under-16s group has run for 8 sessions as part of the drop-in programme. In the consultation session for the Under-16s programme this year, the young people said that being a young person under-16 is a particularly nerve-wracking time for LGBT youth, as they struggle to emerge into adult identity. They feel that the main issues for them are around coming out, fear of coming out to parents, lack of LGBT sexual health information, self protection (particularly on the street), and a need to combat discrimination and promote peer support, self belief and courage.

For many of the group members, this is their first experience of meeting other LGBT young people. The sessions consist of a range of ice-breaker games and activities designed to promote peer support and build self-esteem. The young people came up with the idea of creating a new resource book for younger LGBT people with their stories, poems and drawings describing their experiences. They hope that this will help to raise awareness about the issues that they face.

One-to-one support

This year, some of the issues that young people have brought to one-to-one sessions include homophobia, transphobia and biphobia, coming out, self-esteem, relationships, religion, substance misuse, housing, domestic violence, bullying, neglect, abuse, risk management, internet safety, sexual health, gender identity, self harm and suicide ideation.

There has been a greater demand for one-to-one support for young people under-16. Many of the younger members of the group have been supported by a parent or carer to make their first contact with Allsorts. This has enabled us to develop our work with parents by raising their awareness around some of the issues their LGBT children face.

Successful referrals include the Under-19s Substance Misuse team, YPC counselling, Experience in Mind, the Brief Intervention Service for Alcohol, CAMHS, the Claude Nicol GUM clinic, and Connexions youth service.

From January 2010, we have also had the support of the TAPA Team, one of whom is seconded from CAMHS (Children and Adolescents Mental Health Service) to Allsorts as a LGBT specialist. TAPA means Teen to Adult Personal Advisor. The roles are filled by psychiatric nurses. Their job is offer training and advice to staff when dealing with serious mental health issues and to offer one-to-one support for those young people who have need a clinical assessment or already have a clinical diagnosis. The LGBT TAPA worker's remit is focused on much needed outreach to LGBT young people in the wider community.

Please see the appendix for a detailed breakdown of our one-to-one work in our monitoring report.

Young People's Voice (YPV), funded by V, National Youth Volunteering Charity

In April 2009, we entered the second year of V's funding for YPV, our LGBT Youth Volunteering Programme. Since the V funding began, 60 young volunteers have taken part in various volunteering opportunities including the following opportunities this year:

- **LGBT Youth Peer Education Scheme** –Nineteen Peer Educators designed and delivered a total of fifty-six workshops/talks/activities for staff and young people in schools, colleges and other youth settings throughout Brighton and Hove, West Sussex and East Sussex. One particular highlight was an LGBT Awareness Day at Varndean Secondary School in Brighton. The peer educators showed a film about homophobic bullying at the pupils' assembly, and talked about their own experiences of being bullied. They also helped run various workshops and activities exploring these issues in more detail, including a drama workshop and an art workshop where pupils created anti-homophobia/biphobia/transphobia posters. The event received fantastic feedback from both the pupils and teachers: for example, when asked what they learnt from the workshops, pupils said 'not to be ashamed of who you are', 'that everyone's equal', 'to respect everyone', 'be careful of what words you say because they can hurt' and 'that using derogatory language, even indirectly, can negatively affect people'.
- **Brighton Pride Parade** – YPV volunteers were involved in organising and taking part in a walking tableau at the Brighton Pride Parade. With the support of community arts group Same Sky, volunteers designed and constructed a model of a surfer to fit with our chosen theme of "Californian Dreamin'" (the overall theme for Pride was 'Pride by the Sea'). Participating in the parade gave the young people an opportunity to express and celebrate their LGBT youth identity, whilst also raising the profile of Allsorts Youth Project and LGBT youth in the Brighton and Hove community.
- **Allsorts AGM/10 Year Celebration Event** – YPV volunteers led the organisation of an event to celebrate Allsorts' 10th anniversary. The event comprised of musical and theatrical performances, speeches and presentations from the volunteers about their experiences of Allsorts. The event was a great success. Many current and past members of Allsorts spoke movingly about how

Allsorts had helped them over the years and guests fed back that they were very impressed by what Allsorts had achieved in the last ten years.

In January 2010 there were several changes to staffing in the area of youth volunteering. Marianne Lemond was promoted to Team Leader for the new project funded by the Big Lottery Fund (see below) so Sam Thomas was appointed to replace her as Volunteering Development Worker. Jason Mackinnon was also recruited as the new Peer Support Worker for YPV.

LGBT Youth Support Hub, funded by Big Lottery Fund (BLF)

In January 2009, we received five-year funding from the Big Lottery Fund (BLF) to build on the work of YPV and develop more youth-led services. For the first three months of the BLF funding, we began to lay the foundations of the project. For example, we recruited Lisa Cairra as a part-time Peer Support Worker to help develop the project and began planning for two new Peer Support Groups, one for LBTU young women (we already have a GBTU young men's group called Male Matters) and another for LGBTU young people aged 13 to 16 years old. We also began to plan a new peer mentoring project for LGBTU young people and develop new ways to reach out to young people not currently engaged in the project. The next four and a half years' of BLF funding should see some exciting developments at Allsorts so watch this space!

Allsorts Bowles Residential 2009

On Friday 25th September 2009, twelve young people, two staff members and one volunteer boarded a minibus bound for the Bowles Residential Centre near Tunbridge Wells. As the sunlit countryside unfolded around us, the stresses and strains of busy day to day life seemed to quickly fade away.

Day One

On arrival, we were greeted by Annabel who was our activity leader for the duration of the weekend. She showed us to our rooms where young people were delighted to find that their twin bedrooms had ensuite bathrooms and that there was a chill out area for the Allsorts group.

In the welcome circle, the group agreed on some ground rules for the weekend, and the peer mentors were paired up with young people who were experiencing an Allsorts residential for the first time. The experience

of previous residential enabled young people to perform various support roles including being a point of contact throughout the residential for minor problems and concerns, leading games and workshops, liaising between young people and staff and helping to affirm the Allsorts ground rules. A daily volunteering rota was set up with various day to day tasks including a wake-up call, daily timetable, and tidying up at meal times.

The first activity was problem solving. Before we knew it, we were racing around a netball court fitting together pieces of drain pipe to create a giant circular slide for a golf ball to roll into a bucket. Annabel said that she had never seen a group move together so quickly!! This exercise got everyone working together as a team, increasing our adrenalin, energy levels and determination in preparation for the action packed weekend that lay ahead of us!

Our next tasks involved working together to get the whole team up over a high wall and then through a big net. These were good exercise for building trust. The experience of being lifted up by several people at the same time was exhilarating and made it seem like anything is possible when people work together. Everyone was very glad of a big meal after all the strenuous activity, and the staff certainly were very glad of their beds!

Day Two

The next morning we were woken up to the rousing sound of Queen's 'Don't stop me' and the sight of young people dancing in the corridor. After a big breakfast we were out in the autumnal sunshine, ready for a morning of outdoor team games.

Our first task was a relay race to get going. This was followed by a challenge to go blind-folded through an obstacle course of trees, tunnels, trampolines and tyres. This involved finding ways to communicate to each other by navigating together through this unfamiliar environment that we could not see, enabling team members to guide each other through which was both surreal and a lot of fun.

Our final task before lunch was to build rafts from barrels and ropes with the aim of floating the team members across a swimming pool while remaining as dry as possible. The rafts were built. The teams were floated. Most of us were pretty wet by the end and ready for a big game of water volley ball!

After lunch we hit the dry slope skiing slopes where Annabel fitted us all with skis and taught us how to walk in them, start, stop and ski! Most of the group had never experienced skiing before so everyone encouraged each other to challenge themselves by trying something new. Before long, we were all skiing down the slope, some more gracefully than others!

That night we went out on a Night Hike during which the young people took it in turns to orienteer us through the woods to find the hidden markers that symbolised prizes like matches for the fire that night and marshmallows to roast on it.

Day Three

Our last day at Bowles began with a big breakfast, before leaving for Harrison's Rocks in the minibus. Here we were encouraged to scramble through cavernous passages through the rock, climb up steep boulders and navigate rocky terrain, encouraged on by the support of the group. There were challenging moments for all of us during which time the encouraging shouts from below of 'Come on, you can do it!' and 'Go for it – you're almost there!' helped everyone to go that extra mile, several people astonishing themselves by doing something they would have previously imagined impossible.

After a big roast dinner, which was wolfed down in no time, our biggest challenge yet lay ahead of us; the ropes. Soon we were all fitted out in helmets and body harnesses. At this point we split into two groups. Several people opted for the low ropes which involved swinging at high speed through the woods on a pulley swing. The rest of the group choose the high ropes activity which was an obstacle course of tree swings, ladders, narrow bridges and tightropes high, high up in the trees.

We got into pairs and our buddy was responsible for helping us check that we had attached our ropes securely at the start of each new challenge. It felt like a huge support to know that when you were high up in the trees listening to the thudding of your own heart, there was someone on the ground looking out for you! We were astounded at our own ability to become like monkeys, facing our fears and swinging beyond them on tarzan ropes through the trees!

The courage and determination of the young people in this final challenge was a testimony to how much their confidence had grown throughout the residential.

In the final closing circle, everyone said how much they had enjoyed the residential, the chance to get to know each other better and to try things that they had never experienced before. Feedback from young people includes the comments,

Skiing was my favourite activity. I'm not a sporty person normally, and I'd always thought it was a wealthy person's pursuit, so doing it and enjoying it so much was a pleasant surprise. The high ropes activity was also a highlight, because a challenge that initially scared me, became really worthwhile and enjoyable. I also had the opportunity to film the residential, therefore indulging in my passion for film-making.

The residential has made me feel good about myself. Rock scrambling was the best activity for me. I have grown closer to the people I was with at the residential. The staff were brilliant and they gave us all so much support. I am definitely up for another residential. Wicked.

Financial report for 2009-10

Last year, in this report, I said that our financial position was secure but that the future was difficult to predict. I said Allsorts should not imagine that it is immune to what happens in the world and that while we were well placed for the challenges ahead, we needed to take stock.

We are indeed fortunate that our 2009-10 accounts tell much the same story. We still have a secure financial position. But we must remember that the financial world has changed and we need to respond.

The dark clouds which were on the horizon last year are much closer now. We are in a good position to weather the storm – but we have to face the fact that there will be significant upheaval to our funding and to that of the voluntary sector as a whole, which we will need to take care to negotiate. We're going to need to take continual readings of the financial weather and we may need to steer a new course if we are to come through with the project intact.

We think the services Allsorts provides are important to young LGBTU people in Brighton and Hove. We also value our staff and volunteers and want to provide them with stability and certainty as far as possible, so they can concentrate on providing those services, not worrying about whether the project (and their livelihood) is going to be able to continue.

In 2009-10, we expanded and changed the project. At the same time, we stayed well within budget and so have the reserves we need. I have seen some community-based service providers close down overnight, leaving their staff out of a job and their service users in limbo. That will not happen to Allsorts because our reserves allow us some breathing space and the time to make any changes we need to make in an orderly and planned way.

But our on-going funding is not secure into the future. To take a single example, we have received funding from Brighton & Hove Primary Care Trust for many years now. Both they and we think this is entirely appropriate as the services we provide help promote and realise a healthier community in the City. However, Primary Care Trusts are to be abolished within the next few years and replaced by consortia of general practitioners. Perhaps the local consortia will appreciate the worth of our

services and continue to fund us. Or perhaps they won't. We need to be prepared to face either eventuality.

I know Allsorts has a real impact on people's lives. I'm determined that is going to continue. So, I am pleased to present this year's accounts and, in doing so, say we are in a good position to face the future. But I also make the further observation that we need to reassess the basis of our finances and determine how to ensure Allsorts' continued existence for years to come.

Financial Statement
Income and Expenditure account for the period
1 April 2009 to 31 March 2010

Funds	£
Income	177,042
Expenditure	
Staff Costs	122,288
Premises Costs	9,963
Revenue Costs	30,918
Total Expenditure	163,169
Net Incoming/ Outgoing Resources	13,873
Balance b/fwd @ 1/4/2008	45,334
Balance c/fwd @ 31/3/ 2009	59,207

The above accounts are a summary of Allsorts Youth Project Ltd's full statutory accounts. A copy of the accounts, which have been filed at the Registrar of Companies, can be obtained from the office in Ship Street.

The company approved the accounts on 19th October 2010 and its accountants gave an unqualified audit report on these accounts.

Statistical Report 2009 – 2010

Drop-in statistics - Summary

103 young people attended throughout the year.

- The total average weekly attendance was 25.
- The gender split of members was 47% female, 48% male and 5% trans.
- A total of 51 new members attended. 26 new female members. 24 new male members. 1 new trans member.
- 12 members identified as being from a black/minority or ethnic background.
- 28 members stated they had a disability.
- The average age is 20 years. The number of members 16 years old and under was 11.

One-to-one statistics: Summary

A total of 628 one-to-one sessions were conducted during 2009/2010.

Other statistics: Summary

There was an average of 101 visits per day to the website www.allsortsyouth.org.uk, an average of 3093 per month. There was a total of 37, 896 visits over the year. On Facebook we received a total of 1082 visits to our fan page and have 130 fans.

[For a detailed breakdown of the above figures please see Appendix]

APPENDIX

Drop-in statistics

New Members

51 new members attended the drop-in during the year.

- Female new member intake was 26.
- Male new member intake was 24.
- Trans/unsure new member intake was 1.

New Member Intake per Quarter				
New Members	Female	Male	Trans/Unsure	Total
Quarter 1	7	6	0	13
Quarter 2	4	5	0	9
Quarter 3	9	8	1	18
Quarter 4	6	5	0	11
Annual Total	26	24	1	51

New Members: Analysis

1. 3 (11%) of all new female members attended once only.
2. 9 (38%) of all new male users attended once only.
3. 1(100%) of all new trans/unsure young people attended once only.

Repeat Usage by new members				
	Female	Male	Trans/Unsure	Total
New Members	26	24	1	51
Once only Users	3	9	1	13

% (once only users)	11	38	100	25
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Average Weekly Attendance

Average weekly attendance was 25.

Average Weekly Attendance per Quarter				
Average Attendance	Female	Male	Trans/Unsure	Total
Quarter 1	13	8	2	23
Quarter 2	13	8	2	23
Quarter 3	14	11	2	27
Quarter 4	15	11	1	27

Total Service Users

103 different young people used the Allsorts Drop-in.

There were 50 different female users and 49 different male users over the year. There were 4 different users who identified as trans.

Number of Different Young People Attending Drop-In				
Month	Female	Male	Trans	Quarterly Total
Quarter 1	28	27	4	59
Quarter 2	29	25	2	56
Quarter 3	32	29	4	65
Quarter 4	34	24	1	59

Age Range			
Age Range	Female	Male	Trans/Unsure
16 & Under	3	3	0
17-19	15	7	1
20+	31	37	3
Totals	49	47	4

Average Age

The average age of a drop-in member was 21.

- Female = 21
- Male = 21
- Trans/unsure = 22

Analysis of Average Age per Quarter			
Average Age	Female	Male	Trans/Unsure
Quarter 1	20	22	21
Quarter 2	20	22	19
Quarter 3	21	21	20
Quarter 4	21	21	26

Ethnicity

- 12% of young people identified as being from a black/minority or ethnic background.
- 0 % identified as being from a Black Afro-Caribbean background
- 3% identified as being from an Asian background
- 2% identified as being from a Chinese background
- 3% identified as coming from a Mixed Race background.
- 87% identified as White British, White Other or White European.
- 4% identified as Other.

Physical & Learning Disabilities

This includes: learning difficulty, learning disability, long term/life limiting illness, mental health issues, multiple disabilities, physical disabilities, dyspraxia, dyslexia, Asperger's Syndrome, Sensory disability.

- 28 members stated they had a physical and/or learning disability.
- 27% of members have a physical and/or learning disability.

Intervention Issues Raised Within the Drop-In

There were a total of 345 interventions at the Drop-In. Issues young people wanted to talk most about during the year with staff and volunteers were; relationships, family and employment.

Analysis of Issues Raised within the 2008-2009 Drop-in		
Issue Raised	Total Occurrence	%
Identity	26	4
Domestic violence	6	1
Drugs	23	3
Alcohol	20	3
Scene	35	5
Coming out	42	6
Homelessness/Housing	38	5
Race	3	0.4
Homophobia at work/social setting	23	3
Homophobic bullying at school	21	3
Transphobia	0	0

Bi-phobia	8	1
Gender	1	0.1
Suicide	13	2
Self- harming	18	2
Sexual abuse	7	1
Physical abuse	8	1
Mental health	54	7
Relationships	80	11
Family	63	9
General health	14	2
Sexual health	22	3
Sex	29	4
Education	51	7
Employment	57	8
Money/debt	12	2
Other	65	9
Total	739	

One-to-One Statistics – Summary

These consist of face to face sessions, e-mail and telephone support.

- A total of 628 one-to-one sessions were conducted during 2009/2010.
- 193 face to face sessions were conducted outside of the drop-in. 345 face to face sessions were conducted within the drop-in.

Analysis of one-to-one statistics		
Type of Contact	Interventions	%
Face to face sessions	538	86
E-mail support	57	9
Telephone support	33	5
Total	628	100

Issues Raised Outside the Drop-In Face to Face

- The top issue raised in a face-to-face setting was Allsorts Services, with 219 occurrences.
- Issues young people wanted to talk most about during the year with staff and volunteers were; Allsorts Services, relationships and mental health.

Analysis of Issues Raised in Face-to-Face Sessions

Issues Raised	Total Occurrences	%
Allsorts Services	219	20
Sexuality	119	11
Gender	18	2
Homophobia	54	5
Biphobia	8	1
Transphobia	18	2
Mental Health	161	15
Suicide	17	2
Self-harming	30	3
Substance Addiction	23	2
Housing	31	3
Abuse	27	2
Education	37	3
Employment	24	2
Money/Debt	6	1
Relationships	179	16
Discrimination/Prejudice	22	2
Carers/In care/Foster	8	1
Sexual Health	84	8
Total	1085	

Groups – Summary

75 young people attended groups throughout the year.

Number of Different Young People Attending Groups				
	Young People's Voice (YPV)	Male Matters	Under 16	Peer Educators
Quarter 1	3	3	6	5
Quarter 2	11	13	0	6
Quarter 3	0	13	3	11
Quarter 4	14	10	8	11
Annual Total	19	22	13	21

Internet Statistics & Social Media

Internet Visits to www.allsortsyouth.org.uk		
	Daily Visits (average)	Monthly Visits (average)
Quarter 1	77	2380
Quarter 2	90	2762
Quarter 3	130	3977
Quarter 4	108	3254
Annual Average	101	3093

Facebook Fan Page Likes (Fans) and Visits		
	Fans	Page views
Quarter 1	N/A	N/A
Quarter 2	N/A	N/A
Quarter 3	96	422
Quarter 4	130	663
Annual Total	130	1082