

Annual Report

April 2018 to March 2019

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





We are 20 years old!



20 Days of 20 Years is a countdown to Allsorts Youth Project's annual general meeting, celebrating all of the achievements that Allsorts has made since its creation in 1999.

With a vision to see a world in which all LGBT+ children and young people are free to thrive, Allsorts challenges exclusion, prejudice & discrimination by providing specialist youth services, social spaces & one-to-one support, and by training the wider community and professionals to create safer and more inclusive spaces for all LGBT+ people.

"I don't feel like I'm alone anymore. The people here are very kind, and I always feel welcome. It felt like I was from a different planet before, but I've found my place here." Allsorts Young Person

Between the 7th-26th November, Allsorts Youth Project will be highlighting a selection of their proudest achievements each day on Twitter & Facebook.



20days of 20years

20 years of...Community

The first time I attended Tag was the first time I met a trans adult, although I didn't know it at the time. I was the first to come out in my friendship group, when I was twelve, and by the time I ended up hearing about Allsorts and eventually going at fifteen I was tired of being the oldest, the person who knew everything. Allsorts helped me realize I had a future, that there were people like me who were 'proper grown-ups'.

I come to Allsorts because it's fun, because we get to do arts and crafts and take part in workshops and focus groups and eat some really nice food. But I also go because of the sense of community and because even with the diverse lives and experiences of each young person it's a safe place to be myself in a way I don't feel I can be in any other part of my life.

-Felice, Allsorts Young Person.

allsorts youth project
www.allsortsyouth.org.uk

This year alone, Allsorts has released its first youth-led podcast, seen success in its expansion to Worthing, Chichester & Horsham, and launched its first specialist service for LGBT+ children & young people who identify as BAMER (black, asian, minority ethnic and refugees).

Additionally, co-founder Jess Wood MBE will be retiring and has handed the reins over to the newly appointed CEO, Katie Vincent.

Katie says, "My task is clear, to build on the foundations of our reputation & reach, and expand our services. Jess' creativity, spirit and energy is something that has constantly inspired me and will continue to drive the project & our mission forward."

Welcome

from the Youth President

The first group I went to was Transformers if I recall correctly. I don't remember much, except being terrified, hiding in a corner and praying I didn't get my name wrong. This was the first time I had been open about my gender identity to a bunch of new people, so it was natural for me to be scared. But that anxiety soon fell away as I found that the people in this space respected me, gave me support, and most importantly, believed me. Staff, volunteers and young people alike, I finally had people around me who respected my feelings.

I soon put my name on the waiting list for the talk it out service. A few weeks later I was talking openly to a youth worker about all things trans, bi and mental health related, and it felt so validating to have someone actually listen and understand me. I've used this service so much that I've almost spoken to all the youth workers in that setting, and they all have their own energies they bring to the space. I can't stress enough how good the one to one support is here.

But it's always comforting to know at any of the groups I can always have a check in with a youth worker if I'm having a bad day. Even on my darkest days, they can shine some hope in my soul. I'm not exaggerating when I say that I wouldn't be alive without the support of Allsorts.

I came into this place scarred from a lifetime of bullying, hiding my sexuality, trying to repress my transness, stressed out of my mind and hating every day alive. After attending groups for two and a half years now, with the support of the wonderful people here, I have made so much progress towards a healthier mindset. I feel more confident in myself, I'm able to make stronger connections with friends, and I actually believe that my life has meaning for once.

Growing up around Worthing I had zero representation of the LGBTQ+ community. When I did, it was always the butt of a joke, so it took ages to accept myself as bisexual, and even longer to accept that I was trans. As the newly appointed Worthing youth president for Allsorts, I'm excited to give back to the community with the support I wish I had as a kid. I've yet to fully sink my teeth into the role, but I'm excited for all the opportunities to come!

Allsorts has given me the space and support needed to finally start to heal. I've found my friends, I've found my community, I've found my home.

Lucy, Youth President

Welcome

from the Chair of Trustees

Allsorts has had an amazing 20th year with so much to celebrate and be proud of!

For the Allsorts Youth Project as a whole, during 2018-2019, the focus has been on transformation, building resilience and growth.

Young people continue to be at the heart of the project, particularly as we continue to work collaboratively on our strategy going forward. The voices of the Allsorts young people are promoted and represented through the Youth Presidents who advocate our fundamental aim to listen to, support and connect with young people who identify as lesbian, gay, bisexual, trans or who are unsure of their sexual orientation or gender identity. The Youth Presidents meet regularly with the Chair of Trustees and the Chief Executive Officer to ensure that the aim of the project is maintained.

Our work in West Sussex is now well established, with over double the number of young people accessing the service compared to the previous year, which demonstrates powerfully how vital our services have become within the county.

Our regular groups in Brighton and Hove for trans young people; under 16s and LGBTU 16 to 25 year olds, have also all had a steady flow of people coming throughout the year, with young people often attending multiple Allsorts groups across East and West Sussex.

Our parent group has continued to support over 84 families, not only in Sussex, but across the UK, with people seeking our support from, for example, Cambridgeshire and Surrey.

I'd like to thank our amazing staff team, who consistently perform at their best and are highly committed to our cause of supporting and empowering young LGBTU people, promoting their voices and ensuring that Allsorts keeps on doing what we do best; putting young people first.

We also have an incredible, ever growing team of volunteers at Allsorts, who dedicate their free time to help the project, attending our groups and helping us expand our reach. Without our volunteers, we wouldn't be able to support as many young people as we do. So huge thanks to all of our Allsorts volunteers.

We couldn't do any of the work we do at Allsorts if it wasn't for the support of our funders. On behalf of the young people, Trustees, staff and volunteers, I would like to extend a special thank you to all of the Allsorts funders, many of whom have supported this project over many years. A list of our funders is detailed at the end of the Allsorts annual report.

After 20 years as founder and Director of the Allsorts project we will be saying farewell to Jess Wood MBE with a celebration at our Annual General Meeting to remind us of all that she has achieved for the project and the positive impact she has made to the lives of very many young people.

We welcome Katie Vincent as our new Chief Executive Officer. Jess and Katie have been working together to ensure there is a smooth transition during this period of change. We have also had a number of new Trustee appointments together with a new Fundraiser role. These changes to our team support our plan to assure Allsorts' future delivery over the coming years.

Achievements that we have particularly been proud of this year have been:

Expanded our reach throughout West Sussex by launching a new group in Worthing, developing an advocacy service, delivering more 121s across the county & working in schools

Recruiting Jess our new Black Asian Minority and Ethnicity worker, who has begun the work to ensure that the Allsorts project is inclusive

Launching our new youth volunteering programme- we currently have 39 young people developing their skills and confidence and giving something back to their communities

Our fantastic podcast 'Allsorts of Thoughts' launched a few months ago – made for and by the fantastic young people at Allsorts.

On behalf of all of the Trustees; well done to everyone involved with Allsorts!

Trudy Ward, Chair of Trustees

Welcome

from our Founder & CEO

What do you love about Allsorts?

Here are some of the statements made by young people attending the project.

It's shown me I'm not alone

It's supportive and I feel like I can unload my problems

I feel safe and comfortable with Allsorts

It's very welcoming!

It's the only place I feel normal and not judged

I can be myself

It's a safe place to exist and explore

I feel at home here

I gain a sense of community

I love Allsorts because there is an undertone of positivity with everything!

Keywords stand out: **safe, comfortable, home, community.**

I remember one time our wonderful MP Caroline Lucas saying of Allsorts the world should be more like Allsorts but Allsorts is also like the world with all its challenges and burdens. We cannot escape from the world's problems. They are inside us and face us. But we can join a daily struggle to keep the world alive and safe and homely for each other. By creating a strong community, we build resilience in all of us to take on the challenges of being LGBTQ+ in a world that does not always welcome or understand where we come from or what we need.

How can a small charity make any difference? Because we are small, there is not much of a gap between any part of our organisation. A zest for life and energy for growth is constantly refreshed as it bounces between young people and staff and volunteers and trustees. We also have wonderful local and national key partners – MindOut and the Proud Trust inspire us every day and dedicated funders and donors who provide the vital resources for our work to continue.

Finally, as Jess, our founder retires and Katie, our new CEO takes over, another era has begun.

But the culture of Allsorts remains the same: enthusiasm, creativity, passion and fun. In the coming years, we hope to continue to expand the reach of Allsorts and see little rainbows appearing all over the South East region.

Katie Vincent and Jess Wood, MBE.

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.

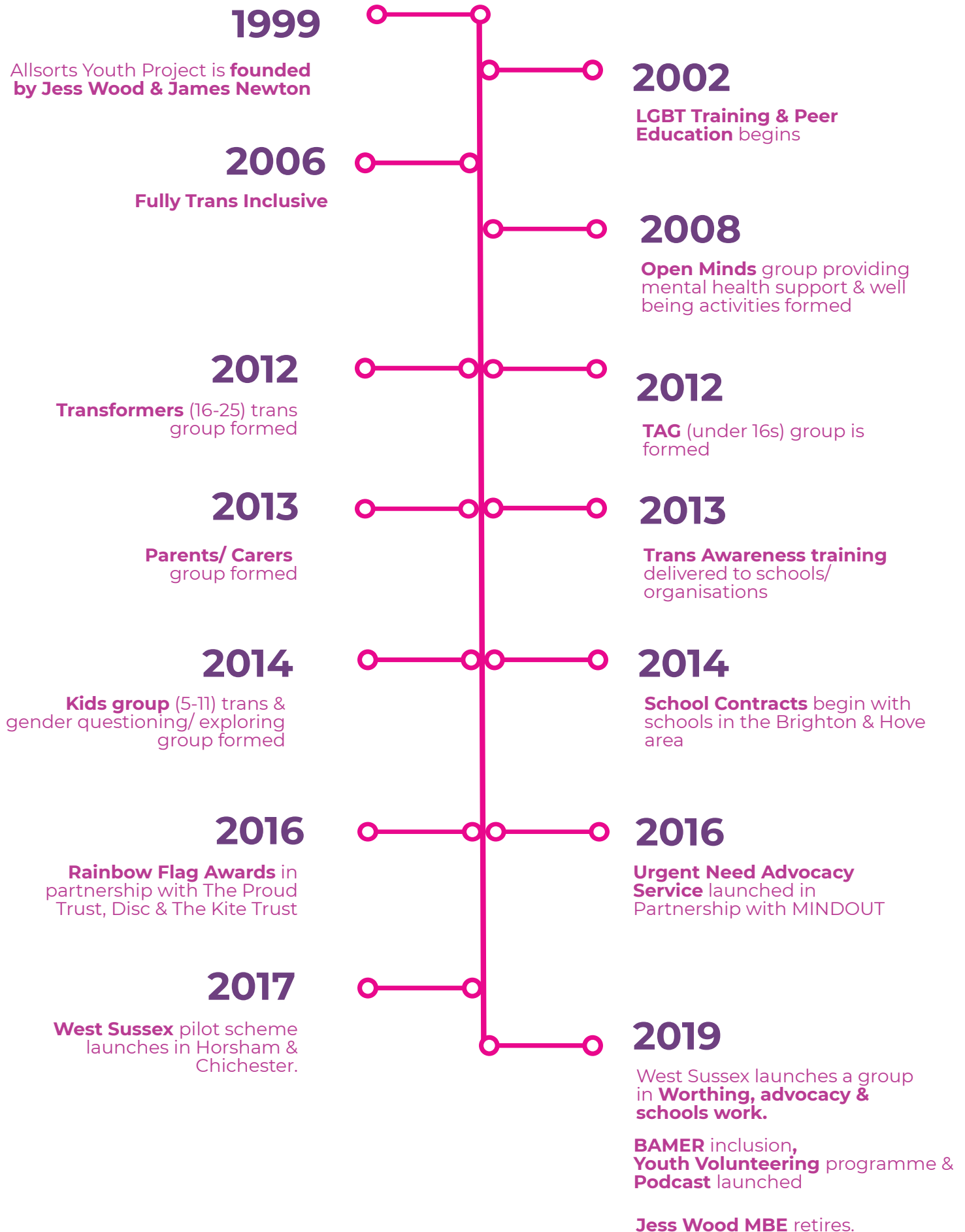
Young LGBTU people deserve to feel safe and thrive at home, at school and in their communities.

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 has helped me alleviate my self-esteem and social anxiety... It has also taught me much about LGBTQ+ history and has introduced me to new hobbies.



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

Taken from our 6 monthly survey in March 2019



95%

of our young people
felt that Allsorts had
been helpful to them



95%

of our young people
felt more part of the
LGBT+ community



67%

of our young people
felt more at
ease about who they are



59%

of our young people
felt more comfortable
with their sexuality/
gender identity

Survey Results

March 2019



87%

of our young people

Faced challenges with their mental health & well-being



38%

of our young people

Had done something to injure or harm themselves



51%

of our young people

Experienced some form of Homophobia/Biphobia/Transphobia



Allsorts has helped me feel more at ease with my identity and the challenges that have happened and will happen in my life. It has made it easier for me to connect with other LGBT+ people



Allsorts has helped me become more accepting of myself and others, and is a space where I can express myself freely.

Allsorts has helped alleviate my self-esteem and social anxiety, and provides for me the only routine social enjoyment in my life. It has also taught me much about LGBTQ+ history and has introduced me to new hobbies

Allsorts has helped me feel accepted and a part of the LGBT community, and has directly led to the majority of close relationships I have now. It has helped me feel more confident in myself, my identity and my mental health, through good signposting and support.

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:

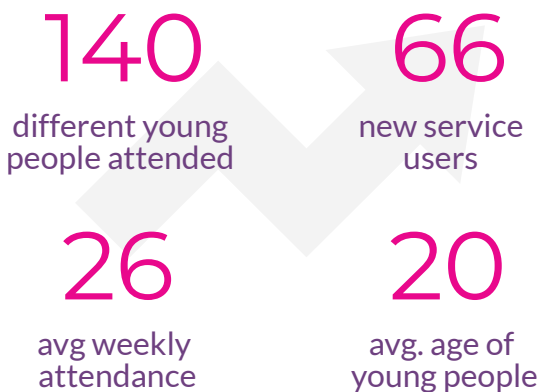
- **Group activities;** such as **Drop-In** (16-25 LGBTU); **Transformers** (16-25 Trans, Non-Binary, Gender Questioning); **TAG** (Under 16s LGBTU) **Kids Group** (5 - 11 Trans, Gender Questioning/ exploring); **Open Minds** (16-25 LGBTU positive health and well-being programme; specific **mens & women's** 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.**
- 'Allsorts of Thoughts' **podcast**, made by & for LGBT+ young people.

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!



Going to Drop-In is a weekly reminder that I can be more at ease with myself. It has encouraged me to make an effort to be involved in different activities

Highlights

- ♥ Yoga sessions with a trained LGBT+ yoga instructor
- ♥ World Mental Day placards
- ♥ Queer Art workshop focusing on LGBT+ identities
- ♥ Role Model Tree and activity for International Women's Day
- ♥ Artist-led life model portrait workshops
- ♥ Start of the new style 'President Clinic' at Drop-in

Regular Services

- ♥ THT - STI & Rapid HIV tests
- ♥ Community nurses - 1:1 health advice
- ♥ Pavilions - Drug & Alcohol support
- ♥ WISE worker - support & advice on range of issues
- ♥ RightHere - focus groups around self-esteem
- ♥ Rise worker - support & advice around issues related to domestic abuse & healthy relationships

Transformers

16-25 Trans, Non-binary & Gender Questioning

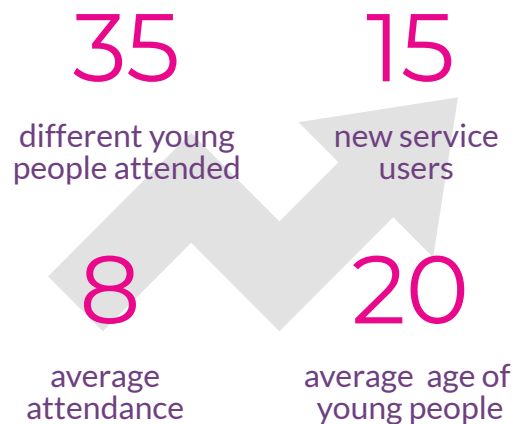
Monthly Group

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 facilitated by trans/non-binary staff members and volunteers.

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



Transformers has helped me to understand there are other people like me as well and different. It's nice to talk to other people who are



Highlights

- ♥ Myth busting posters for Trans Awareness Week
- ♥ Visit to Brighton Museum - Museum of Transology Exhibit
- ♥ Our achievements of the year workshop
- ♥ 'Allsorts of fun' quiz focusing on sexual health and healthy relationships
- ♥ Overnight camping trip including nature walk and yoga
- ♥ Getting to know you and team building activities

I feel like I am giving back to people, and feeling purpose in life now. I'm nowhere near better, but I feel I am supported on my journey. Thank you Allsorts for giving me a home.

Allsorts has helped me feel more welcomed to the community, getting to meet people who are close to me, getting to socialise without judgement or criticism.

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 healthy friendships and forming positive relationships, as well as ensuring that young people are able to access sessions that give direct support and guidance relating to wellbeing. In particular, managing challenging emotions such as stress and anger.



Highlights

- ♥ Visit from Lloyd Russell-Moyle local MP for a Q & A session
- ♥ Time management and goal setting workshop
- ♥ World Mental Health Day positive messages
- ♥ Bushcraft trip in collaboration with Sussex Wildlife Trust
- ♥ 'What have we achieved this year' workshop
- ♥ 'What we want people to know' Trans and non-binary awareness posters

I've made friends who don't think 'trans' before 'boy'

Kids Group

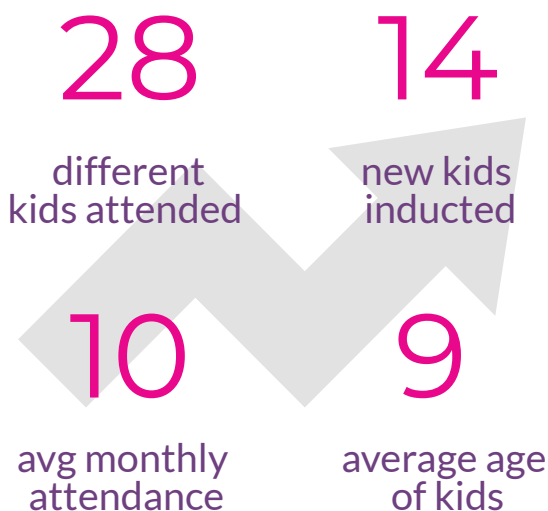
5-11 Gender Exploring & Trans children and their Parents

Monthly Group

The Kids Group is now in its fifth 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.



My child has grown in confidence massively since he started the group and we are so grateful for all of the hard work that you and your team does to make our journeys more manageable.

Highlights

- ♡ Bushcraft trip in collaboration with Sussex Wildlife Trust
- ♡ Winter decorations and cards activity
- ♡ British Sign Language workshop
- ♡ Yoga session with qualified yoga instructor
- ♡ Camping trip including a nature walk and circus skills workshop
- ♡ Skateboarding trip to local indoor skatepark

I really like playing hide and seek and making pictures

The Kids Group is really fun! I get to do lots of arts and crafts with my friends

West Sussex

Under 16's & 16-19

Monthly Groups in Horsham, Chichester & Worthing

Allsorts' West Sussex service reaches remote areas of the county, enabling young people to access specialist LGBT support previously unavailable to them. Allsorts provides youth groups and one-to-one support for LGBT+ and Unsure young people in Worthing, Horsham, and Chichester.

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

2019 has seen the project develop further with the delivery of its 3rd group in Worthing and the launch of an LGBT Children and Young People's Advocacy service. More recently, Allsorts unveiled a pilot schools program delivering one-to-one support in schools and colleges across the county.

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.



Allsorts has made me feel more a part of the LGBT community and has improved my self-confidence



I feel like I am giving back to people and feeling a purpose in life now. I am nowhere near better, but I feel supported on my journey

131

different young people attended

95

new young people inducted

11

avg weekly attendance

17

average age of young people



Allsorts helps me live my best life. I feel like I have a safe place to be at Allsorts



Highlights

- ♥ International pronoun day activity
- ♥ Self - care clouds activity
- ♥ Set up and launch of monthly Worthing Group
- ♥ Visit from Sussex Police LGBT Hate Crime Liaison Officer
- ♥ Pronoun badge making for Trans Pride
- ♥ Stall at Worthing Pride

Allsorts has given me a safe space to be myself

Parents/Carers Group

Peer Support

Monthly Group

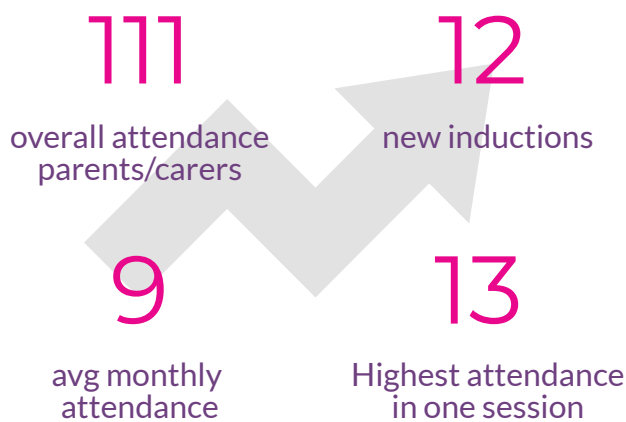
Our Parents Peer Support Group has been meeting since 2013 and provides a safe space for parents to meet, offer and receive peer support, information, advice and guidance.

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 and requesting to join the Parents Peer Support Group.

There is now a large and active online community of over 90 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



Parents group has given me both emotional and practical support. It is a safe space to discuss subjects that are not always easy and share feelings and experiences with other parents going through similar things



My first 220-mile round trip to attend the Parents meeting was a considered decision though proved to be an invaluable one. Providing unconditional support to our daughter as she has transitioned gender has been at times an almost suffocating experience and without support, has been a very lonely journey. An opportunity to disclose this to others without fear of judgement was a most cathartic experience and convinced me that I am a "good enough parent". I wish this service was closer and I could attend more frequently though knowing that I have a group of others I can reach out to who will understand my viewpoint and can offer practical advice, has been invaluable. Thank you all.



Urgent Need Advocacy Service



139

Advocacy cases this year



3

Years old

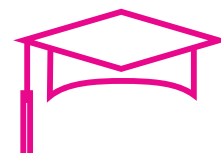
**mind
OUT**

Partner

The Urgent Need Advocacy Service (UNAS) has again built on the successes of previous years and had another strong year.

Once again, our advocates here at Allsorts & 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:



This year saw the Allsorts advocate provide a wide variety support around economic hardship, insecure housing and homelessness, food and fuel poverty, immigration and asylum, and barriers to services because of LGBT+ discrimination.

Our 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.

Our urgent need advocacy 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 continues to work 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

Quality Assurance Framework for schools and colleges

The Rainbow Flag Award is a national Quality Assurance Framework for all schools and colleges, focusing on LGBT+, (lesbian, gay, bisexual, trans, plus other related identities), inclusion and visibility. The Rainbow Flag Award encourages a whole organisation approach to LGBT+ inclusion, as well as developing strategies to combat LGBTphobic* bullying.



*The term "LGBTphobic" is used purposefully, to ensure that the experiences of all LGBT+ people are represented. The term "HBT bullying" (homophobic, biphobic and transphobic) may also be heard.

Previously funded by the Government Equalities Office, via the Department for Education, Allsorts Youth Project have been working alongside our partner organisations; The Proud Trust, Humankind & The Kite Trust since 2016 to deliver this exciting & essential Quality Assurance Framework.

Primary, secondary & SEND schools and colleges across the country have been taking part, with Allsorts Youth Project delivering this award in the South-East region.

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

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 has worked hard to ensure that the program is able to continue now that GEO and DfE funding has ceased. The consortium are delighted to continue to keep working in partnership and are now offering a paid offer to schools across the country.

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.

Allsort has helped bring me out of a dark place and see a brightness in my future

Talk It Out helped me strategise and deal with my anxiety

402

Allsorts sessions

84

School sessions

194

individual young people at Allsorts

42

individual young people in schools

Main issues discussed



Allsorts



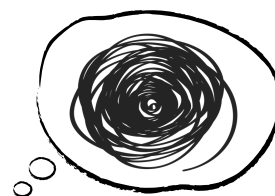
Mental Health



Gender



Relationships



Anxiety

Open Minds

Monthly mental health & wellbeing programme

Our monthly mental health and wellbeing programme - Open Minds - offers activity sessions within the Drop-in for young people to explore new and healthier ways to manage their mental health and help them build resilience, self-esteem and confidence in a safe and supportive environment.

Open Minds continues to run within the Drop-in itself in order 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

- ♡ 'Knot Today' stress awareness campaign for Mental Health Awareness Week
- ♡ Yoga sessions to promote relaxation and stress management
- ♡ YPC Garden Project: Gardening sessions to promote relaxation, connection and new skill acquisition
- ♡ 'Self Care Recipe Cards' for Self Care Awareness Week, exploring how to include more self-care in daily life.
- ♡ New Year Intention Stones
- ♡ Self-esteem Workshop (led by WiSE)

Youth Leadership & Volunteering

With support from No Fear Bridge, the Youth Leadership and Volunteering Programme has gone from strength to strength during 2018-19 with the largest number of young people engaged in youth volunteering than ever before!

39

youth
volunteers

569

volunteer
hours

71

Days of
volunteering

Youth leadership & volunteering opportunities at Allsorts:

- Youth presidents team
- Kitchen volunteering
- Peer educators
- Peer role models
- Events & promotion volunteers
- Campaign volunteers
- Podcast volunteers
- Resource volunteers
- Buddying scheme

Allsorts has been a huge turning point in my life. It has provided so many opportunities which have helped me to gain confidence in myself and in public speaking. Allsorts has helped to bring me out of a dark place and to see brightness in the future. Thanks so much!

These opportunities engage young people in various way across the project enabling them to have their voice heard at every opportunity, whilst building confidence, giving something back to their community and building on their skills for future employment.

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



Being a Youth President is a unique role. I have had so many amazing opportunities that would not have been accessible to me without being involved with Allsorts in this way. Having discussions with the directors of the project, having a say in the new youth workers and volunteers that enter your safe space, it means connecting with the other young people and helping them to feel safe, and for them to know that unlike many other organisations they have real power over decision making, and their voices are the most important



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.....



I am so glad I started volunteering at Allsorts and really look forward to my Tuesday evenings assisting at the Drop-in. The young people amaze me each week with the openness and kindness they bring so freely, to adults, to their friends and in welcoming new visitors. It is beyond worthwhile to be able to help facilitate safe and supportive spaces for them. Allsorts staff members have been consistently warm, helpful and encouraging. My fellow volunteers are amazing, great company and I have made friendships that have been an extra bonus! These elements combined make volunteering a truly rewarding activity that has gone over and above my expectations. I would love to continue to be a part of the organisation for a long time!



I have been volunteering for around 8 months now, being an Allsorts volunteer means the world to me! I love coming to the groups, preparing food, playing games with young people and being a friendly face. It's always a pleasure and I hope to volunteer for many years to come. If you're thinking about volunteering, do it!

I am originally from Argentina, and I am now living and working in Brighton. I am passionate about connecting with young people and giving back to the LGBT community - as I would have appreciated similar support when I was younger. I started volunteering at Allsorts recently and am impressed with all the amazing work that they do!

Pride Season

Worthing, Trans Pride and Brighton & Hove Pride



This year we were very excited to start the Pride season with a stall at the second ever Worthing Pride! We all had a great time, and our West Sussex team were out in full force, letting people know all about the great work we do within the local area and beyond!

Our next stop was the amazing Trans Pride! The sun was shining all day, and our two stalls had a constant stream of visitors finding out about what we do and buying pronoun badges & tote bags.

Our last Pride for this year was Brighton & Hove and what a way to finish! The Allsorts open top bus proudly made its way through the streets of Brighton parade, and the atmosphere was electric! We also were plastic free this year for the first time, something we will definitely be continuing with for next year's Pride events as well.

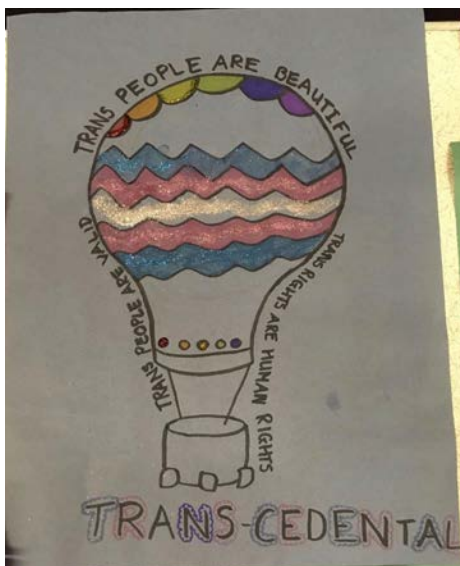
Huge THANKS to everyone involved in making 2019's Pride season the best yet! We'd also like to thank our amazing staff, parents and carers, and young people, without which we wouldn't be able to do all these Pride events, and also huge, huge thanks to everyone that fundraised for us over the summer - especially the MayDay Group - your support is vital and we are forever grateful for it all!



Awareness-raising Campaigns

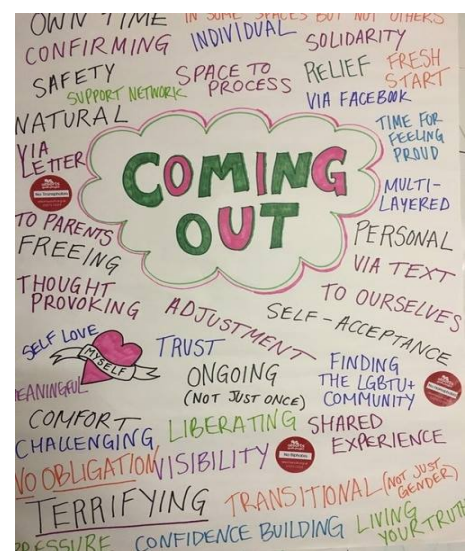
We ran awareness-raising campaigns involving young people across the project including:

The young people at TAG made t-shirts with illustrations for World Mental Health Day, sharing positive messages to their peers about mental health and wellbeing.



For Trans Awareness Week, Drop-In and Transformers created some bright, eye-catching posters to raise awareness about trans and non-binary young people. They wanted to have their voices heard as trans allies and trans young people, and created posters with empowering messages to share across social media.

LGBTU young people were invited to participate in group discussions, culminating in the creation of an awareness-raising poster about National Coming Out Day. Young people were able to discuss in safety their experiences of coming out as LGBT+ and what it means to them. This helped them to know that there is a diverse range of coming out experiences and assured them there is a community out there for them to connect with!



Youth Support & Education Services for Schools

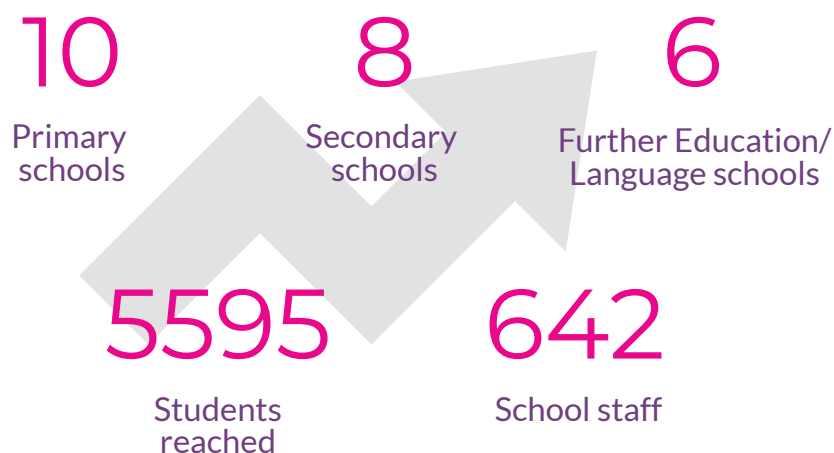
Supporting schools in the Brighton & Hove area

9 secondary schools in Brighton & Hove signed up this financial year which included: 7 local authority schools, 1 Academy and 1 independent school.

Schools use this service to access support for the LGBT+ student community and the whole school's community through one-to-one emotional support for LGBT+ students and LGBT+ student workshops/assemblies delivered in PSHE lessons.

As always, we would like to acknowledge our appreciation of the continued support offered by the Brighton & Hove Secondary Schools and their firm commitment to providing the best support they can to the community of LGBT+ students in the city.

Also, we are indebted to Sam Beal (Partnership Adviser: Health and Wellbeing) for her continued support and the excellent advice and guidance she provides us in relation to our work in 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.



I was so impressed by the way you created such a safe learning environment; enabled the children to explore key learning about difference; identity and LGBT identity and prejudice as well as challenging assumptions and sharing personal experiences so meaningfully. It was a privilege to be a part of this learning.



Training & Education



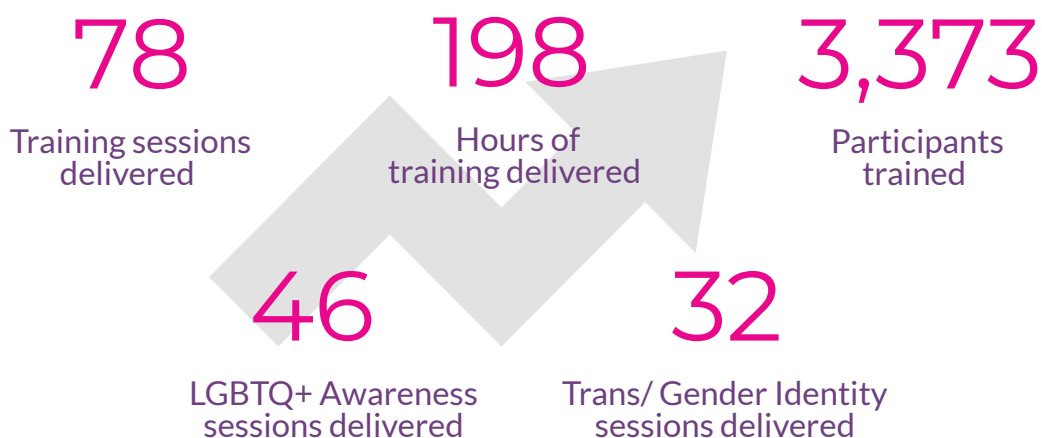
The trainer was open, engaging, knowledgeable and thought provoking. A really useful training session that provided practical & engaging ideas for engagement with young people.



Our training and education services can be tailored to the needs of any organisation, school, college, business or individual that is looking to improve their LGBTQ+ awareness through a better understanding of LGBTQ+ issues and wants to create a more inclusive and safer environment for LGBTQ+ people.

Allsorts Training & Education Service provides a range of options to develop and support increased knowledge and confidence around sexual orientations, gender identities and specifically LGBTQ+ issues.

Staff training sessions | Workshops for young people | School assemblies | Key-note speeches | Presentations | Consultancy and advice | Support for individuals



This was one of the best training sessions I have been on. So informative and the trainer from Allsorts (Ryan) was excellent.

I really feel very strongly that it should be compulsory for all workers and managers should do this brilliant training.

Financial Statement

Year ended March 2019

I'm delighted to report that Allsorts is once again in a strong financial position. The team continue to work hard to secure funding via grants and foundations beyond 2020.

Year ending 2019 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 has the Local Authority, in terms of grasping the gravity and importance of the situation facing LGBT+ and unsure children and young people, and of 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. Without their contributions, Allsorts Youth Project would not be able to deliver its wide array of services to children and young people.

James Ravenhill, Treasurer

Income & Expenditure for the period

1st April 2018 to 31st March 2019

Funds	£
Income	379,336
Expenditure	
Staff Costs	262,729
Premises Costs	15,843
Project Costs	50,875
Total Expenditure	329,447
Net incoming/ outgoing	49,889
Balance b/fwd @ 1/4/2018	144,350
Balance c/fwd @ 31/3/2019	194,239

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!

We couldn't do it without you!