LANCASHIRE LGBT

England & Wales · Charity number 1137578

Details

Other names	LANCASHIRE LESBIAN GAY BISEXUAL TRANSGENDERED CENTRE
Status	Registered
Legal form	Trust
Registered	2010-08-25
Register	View on the Charity Commission register

Contact

Address	Derby House Chambers Lytham Rd PR2 8JE
Phone	07788 295521
Email	hello@lancslgbt.org.uk
Website	www.lancslgbt.org.uk

Activities

Objects: THE TRUSTEES SHALL HOLD THE TRUST FUND AND ITS INCOME UPON TRUST TO APPLYTHEM FOR THE FOLLOWING OBJECTS ("THE OBJECTS") IN LANCASHIRE ("THE AREA OFBENEFIT"):-(A) TO PRESERVE AND PROMOTE THE GOOD HEALTH AND IN PARTICULAR THEPHYSICAL, SEXUAL AND MENTAL HEALTH OF PERSON WHO ARE LESBIAN, GAY,BISEXUAL AND TRANSGENDERED (LGBT), INCLUDING THOSE PERSONS IN DOUBTABOUT THEIR SEXUAL IDENTITY, THEIR FAMILY AND FRIENDS (HEREINAFTERREFERRED TO AS 'THE BENEFICIARIES') THROUGH THE PROVISION OF INFORMATION,ADVICE, GUIDANCE AND EDUCATIONAL OPPORTUNITIES;(B) TO PROVIDE FACILITIES FOR RECREATION AND LEISURE TIME OCCUPATION FORTHOSE BENEFICIARIES WHO HAVE NEED BY REASON OF THEIR YOUTH, AGE,DISABILITY, SOCIAL OR ECONOMIC CIRCUMSTANCES WITH THE OBJECT OFIMPROVING THE CONDITIONS OF LIFE OF THOSE SAID BENEFICIARIES;(C) TO ADVANCE THE EDUCATION OF THE GENERAL PUBLIC IN LGBT HISTORY,CULTURE AND LIFESTYLE;(D) TO ESTABLISH OR SECURE THE ESTABLISHMENT OF A CENTRE AND TO MAINTAINAND MANAGE, OR TO COOPERATE WITH ANY LOCAL STATUTORY AUTHORITY IN THEMAINTENANCE AND MANAGEMENT OF SUCH A CENTRE FOR ACTIVITIESPROMOTED BY THE CHARITY IN FURTHERANCE OF ITS OBJECTS.

Activities: Activity is based on meeting the identified needs of LGB&/orT people. Its aims are to empower and inspire people to get involved, to challenge prejudice and discrimination and improve services for LGB/orT people living and working in Lancashire.

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Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Arts/culture/heritage/science
- **Who:** The General Public/mankind

Geography

- **Area of benefit:** LANCASHIRE
- Lancashire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£118,246	£144,788	-	-
2024-03-31	£166,635	£124,895	-	-
2023-03-31	£86,877	£105,619	-	-
2022-03-31	£101,921	£93,375	-	-
2021-03-31	£96,157	£75,218	-	-

Trustees

Name	Role	Appointed
Alex Cullingford		2020-03-24
Barbara Cumberland		2019-04-03
Councillor Neil Darby		2021-01-22
Paul Kellett		2023-11-30
Sandra Taylor		2023-11-30

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LANCASHIRE LGBT

England & Wales - Charity number 1137578

Accounts

ANNUAL REPORT

2024-25

Registered Charity No: 1137578

Thanks to our Funders

COMIC RELIEF

GROUNDWORK
CHANGING PLACES
CHANGING LIVES

NHS
Lancashire and South Cumbria
Integrated Care Board

COMMUNITY FUND

The Henry Smith Charity
founded in 1628

Supported by players of
PEOPLE'S POSTCODE LOTTERY

Awarded funds from
POSTCODE NEIGHBOURHOOD TRUST

Onward
Creating positive spaces

LUSH FRESH HANDMADE COSMETICS

ESCC

STOWE FAMILY LAW

BLACKPOOL SIXTH

Thanks to our Supporters

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“Lancashire LGBT do amazing work in supporting the community, especially in recent times when the LGBT community has been under particular stress.”

(support beneficiary)

CEO and Chair Review

This year 1199 people received direct support from us, and we expanded our mental health and wellbeing support provision as a response to increased demand.

Our one-to-one- Support work was funded by grants from NHS Lancashire and South Cumbria, Comic Relief and the Postcode Neighbourhood Trust. This meant we could increase our capacity compared to last year by 43%.

We were also able to increase our provision of counselling with a 79% increase in beneficiaries compared to last year, with more counselling volunteers. We also increased our volunteer group facilitators.

We continued providing an information service, with more people accessing our self-referral form on via our website, where people can contact us in detail about their support needs and with external agencies now able to submit a third-party referral form to us.

We also continued our work with NHS Workforce Development as part of the NHS Mental Health Transformation programme by delivering our LGBTQ+ mental health awareness training to Mental Health professionals.

Working in partnership with Public Health Blackburn with Darwen, Lancashire and Blackpool, we launched the Trans and Gender Diverse Health Needs Assessment, the first of its kind in the North-West. This is important as there is very little evidence of the health needs of this section of the population.

We held the sixth Trans Gender Diverse Residential weekend with workshops led by our volunteers with lived experience as well as the Gender Outreach Workers for Leeds Gender Identity Service.

Neil Darby, Chair of Trustees

Dr Lewis Turner, Chief Executive

About Us

Founded in 2009, we are the pan-Lancashire charity supporting Lesbian, Gay, Bisexual, Trans and Queer/'Questioning' people (LGBTQ+).

Our core work focuses on improving mental health and well-being and reducing social isolation.

Our mission is for all LGBTQ+ people, their family members and carers to be happier, healthier and better connected.

In 2025-2026, we will be celebrating 15 years as a registered charity.

Our Values

Compassion

We provide a person-centred compassionate approach informed by the lived experience of LGBTQ+ people.

Inclusivity

We are inclusive of all LGBTQ+ people.

Empowerment

We empower LGBTQ+ people and allies. We engage with organisations and promote LGBTQ+ equality and inclusion.

Integrity

We work with integrity and hold ourselves accountable to the highest standards in everything we do.

Our Services

Counselling

One to one support

Peer support groups

Activity groups

Information service

Mental Health Hour webinars

Training & Consultancy

NHS
Leeds and York Partnership
NHS Foundation Trust

Partnership with Leeds & York Partnership NHS Foundation Trust

Scale of the Issue

There are an estimated 42,195 Lesbian, Gay, and Bisexual people aged over 16 living in Lancashire (ONS, 2021). The estimate for Trans and Gender Diverse adults in Lancashire is 5575 (Cumbria and Lancashire Public Health Collaborative, 2025)

Mental Health and Wellbeing: It is well documented that LGBTQ+ people are at a higher risk of experiencing poor physical and mental health compared with the general population. The risk of suicide and self-harm for people who identify as gay or lesbian, bisexual or another sexual orientation (LGB+) is more than twice as high as for their heterosexual peers, (ONS, 2025)

Barriers accessing healthcare: LGBTQ+ people also experience barriers to accessing healthcare (fear of discrimination; lack of understanding about health needs), leading to worse outcomes than the general population (NHS England, 2025). As our research with Healthwatch Lancashire (2014, 15 & 16) shows, many LGBTQ+ people in Lancashire experience barriers accessing mainstream services because of a perception that there is a lack of sensitivity to LGBTQ+ identities and some LGBTQ+ people have had previous bad experiences.

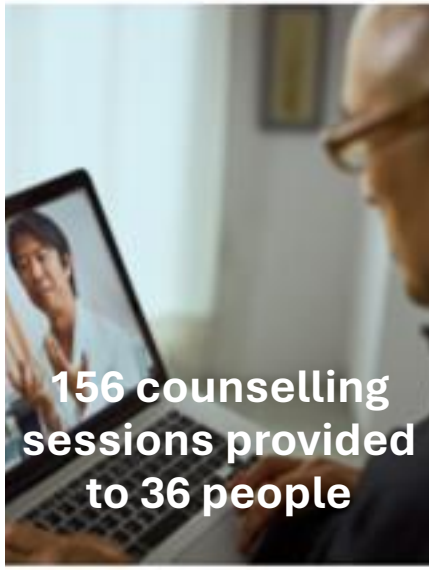
Social Isolation: LGBTQ+ people experience disproportionate rates of social isolation due to a variety of factors, including family rejection, discrimination, and the lack of inclusive social networks. LGBTQ+ people aged 55+ are more likely to be living alone, with little connection to their family of origin and are more likely to be single (National Lottery, 2022)

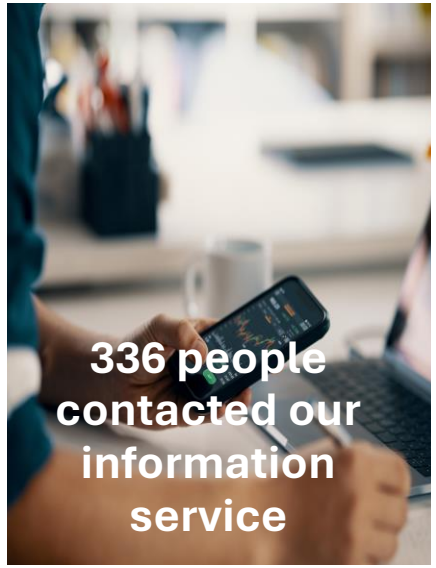
Additional support for trans and gender diverse people: The waiting list for trans people with a Gender Identity Service is now up to 7 years from referral to first assessment. The mental health and wellbeing of Trans and Gender Diverse people has been hugely impacted by the negative and polarised environment in the mainstream media and social media, with many feeling intimidated and unsafe outside their homes (Trans Actual, 2025)

lancashire
lglbt

Our Impact At-a-Glance

In 2024-25, Lancashire LGBT directly supported **1199 people**

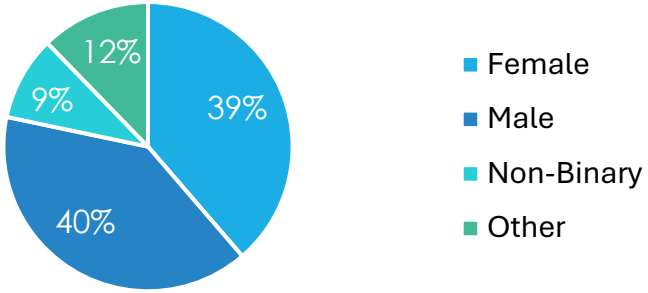




Characteristics of Referrals

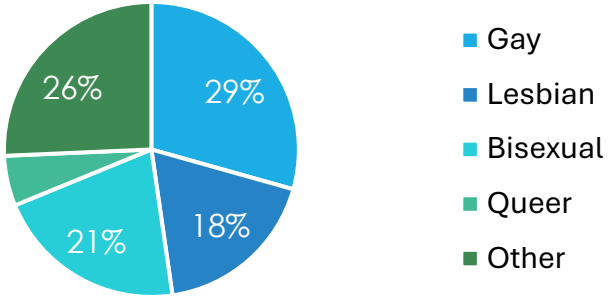
127 referrals were made to our counselling and one-to-one support services.
85% were self-referrals made by individuals, and 15% were referrals made by a third-party.

Gender

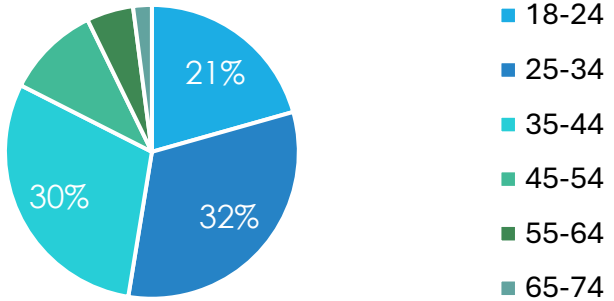


*** 35% of all referrals identified as trans**

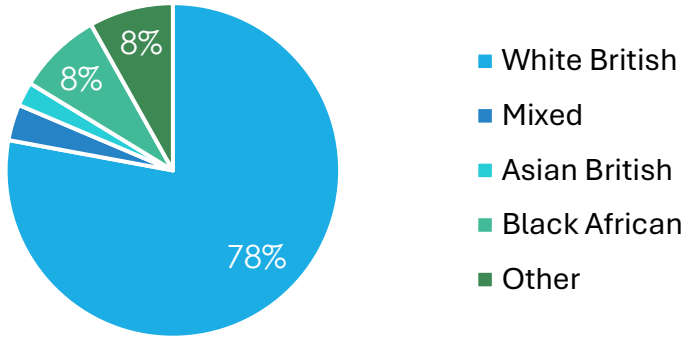
Sexual Orientation



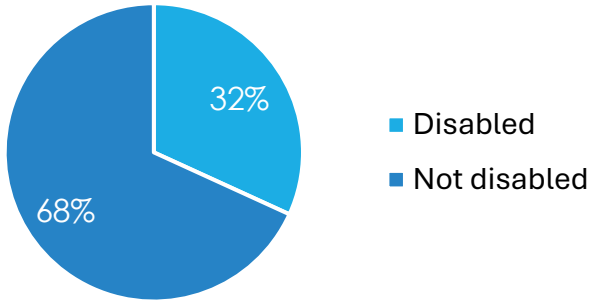
Age



Ethnicity



Disability



Improving Mental Health and Wellbeing

Counselling: In the past year, we enhanced our counselling service, by expanding our team of counsellors, and increasing the number of clients supported at any one time. We are proud to report we delivered 156 counselling sessions to 36 clients. That is a 20% increase in sessions delivered and a **79% increase in clients supported from the previous year**. These individuals received person-centred emotional and wellbeing support from a trained counsellor with lived experience of being LGBTQ+.
71% of counselling beneficiaries said their mental health and wellbeing had improved

One to one support: A total of 288 one-to-one support sessions were delivered by our support worker to 36 individuals. That is a **43 % increase in sessions delivered** and a 5% increase in clients supported from the previous year. These individuals received support tailored to their support needs, focusing on various aspects of their wellbeing, including mental health, physical health and living situation.
83% of one-to-one support beneficiaries said their mental health and wellbeing had improved

Raising awareness about LGBTQ+ mental health: We have created a unique collection of LGBTQ+ 'mental health hour' webinars, raising awareness about LGBTQ+ mental health, particularly with those with intersectional identities, which are free to view via our website. 582 people viewed these this year.

Counselling	• 71% reported improvements in their mental health and wellbeing
One to one support	• 83% reported improvements in their mental health and wellbeing
Peer support groups	• 75% said their wellbeing had improved since attending
Activity groups	• 75% said they felt healthier and fitter since attending

Reducing the Barriers to Accessing Healthcare

Mental Health Transformation Project with NHS Lancashire and South Cumbria: Lancashire LGBT was commissioned by NHS Lancashire and South Cumbria to help tackle mental health inequalities experienced by LGBTQ+ people with a grant toward our one-to-one support service.

In this period, Lancashire LGBT were also commissioned to train mental health professionals on delivering LGBTQ+-informed mental health support, as part of their NHS Workforce Development programme. 263 people were trained and attendees reported a better understanding of the barriers which LGBTQ+ people may experience when accessing their services.

> *"Potentially the best training I have ever attended. It was really interesting and engaging. I enjoyed the content and pace. I enjoyed being able to ask questions in a safe space"* (training delegate)

In 2024-25, Lancashire LGBT provided training to **1008 people**

Our CPD accredited Gender Identity Awareness sessions for professionals	• Attendees reported an 80% increase in awareness of Trans and Gender Diverse issues
Bespoke LGBTQ+ Training	• Attendees reported a 78% increase in awareness of LGBTQ+ issues • The trainer was rated 99% for knowledge and 98% for presentation skills
NHS Workforce Development Programme	• 100% of attendees said the training increased their awareness of LGBTQ+ mental health • The trainers were rated 97% for knowledge and 94% for presentation skills

Reducing Social Isolation

Peer support groups: Throughout 2024-25, we delivered monthly online sessions with our online peer-support groups. A total of 49 peer support group sessions were held, with 84 attendees. Those who attended received peer-support facilitated by trained facilitators and volunteer co-facilitators and reported an improvement to emotional wellbeing.

Activity groups: Toward the end of 2024-25, we saw the return of our much beloved walking group, thanks to Blackburn with Darwen Council, who provided in-person walk-leader training to our two new walk leaders. Our long-established swimming group continued. During this period, a total of 12 activity groups sessions were held, with 107 attendances. Those who attended our monthly walking group and our swimming group reported physical and wellbeing benefits.

"Feels like having a friend in difficult times. Very glad Lancashire LGBT do what they do."

(group member)

Peer support groups	• 75% said their belonging and community had improved • 100% said the group was inclusive to different LGBTQ+ identities
Activity groups	• 75% said they had made friends since attending • 100% would recommend the group to other LGBTQ+ people

Specific issues for Trans and Gender Diverse People

Trans and Gender Diverse Health Needs Assessment launched: This year, we worked with local Public Health Departments across 3 councils (Blackburn with Darwen, Lancashire and Blackpool) to undertake a much-needed Health Needs Assessment for the local Trans and Gender Diverse population- the only one of its kind conducted in the North-West region.

Lancashire LGBT collected local data by creating and launching the health needs assessment survey, which received 130 responses from local trans and gender diverse people.

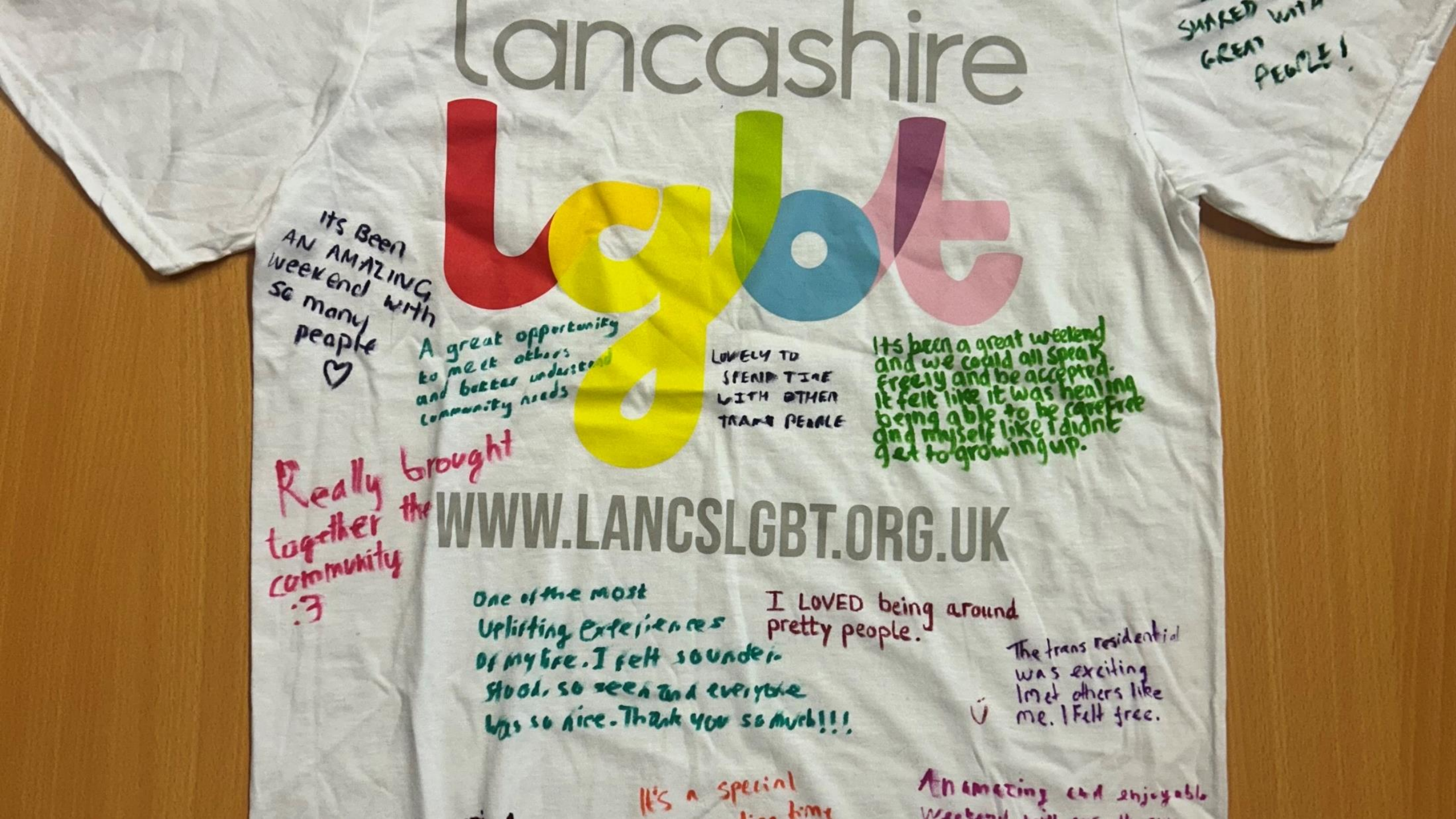
We are now working with Health professionals on delivering on the action plan following the report.

Trans and Gender Diverse Residential

Lancashire LGBT held its sixth Trans and Gender Diverse Residential in Borwick Hall, Carnforth on the 26-27th October 2024

The Trustees of Lancashire LGBT agreed that we should host another trans residential weekend in 2024 – particularly because in the last 5 years we have witnessed a significant increase in hostility towards trans people

It was attended by 18 delegates and facilitated by staff members, volunteers and Gender Outreach Workers. During the residential, delegates attended a series of workshops led by people with lived experience, which covered topics in mental health, wellbeing, gender identity and healthcare


lancashire
lgbt
WWW.LANCSLGBT.ORG.UK
SHARED WITH GREAT PEOPLE!
Its Been AN AMAZING weekend with so many people ♡
A great opportunity to meet others and better understand community needs
LOVELY TO SPEND TIME WITH OTHER TRANS PEOPLE
Its been a great weekend and we could all speak freely and be accepted. It felt like it was healing being able to be carefree and myself like I didnt get to growing up.
Really brought together the community :3
One of the most Uplifting Experiences Of my life. I felt sounder- stood, so seen and everyone was so nice. Thank you so much!!!
I LOVED being around pretty people.
The trans residential was exciting I met others like me. I Felt free.
It's a special
An amazing and enjoyable

Additional Support for Trans and Gender Diverse People

We have had an important partnership with Leeds and York Partnership Trust since 2017.

This involves their two full-time Gender Outreach Workers who have lived experience, working as part of our team out of our offices in Preston complimenting our support services.

They support local trans and gender diverse people who are either on the waiting list for the Gender Service or who are already on the care pathway.

NHS
Leeds and York Partnership
NHS Foundation Trust

Jane’s story

‘John’ was living as male but was facing severe struggles with their gender identity, isolation, and mental health. They were under the care of the NHS mental health team and regularly met with a mental health nurse due to suicidal ideation and multiple suicide attempts. At their lowest point, the beneficiary was presenting at A&E up to four times per week due to repeated overdoses and expressed a sense of hopelessness.

Over the course of eight in-person, one-to-one support sessions with Lancashire LGBT, ‘John’ was engaged in open discussions about their identity, mental health, and overall wellbeing. The sessions emphasised fostering self-understanding and self-compassion and acceptance, helping ‘John’ build a stronger sense of identity. ‘John’ also attended Lancashire LGBT’s trans peer support groups, which provided a safe and inclusive environment to share their struggles and connect with peers.

‘John’ reported improvements in several areas, including mental health and wellbeing, confidence, self-esteem, their ability to manage issues and struggles more effectively, and improved support network. Over the three months following the sessions, suicide attempts, and A&E visits decreased from up to four times per week to only once in three months. The mental health nurse supporting ‘John’ recognised their limited experience with trans patients, so they attended the LGBTQ+ awareness training, delivered by Lancashire LGBT. This training improved the nurse’s understanding of the unique challenges faced by LGBTQ+ people and equipped them with tools to better support ‘John’, now Jane.

Jane decided to pursue gender transition. They were provided with comprehensive information about transitioning gender to help them make an informed choice, by getting support from the Gender Outreach Workers for the Leeds Gender Identity Service who are based at Lancashire LGBT’s offices in Preston. They are now on the waiting list for the Leeds and York Gender Identity Service.

Jane recently took her first solo holiday since socially transitioning and is learning Spanish to pursue her passion for travel.

“Lancashire LGBT has helped me get back on my feet after a period of severe mental illness. They are always professional, available and supportive. They care passionately about their work for the community.”

(support beneficiary)

lancashire lgbt

WWW.LANCSLGBT.ORG.UK 07788 295521 HELLO@LANCSLGBT.ORG.UK

REGISTERED CHARITY NUMBER: 1137578

Report of the Trustees and

Unaudited Financial Statements for the Year Ended 31 March 2025

for

Lancashire LGBT

CCW Limited
Chartered Accountants
295/297 Church Street
Blackpool
Lancashire
FY1 3PJ

Lancashire LGBT

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Lancashire LGBT

Report of the Trustees
for the Year Ended 31 March 2025

The trustees present their report with the financial statements of the charity for the year ended 31 March 2025. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objects of the Charity are to advocate for and serve the interests of all LGBTQ+ people in Lancashire.

The aim of the Charity is to support lesbian gay bisexual and trans people to be happier healthier and better connected. Short term objectives are to continue to deliver and expand our core support offer; improving service provision externally to be more inclusive through our ‘kite mark’ scheme and training offer as well as building partnerships and creating allies and champions. The long-term objective is to use agreed strategies to secure funding and ensure the sustainability of the charity.

The Trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning future objectives.

FINANCIAL REVIEW

Reserves policy
The balance of unrestricted funds as the year end was £42,507 (2021: £64,688).

The Charity has no permanent endowment and has never been in a position to build up significant long-term reserves. The balance of restricted funds carried forward each year is in accordance with funders' expectations and agreed work plans, and covers scheduled expenditure in the short or medium-term future. The balance of unrestricted funds carried forward is to protect the Charity against becoming vulnerable to any short-term funding-gap. This year the Charity achieved the position where there was an unrestricted reserve able to cover six months' operating expenses, in case of need, and for the purpose of generating investment income.

FUTURE PLANS
Future plans include diversifying income sources to support sustainability. Service development remains consistent with evidence of need collated from past activities as well as consultation with LGBTQ+ people in Lancashire.

STRUCTURE, GOVERNANCE AND MANAGEMENT
Governing document
The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

The constitution of the organisation was adopted on 14 October 2009.

The Trustees who have served during the year are set out on page 1. The Charity is dependent on the services of a committed number of unpaid volunteers to act as Trustees and to promote its work. Trustees are recruited as far as practicable to reflect the diversity of the people the organisation seeks to serve. Induction training is provided to all Trustees on appointment and periodically thereafter to familiarise them with the work of the Charity and to ensure that they are able to make a constructive contribution to its strategic management. Honorary officers are elected by the Trustees for tenures determined in accordance with the constitution.

The Trustees have examined the major strategic, business and operational risks which the charity faces and have introduced systems to enable regular reports to be produced so that the necessary steps can be taken to lessen the identified risks.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Key management remuneration

The charity applies salaries to management personnel commensurate with duties that are consistent within the parameters of agreed rates and pay. The charity considers its key management personnel to be the Chief Executive.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1137578

Principal address

Derby House Chambers
Lytham Road
Preston
Lancashire
PR2 8JE

Trustees

B Cumberland
A Cullingford Treasurer
N Darby
P Kellett
A Robinson
S Taylor

Independent Examiner

Paul Ronson FCA
CCW Limited
Chartered Accountants
295/297 Church Street
Blackpool
Lancashire
FY1 3PJ

Approved by order of the board of trustees on 11.11.2025 and signed on its behalf by:

.....
N Darby, Chair of Trustees

Independent Examiner's Report to the Trustees of Lancashire LGBT

Independent examiner's report to the trustees of Lancashire LGBT
I report to the charity trustees on my examination of the accounts of Lancashire LGBT (the Trust) for the year ended 31 March 2025.

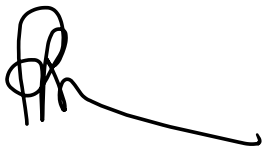
Responsibilities and basis of report
As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement
I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Paul Ronson FCA

CCW Limited
Chartered Accountants
295/297 Church Street
Blackpool
Lancashire
FY1 3PJ

Date: 13.11.2025

Lancashire LGBT

Statement of Financial Activities
for the Year Ended 31 March 2025

	Notes	Unrestricted funds £	Restricted funds £	31.3.25 Total funds £	31.3.24 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		2,468	-	2,468	995
Charitable activities					
Charitable Activities		46,533	69,245	115,778	165,640
Total		49,001	69,245	118,246	166,635
EXPENDITURE ON					
Charitable activities					
Charitable Activities		70,512	74,852	145,364	124,895
NET INCOME/(EXPENDITURE)		(21,511)	(5,607)	(27,118)	41,740
Transfers between funds	6	11,225	(11,225)	-	-
Net movement in funds		(10,286)	(16,832)	(27,118)	41,740
RECONCILIATION OF FUNDS					
Total funds brought forward		52,755	44,913	97,668	55,928
TOTAL FUNDS CARRIED FORWARD		42,469	28,081	70,550	97,668

The notes form part of these financial statements

Lancashire LGBT

Balance Sheet
31 March 2025

	Notes	Unrestricted funds £	Restricted funds £	31.3.25 Total funds £	31.3.24 Total funds £
CURRENT ASSETS					
Cash at bank		45,483	28,081	73,564	100,931
CREDITORS					
Amounts falling due within one year	5	(3,014)	-	(3,014)	(3,263)
NET CURRENT ASSETS		42,469	28,081	70,550	97,668
TOTAL ASSETS LESS CURRENT LIABILITIES		42,469	28,081	70,550	97,668
NET ASSETS		42,469	28,081	70,550	97,668
FUNDS	6				
Unrestricted funds				42,469	52,755
Restricted funds				28,081	44,913
TOTAL FUNDS				70,550	97,668

The financial statements were approved by the Board of Trustees and authorised for issue on 11.11.2025 and were signed on its behalf by:

.....
N Darby, Chair of Trustees

.....
A Cullingford - Treasurer

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure
Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation
The charity is exempt from tax on its charitable activities.

Fund accounting
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Hire purchase and leasing commitments
Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

Pension costs and other post-retirement benefits
The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

continued...

2. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2025 nor for the year ended 31 March 2024.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2025 nor for the year ended 31 March 2024.

3. STAFF COSTS

The average monthly number of employees during the year was as follows:

	31.3.25	31.3.24
Trustees	6	6
Staff	3	3
	9	9

No employees received emoluments in excess of £60,000.

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	995	-	995
Charitable activities			
Charitable Activities	74,782	90,858	165,640
Total	75,777	90,858	166,635
EXPENDITURE ON			
Charitable activities			
Charitable Activities	69,647	55,248	124,895
NET INCOME	6,130	35,610	41,740
Transfers between funds	(119)	119	-
Net movement in funds	6,011	35,729	41,740
RECONCILIATION OF FUNDS			
Total funds brought forward	46,743	9,185	55,928
TOTAL FUNDS CARRIED FORWARD	52,754	44,914	97,668

continued...

5. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.25	31.3.24
	£	£
Taxation and social security	1,221	2,101
Other creditors	1,793	1,162
	3,014	3,263

6. MOVEMENT IN FUNDS

	At 1.4.24	Net movement in funds	Transfers between funds	At 31.3.25
	£	£	£	£
Unrestricted funds				
General fund	52,755	(21,511)	11,225	42,469
Restricted funds				
NL Community Support Fund	16,250	6,639	(8,581)	14,308
Grand Trust	9,890	(2,220)	-	7,670
Onward Community Fund	112	(112)	42	42
Comic Relief Groundwork	2,730	(1,739)	(991)	-
Mental Health Transformation	4,524	(1,055)	2	3,471
NHS Grant - Support Worker Role	4,869	(5,003)	134	-
NHS - ICB Workforce Development	6,538	(5,231)	(1,307)	-
Postcode Neighbourhood Trust	-	3,114	(524)	2,590
	44,913	(5,607)	(11,225)	28,081
TOTAL FUNDS	97,668	(27,118)	-	70,550

continued...

6. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	49,001	(70,512)	(21,511)
Restricted funds			
NL Community Support Fund	43,523	(36,884)	6,639
Grand Trust	-	(2,220)	(2,220)
Onward Community Fund	-	(112)	(112)
Comic Relief Groundwork	950	(2,689)	(1,739)
Mental Health Transformation	-	(1,055)	(1,055)
NHS Grant - Support Worker Role	-	(5,003)	(5,003)
NHS - ICB Workforce Development	-	(5,231)	(5,231)
Postcode Neighbourhood Trust	24,772	(21,658)	3,114
	69,245	(74,852)	(5,607)
TOTAL FUNDS	118,246	(145,364)	(27,118)

Comparatives for movement in funds

	At 1.4.23 £	Net movement in funds £	Transfers between funds £	At 31.3.24 £
Unrestricted funds				
General fund	46,743	6,131	(119)	52,755
Restricted funds				
NL Community Support Fund	-	15,779	471	16,250
Grand Trust	7,362	2,055	473	9,890
Onward Community Fund	323	(238)	27	112
Clothworkers Grant	1,500	-	(1,500)	-
Comic Relief Groundwork	-	2,082	648	2,730
Mental Health Transformation	-	4,524	-	4,524
NHS Grant - Support Worker Role	-	4,869	-	4,869
NHS - ICB Workforce Development	-	6,538	-	6,538
	9,185	35,609	119	44,913
TOTAL FUNDS	55,928	41,740	-	97,668

continued...

6. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	75,777	(69,646)	6,131
Restricted funds			
NL Community Support Fund	40,478	(24,699)	15,779
Grand Trust	8,031	(5,976)	2,055
Onward Community Fund	-	(238)	(238)
Comic Relief Groundwork	20,442	(18,360)	2,082
Mental Health Transformation	10,500	(5,976)	4,524
NHS Grant - Support Worker Role	4,869	-	4,869
NHS - ICB Workforce Development	6,538	-	6,538
	90,858	(55,249)	35,609
TOTAL FUNDS	166,635	(124,895)	41,740

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.23 £	Net movement in funds £	Transfers between funds £	At 31.3.25 £
Unrestricted funds				
General fund	46,743	(15,380)	11,106	42,469
Restricted funds				
NL Community Support Fund	-	22,418	(8,110)	14,308
Grand Trust	7,362	(165)	473	7,670
Onward Community Fund	323	(350)	69	42
Clothworkers Grant	1,500	-	(1,500)	-
Comic Relief Groundwork	-	343	(343)	-
Mental Health Transformation	-	3,469	2	3,471
NHS Grant - Support Worker Role	-	(134)	134	-
NHS - ICB Workforce Development	-	1,307	(1,307)	-
Postcode Neighbourhood Trust	-	3,114	(524)	2,590
	9,185	30,002	(11,106)	28,081
TOTAL FUNDS	55,928	14,622	-	70,550

continued...

6. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	124,778	(140,158)	(15,380)
Restricted funds			
NL Community Support Fund	84,001	(61,583)	22,418
Grand Trust	8,031	(8,196)	(165)
Onward Community Fund	-	(350)	(350)
Comic Relief Groundwork	21,392	(21,049)	343
Mental Health Transformation	10,500	(7,031)	3,469
NHS Grant - Support Worker Role	4,869	(5,003)	(134)
NHS - ICB Workforce Development	6,538	(5,231)	1,307
Postcode Neighbourhood Trust	24,772	(21,658)	3,114
	160,103	(130,101)	30,002
TOTAL FUNDS	284,881	(270,259)	14,622

7. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2025.

Lancashire LGBT

Detailed Statement of Financial Activities
for the Year Ended 31 March 2025

	31.3.25 £	31.3.24 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	2,468	995
Charitable activities		
Grants	105,323	142,644
Training income	10,455	22,996
	115,778	165,640
Total incoming resources	118,246	166,635
EXPENDITURE		
Charitable activities		
Wages	95,763	79,425
Social security	4,450	2,516
Pensions	4,789	3,696
Rent	7,680	7,680
Insurance	1,085	843
Telephone	1,159	933
Postage and stationery	355	247
Advertising	1,508	2,708
Sundries	154	919
Travel	1,278	821
Recruitment and training	3,700	4,652
Computer expenses	4,288	1,934
Professional services	5,154	2,369
Project costs	11,041	11,259
Subscriptions	2,384	1,809
Counselling	-	2,490
	144,788	124,301
Support costs		
Governance costs		
Accountancy and legal fees	576	594
Total resources expended	145,364	124,895
Net (expenditure)/income	(27,118)	41,740

LANCASHIRE LGBT

England & Wales - Charity number 1137578

Accounts

REGISTERED CHARITY NUMBER: 1137578

Report of the Trustees and

Unaudited Financial Statements for the Year Ended 31 March 2024

for

Lancashire LGBT

CCW Limited
Chartered Accountants
295/297 Church Street
Blackpool
Lancashire
FY1 3PJ

Lancashire LGBT

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Lancashire LGBT

Report of the Trustees
for the Year Ended 31 March 2024

The trustees present their report with the financial statements of the charity for the year ended 31 March 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objects of the Charity are to advocate for and serve the interests of all LGBTQ+ people in Lancashire.

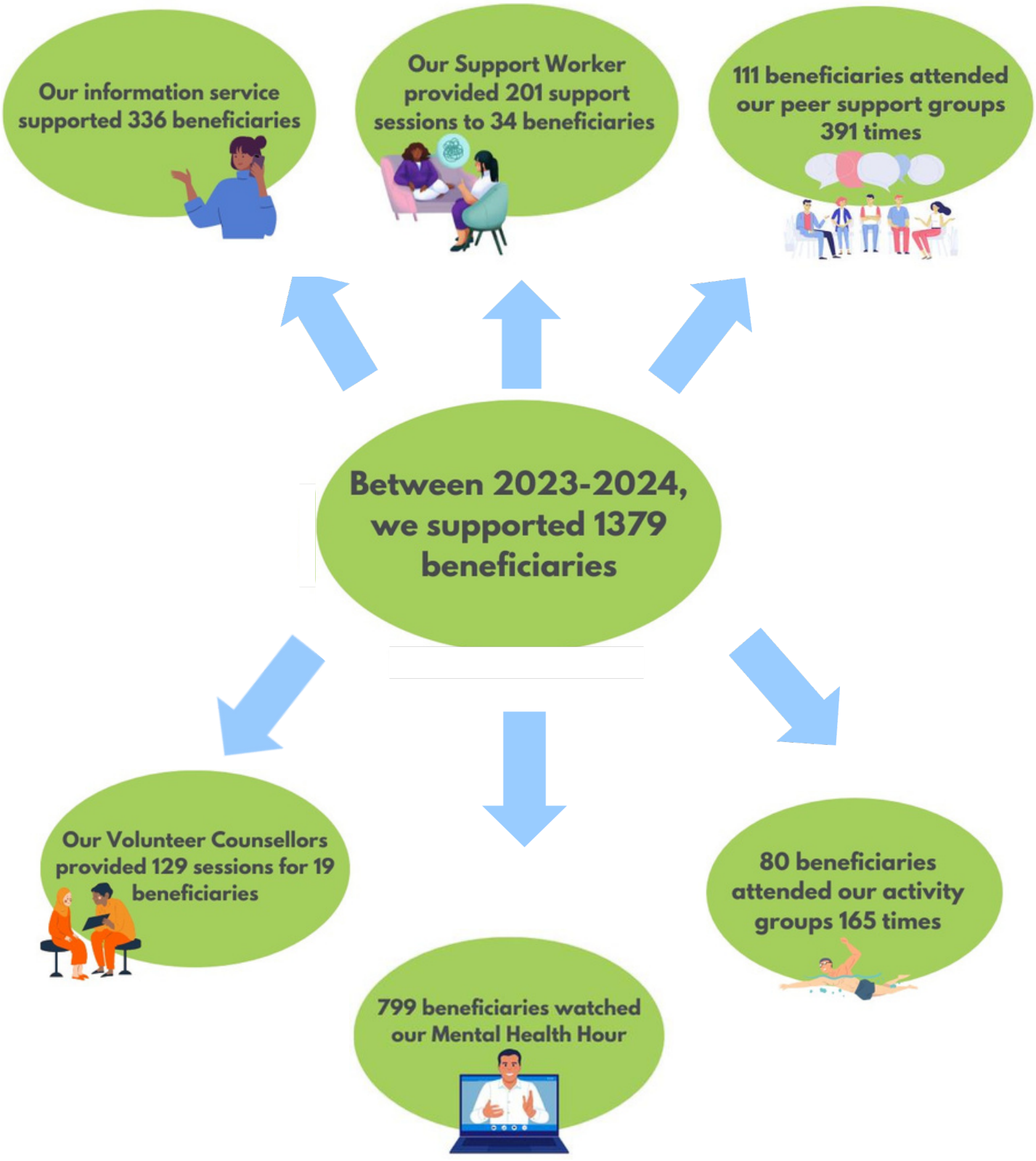
The aim of the Charity is to support lesbian gay bisexual and trans people to be happier healthier and better connected. Short term objectives are to continue to deliver and expand our core support offer; improving service provision externally to be more inclusive through our Quality Mark scheme and training offer as well as building partnerships and creating allies and champions. The long-term objective is to use agreed strategies to secure funding and ensure the sustainability of the charity.

The Trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning future objectives.

END OF YEAR REPORT 2023-2024

With support from

WITH SUPPORT FROM...


Our information service supported 336 beneficiaries
Our Support Worker provided 201 support sessions to 34 beneficiaries
111 beneficiaries attended our peer support groups 391 times
Between 2023-2024, we supported 1379 beneficiaries
Our Volunteer Counsellors provided 129 sessions for 19 beneficiaries
80 beneficiaries attended our activity groups 165 times
799 beneficiaries watched our Mental Health Hour

ABOUT LANCASHIRE LGBT

Founded in 2009, we are the pan-Lancashire charity supporting Lesbian, Gay, Bisexual Trans and Q (Questioning or 'Queer') people (LGBTQ+). Our vision is that 'All LGBTQ+ people in Lancashire can be safe and feel a sense of pride and belonging'.

Our aim is for all LGBTQ+ people, their family members and carers to be happier, healthier and better connected. So, our core work focuses on improving mental health and well-being and reducing social isolation.

We are user-led and all of our activities are based on evidence of need.

Our core support activities include:

- Information service
- One-to-one support from a dedicated support worker
- Counselling service
- Peer Support groups
- Activity groups
- Workshops promoting well-being and improving mental health

We also run our Quality Mark 'kite mark' scheme which invites organisations to undertake an audit to measure how LGBTQ+ inclusive they are as service providers and as employers. This is currently under review.

We have a partnership with Leeds and York Partnership NHS Trust Gender Identity Service, hosting their Gender Outreach Workers who give support to people on the waiting list or who are already on the care pathway. They work out of our offices in Preston as part of our team.

We deliver training and are block-booked on an annual basis by Lancashire County Council, Lancaster University Medical School, local Health Trusts and Lancashire Constabulary. We also deliver training to local businesses, GP surgeries, other local charities.

LANCASHIRE LGBT- 1 APRIL 2023 – 31 MARCH 2024

EXECUTIVE SUMMARY

Neil Darby, Chair of Trustees

Dr Lewis Turner, Chief Executive

This annual report details our work supporting the LGBTQ+ community in Lancashire, focusing on improving mental health, reducing social isolation, and fostering a sense of belonging.

This year we welcomed four new Trustees to the Board, with a variety of expertise, backgrounds and experience.

There were 1,379, direct beneficiaries of our support, which is a 16% increase on last year, plus 1,325 training beneficiaries.

The geographical areas of highest engagement were Preston, Blackpool, Lancaster and Blackburn with Darwen.

Key Features and Highlights:

1. Core Services and Activities :
    - This year we increased our capacity for our range of support services, including one-on-one support, counselling, peer support groups, activity groups, and workshops.
    - We received funding from Comic Relief, the National Lottery Community Fund, and Lancashire and South Cumbria Integrated Care Board to expand our mental health support services and volunteer capacity.
2. Mental Health and Wellbeing Support

- There was a significant increase in demand for mental health support and we were able to increase our capacity to match this.
- 72% of those receiving one-on-one support were dealing with neurological disorders, mental health conditions, or recovering from a mental health crisis.
- Our peer support groups (all are inclusive of gender diverse people), for LBT women, GBT men and trans-masculine people, had high participation and positive impacts on mental health and community belonging.

3. Partnership:
    - Our partnership with Leeds and York Partnership NHS Trust Gender Identity Service continued, with two full-time Gender Outreach Workers providing additional support for trans and gender diverse people who are on the waiting list for the Service or on the gender identity care pathway.
4. Impact and Feedback:
    - High levels of satisfaction were reported by beneficiaries across all services, with improvements in mental health, confidence, self-esteem, and a sense of belonging.
5. Volunteer Contributions:
    - We doubled our volunteer capacity, increasing the total number of active volunteers to 8. Volunteers played key roles in facilitating support groups, providing counselling, and supporting events.
    - Volunteers reported feeling well-supported and gaining valuable skills through their roles.
6. Raising Awareness :
    - We saw an increase in people viewing our series of webinars on LGBTQ+ mental health, which cover diverse topics including the experiences of those with intersectional identities.
7. Training
    - Demand increased for our range of training courses, with our most popular course continuing to be Gender Identity Awareness, which is CPD accredited.
    - Additionally, commissioned by NHS Lancashire and South Cumbria as part of the Mental Health Transformation project, we delivered a series of impactful training sessions to mental health professionals. These raised awareness about the barriers LGBTQ+ people experience accessing services and being open about their identities. The content of this was informed by our own research with local LGBTQ+ people

and was co-delivered by LGBTQ+ people with lived experience of accessing mental health services.

8. Quality Mark 'kite mark' scheme

   - During this period, we began a programme of work to transform our model to a membership scheme with a comprehensive support offer for local organisations to be more LGBTQ+ inclusive, as service providers and as employers.

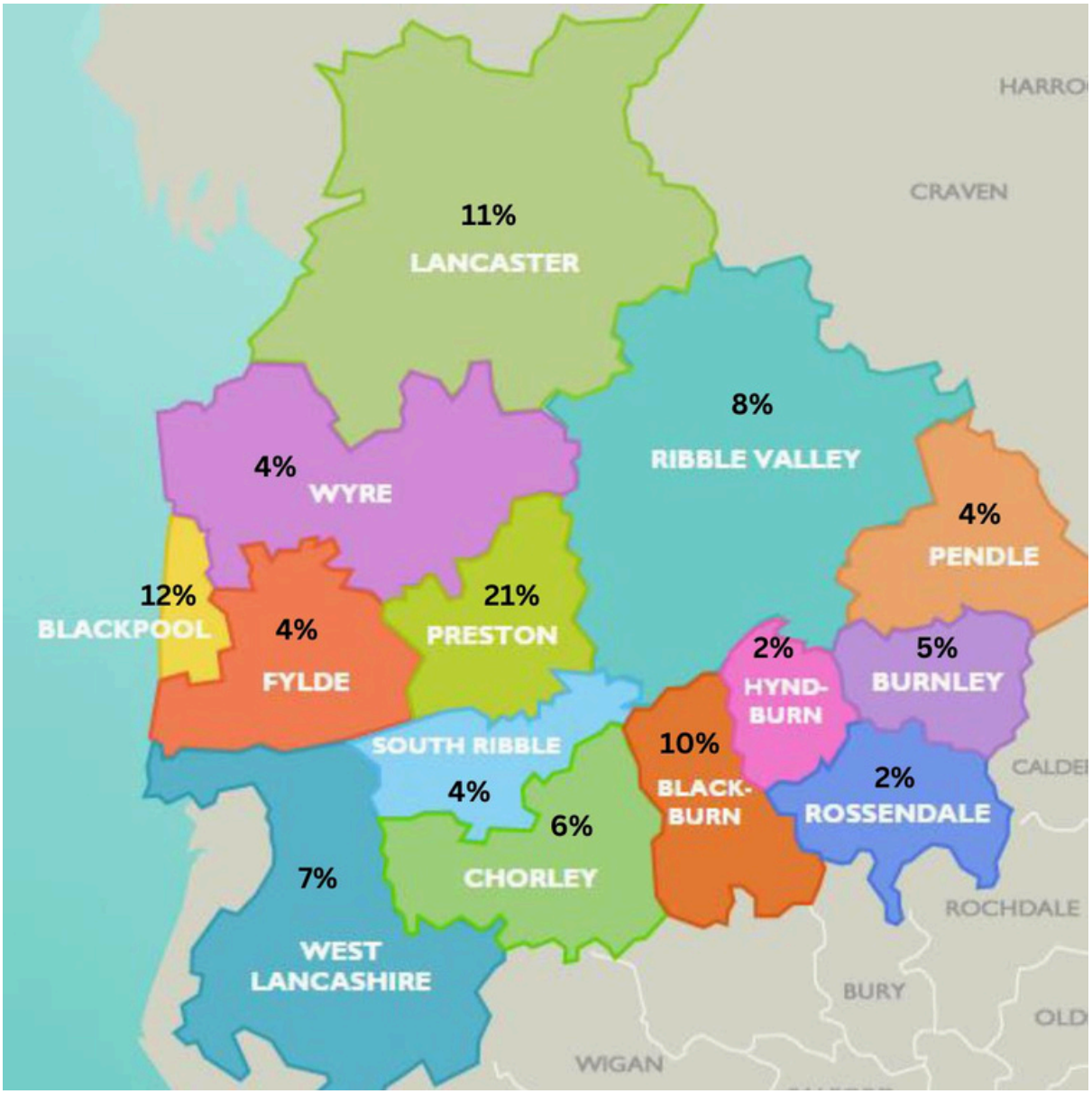
Funding in detail:

- A grant from Comic Relief towards the costs of the one-to-one support service including some funds for capacity development
- A grant from National Lottery Community Fund for a new Programme Coordinator whose role includes volunteer management, to increase our volunteering capacity
- Lancashire and South Cumbria Integrated Care Board:
  - A Grant towards the costs of our Mental Health Support offer
  - Funding for the Mental Health Transformation project delivering LGBTQ+ mental health awareness training to mental health professionals across Lancashire and South Cumbria
- Onward Community Fund contributed to the costs for our walking group.

OVERVIEW OF THE YEAR

- 336 people contacted our information service
- Our Support Worker provided 201 one-to-one support sessions to 34 people
- Our volunteer counsellors provided 129 counselling sessions for 19 people
- There were 391 attendances to our Peer Support Groups with 111 beneficiaries
- There were 165 attendances to our Activity Groups with 80 beneficiaries
- 799 people watched our unique Mental Health hour webinars on our YouTube channel

LANCASHIRE LGBTQ+ ENGAGEMENT BY LOCAL AUTHORITY AREA (IN %)- BETWEEN 1 APRIL 2023 – 31 MARCH 2024



ALL ACTIVITIES IN DETAIL

INFORMATION SERVICE: 336 BENEFICIARIES

We have an information service 5 days per week where people can contact us by phone or via an enquiry form on our website.

- 51% of enquiries were from an individual LGBTQ+ person
- 35% were from professional with a general enquiry (usually about equality and inclusion for LGBTQ+ people in an organisation)
- 14% of enquiries were from a professional supporting a LGBTQ+ client

The majority of enquiries from professionals come from those working in the health and education sectors.

MENTAL HEALTH SUPPORT

We have an electronic self-referral form on our website so individuals can refer themselves for support as well a third-party referral form for professionals to refer someone.

116 forms were submitted during this period – with the majority of people seeking mental health support.

ONE-TO-ONE SUPPORT: 201 SESSIONS FOR 34 PEOPLE

During this period, we saw an increased demand for mental health support and were able to increase our capacity with grants from Comic Relief and NHS Lancashire and South Cumbria. The goal of our support sessions is to empower beneficiaries to achieve holistic and sustainable personal growth, happiness, and overall wellbeing.

One-to-One Support is delivered by our Support Worker who is a qualified wellbeing coach who uses a range of different skills and techniques that can be tailored to address the diverse support needs of beneficiaries. The support worker guides individuals towards specific goals and desired outcomes that enhance their physical, mental, and emotional health. At the point of contact, service users are measured on their mental well-being, confidence in themselves and how equipped they feel to manage their issues and levels of self-confidence. These factors are then measured after several support sessions over a period of time.

Over the last year, 72% of beneficiaries of our one-to-one support service were either suffering from a neurological disorder, diagnosed with a mental health condition, at crisis point or required support to rebuild their life after a mental health crisis.

IMPACT

- 74% reported an improvement in mental health and well-being
- 76% reported an increase in confidence
- 68% reported an increase in self-esteem:
- 65% reported that they felt better equipped to manage issues

100% of beneficiaries would recommend the support service to other LGBTQ+ people

Feedback:

My support worker was amazing and I feel very lucky to have had his support. He has given me so much confidence and helped me to make the changes I needed to move forward with my life and become the person I want to be at this stage in my life.

Myself and my partner were really impressed with the service that Lancashire LGBT provided. After having some negative experiences with the national health service and a local group, the one-to-one support services were extremely helpful ...I think my sessions have given me a very valuable new perspective on how my mental health intertwines with my LGBT identity and I feel as though my time has built a strong foundation to continue working on being my authentic self.

Keep doing what you do. This is the first time that we have had a positive outcome and moved forward, You run a brilliant service.

With thanks to Comic Relief and NHS Lancashire and South Cumbria for grant funding to make this service possible

COUNSELLING 129 SESSIONS FOR 19 PEOPLE

During this time, we had 3 volunteer counsellors giving person-centred counselling in 129 counselling sessions for 19 people.

During these sessions, Lancashire LGBT counsellors create a confidential and non-judgmental environment where individuals can openly discuss their trauma, triggers, explore their feelings, and work towards personal growth and improved mental health and wellbeing. Our experienced volunteer counsellors use different therapeutic approaches depending on the beneficiaries needs. Some examples of approaches that are used are Psychodynamic Psychotherapy, Integrative Counselling and Person-centred counselling.

Some of the main themes beneficiaries seek counselling and 1-2-1 support for are self-acceptance, self-confidence, self-esteem, isolation, gender or sexual identity issues, sexual issues, depression and anxiety, abuse, and trauma.

IMPACT

- 58% reported an improvement in mental health and well-being
- 63% reported an increase in confidence
- 79% reported an increase in self-esteem:
- 47% reported that they felt better equipped to manage issues

100% of beneficiaries would recommend the support service to other LGBTQ+ people

Feedback:

I've really appreciated the insights and practical reflections I've gained from [counsellor]. It will have a lasting effect on my ability to live a happy life

I would like to say thank you to [counsellor] and the service for all the support that they gave me through a difficult time

With thanks to National Lottery Community Fund for funding for a full-time Programme Coordinator who recruits, trains and manages our volunteers. This has enabled us to increase the number of our volunteer counsellors.

PEER SUPPORT GROUPS: 391 ATTENDANCES, 111 BENEFICIARIES

Some of our peer support groups alternate online meetings with in-person meetings. We have found that online groups are an opportunity for better inclusion, particularly for people who would not ordinarily attend a peer support group in-person - for example those who have social anxiety and/or mobility problems. It is also an opportunity for people who are geographically dispersed to get together as Lancashire is such a large county.

LBT WOMEN AND NON-BINARY ZOOM GROUP: 191 ATTENDANCES BY 47 PEOPLE,

The online Women's group is run by volunteers and continues to be very popular with regular attendance from across the County.

IMPACT

•70% said their well-being has improved since attending the group.
•63% said their sense of belonging and community has improved since attending the group.

Feedback:

I love Lancashire LGBT and the LBT Group and everything about it. It is a very special community and I care for it as much as it cares for me.

The host is a consummate professional who knows how to direct a session while keeping the atmosphere friendly and relaxed. If there happens to be any issue the host always knows how to react and you really feal the host has both the knowledge and authority to keep everyone safe. I also think the volunteers are a great addition too that are just extra hands on deck!

'MANSPACE' GROUP : 134 ATTENDANCES BY 40 PEOPLE

This group meets alternately in person and online and is proving very popular. The online sessions are focused on mental health support and the in-person meetings are a social meet-up.

IMPACT

- 51% said their well-being has improved since attending the group.
- 53% said their sense of belonging and community has improved since attending the group.

Feedback:
It's really empowering feeling part of something, being with others you can relate to, it's really helpful being able to learn and feel supported from others.

The online group has been a real source of confidence and personal development/growth. Being able to participate from the comfort of my own home has allowed me to consistently turn up and work with my anxiety in a manageable way. I think the face-to-face meet is fantastic for people who get something out of it, but the online-meet is great for someone like me (autistic) who finds the physicality of commuting, being in an unfamiliar place, etc, too stressful to maintain.

'TRANS-MASC' GROUP: 66 ATTENDANCES BY 24 PEOPLE

This new group is run by volunteers, for people who identify as trans men or trans masculine – and many masculine-identified non-binary people also attend.

IMPACT

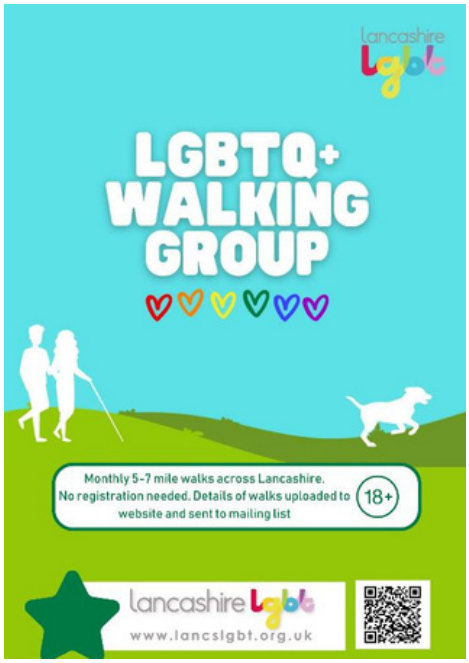
- 80% said their well-being has improved since attending the group.
- 60% said their sense of belonging and community has improved since attending the group.

Feeback:
This group as given me confidence that has transferred to my everyday life. I feel more at ease with myself and with people, and -- although I've not quite got it right yet -- I have started dressing in clothes that feel more affirming and I am just so much braver than I used to be.

The hosts are always welcoming and friendly and it's nice to be able to talk with people who relate to your own struggles.

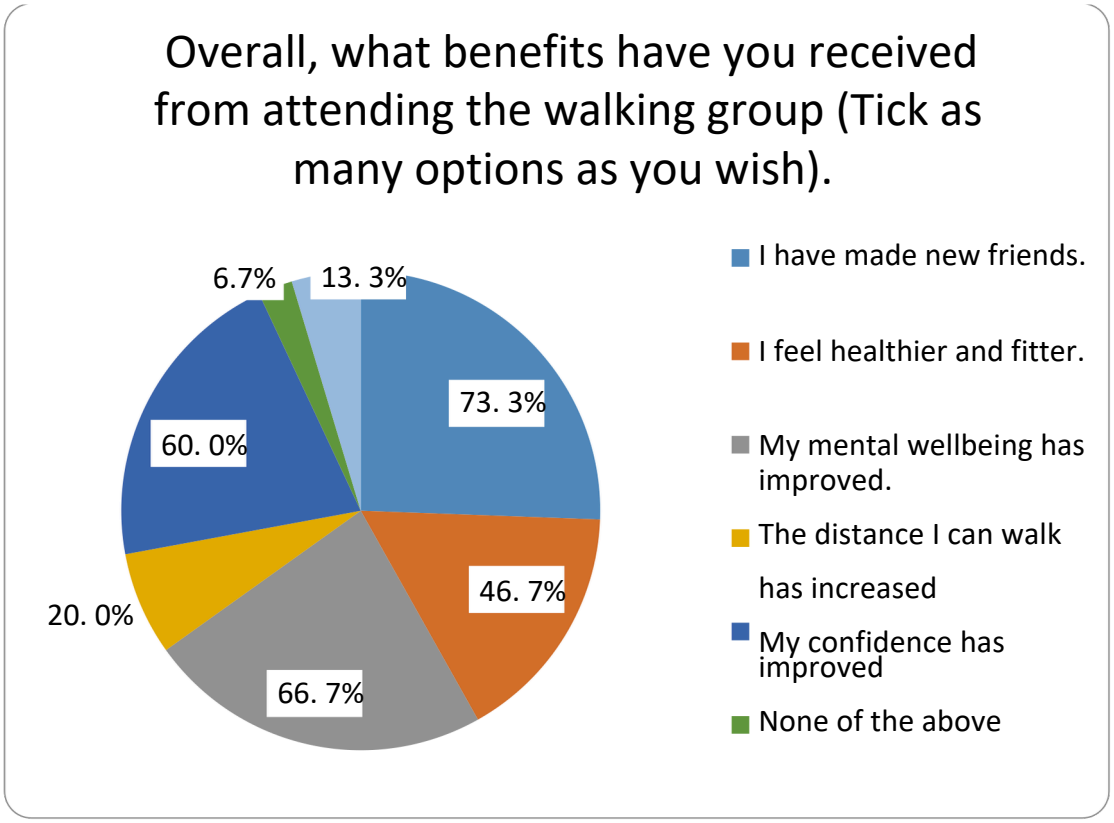
ACTIVITY GROUPS

WALKING GROUP: 84 ATTENDANCES BY 48 PEOPLE



The walks are led by our volunteer walk leaders and take place monthly from February to November, allowing walkers to experience the beauty of rural Lancashire and make new friends.

IMPACT from feedback survey



Feedback:

It's becoming a welcome regular breath of fresh air I live outside Lancashire but visit on a regular basis. I first contacted the group as it seemed a safe environment to meet people enjoying something I have always done before I started to transition. I have found the group friendly, well organised, inclusive and safe place to discuss my own journey and share experiences with others without feeling pressurised to do so. I would encourage the continued support of this group as from my own experience it provides a safe, valuable place to meet other people and develop confidence.

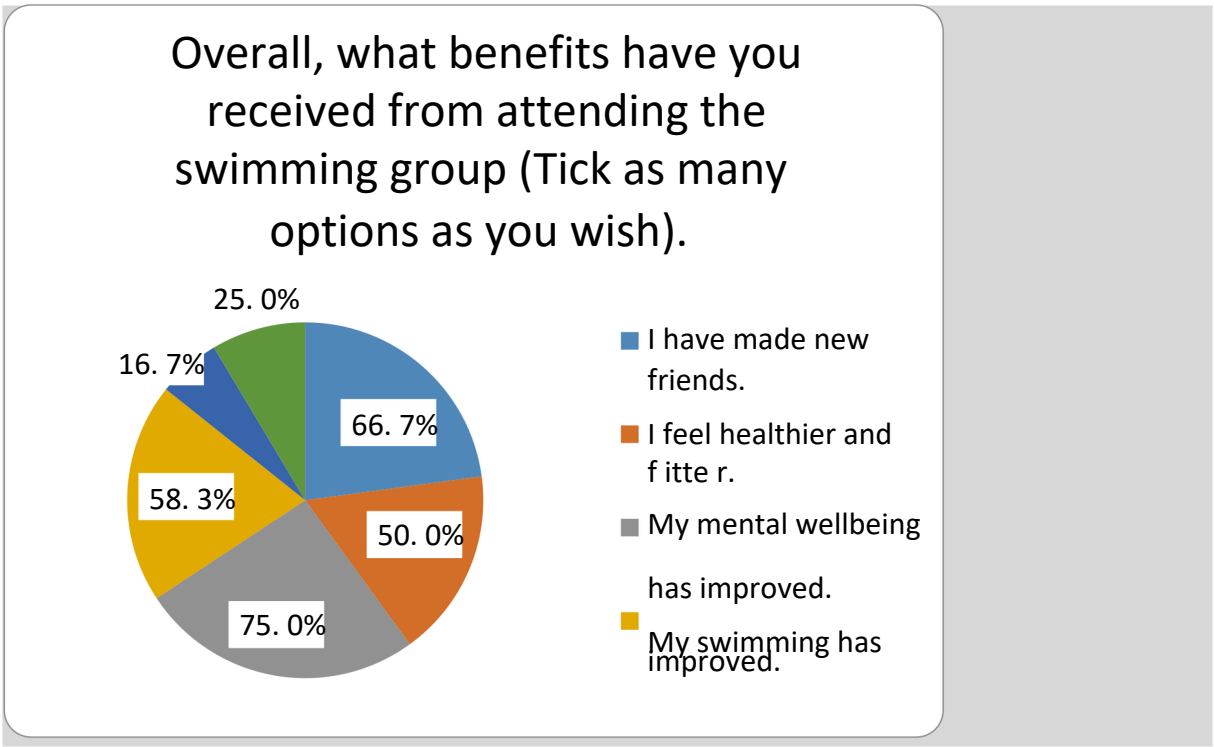
With thanks to Onward Community Fund for the grant to pay for our volunteer walk leaders' expenses

Onward
Creating positive spaces

SWIMMING GROUP: 81 ATTENDANCES WITH 32 PEOPLE.

Our LGBTQ+ swimming sessions take place monthly at Moor Park Leisure Centre in Blackpool where we have exclusive use of the pool for an hour. We also have a swimming coach present to help attendees with their technique or even teach them to swim.

IMPACT from feedback survey



VOLUNTEERING AT LANCASHIRE LGBT

During this time, we recruited 7 new volunteers, increasing our total number of active volunteers from 4 to 8 (after losing 3 in this period).

Our new team of volunteers have volunteered as:

- co-facilitators for our peer support groups
- volunteer counsellors
- and events volunteers

Active volunteers

• 100% of active volunteers felt very supported by Lancashire LGBT in their role

• 100% of active volunteer co-facilitators and 77% of volunteer counsellors felt they had made a positive contribution to LGBTQ+ wellbeing

• 100% of active volunteer co-facilitators felt that they had gained facilitator skills and 100% of active volunteer co-facilitators had benefitted from attending the monthly support group for volunteer facilitators

- 100% of active volunteer counsellors felt that they had gained counselling skills and 100% of active volunteer counsellors had benefitted from attending the monthly support group for volunteer counsellors

IMPACT FROM FEEDBACK SURVEY

Feedback:
"I have found the whole process really good, it seems well organised and seems to really value the staff and volunteers"

"I have felt that i have been supported at every step. The communication is prompt and always helpful. I have been offered access to training and the counselling meeting both of which i think are really helpful."

Departing volunteers (volunteers who have departed their roles in this period)

- 100% of departing volunteers felt very supported when volunteering with Lancashire LGBT in their role
- 100% of departing volunteer co-facilitators and 100% of departing volunteer counsellors felt that they had made a positive contribution to LGBTQ+ wellbeing
- 100% of departing volunteer co-facilitators felt that they had gained facilitator skills and 100% of departing volunteer co-facilitators had benefitted from attending the monthly support group for volunteer facilitators
- 100% of departing volunteer counsellors felt that they had gained counselling skills and 100% of departing volunteer counsellors had benefitted from attending the monthly support group for volunteer counsellors

Feedback:

"I always felt very supported by all the team when I was a volunteer . Right through my placement till volunteering I always felt like I could ask for support"

"I couldn't have asked for a great place to do my training and also volunteering at . It is one of the most supportive and friendliest places I have ever worked. I wish we had a lgbtq+ service in my area and I really hope I can return one day"

"I honestly don't have ant suggestions for improvement, as a volunteer for the first time I didn't know what to expect but I found my experience extremely positive and at times uplifting"

With thanks to the National Lottery Community Fund for providing funding for our volunteer manager.

LGBTQ+ MENTAL HEALTH HOUR WEBINARS : 799 VIEWS

We have hosted a series of unique 'LGBTQ+ mental health hour' webinars, raising awareness of maintaining good mental health and wellbeing, which people can watch on our YouTube channel. All webinars have a BSL interpreter. We have covered LGBTQ+ mental health with a diverse range of guests to talk about their experiences of intersectional identities – for example we covered being LGBTQ+ and being Black/Person of Colour or having a Muslim faith or being Disabled or being Trans focusing on mental health and wellbeing. These are very popular.

See https://lancslgbt.org.uk/mental-health-hour/

TRANS SUPPORT:

Partnership with Leeds and York Partnership NHS Trust Gender Identity Service

This Partnership continues with two full-time Gender Outreach Workers, Jenny and Bradley, who work as part of our team out of our office giving support to people on the waiting list for the Gender Service or who are already on the care pathway.

NHS
Leeds and York Partnership
NHS Foundation Trust

They also run their own 'Inclusivity' support groups for trans and gender diverse people

QUALITY MARK –ACHIEVED STATUS: 1

The Lancashire LGBT Quality Mark is our quality assurance programme for service providers. First introduced in 2015, the Quality Mark was developed as an updated version of the former Navajo LGBT Charter Mark. The programme is designed to assist service providers to be inclusive of LGBTQ+ people as service providers as well as employers.

During this period, we have been reviewing the programme including updating the Audit criteria and Guidance.
Runshaw college reached Achieved status during this time

MENTAL HEALTH TRANSFORMATION PROJECT : 5 SESSIONS 72 PEOPLE

We were commissioned by Lancashire and South Cumbria Integrated care board as part of the Mental Health Transformation project to research with LGBTQ+ people locally about their experiences accessing mental health services. We conducted a survey and 2 focus groups and then delivered 5 sessions online and in person which were co-delivered with people with lived experience of accessing mental health services.

The research informed the subsequent training sessions delivered to mental health professionals to reduce mental health inequalities as well as reduce the barriers LGBTQ+ people experience accessing services.

TRAINING SESSIONS – TOTAL 60 SESSIONS; NUMBER OF PEOPLE TRAINED: 1325

The CPD Standards Office

CPD PROVIDER: 21342
2023 - 2024

www.cpdstandards.com

Accredited cpd Course

We deliver:

- CPD- accredited Gender Identity Awareness course
- LGBTQ+ sessions which are adapted to be relevant to a sector (for example, health, criminal justice, education).

We are block-booked on an annual basis by:

- Lancashire County Council Adult Social Care to deliver our CPD accredited Gender Identity Awareness sessions
- Lancaster University Medical School to deliver LGBTQ+ awareness sessions to their third-year medical students.
- Lancashire Constabulary for Trans awareness sessions to all new Student Officers

LANCASHIRE AND SOUTH CUMBRIA FOUNDATION TRUST: 14 SESSIONS TO 182 PEOPLE

In addition, this year we were commissioned by Lancashire and South Cumbria Foundation Trust to deliver our CPD accredited Trans/Gender Identity Awareness sessions as well as bespoke LGBTQ+ awareness to staff.

https://lancslgbt.org.uk

www.facebook.com/lancashirelgbt

www.twitter.com/lancslgbt

www.instagram.com/lancslgbt/

Registered charity No. 1137578

FINANCIAL REVIEW

Reserves policy
The balance of unrestricted funds as the year end was £52,754 (2023: £46,743)

The Charity has no permanent endowment and has never been in a position to build up significant long-term reserves. The balance of restricted funds carried forward each year is in accordance with funders' expectations and agreed work plans, and covers scheduled expenditure in the short or medium-term future. The balance of unrestricted funds carried forward is to protect the Charity against becoming vulnerable to any short-term funding-gap. This year the Charity achieved the position where there was an unrestricted reserve able to cover six months' operating expenses, in case of need, and for the purpose of generating investment income.

FUTURE PLANS
Future plans include diversifying income sources to support sustainability. Service development remains consistent with evidence of need collated from past activities as well as consultation with LGBQT+ people in Lancashire.

STRUCTURE, GOVERNANCE AND MANAGEMENT
Governing document
The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

The constitution of the organisation was adopted on 14 October 2009.

The Trustees who have served during the year are set out on page 1. The Charity is dependent on the services of a committed number of unpaid volunteers to act as Trustees and to promote its work. Trustees are recruited as far as practicable to reflect the diversity of the people the organisation seeks to serve. Induction training is provided to all Trustees on appointment and periodically thereafter to familiarise them with the work of the Charity and to ensure that they are able to make a constructive contribution to its strategic management. Honorary officers are elected by the Trustees for tenures determined in accordance with the constitution.

The Trustees have examined the major strategic, business and operational risks which the charity faces and have introduced systems to enable regular reports to be produced so that the necessary steps can be taken to lessen the identified risks.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Key management remuneration

The charity applies salaries to management personnel commensurate with duties that are consistent within the parameters of agreed rates and pay. The charity considers its key management personnel to be the Chief Executive.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1137578

Principal address

Derby House Chambers
Lytham Road
Preston
Lancashire
PR2 8JE

Trustees

I Ashton (resigned 22.9.23)
C McKay (resigned 13.6.23)
B Cumberland
A Cullingford Treasurer
N Darby
P Kellett (appointed 30.11.23)
A Robinson (appointed 30.11.23)
S Taylor (appointed 30.11.23)

Independent Examiner

Paul Ronson FCA
CCW Limited
Chartered Accountants
295/297 Church Street
Blackpool
Lancashire
FY1 3PJ

Approved by order of the board of trustees on 14.12.2024 and signed on its behalf by:

N Darby - Trustee

Independent Examiner's Report to the Trustees of Lancashire LGBT

Independent examiner's report to the trustees of Lancashire LGBT
I report to the charity trustees on my examination of the accounts of Lancashire LGBT (the Trust) for the year ended 31 March 2024.

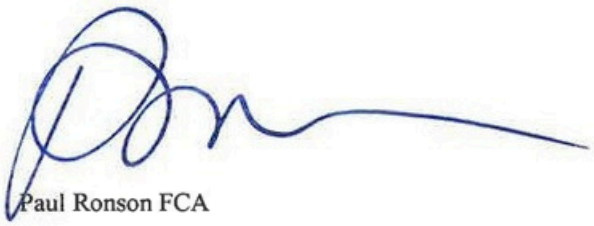
Responsibilities and basis of report
As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement
I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Paul Ronson FCA

CCW Limited
Chartered Accountants
295/297 Church Street
Blackpool
Lancashire
FY1 3PJ

Date: 2ND Jan 25

Lancashire LGBT

Statement of Financial Activities for the Year Ended 31 March 2024

	Notes	Unrestricted funds £	Restricted funds £	31.3.24 Total funds £	31.3.23 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		995	-	995	1,185
Charitable activities					
Charitable Activities		74,782	90,858	165,640	84,992
Other income		-	-	-	700
Total		75,777	90,858	166,635	86,877
EXPENDITURE ON					
Charitable activities					
Charitable Activities		69,647	55,248	124,895	105,619
NET INCOME/(EXPENDITURE)		6,130	35,610	41,740	(18,742)
Transfers between funds	6	(119)	119	-	-
Net movement in funds		6,011	35,729	41,740	(18,742)
RECONCILIATION OF FUNDS					
Total funds brought forward		46,743	9,185	55,928	74,670
TOTAL FUNDS CARRIED FORWARD		52,754	44,914	97,668	55,928

The notes form part of these financial statements

Lancashire LGBT

Balance Sheet
31 March 2024

	Notes	Unrestricted funds £	Restricted funds £	31.3.24 Total funds £	31.3.23 Total funds £
CURRENT ASSETS					
Cash at bank		56,018	44,913	100,931	58,365
CREDITORS					
Amounts falling due within one year	5	(3,263)	-	(3,263)	(2,437)
NET CURRENT ASSETS		52,755	44,913	97,668	55,928
TOTAL ASSETS LESS CURRENT LIABILITIES		52,755	44,913	97,668	55,928
NET ASSETS		52,755	44,913	97,668	55,928
FUNDS	6				
Unrestricted funds				52,755	46,743
Restricted funds				44,913	9,185
TOTAL FUNDS				97,668	55,928

The financial statements were approved by the Board of Trustees and authorised for issue on 14.12.2024 and were signed on its behalf by:

N Darby - Trustee

A Cullingford - Trustee

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure
Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation
The charity is exempt from tax on its charitable activities.

Fund accounting
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Hire purchase and leasing commitments
Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

Pension costs and other post-retirement benefits
The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2024 nor for the year ended 31 March 2023.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2024 nor for the year ended 31 March 2023.

3. STAFF COSTS

The average monthly number of employees during the year was as follows:

	31.3.24	31.3.23
Trustees	6	4
Staff	3	4
	9	8

No employees received emoluments in excess of £60,000.

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	1,185	-	1,185
Charitable activities			
Charitable Activities	78,328	6,664	84,992
Other income	700	-	700
Total	80,213	6,664	86,877
EXPENDITURE ON			
Charitable activities			
Charitable Activities	75,517	30,102	105,619
NET INCOME/(EXPENDITURE)	4,696	(23,438)	(18,742)
Transfers between funds	(461)	461	-
Net movement in funds	4,235	(22,977)	(18,742)
RECONCILIATION OF FUNDS			
Total funds brought forward	42,508	32,162	74,670
TOTAL FUNDS CARRIED FORWARD	46,743	9,185	55,928

5. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.24	31.3.23
	£	£
Taxation and social security	2,101	1,440
Other creditors	1,162	997
	3,263	2,437

6. MOVEMENT IN FUNDS

	At 1.4.23	Net movement in funds	Transfers between funds	At 31.3.24
	£	£	£	£
Unrestricted funds				
General fund	46,743	6,131	(119)	52,755
Restricted funds				
NL Community Support Fund	-	15,779	471	16,250
Grand Trust	7,362	2,055	473	9,890
Onward Community Fund	323	(238)	27	112
Clothworkers Grant	1,500	-	(1,500)	-
Comic Relief Groundwork	-	2,082	648	2,730
Mental Health Transformation	-	4,524	-	4,524
NHS Grant - Support Worker Role	-	4,869	-	4,869
NHS - ICB Workforce Development	-	6,538	-	6,538
	9,185	35,609	119	44,913
TOTAL FUNDS	55,928	41,740	-	97,668

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	75,777	(69,646)	6,131
Restricted funds			
NL Community Support Fund	40,478	(24,699)	15,779
Grand Trust	8,031	(5,976)	2,055
Onward Community Fund	-	(238)	(238)
Comic Relief Groundwork	20,442	(18,360)	2,082
Mental Health Transformation	10,500	(5,976)	4,524
NHS Grant - Support Worker Role	4,869	-	4,869
NHS - ICB Workforce Development	6,538	-	6,538
	90,858	(55,249)	35,609
TOTAL FUNDS	166,635	(124,895)	41,740

6. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.22 £	Net movement in funds £	Transfers between funds £	At 31.3.23 £
Unrestricted funds				
General fund	42,508	4,696	(461)	46,743
Restricted funds				
Community Foundation	-	(2,887)	2,887	-
PCN Trust	8,376	(9,228)	852	-
Grand Trust	23,304	(12,528)	(3,414)	7,362
Swimming Group	257	(371)	114	-
Walking Group	225	(247)	22	-
Onward Community Fund	-	323	-	323
Clothworkers Grant	-	1,500	-	1,500
	32,162	(23,438)	461	9,185
TOTAL FUNDS	74,670	(18,742)	-	55,928

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	80,213	(75,517)	4,696
Restricted funds			
Community Foundation	4,814	(7,701)	(2,887)
PCN Trust	-	(9,228)	(9,228)
Grand Trust	-	(12,528)	(12,528)
Swimming Group	-	(371)	(371)
Walking Group	-	(247)	(247)
Onward Community Fund	350	(27)	323
Clothworkers Grant	1,500	-	1,500
	6,664	(30,102)	(23,438)
TOTAL FUNDS	86,877	(105,619)	(18,742)

continued...

6. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.22 £	Net movement in funds £	Transfers between funds £	At 31.3.24 £
Unrestricted funds				
General fund	42,508	10,827	(580)	52,755
Restricted funds				
Community Foundation	-	(2,887)	2,887	-
NL Community Support Fund	-	15,779	471	16,250
PCN Trust	8,376	(9,228)	852	-
Grand Trust	23,304	(10,473)	(2,941)	9,890
Swimming Group	257	(371)	114	-
Walking Group	225	(247)	22	-
Onward Community Fund	-	85	27	112
Clothworkers Grant	-	1,500	(1,500)	-
Comic Relief Groundwork	-	2,082	648	2,730
Mental Health Transformation	-	4,524	-	4,524
NHS Grant - Support Worker Role	-	4,869	-	4,869
NHS - ICB Workforce Development	-	6,538	-	6,538
	32,162	12,171	580	44,913
TOTAL FUNDS	74,670	22,998	-	97,668

6. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	155,990	(145,163)	10,827
Restricted funds			
Community Foundation	4,814	(7,701)	(2,887)
NL Community Support Fund	40,478	(24,699)	15,779
PCN Trust	-	(9,228)	(9,228)
Grand Trust	8,031	(18,504)	(10,473)
Swimming Group	-	(371)	(371)
Walking Group	-	(247)	(247)
Onward Community Fund	350	(265)	85
Clothworkers Grant	1,500	-	1,500
Comic Relief Groundwork	20,442	(18,360)	2,082
Mental Health Transformation	10,500	(5,976)	4,524
NHS Grant - Support Worker Role	4,869	-	4,869
NHS - ICB Workforce Development	6,538	-	6,538
	97,522	(85,351)	12,171
TOTAL FUNDS	253,512	(230,514)	22,998

7. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2024.

Lancashire LGBT

Detailed Statement of Financial Activities for the Year Ended 31 March 2024

	31.3.24 £	31.3.23 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	995	1,185
Charitable activities		
Grants	142,644	43,407
Training income	22,996	41,585
	165,640	84,992
Other income		
Consultancy	-	700
Total incoming resources	166,635	86,877
EXPENDITURE		
Charitable activities		
Wages	79,425	76,907
Social security	2,516	1,228
Pensions	3,696	3,290
Rent	7,680	7,680
Insurance	843	1,057
Telephone	933	743
Postage and stationery	247	512
Advertising	2,708	2,059
Sundries	919	531
Travel	821	647
Recruitment and training	4,652	1,419
Computer expenses	1,934	2,288
Professional services	2,369	856
Project costs	11,259	1,875
Subscriptions	1,809	2,461
Counselling	2,490	1,490
	124,301	105,043
Support costs		
Governance costs		
Accountancy and legal fees	594	576
Total resources expended	124,895	105,619
Net income/(expenditure)	41,740	(18,742)

This page does not form part of the statutory financial statements

LANCASHIRE LGBT

England & Wales - Charity number 1137578

Accounts

REGISTERED CHARITY NUMBER: 1137578

Report of the Trustees and

Unaudited Financial Statements for the Year Ended 31 March 2023

for

Lancashire LGBT

CCW Limited
Chartered Accountants
295/297 Church Street
Blackpool
Lancashire
FY1 3PJ

Lancashire LGBT

Contents of the Financial Statements for the Year Ended 31 March 2023

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Balance Sheet	23
Notes to the Financial Statements	24 to 29
Detailed Statement of Financial Activities	30 to 31

Lancashire LGBT

Report of the Trustees
for the Year Ended 31 March 2023

The trustees present their report with the financial statements of the charity for the year ended 31 March 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objects of the Charity are to advocate for and serve the interests of all LGBT+ people in Lancashire.

The aim of the Charity is to support lesbian gay bisexual and trans people to be happier healthier and better connected. Short term objectives are to continue to deliver and expand our core support offer; improving service provision externally to be more inclusive through our Quality Mark scheme and training offer as well as building partnerships and creating allies and champions. The long-term objective is to use agreed strategies to secure funding and ensure the sustainability of the charity.

The Trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning future objectives.

END OF YEAR REPORT 2022-2023

WITH SUPPORT FROM...

Blackpool Clinical Commissioning Group
Fylde and Wyre Clinical Commissioning Group

Supported by players of

Awarded funds from

Onward

Our Volunteer Counsellors provided 60 counselling sessions for 10 people

Our Support Worker provided 121 one-to-one support sessions to 28 people

Between 2022-2023, we had a total of 1183 beneficiaries

489 people contacted our information and support service

492 people watched our Mental Health Hour webinars

164 beneficiaries attended our groups 448 times

ABOUT LANCASHIRE LGBT

Founded in 2009, we are the pan-Lancashire charity supporting Lesbian, Gay, Bisexual Trans and Q (Questioning or 'Queer') people (LGBTQ+). Our vision is that 'All LGBTQ+ people in Lancashire can be safe and feel a sense of pride and belonging'.

Our aim is for all LGBTQ+ people, their family members and carers to be happier, healthier and better connected. So, our core work focuses on improving mental health and well-being and reducing social isolation.

We are user-led and all of our activities are based on evidence of need.

Our core support activities include:

- Information and support
- One-to-one support from a dedicated support worker
- Peer Support and activity groups
- Workshops promoting well-being and improving mental health
- Counselling

We also run our Quality Mark 'kite mark' scheme which invites organisations to undertake an audit to measure how LGBTQ+ inclusive they are as service providers and as employers. This is currently under review.

We have a partnership with Leeds and York Partnership NHS Trust Gender Identity Service, hosting their Gender Outreach Workers who give support to people on the waiting list or who are already on the care pathway. They work out of our offices as part of our team.

We deliver training and are block-booked on an annual basis by Lancashire County Council, Lancaster University Medical School, local Health Trusts and Lancashire Constabulary. We also deliver training to GP surgeries and other local charities.

LANCASHIRE LGBT- 1 APRIL 2022 – 31 MARCH 2023

OVERVIEW OF THE YEAR

- 489 people contacted our information and support service
- Our Support Worker provided 121 one-to-one support sessions to 28 people
- Our volunteer counsellors provided 60 counselling sessions for 10 people
- 448 group attendances of 164 beneficiaries
- 492 people watched our Mental Health hour webinars

Total 1,183 beneficiaries

Funding this year was from a variety of sources:

We received the third year of 3 years of funding from the Tudor Trust towards core costs.

Funding from The Community Foundation for Lancashire and Postcode Neighbourhood Trust made the one-to-one support service possible.

Blackpool Fylde and Wyre clinical commissioning groups' Self Care Fund contributed to the costs of our swimming group.

The Alpkit Foundation contributed to the costs for our walking group.

Onward Community Fund gave a grant towards the costs of running our walking group.

Healthier Lancashire and South Cumbria commissioned us to deliver a series of Lunch N' Learn sessions to local NHS Trusts on LGBTQ+ inclusion in accessing healthcare as well as creating inclusive working environments.

LANCASHIRE LGBT ENGAGEMENT BY LOCAL AUTHORITY AREA (IN %)- 1 APRIL 2022 – 31 MARCH 2023

ALL ACTIVITIES IN DETAIL

INFORMATION AND SUPPORT SERVICE: 489 BENEFICIARIES

We have an information and support service which at this time was available 4 days per week, where people can contact us by phone or via an enquiry form on our website.

- 66% of enquiries were from an individual LGBTQ+ person
- 22% was a professional with a general enquiry (usually about equality and inclusion for LGBTQ+ people in an organisation
- 12% of enquiries were from a professional supporting a LGBTQ+ client

23% of enquiries came by telephone – we have noticed that many people prefer to contact us electronically.

25% of enquiries were using our new self-referral forms and third-party referral forms which are downloadable from our website.

41% of enquiries were about supporting a trans person or a parent of a trans person.

ONE-TO-ONE SUPPORT: 121 SESSIONS FOR 28 PEOPLE

Supported 28 beneficiaries - Of those, 19 people had at least 6 sessions

Referrals for this service are usually a self-referral form or a third-party referral form (from an external agency), both of which are available on our website.

At the point of contact, service users are measured on their mental well-being, confidence in themselves, how equipped they felt to manage their issues and levels of self-confidence. These factors are then measured after several support sessions over a period of time.

IMPACT

76% showed an overall improvement in mental health according to our assessments before support began and when the sessions finished.

- 67% reported an improvement in mental health and well-being
- 91% reported an increase in confidence
- 78% reported an increase in self-esteem:
- 78% reported that they felt better equipped to manage issues

100% of beneficiaries would recommend the support service to other LGBTQ+ people

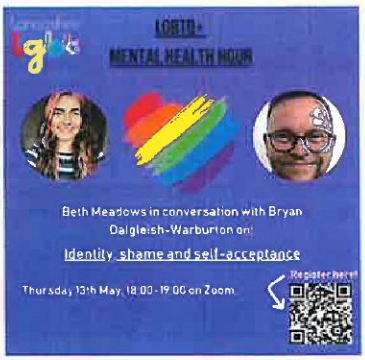
With thanks to The Community Foundation for Lancashire and the Postcode Neighbourhood Trust for funding the costs of the Support Service

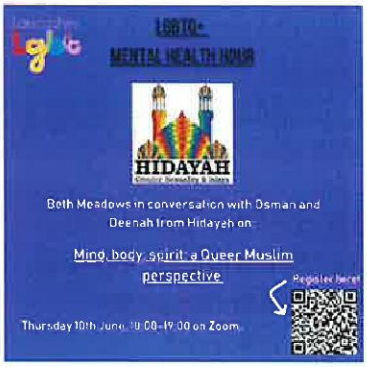
Supported by players of PEOPLE'S POSTCODE LOTTERY

Awarded funds from POSTCODE NEIGHBOURHOOD TRUST

COMMUNITY FOUNDATION For Lancashire

LGBTQ+ MENTAL HEALTH HOUR WEBINARS: 492 VIEWS





Since March 2021 we have hosted our 'LGBTQ+ mental health hour' webinars, raising awareness of maintaining mental health and wellbeing, which people join on zoom or watch later on our YouTube channel. All webinars have a BSL interpreter. We have covered LGBTQ+ mental health with a diverse range of guests to talk about their experiences – for example we covered being LGBTQ+ and being Black/Person of Colour or Muslim or Disabled or being Trans focusing on mental health and wellbeing. These are very popular.

See https://www.youtube.com/@lancashirelgbt9897

COUNSELLING: 60 SESSIONS, 10 BENEFICIARIES

During this time, we had 2 volunteer counsellors giving person-centred counselling in 60 counselling sessions for 10 people.

During these sessions, Lancashire LGBT counsellors create a confidential and non-judgmental environment where individuals can openly discuss their trauma, triggers, explore their feelings, and work towards personal growth and improved mental health and wellbeing. Our experienced volunteer counsellors use different therapeutic approaches depending on the beneficiaries needs. Some examples of

approaches that are used are Psychodynamic Psychotherapy, Integrative Counselling and Person-centred counselling. Some of the main theme's beneficiaries seek counselling and 1-2-1 support for are self-acceptance, self-confidence, self-esteem, isolation, gender or sexual identity issues, sexual issues, depression and anxiety, abuse, and trauma.

GROUPS: 448 ATTENDANCES, 164 BENEFICIARIES

Some of our peer support groups alternate online meetings with in-person meetings. We have learned since the lockdown years that online groups are an opportunity for better inclusion, particularly for people who would not ordinarily attend a peer support group in-person - for example those who have social anxiety and/or mobility problems. It is also an opportunity for people who are geographically dispersed to get together as Lancashire is such a large county.

LBT WOMEN AND NON-BINARY ZOOM GROUP: 167 ATTENDANCES BY 45 PEOPLE, AVERAGE ATTENDANCE: 8.

The online Women's group continues to be very popular with regular attendance from across the County.

IMPACT

- 64% said their well-being has improved since attending the group.
- 66% said their sense of belonging and community has improved since attending the group.

Feedback:

'A great group for encouraging people to feel proud of who they are, as an individual. That they mean something to this country/world as an individual too'.

'I feeling better to joining the group and nice chatting, sharing and listening'

WALKING GROUP:157 ATTENDANCES BY 68 PEOPLE -AVERAGE ATTENDANCE 16 PEOPLE

The walks are led by our volunteer walk leaders and take place monthly from February to November, allowing walkers to experience the beauty of rural Lancashire.

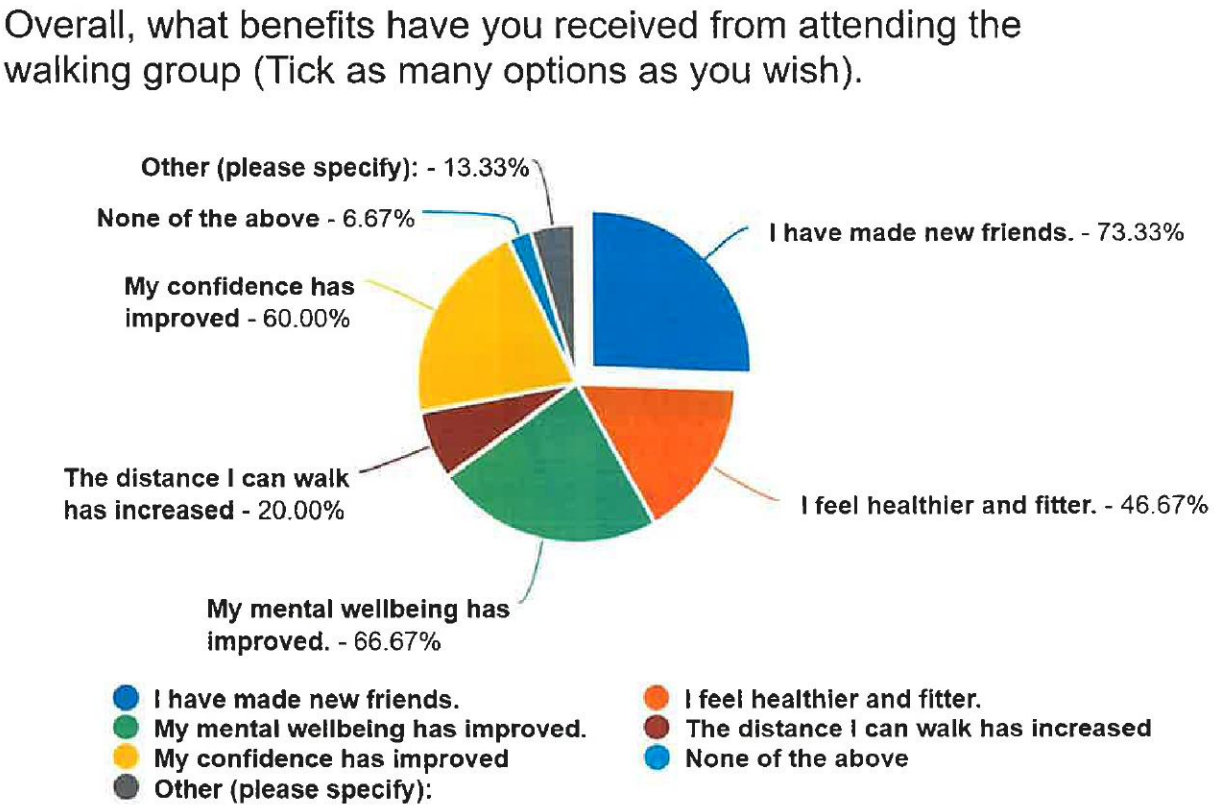
With thanks to the Alpkit foundation and Onward Community Fund for funding towards the walk leader expenses.

ALPKIT FOUNDATION

Onward

IMPACT

We asked attendees to give their feedback about attending the group:



Feedback:

'The walk leaders are wonderful, and they are extremely knowledgeable. I feel very supported in the group. Les and Sam are genuine people and perfect walk leaders. They should be commended for volunteering their time. Thank you both.'

'I have found the group friendly, well organised, inclusive and a safe place to discuss my own journey and share experiences with others without feeling pressurised to do so. I would encourage the continued support of this group as from my own experience it provides a safe, valuable place to meet other people and develop confidence.'

'I have only been to one walk so far and everyone was friendly and welcomed me as I was a bit shy at first but they were all great '

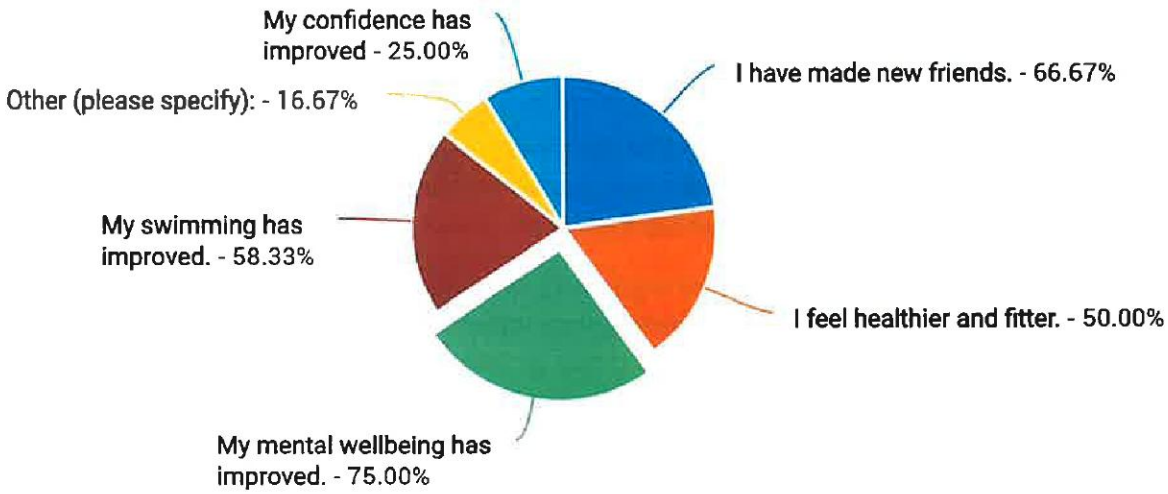
SWIMMING GROUP: 86 ATTENDANCES WITH 28 PEOPLE. AVERAGE ATTENDANCE: 9.

Our LGBTQ+ swimming sessions take place monthly at Moor Park Leisure Centre in Blackpool where we have exclusive use of the pool for an hour. We also have a swimming coach present to help attendees with their technique or even teach them to swim.

IMPACT

We asked attendees to give their feedback about attending the group:

Overall, what benefits have you received from attending the swimming group (Tick as many options as you wish).



Feedback:

All the feedback about attending swimming sessions was a request for more sessions

With thanks to Fylde and Wyre and Blackpool Clinical Commissioning Groups' Self-Care Fund for contributing to the costs of running the swimming group.

NHS

Blackpool Clinical Commissioning Group
Fylde and Wyre Clinical Commissioning Group

NEW GROUPS:

MANSPACE ZOOM GROUP: 3 SESSIONS, 21 DIFFERENT ATTENDEES, 36 ATTENDANCES. AVERAGE ATTENDANCE: 12

During this time, we started a peer support group for men which is inclusive of trans men and masculine-presenting non-binary people. This groups meets alternately in person and online and is proving very popular.

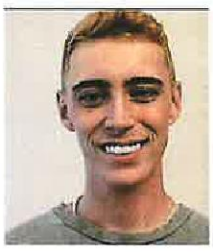
PAN-LANCASHIRE TRANS MASC GROUP:

This new group run by a volunteer, is exclusively for trans men and masculine presenting non-binary people.

TRANS SUPPORT:

Partnership with Leeds and York Partnership NHS Trust Gender Identity Service

The activities of this Partnership continue with two new full-time Gender Outreach Workers recruited during this time, Jenny and Bradley, who are funded by NHS England. They work as part of our team out of our office giving support to people on the waiting list or who are already on the care pathway.



NHS
Leeds and York Partnership
NHS Foundation Trust

QUALITY MARK –ACHIEVED STATUS: 1

The Lancashire LGBT Quality Mark is a quality assurance programme for service providers. First introduced in 2015, the Quality Mark was developed as an updated version of the former Navajo LGBT Charter Mark. The programme is designed to assist service providers to help measure how well the needs of lesbian, gay, bisexual trans and queer or questioning service users, volunteers and staff are being met.

During this period, we recruited a Business Development Officer to refresh the scheme, which was funded by the Grand Trust.

South King Street Medical Practice reached Achieved status during this time

TRAINING SESSIONS – TOTAL 70 SESSIONS; NUMBER OF PEOPLE TRAINED: 1292

We deliver a CPD- accredited Gender Identity Awareness course as well as LGBTQ+ sessions which are adapted to be relevant to a sector (for example, health, criminal justice, education).

We are block-booked on an annual basis by:

- Lancashire County Council Adult Social Care to deliver our CPD accredited Gender Identity Awareness sessions

- Lancaster University Medical School to deliver LGBTQ+ awareness sessions to their third-year medical students.
- Lancashire Constabulary for Trans awareness sessions to all new Student Officers

This year Lancashire and South Cumbria Foundation Trust also block-booked a series of CPD accredited Gender Identity Awareness sessions and LGBTQ+ awareness sessions.

Other local organisations also booked training with us – with our CPD accredited Gender Identity Awareness sessions proving to be the most asked for.

LUNCH N' LEARN SESSIONS FOR NHS TRUSTS: 15 SESSIONS TO 154 PEOPLE

This year we were commissioned by Lancashire and South Cumbria People Board to deliver a series of 'bite-size' Lunch N' Learn sessions for NHS Trusts in Lancashire and South Cumbria. The sessions covered:

- LGBTQ+ inclusion in the workplace:
- Supporting LGBTQ+ service users:
- Supporting trans and gender diverse service users:

lancashire lgbt

https://lancslgbt.org.uk

www.facebook.com/lancashirelgbt

www.twitter.com/lancslgbt

www.instagram.com/lancslgbt/

Registered charity No. 1137578

FINANCIAL REVIEW

Reserves policy
The balance of unrestricted funds as the year end was £46,743 (2022: £42,508).

The Charity has no permanent endowment and has never been in a position to build up significant long-term reserves. The balance of restricted funds carried forward each year is in accordance with funders' expectations and agreed work plans, and covers scheduled expenditure in the short or medium-term future. The balance of unrestricted funds carried forward is to protect the Charity against becoming vulnerable to any short-term funding-gap. This year the Charity achieved the position where there was an unrestricted reserve able to cover six months' operating expenses, in case of need, and for the purpose of generating investment income.

FUTURE PLANS
Future plans include diversifying income sources to support sustainability. Service development remains consistent with evidence of need collated from past activities as well as consultation with LGBQT+ people in Lancashire.

STRUCTURE, GOVERNANCE AND MANAGEMENT
Governing document
The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

The constitution of the organisation was adopted on 14 October 2009.

The Trustees who have served during the year are set out on page 1. The Charity is dependent on the services of a committed number of unpaid volunteers to act as Trustees and to promote its work. Trustees are recruited as far as practicable to reflect the diversity of the people the organisation seeks to serve. Induction training is provided to all Trustees on appointment and periodically thereafter to familiarise them with the work of the Charity and to ensure that they are able to make a constructive contribution to its strategic management. Honorary officers are elected by the Trustees for tenures determined in accordance with the constitution.

The Trustees have examined the major strategic, business and operational risks which the charity faces and have introduced systems to enable regular reports to be produced so that the necessary steps can be taken to lessen the identified risks.

Key management remuneration
The charity applies salaries to management personnel commensurate with duties that are consistent within the parameters of agreed rates and pay. The charity considers its key management personnel to be the Chief Executive.

REFERENCE AND ADMINISTRATIVE DETAILS
Registered Charity number
1137578

Principal address
Derby House Chambers
Lytham Road
Preston
Lancashire
PR2 8JE

Trustees
Mr I Ashton
Mr S A Rutlidge Secretary (resigned 14.3.23)
Mrs C McKay (resigned 13.6.23)
Mrs B Cumberland
Mrs S Capstick (resigned 31.1.23)
Mr A Cullingford Treasurer
Mr N Darby

Independent Examiner
Paul Ronson FCA
CCW Limited
Chartered Accountants
295/297 Church Street
Blackpool
Lancashire
FY1 3PJ

Approved by order of the board of trustees on 6th Dec 23 and signed on its behalf by:

.....
Neil Darby - Trustee

Independent Examiner's Report to the Trustees of Lancashire LGBT

Independent examiner's report to the trustees of Lancashire LGBT
I report to the charity trustees on my examination of the accounts of Lancashire LGBT (the Trust) for the year ended 31 March 2023.

Responsibilities and basis of report
As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement
I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Paul Ronson FCA

CCW Limited
Chartered Accountants
295/297 Church Street
Blackpool
Lancashire
FY1 3PJ

Date: 6th Dec 23

Lancashire LGBT

Statement of Financial Activities for the Year Ended 31 March 2023

	Notes	Unrestricted funds £	Restricted funds £	31.3.23 Total funds £	31.3.22 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		1,185	-	1,185	2,191
Charitable activities					
Charitable Activities		78,328	6,664	84,992	98,162
Other income		700	-	700	1,568
Total		80,213	6,664	86,877	101,921
EXPENDITURE ON					
Charitable activities					
Charitable Activities		75,517	30,102	105,619	93,939
NET INCOME/(EXPENDITURE)		4,696	(23,438)	(18,742)	7,982
Transfers between funds	6	(461)	461	-	-
Net movement in funds		4,235	(22,977)	(18,742)	7,982
RECONCILIATION OF FUNDS					
Total funds brought forward		42,508	32,162	74,670	66,688
TOTAL FUNDS CARRIED FORWARD		46,743	9,185	55,928	74,670

The notes form part of these financial statements

Lancashire LGBT

Balance Sheet
31 March 2023

	Notes	Unrestricted funds £	Restricted funds £	31.3.23 Total funds £	31.3.22 Total funds £
CURRENT ASSETS					
Cash at bank		49,180	9,185	58,365	77,528
CREDITORS					
Amounts falling due within one year	5	(2,437)	-	(2,437)	(2,858)
NET CURRENT ASSETS		46,743	9,185	55,928	74,670
TOTAL ASSETS LESS CURRENT LIABILITIES		46,743	9,185	55,928	74,670
NET ASSETS		46,743	9,185	55,928	74,670
FUNDS	6				
Unrestricted funds				46,743	42,508
Restricted funds				9,185	32,162
TOTAL FUNDS				55,928	74,670

The financial statements were approved by the Board of Trustees and authorised for issue on ....6th Dec 23.... and were signed on its behalf by:

.....
Barbara Cumberland - Trustee

.....
Mr A Cullingford - Trustee

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure
Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation
The charity is exempt from tax on its charitable activities.

Fund accounting
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Hire purchase and leasing commitments
Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

Pension costs and other post-retirement benefits
The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

continued...

2. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2023 nor for the year ended 31 March 2022.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2023 nor for the year ended 31 March 2022.

3. STAFF COSTS

The average monthly number of employees during the year was as follows:

	31.3.23	31.3.22
Trustees	4	8
Staff	4	3
	8	11

No employees received emoluments in excess of £60,000.

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	2,191	-	2,191
Charitable activities			
Charitable Activities	50,510	47,652	98,162
Other income	1,568	-	1,568
Total	54,269	47,652	101,921
EXPENDITURE ON			
Charitable activities			
Charitable Activities	75,604	18,335	93,939
NET INCOME/(EXPENDITURE)	(21,335)	29,317	7,982
Transfers between funds	(846)	846	-
Net movement in funds	(22,181)	30,163	7,982
RECONCILIATION OF FUNDS			
Total funds brought forward	64,688	2,000	66,688
TOTAL FUNDS CARRIED FORWARD	42,507	32,163	74,670

continued...

5. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.23	31.3.22
	£	£
Trade creditors	-	398
Taxation and social security	1,440	1,356
Other creditors	997	1,104
	2,437	2,858

6. MOVEMENT IN FUNDS

	At 1.4.22	Net movement in funds	Transfers between funds	At 31.3.23
	£	£	£	£
Unrestricted funds				
General fund	42,508	4,696	(461)	46,743
Restricted funds				
Community Foundation	-	(2,887)	2,887	-
PCN Trust	8,376	(9,228)	852	-
Grand Trust	23,304	(12,528)	(3,414)	7,362
Swimming Group	257	(371)	114	-
Walking Group	225	(247)	22	-
Onward Community Fund	-	323	-	323
Clothworkers Grant	-	1,500	-	1,500
	32,162	(23,438)	461	9,185
TOTAL FUNDS	74,670	(18,742)	-	55,928

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	80,213	(75,517)	4,696
Restricted funds			
Community Foundation	4,814	(7,701)	(2,887)
PCN Trust	-	(9,228)	(9,228)
Grand Trust	-	(12,528)	(12,528)
Swimming Group	-	(371)	(371)
Walking Group	-	(247)	(247)
Onward Community Fund	350	(27)	323
Clothworkers Grant	1,500	-	1,500
	6,664	(30,102)	(23,438)
TOTAL FUNDS	86,877	(105,619)	(18,742)

continued...

6. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.21 £	Net movement in funds £	Transfers between funds £	At 31.3.22 £
Unrestricted funds				
General fund	62,275	(18,671)	(1,096)	42,508
Covid Response Fund	2,413	(2,663)	250	-
	64,688	(21,334)	(846)	42,508
Restricted funds				
Tudor Trust	2,000	(2,024)	24	-
PCN Trust	-	8,203	173	8,376
Grand Trust	-	23,304	-	23,304
Red Rose Fund	-	(499)	499	-
Swimming Group	-	257	-	257
Walking Group	-	225	-	225
Skelton Charity	-	(150)	150	-
	2,000	29,316	846	32,162
TOTAL FUNDS	66,688	7,982	-	74,670

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	54,269	(72,940)	(18,671)
Covid Response Fund	-	(2,663)	(2,663)
	54,269	(75,603)	(21,334)
Restricted funds			
Tudor Trust	-	(2,024)	(2,024)
PCN Trust	16,192	(7,989)	8,203
Grand Trust	25,731	(2,427)	23,304
Red Rose Fund	4,827	(5,326)	(499)
Swimming Group	257	-	257
Walking Group	225	-	225
Skelton Charity	420	(570)	(150)
	47,652	(18,336)	29,316
TOTAL FUNDS	101,921	(93,939)	7,982

continued...

6. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.21 £	Net movement in funds £	Transfers between funds £	At 31.3.23 £
Unrestricted funds				
General fund	62,275	(13,975)	(1,557)	46,743
Covid Response Fund	2,413	(2,663)	250	-
	64,688	(16,638)	(1,307)	46,743
Restricted funds				
Tudor Trust	2,000	(2,024)	24	-
Community Foundation	-	(2,887)	2,887	-
PCN Trust	-	(1,025)	1,025	-
Grand Trust	-	10,776	(3,414)	7,362
Red Rose Fund	-	(499)	499	-
Swimming Group	-	(114)	114	-
Walking Group	-	(22)	22	-
Skelton Charity	-	(150)	150	-
Onward Community Fund	-	323	-	323
Clothworkers Grant	-	1,500	-	1,500
	2,000	5,878	1,307	9,185
TOTAL FUNDS	66,688	(10,760)	-	55,928

continued...

6. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	134,482	(148,457)	(13,975)
Covid Response Fund	-	(2,663)	(2,663)
	134,482	(151,120)	(16,638)
Restricted funds			
Tudor Trust	-	(2,024)	(2,024)
Community Foundation	4,814	(7,701)	(2,887)
PCN Trust	16,192	(17,217)	(1,025)
Grand Trust	25,731	(14,955)	10,776
Red Rose Fund	4,827	(5,326)	(499)
Swimming Group	257	(371)	(114)
Walking Group	225	(247)	(22)
Skelton Charity	420	(570)	(150)
Onward Community Fund	350	(27)	323
Clothworkers Grant	1,500	-	1,500
	54,316	(48,438)	5,878
TOTAL FUNDS	188,798	(199,558)	(10,760)

7. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2023.

Lancashire LGBT

Detailed Statement of Financial Activities for the Year Ended 31 March 2023

	31.3.23 £	31.3.22 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	1,185	2,191
Charitable activities		
Grants	43,407	79,652
Training income	41,585	18,510
	84,992	98,162
Other income		
Rent received	-	1,568
Consultancy	700	-
	700	1,568
Total incoming resources	86,877	101,921
EXPENDITURE		
Charitable activities		
Wages	76,907	64,499
Social security	1,228	1,238
Pensions	3,290	3,225
Rent	7,680	8,480
Insurance	1,057	385
Telephone	743	541
Postage and stationery	512	176
Advertising	2,059	2,972
Sundries	531	439
Travel	647	366
Recruitment and training	1,419	2,443
Computer expenses	2,288	3,247
Professional services	856	842
Project costs	1,875	2,272
Subscriptions	2,461	960
Counselling	1,490	1,290
	105,043	93,375
Support costs		
Governance costs		
Accountancy and legal fees	576	564

Lancashire LGBT

Detailed Statement of Financial Activities for the Year Ended 31 March 2023

	31.3.23 £	31.3.22 £
Total resources expended	105,619	93,939
Net (expenditure)/income	(18,742)	7,982

LANCASHIRE LGBT

England & Wales - Charity number 1137578

Accounts

REGISTERED CHARITY NUMBER: 1137578

Report of the Trustees and

Unaudited Financial Statements for the Year Ended 31 March 2022

for

Lancashire LGBT

CCW Limited
Chartered Accountants
295/297 Church Street
Blackpool
Lancashire
FY1 3PJ

Lancashire LGBT

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Detailed Statement of Financial Activities	33

Lancashire LGBT

Report of the Trustees
for the Year Ended 31 March 2022

The trustees present their report with the financial statements of the charity for the year ended 31 March 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objects of the Charity are to advocate for and serve the interests of all LGBT+ people in Lancashire.

The aim of the Charity is to support lesbian gay bisexual and trans people to be happier healthier and better connected. Short term objectives are to continue to deliver and expand our core support offer; improving service provision externally to be more inclusive through our Quality Mark scheme and training offer as well as building partnerships and creating allies and champions. The long-term objective is to use agreed strategies to secure funding and ensure the sustainability of the charity.

The Trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning future objectives.

END OF YEAR REPORT 2021-2022

With support from

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All activities in detail 9

Information and Support service: 601 Beneficiaries 9

Ongoing One-to-one support: 128 Sessions for 32 People 10

LGBT+ Mental Health Hour Webinars: 547 views 12

Counselling: 75 sessions, 23 Beneficiaries 13

Groups: 250 Attendances, 106 Beneficiaries 14

LBT Women and Non-Binary group**:** 24 sessions, 42 different attendees, Average attendance: 10. 14

Practitioner forum: 4 meetings. 10 Beneficiaries 18

Trans support: 18

Quality mark – Working Towards Status 1; Achieved Status 3 19

Training sessions – Total 32 Sessions; number of people trained: 639 19

Social Media 20

Website 21

ABOUT LANCASHIRE LGBT

Founded in 2009, we are the pan-Lancashire charity supporting Lesbian, Gay, Bisexual and Trans people (LGBT+). Our vision is that ‘All LGBT+ people in Lancashire can be safe and feel a sense of pride and belonging’.

Our aim is for all LGBT+ people, their family members and carers to be happier, healthier and better connected. So, our core work focuses on improving mental health and well-being and reducing social isolation.

We are user-led and all of our activities are based on evidence of need.

Our core support activities include:

- Information and support service
- One-to-one support from a dedicated support worker
- Peer Support and activity groups
- Workshops promoting well-being and improving mental health
- Counselling

We also run our Quality Mark ‘kite mark’ scheme which invites organisations to undertake an audit to measure how LGBT+ inclusive they are as service providers and as employers.

We have a partnership with Leeds and York Partnership NHS Trust Gender Identity Service, hosting their Gender Outreach Workers as well as providing space for their satellite clinic at our offices.

We regularly deliver training externally for Lancashire County Council, Lancaster University Medical School, local Health Trusts, GP surgeries and local charities.

LANCASHIRE LGBT- 1 APRIL 2021 – 31 MARCH 2022

OVERVIEW OF THE YEAR

During April 2021 lockdown restrictions begin to ease and in July 2021 the final Covid restrictions eased. Our charity saw an increase in LGBT people contacting us for support this year and an overall higher number of beneficiaries – over 1300.

- 601 people contacted our information and support service
- Our Support Worker provided 128 one-to-one support sessions to 32 people
- Our volunteer counsellors provided 75 counselling sessions for 20 people
- 250 group attendances of 106 beneficiaries
- 547 people watched our Mental Health hour webinars

In May, following evidence from our research locally on the impact of the lockdowns on LGBT+ mental health and wellbeing, we began running a series of online 'LGBT+ Mental Health Hours where we invited guest speakers to discuss LGBT+ mental health. These were uploaded to our Youtube channel and many people have watched them since.

We also began running a much-needed LBT women's group, meeting on Zoom and occasionally meeting in person.

Funding this year was from a variety of sources:

We received the second year of 3 years of funding from the Tudor Trust towards core costs. The Albert Hunt Trust also contributed towards core costs.

Funding from Preston City Council, The Community Foundation for Lancashire and Postcode Neighbourhood Trust made the one-to-one support service possible

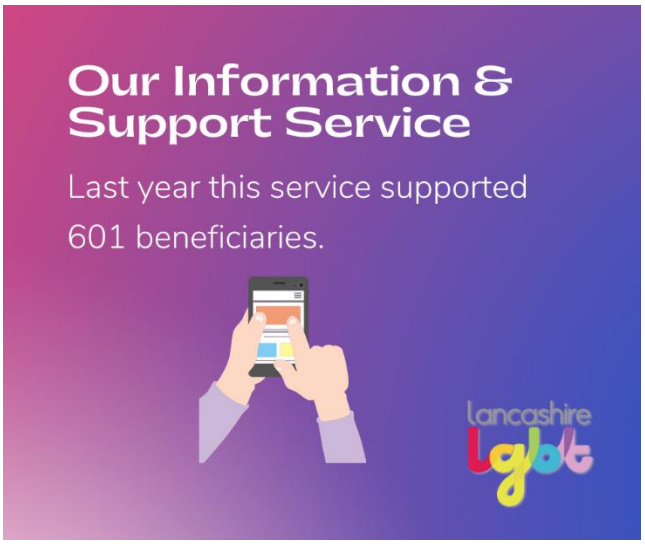
Blackpool Fylde and Wyre clinical commissioning groups' Self Care Fund contributed to the costs of our swimming group

The Alpkit Foundation contributed to the costs for our walking group.

Skelton Charity provided funding for the BSL interpreter for our LGBT+ Mental Health Hours.

ALL ACTIVITIES IN DETAIL

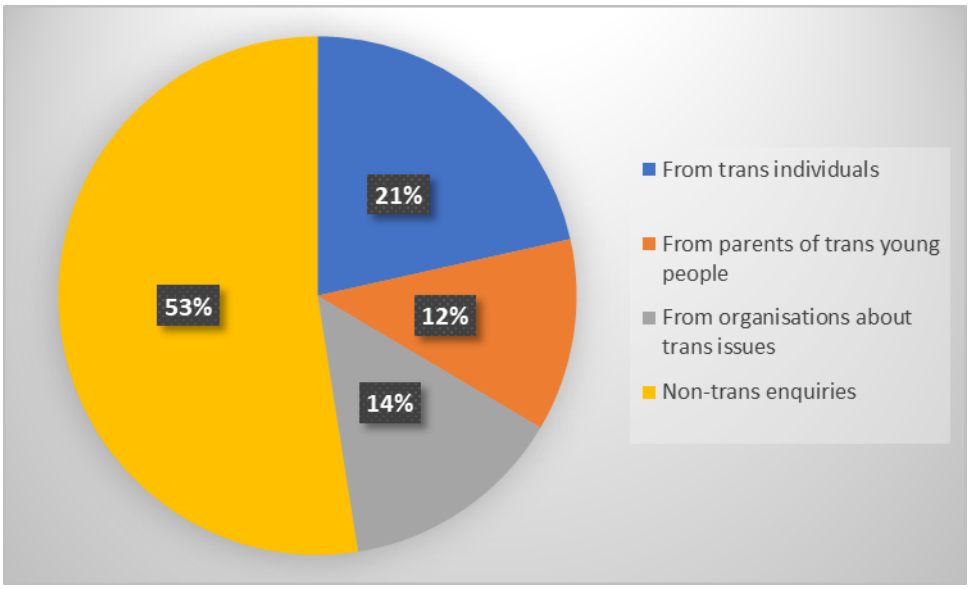
INFORMATION AND SUPPORT SERVICE: 601 BENEFICIARIES



47% of all enquiries to the Information & Support Service were from, or in relation to, trans or non-binary individuals or issues. Of these, 46% came directly from trans and non-binary individuals, 29% from organisations, and 25% from parents of trans and non-binary children and young people. 53% of enquiries were non-trans related enquiries.

This is how the enquiries from within Lancashire were distributed:

Nearly half of the enquiries received were related to trans people:



ONGOING ONE-TO-ONE SUPPORT: 128 SESSIONS FOR 32 PEOPLE

57% were socially isolated

At the point of contact, service users are measured on their mental well-being, confidence in themselves, how equipped they felt to manage their issues and levels of self-confidence. These factors are then measured after several support sessions over a period of time:

45% wanted support with their mental health

IMPACT

There was on average a 67% improvement in mental health and well-being for service users.

All service users felt better equipped to manage their issues.

All service users reported increased confidence in themselves.

- 100% reported ‘I feel my support worker is someone who has helped me deal with some difficult issues’
- 80% reported ‘I can see things more clearly’
- 60% reported ‘I can better understand and deal with life's challenges’
- 60% reported ‘I have started to make some positive changes’
- 60% reported ‘I feel more confident about myself’

Feedback:

‘This service provided me with personal support in a time when no-one else would. My support worker gave me understanding and a sense of belonging.’

‘Through the kind support and understanding of my support worker I have been able to progress and start to carry on with my life.’

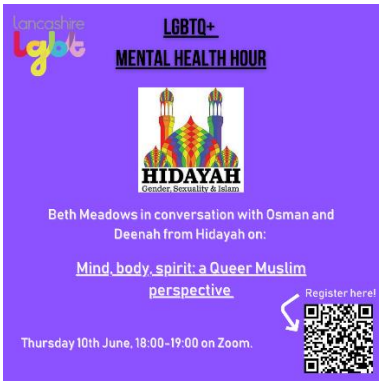
‘I think it's important to have specific LGBT support and this service provides just that.’

‘I would just like to say a big thank you to Lancs LGBT and to my support worker, Beth. Through the kindness and understanding I have been shown, and just being listened to without judgement has helped me to become well.’

‘Beth has been particularly supportive and has helped me to see the positives in a particularly bad situation’.

With thanks to Preston City Council, The Community Foundation for Lancashire and the Postcode Neighbourhood Trust for funding the costs of the Support Service

LGBT+ MENTAL HEALTH HOUR WEBINARS: 547 VIEWS



We were aware from our own research conducted during the Coronavirus Pandemic lockdown period last year, that this had a huge negative impact on the mental health and well-being of LGBT+ people. Inspired by the model used by Lancashire and South Cumbria Foundation Trust who, during the pandemic had regular webinars for staff to learn and talk about mental health issues, we wanted to do the same but focus on LGBT+ mental health. LGBT+ mental health has a specificity and intersections of other identity markers such as race, religion and ability can make LGBT+ people even more vulnerable to mental health problems requiring support tailored to their identities.

We invited a diverse range of guest speakers onto the episodes, and covered a range of issues, including Muslim LGBT+ mental health, Black LGBT+ mental health for Black History Month; Trans mental health for Trans Day of Remembrance, and LGBT+ disability and mental health. For accessibility, we had a BSL interpreter present (supported by funding from the Skelton Charity) and uploaded each webinar to our YouTube channel. The YouTube videos have become valuable resources for LGBT+ people and have been shared among professionals beyond Lancashire LGBT+ to help services providers/users who need mental health support.

The webinars can be viewed on our YouTube channel:

https://www.youtube.com/channel/UCYYzyRkSg0xl3Sj8ThGgnrA

With thanks to Skelton Charity who gave us funding to cover the costs of the BSL interpreter for the sessions.

COUNSELLING: 75 SESSIONS, 23 BENEFICIARIES

- 3 people were referred to Brook for specialist psychosexual counselling and one person was referred for other specialist counselling.
- 20 people received online video counselling from our volunteer counsellors, 75 sessions in all.

IMPACT

- Of those who attended at least three video counselling sessions, 78% showed evidence of an improvement in their mental health.

GROUPS: 250 ATTENDANCES, 106 BENEFICIARIES

LBT WOMEN AND NON-BINARY GROUP: 24 SESSIONS, 42 DIFFERENT ATTENDEES, AVERAGE ATTENDANCE: 10.

This year, our support worker set up a LBT women's group as there were limited groups for LBT+ women and non-binary people in Lancashire, and none that hosted the groups together (i.e. cis lesbian/bi and trans women in the same space). The group meets regularly on Zoom and has met 3 times in person. Having online meetings has drawn more people than we could ever hope to have meeting in person, due to the geographical spread of group members.

Besides being a peer support group, a big part of the group is arts-based projects. Each meeting different group members present what they have created in a 'show-and-tell' style. There is a range of artistic approaches, and the brief is very open, anything which speaks to how they feel about their identity. The group is planning an exhibition of these works for later in 2022, to celebrate one year of the group.

Some of the art work:

IMPACT

- Over half of people said their well-being has improved since attending the group.
- Over half of people said their sense of belonging and community has improved since attending the group.

Feedback

- *‘All I can say is "the group has changed my life". I am so grateful for the understanding, help and love I have received’.*
- *‘It's helped me in ways I never thought it would.’*
- *‘For me the group and Beth’s catch-ups are virtually a lifeline.’*
- *‘Safe, welcoming, warm. Makes me feel part of a community not a club. Means a lot for me.’*
- *‘As a newly out and transitioning trans Woman the chance to share and connect is crucial, even more so with the universal pandemic effect.’*
- *‘My therapist commented on how lifted I seemed talking about the group. It made me feel like I might fit in somewhere.’*
- *‘I have improved as a person, become more happier with who I am.’*

Our activity groups started up during this year as the Covid-19 restrictions eased.

WALKING GROUP**:** 6 WALKS, 45 DIFFERENT WALKERS. 94 ATTENDANCES. AVERAGE ATTENDANCE: 16.

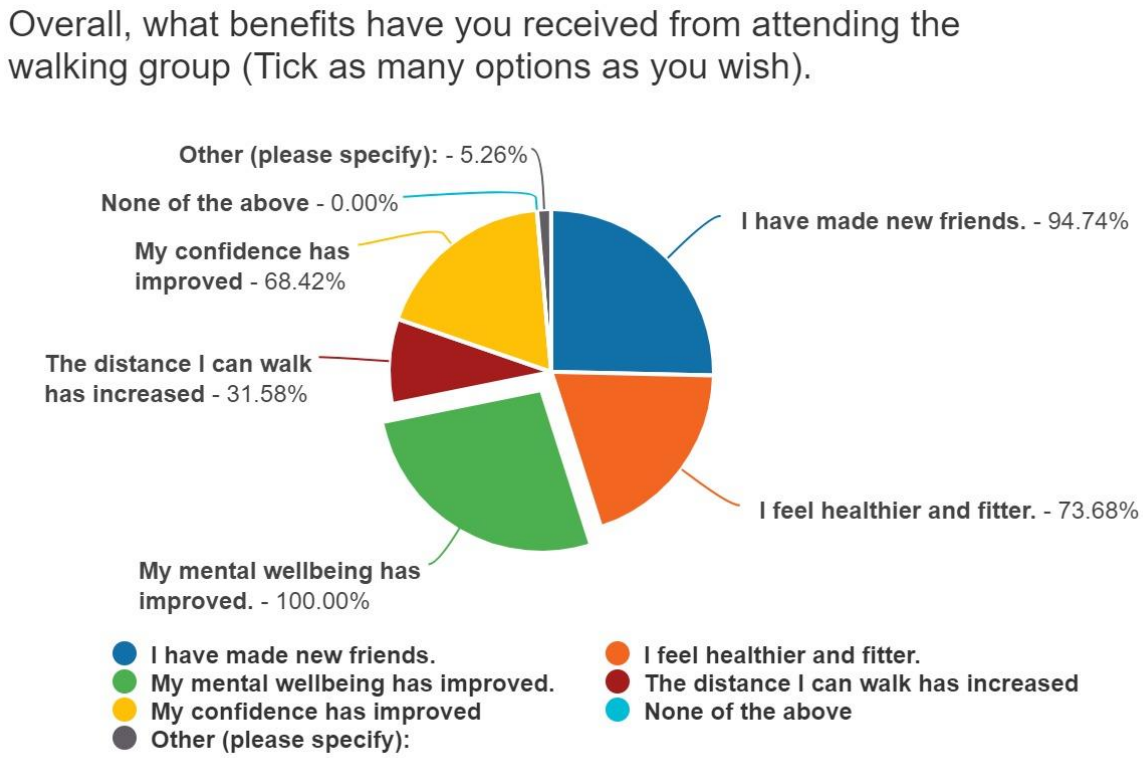
The walking group resumed in June 2021 as Covid-19 restrictions eased.

The walks are led by our volunteer walk leader and are monthly.

With thanks to the Alpkit foundation for funding towards the walk leader expenses.

IMPACT

We asked attendees to give their feedback about attending the group:



Feedback:

'Fantastic inclusive walking group, I feel very supported and able to be myself. Both Les and Sam are brilliant walk leaders, they are both very welcoming and make me feel at ease and included. There is nothing else like this in Lancs, so keep up the good work.' 👏

'I really love this group, they are a really lovely bunch and I've made lifelong friends. It's something I really look forward to in the month. Thank you'.

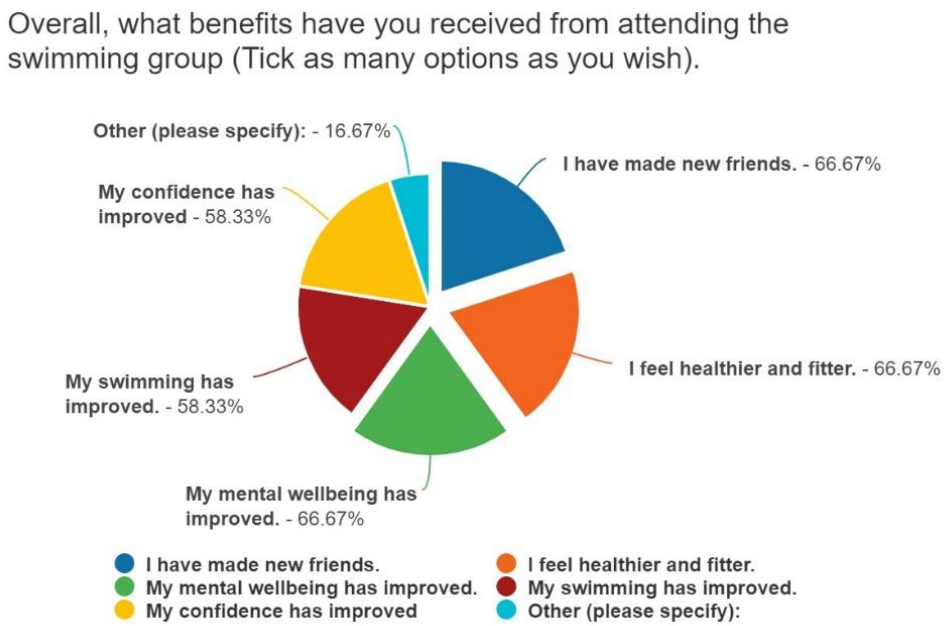
‘I love this group. Its friendly and supportive and has made a huge difference to me at a very difficult time of my life’.

SWIMMING GROUP: 6 SESSIONS, 19 DIFFERENT SWIMMERS, 46 ATTENDANCES. AVERAGE ATTENDANCE: 8.

Swimming sessions resumed in September 2021 and are monthly at Moor Park Leisure Centre in Blackpool. We also have a swimming coach present to help attendees with their technique or even teach them to swim.

IMPACT

We asked attendees to give their feedback about attending the group:



Feedback:

'I have managed to get to the age of 38 and not able to swim. My children now suffer because I can't go with them. However since coming swimming and the amazing help from Michelle the coach, I am now starting to swim'.

'I love the swimming it is fantastic I've gotten healthier and fitter and as it's for lgbt and me being post-op trans I feel I don't have to wear a swim top because they understand I identify as a man'.

'I do hope it carries on as it is such a comfortable environment to be healthy and make new friends'.

With thanks to Fylde and Wyre and Blackpool Clinical Commissioning Groups' Self-Care Fund for contributing to the costs of running the swimming group.

NHS
Blackpool Clinical Commissioning Group
Fylde and Wyre Clinical Commissioning Group

PRACTITIONER FORUM: 4 MEETINGS. 10 BENEFICIARIES

We host a Practitioner Forum bringing together community members who run LGBT groups across Lancashire. This Forum offers peer support and information-sharing for members helping to ensure the sustainability of wider support for LGBT people across the county. 10 different representatives from 7 LGBT+ community groups and organisations attended the online meetings this year.

TRANS SUPPORT:

Partnership with Leeds and York Partnership NHS Trust Gender Identity Service

NHS
Leeds and York Partnership
NHS Foundation Trust

The activities of the Partnership were suspended during this time as the remaining Gender Outreach Worker left and staff at the Leeds Gender Identity Service were still redeployed because of the pandemic.

QUALITY MARK – WORKING TOWARDS STATUS 1; ACHIEVED STATUS 3

The Lancashire LGBT Quality Mark is a quality assurance programme for service providers. First introduced in 2015, the Quality Mark was developed as an updated version of the former Navajo LGBT Charter Mark. The programme is designed to assist service providers to help measure how well the needs of lesbian, gay, bisexual trans and queer or questioning service users, volunteers and staff are being met.

'Working Towards' status: 1

- Age UK Blackburn with Darwen

'Achieved' Status: 3

- Blackpool Sixth Form College
- Blackpool & The Fylde College
- Lancashire Mind (upgrade from Working Towards status)

TRAINING SESSIONS – TOTAL 32 SESSIONS; NUMBER OF PEOPLE TRAINED: 639

Training was delivered mainly online via Microsoft Teams, which is continuing to be popular.

The charts below reflect the Training we delivered:

The CPD accredited Trans/Gender Identity Awareness accounted for most of the training sessions with the majority booked by Lancashire County Council. Other organisations we delivered training to were Lancashire Constabulary, Lancaster University Medical School, Active Lancashire, Carers Link and Holywell Care.

Lancashire County Council collated the feedback from all the CPD sessions delivered over a year and reported to us:

Absolutely fantastic training - everyone should do it!! It really helped me to get a better understanding of things and now I feel more confident.

Trainer was so knowledgeable and delivered to us as though he understood the challenges we may have, or lack of understanding. Very helpful.

The trainer was absolutely amazing

Lewis Turner's knowledge on this subject is fantastic and this course was engaging and valuable.

Very interesting I liked that it was interactive and the videos a good mix to keep you interested.

Fantastic training. I have learned so much from this. Thank you to the trainer who was excellent.

Interesting course and I wish I had completed this previously. I have never completed training like this before.

SOCIAL MEDIA

As of 31 March 2022 we had:

2,836 Facebook followers, up 15% compared to last year

2,328 Twitter followers, up 5% compared to last year

386 Instagram followers (no data for last year)

WEBSITE

We had 7.6k users during the year, and 9.9k sessions.

We had around 637 active users per month.

Website engagement – 85% are new visitors.

The majority reach us through organic search e.g. Google (57%) or directly using our URL (31%).

FINANCIAL REVIEW

Reserves policy
The balance of unrestricted funds as the year end was £42,508 (2021: £64,688).

The Charity has no permanent endowment and has never been in a position to build up significant long-term reserves. The balance of restricted funds carried forward each year is in accordance with funders' expectations and agreed work plans, and covers scheduled expenditure in the short or medium-term future. The balance of unrestricted funds carried forward is to protect the Charity against becoming vulnerable to any short-term funding-gap. This year the Charity achieved the position where there was an unrestricted reserve able to cover six months' operating expenses, in case of need, and for the purpose of generating investment income.

FUTURE PLANS
Future plans include diversifying income sources to support sustainability. Service development remains consistent with evidence of need collated from past activities as well as consultation with LGBQT+ people in Lancashire.

STRUCTURE, GOVERNANCE AND MANAGEMENT
Governing document
The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

The constitution of the organisation was adopted on 14 October 2009.

The Trustees who have served during the year are set out on page 1. The Charity is dependent on the services of a committed number of unpaid volunteers to act as Trustees and to promote its work. Trustees are recruited as far as practicable to reflect the diversity of the people the organisation seeks to serve. Induction training is provided to all Trustees on appointment and periodically thereafter to familiarise them with the work of the Charity and to ensure that they are able to make a constructive contribution to its strategic management. Honorary officers are elected by the Trustees for tenures determined in accordance with the constitution.

The Trustees have examined the major strategic, business and operational risks which the charity faces and have introduced systems to enable regular reports to be produced so that the necessary steps can be taken to lessen the identified risks.

Key management remuneration
The charity applies salaries to management personnel commensurate with duties that are consistent within the parameters of agreed rates and pay. The charity considers its key management personnel to be the Chief Executive.

REFERENCE AND ADMINISTRATIVE DETAILS
Registered Charity number
1137578

Lancashire LGBT

Report of the Trustees
for the Year Ended 31 March 2022

Principal address
Derby House Chambers
Lytham Road
Preston
Lancashire
PR2 8JE

Trustees
I Ashton
S A Rutlidge Secretary
C McKay
B Cumberland
S Capstick
D Knight (resigned 14th December 2021)
A Cullingford Treasurer
N Darby

Independent Examiner
CCW Limited
Chartered Accountants
295/297 Church Street
Blackpool
Lancashire
FY1 3PJ

Approved by order of the board of trustees on 22.11.2022 and signed on its behalf by:

.....
Mr S A Rutlidge - Trustee

Independent Examiner's Report to the Trustees of Lancashire LGBT

Independent examiner's report to the trustees of Lancashire LGBT
I report to the charity trustees on my examination of the accounts of Lancashire LGBT (the Trust) for the year ended 31 March 2022.

Responsibilities and basis of report
As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement
I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Paul Ronson FCA
Institute of Chartered Accountants in England and Wales
CCW Limited
Chartered Accountants
295/297 Church Street
Blackpool
Lancashire
FY1 3PJ

Date: .....25th November 2022.....

Lancashire LGBT

Statement of Financial Activities
for the Year Ended 31 March 2022

	Notes	Unrestricted funds £	Restricted funds £	31.3.22 Total funds £	31.3.21 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		2,191	-	2,191	3,279
Charitable activities					
Charitable Activities		50,510	47,652	98,162	92,878
Other income		1,568	-	1,568	-
Total		54,269	47,652	101,921	96,157
EXPENDITURE ON					
Charitable activities					
Charitable Activities		75,604	18,335	93,939	76,262
NET INCOME/(EXPENDITURE)		(21,335)	29,317	7,982	19,895
Transfers between funds	6	(845)	845	-	-
Net movement in funds		(22,180)	30,162	7,982	19,895
RECONCILIATION OF FUNDS					
Total funds brought forward		64,688	2,000	66,688	46,793
TOTAL FUNDS CARRIED FORWARD		42,508	32,162	74,670	66,688

The notes form part of these financial statements

Lancashire LGBT

Balance Sheet
31 March 2022

	Notes	Unrestricted funds £	Restricted funds £	31.3.22 Total funds £	31.3.21 Total funds £
CURRENT ASSETS					
Cash at bank		45,366	32,162	77,528	68,924
CREDITORS					
Amounts falling due within one year	5	(2,858)	-	(2,858)	(2,236)
NET CURRENT ASSETS		42,508	32,162	74,670	66,688
TOTAL ASSETS LESS CURRENT LIABILITIES		42,508	32,162	74,670	66,688
NET ASSETS		42,508	32,162	74,670	66,688
FUNDS	6				
Unrestricted funds				42,508	64,688
Restricted funds				32,162	2,000
TOTAL FUNDS				74,670	66,688

The financial statements were approved by the Board of Trustees and authorised for issue on ..... and were signed on its behalf by:

Mr I Ashton - Trustee

Mr A Cullingford - Trustee

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure
Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation
The charity is exempt from tax on its charitable activities.

Fund accounting
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Hire purchase and leasing commitments
Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

Pension costs and other post-retirement benefits
The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2022 nor for the year ended 31 March 2021.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2022 nor for the year ended 31 March 2021.

continued...

3. STAFF COSTS

The average monthly number of employees during the year was as follows:

	31.3.22	31.3.21
Trustees	8	8
Staff	3	2
	11	10

No employees received emoluments in excess of £60,000.

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	3,279	-	3,279
Charitable activities			
Charitable Activities	63,366	29,512	92,878
Total	66,645	29,512	96,157
EXPENDITURE ON			
Charitable activities			
Charitable Activities	55,892	20,370	76,262
NET INCOME	10,753	9,142	19,895
Transfers between funds	31,803	(31,803)	-
Net movement in funds	42,556	(22,661)	19,895
RECONCILIATION OF FUNDS			
Total funds brought forward	22,132	24,661	46,793
TOTAL FUNDS CARRIED FORWARD	64,688	2,000	66,688

continued...

5. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.22	31.3.21
	£	£
Trade creditors	398	-
Taxation and social security	1,356	1,388
Other creditors	1,104	848
	2,858	2,236

6. MOVEMENT IN FUNDS

	At 1.4.21	Net movement in funds	Transfers between funds	At 31.3.22
	£	£	£	£
Unrestricted funds				
General fund	62,275	(18,672)	(1,095)	42,508
Covid Response Fund	2,413	(2,663)	250	-
	64,688	(21,335)	(845)	42,508
Restricted funds				
Tudor Trust	2,000	(2,024)	24	-
PCN Trust	-	8,203	173	8,376
Grand Trust	-	23,304	-	23,304
Red Rose Fund	-	(498)	498	-
Swimming Group - Fylde Self-Care Fund	-	257	-	257
Walking Group - Alpkit Foundation	-	225	-	225
Skelton Charity	-	(150)	150	-
	2,000	29,317	845	32,162
TOTAL FUNDS	66,688	7,982	-	74,670

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	54,269	(72,941)	(18,672)
Covid Response Fund	-	(2,663)	(2,663)
	54,269	(75,604)	(21,335)
Restricted funds			
Tudor Trust	-	(2,024)	(2,024)
PCN Trust	16,192	(7,989)	8,203
Grand Trust	25,731	(2,427)	23,304
Red Rose Fund	4,827	(5,325)	(498)
Swimming Group - Fylde Coast Self-Care Fund	257	-	257
Walking Group - Alpkit Foundation	225	-	225
Skelton Charity	420	(570)	(150)
	47,652	(18,335)	29,317
TOTAL FUNDS	101,921	(93,939)	7,982

continued...

6. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.20 £	Net movement in funds £	Transfers between funds £	At 31.3.21 £
Unrestricted funds				
General fund	22,132	8,340	31,803	62,275
Covid Response Fund	-	2,413	-	2,413
	22,132	10,753	31,803	64,688
Restricted funds				
Tudor Trust	24,661	2,000	(24,661)	2,000
NL Community Support Fund	-	7,142	(7,142)	-
	24,661	9,142	(31,803)	2,000
TOTAL FUNDS	46,793	19,895	-	66,688

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	64,232	(55,892)	8,340
Covid Response Fund	2,413	-	2,413
	66,645	(55,892)	10,753
Restricted funds			
Tudor Trust	2,000	-	2,000
Community Foundation	10,026	(10,026)	-
Groundwork Comic Relief Covid	4,000	(4,000)	-
NL Community Support Fund	13,486	(6,344)	7,142
	29,512	(20,370)	9,142
TOTAL FUNDS	96,157	(76,262)	19,895

continued...

6. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.20 £	Net movement in funds £	Transfers between funds £	At 31.3.22 £
Unrestricted funds				
General fund	22,132	(10,331)	30,707	42,508
Covid Response Fund	-	(250)	250	-
	22,132	(10,581)	30,957	42,508
Restricted funds				
Tudor Trust	24,661	(24)	(24,637)	-
NL Community Support Fund	-	7,142	(7,142)	-
PCN Trust	-	8,203	173	8,376
Grand Trust	-	23,304	-	23,304
Red Rose Fund	-	(499)	499	-
Swimming Group - Fylde Coast Self-Care Fund	-	257	-	257
Walking Group - Alpkit Foundation	-	225	-	225
Skelton Charity	-	(150)	150	-
	24,661	38,458	(30,957)	32,162
TOTAL FUNDS	46,793	27,877	-	74,670

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	118,501	(128,832)	(10,331)
Covid Response Fund - Preston CC	2,413	(2,663)	(250)
	120,914	(131,495)	(10,581)
Restricted funds			
Tudor Trust	2,000	(2,024)	(24)
Community Foundation	10,026	(10,026)	-
Groundwork Comic Relief Covid	4,000	(4,000)	-
NL Community Support Fund	13,486	(6,344)	7,142
PCN Trust	16,192	(7,989)	8,203
Grand Trust	25,731	(2,427)	23,304
Red Rose Fund	4,827	(5,326)	(499)
Swimming Group - Fylde Coast Self-Care Fund	257	-	257
Walking Group - Alpkit Foundation	225	-	225
Skelton Charity	420	(570)	(150)
	77,164	(38,706)	38,458
TOTAL FUNDS	198,078	(170,201)	27,877

continued...

7. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2022.

Lancashire LGBT

Detailed Statement of Financial Activities for the Year Ended 31 March 2022

	31.3.22 £	31.3.21 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	2,191	3,279
Charitable activities		
Grants	79,652	81,703
Training income	18,510	11,175
	98,162	92,878
Other income		
Rent received	1,568	-
Total incoming resources	101,921	96,157
EXPENDITURE		
Charitable activities		
Wages	64,499	52,366
Social security	1,238	497
Pensions	3,225	2,456
Rent	8,480	9,600
Insurance	385	301
Telephone	541	335
Postage and stationery	176	106
Advertising	2,972	596
Sundries	439	644
Travel	366	56
Recruitment and training	2,443	745
Computer expenses	3,247	647
Professional services	842	313
Project costs	2,272	202
Subscriptions	960	3,204
Counselling	1,290	3,150
	93,375	75,218
Support costs		
Governance costs		
Accountancy and legal fees	564	1,044
Total resources expended	93,939	76,262
Net income	7,982	19,895

LANCASHIRE LGBT

England & Wales - Charity number 1137578

Accounts

REGISTERED CHARITY NUMBER: 1137578

Report of the Trustees and

Unaudited Financial Statements for the Year Ended 31 March 2021

for

Lancashire LGBT

CCW Limited
Chartered Accountants
295/297 Church Street
Blackpool
Lancashire
FY1 3PJ

Lancashire LGBT

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Lancashire LGBT

Report of the Trustees for the Year Ended 31 March 2021

The trustees present their report with the financial statements of the charity for the year ended 31 March 2021. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objects of the Charity are to advocate for and serve the interests of all LGBT+ people in Lancashire.

The aim of the Charity is to support lesbian gay bisexual and trans people to be happier healthier and better connected. Short term objectives are to continue to deliver and expand our core support offer; improving service provision externally to be more inclusive through our Quality Mark scheme and training offer as well as building partnerships and creating allies and champions. The long-term objective is to use agreed strategies to secure funding and ensure the sustainability of the charity.

The Trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning future objectives.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

The charity has successfully delivered a number of projects this year that have contributed to its objectives to improve the lives of LGBT+ people in Lancashire.

The events at this time period were unprecedented. In March 2020 there was a national lockdown due to the Covid-19 pandemic, which eased periodically over different localities later in the year and then there was another national lockdown from November 2020 and again in January 2021. This meant that all our support and activity groups were cancelled as well as all our training bookings and we immediately began working from home. We also increased our social media engagement rate as more people began following us and engaging with posts we created and shared -particularly regarding self-help for wellbeing.

During the beginning of the pandemic, we conducted a survey to gain an understanding of how the lockdown restrictions were impacting LGBT+ people across Lancashire. We found that there was a significant negative impact on respondents' mental health and wellbeing and this consultation helped us to plan and adapt our service offer for when lockdown restrictions eased.

Initially we found that the numbers of people contacting the information and support service reduced significantly - possibly explained by the finding from our research that over a third of people who responded to our survey could not be open about their identities where they were located during lockdown. Later in the year there was still a lower volume of contacts, but those who made contact, presented with a range of complex issues which took up more of our resources. The number of information and support beneficiaries during this time reduced to 401, but enquiries from people with poor mental health and well-being increased by over 500% during this period.

In response to this, we were successful in securing grant funding from Comic Relief/Groundwork for specialised counselling as well as funding from National Lottery Community Fund for a Support Worker to give ongoing one-to-one support to beneficiaries. We also began to offer free general person-centred counselling with volunteer student placements and our volunteers gave additional phone 'buddying' support to beneficiaries. During this time, 200 counselling sessions took place for 20 people. In January we recruited a Support Worker who immediately began giving vulnerable LGBT people 1-2-1 support, with 23 sessions for 4 people. We also began running an online LBT women's group in March, with 15 people attending.

During this period, we secured emergency Covid-19 funding from HM Government in partnership with the National Lottery Community Fund. We were also successful in securing grant funding from the Community Foundation Covid-19 fund rounds 1 and 2 towards the costs of our information and support service. In addition, near the end of this period, we gained funding from Preston City Council Emergency Assistance grant towards the costs of giving one-to-one support to LGBT+ people in Preston to help them deal with the impact of Covid-19. The grant funding from the Tudor Trust towards the salary costs of the Chief Executive finished at this time but we were delighted that they subsequently committed to a further 3 years' unrestricted grant funding.

Later in the year, the organisations which we provide training to (for example Lancashire County Council, Lancashire Police, Lancaster University Medical School) asked for online training and we moved our training online using Microsoft Teams. We delivered 35 training sessions to 599 people.

Our website activity increased this year, with 8.7k users - 89% of which were new people and we reached 4.96k people via social media.

Our Quality Mark assessments continued, with Age UK Lancashire reaching 'Achieved' status and 6 organisations reached our 'Working Towards' status:
South King St Medical Practice, Blackpool
Adelaide Street Family Practice (incorporating Harris Medical Centre), Blackpool
St Paul's Medical Centre, Blackpool
Elizabeth St Surgery, Blackpool
Spring into Action CIC, Accrington
Empowerment, Blackpool

FINANCIAL REVIEW

Principal funding sources

At the beginning of the pandemic, we were concerned about our income sources as our training bookings were cancelled. We were fortunate to get emergency Covid-19 funding from HM Government in partnership with the National Lottery Community Fund to support liquidity and help us to continue to deliver our core support. During this period, we were also successful in securing grant funding from the Community Foundation Covid-19 fund rounds 1 and 2 towards the costs of our information and support service. In addition, we secured funding from the National Lottery to employ a support worker to deliver one-to-one support and near the end of this period, we gained funding from Preston City Council Emergency Assistance grant towards the costs of giving one-to-one support to LGBT+ people in Preston to help them deal with the impact of Covid-19. The grant funding from the Tudor Trust towards the salary costs of the Chief Executive finished at this time but we were delighted that they subsequently committed to a further 3 years' unrestricted grant funding.

Later in the year, we moved our training online using Microsoft Teams and were able to continue delivering training to our regular clients including Lancashire County Council, Lancashire Police, Lancaster University Medical School and other smaller organisations.

Leeds and York Partnership NHS Trust Gender Identity Service continued to pay for the costs of the satellite clinic and Gender Outreach Worker use of our office space.

Reserves policy

The balance of unrestricted funds as the year end was £64,688 (2020: £22,132).

The Charity has no permanent endowment and has never been in a position to build up significant long-term reserves. The balance of restricted funds carried forward each year is in accordance with funders' expectations and agreed work plans, and covers scheduled expenditure in the short or medium-term future. The balance of unrestricted funds carried forward is to protect the Charity against becoming vulnerable to any short-term funding-gap. This year the Charity achieved the position where there was an unrestricted reserve able to cover six months' operating expenses, in case of need, and for the purpose of generating investment income.

FUTURE PLANS

Future plans include diversifying income sources to support sustainability. Service development remains consistent with evidence of need collated from past activities as well as consultation with LGBQT+ people in Lancashire.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

The constitution of the organisation was adopted on 14 October 2009 and amended 12.07.2016.

The Trustees who have served during the year are set out on page 1. The Charity is dependent on the services of a committed number of unpaid volunteers to act as Trustees and to promote its work. Trustees are recruited as far as practicable to reflect the diversity of the people the organisation seeks to serve. Induction training is provided to all Trustees on appointment and periodically thereafter to familiarise them with the work of the Charity and to ensure that they are able to make a constructive contribution to its strategic management. Honorary officers are elected by the Trustees for tenures determined in accordance with the constitution.

The Trustees have examined the major strategic, business and operational risks which the charity faces and have introduced systems to enable regular reports to be produced so that the necessary steps can be taken to lessen the identified risks.

Key management remuneration

The charity applies salaries to management personnel commensurate with duties that are consistent within the parameters of agreed rates and pay. The charity considers its key management personnel to be the Chief Executive.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1137578

Principal address

Derby House Chambers
Lytham Road
Preston
Lancashire
PR2 8JE

Trustees

I Ashton
S A Rutlidge Secretary
D Knight
C McKay
B Cumberland
S Capstick
A Cullingford Treasurer
N Darby (appointed 22.1.21)

Independent Examiner
CCW Limited
Chartered Accountants
295/297 Church Street
Blackpool
Lancashire
FY1 3PJ

Approved by order of the board of trustees on 17.12.21 and signed on its behalf by:

.....
Mr S A Rutlidge - Trustee

Independent Examiner's Report to the Trustees of Lancashire LGBT

Independent examiner's report to the trustees of Lancashire LGBT
I report to the charity trustees on my examination of the accounts of Lancashire LGBT (the Trust) for the year ended 31 March 2021.

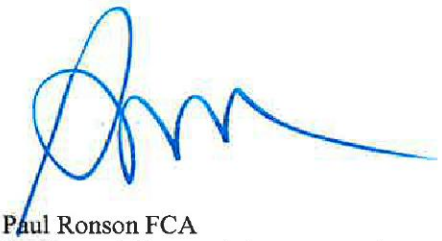
Responsibilities and basis of report
As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement
I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Paul Ronson FCA
Institute of Chartered Accountants in England and Wales
CCW Limited
Chartered Accountants
295/297 Church Street
Blackpool
Lancashire
FY1 3PJ

Date: 22-12-21

Lancashire LGBT

Statement of Financial Activities for the Year Ended 31 March 2021

	Notes	Unrestricted funds £	Restricted funds £	31.3.21 Total funds £	31.3.20 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		3,279	-	3,279	1,629
Charitable activities					
Charitable Activities		63,366	29,512	92,878	74,079
Total		66,645	29,512	96,157	75,708
EXPENDITURE ON					
Charitable activities					
Charitable Activities		55,892	20,370	76,262	98,022
NET INCOME/(EXPENDITURE)		10,753	9,142	19,895	(22,314)
Transfers between funds	6	31,803	(31,803)	-	-
Net movement in funds		42,556	(22,661)	19,895	(22,314)
RECONCILIATION OF FUNDS					
Total funds brought forward		22,132	24,661	46,793	69,107
TOTAL FUNDS CARRIED FORWARD		64,688	2,000	66,688	46,793

The notes form part of these financial statements

Lancashire LGBT

Balance Sheet
31 March 2021

	Notes	Unrestricted funds £	Restricted funds £	31.3.21 Total funds £	31.3.20 Total funds £
CURRENT ASSETS					
Cash at bank		66,924	2,000	68,924	48,799
CREDITORS					
Amounts falling due within one year	5	(2,236)	-	(2,236)	(2,006)
NET CURRENT ASSETS		64,688	2,000	66,688	46,793
TOTAL ASSETS LESS CURRENT LIABILITIES		64,688	2,000	66,688	46,793
NET ASSETS		64,688	2,000	66,688	46,793
FUNDS	6				
Unrestricted funds				64,688	22,132
Restricted funds				2,000	24,661
TOTAL FUNDS				66,688	46,793

The financial statements were approved by the Board of Trustees and authorised for issue on 17.12.21 and were signed on its behalf by:

.....
Mr I Ashton - Trustee

.....
Mr A Cullingford - Trustee

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income
All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure
Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation
The charity is exempt from tax on its charitable activities.

Fund accounting
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Hire purchase and leasing commitments
Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

Pension costs and other post-retirement benefits
The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2021 nor for the year ended 31 March 2020.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2021 nor for the year ended 31 March 2020.

continued...

3. STAFF COSTS

The average monthly number of employees during the year was as follows:

	31.3.21	31.3.20
Trustees	8	7
Staff	2	2
	10	9

No employees received emoluments in excess of £60,000.

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	1,630	(1)	1,629
Charitable activities			
Charitable Activities	13,833	60,246	74,079
Total	15,463	60,245	75,708
EXPENDITURE ON			
Charitable activities			
Charitable Activities	24,177	73,845	98,022
NET INCOME/(EXPENDITURE)	(8,714)	(13,600)	(22,314)
RECONCILIATION OF FUNDS			
Total funds brought forward	30,847	38,260	69,107
TOTAL FUNDS CARRIED FORWARD	22,133	24,660	46,793

continued...

5. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.21	31.3.20
	£	£
Taxation and social security	1,388	1,169
Other creditors	848	837
	2,236	2,006

6. MOVEMENT IN FUNDS

	At 1.4.20	Net movement in funds	Transfers between funds	At 31.3.21
	£	£	£	£
Unrestricted funds				
General fund	22,132	8,340	31,803	62,275
Covid Response Find	-	2,413	-	2,413
	22,132	10,753	31,803	64,688
Restricted funds				
Tudor Trust	24,661	2,000	(24,661)	2,000
NL Community Support Fund	-	7,142	(7,142)	-
	24,661	9,142	(31,803)	2,000
TOTAL FUNDS	46,793	19,895	-	66,688

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	64,232	(55,892)	8,340
Covid Response Find	2,413	-	2,413
	66,645	(55,892)	10,753
Restricted funds			
Tudor Trust	2,000	-	2,000
Community Foundation	10,026	(10,026)	-
Groundwork Comic Relief Covid	4,000	(4,000)	-
NL Community Support Fund	13,486	(6,344)	7,142
	29,512	(20,370)	9,142
TOTAL FUNDS	96,157	(76,262)	19,895

continued...

6. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.19 £	Net movement in funds £	At 31.3.20 £
Unrestricted funds			
General fund	30,847	(8,715)	22,132
Restricted funds			
Lancashire County Council Project			
Gateway	6,750	(6,750)	-
Tudor Trust	31,510	(6,849)	24,661
	38,260	(13,599)	24,661
TOTAL FUNDS	69,107	(22,314)	46,793

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	15,463	(24,178)	(8,715)
Restricted funds			
Lancashire County Council Project			
Gateway	5,500	(12,250)	(6,750)
Tudor Trust	35,000	(41,849)	(6,849)
LGBT Futures Funding	9,898	(9,898)	-
Awards for All	9,847	(9,847)	-
	60,245	(73,844)	(13,599)
TOTAL FUNDS	75,708	(98,022)	(22,314)

continued...

6. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.19 £	Net movement in funds £	Transfers between funds £	At 31.3.21 £
Unrestricted funds				
General fund	30,847	(375)	31,803	62,275
Covid Response Find	-	2,413	-	2,413
	30,847	2,038	31,803	64,688
Restricted funds				
Lancashire County Council Project Gateway	6,750	(6,750)	-	-
Tudor Trust	31,510	(4,849)	(24,661)	2,000
NL Community Support Fund	-	7,142	(7,142)	-
	38,260	(4,457)	(31,803)	2,000
TOTAL FUNDS	69,107	(2,419)	-	66,688

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	79,695	(80,070)	(375)
Covid Response Find	2,413	-	2,413
	82,108	(80,070)	2,038
Restricted funds			
Lancashire County Council Project Gateway	5,500	(12,250)	(6,750)
Tudor Trust	37,000	(41,849)	(4,849)
LGBT Futures Funding	9,898	(9,898)	-
Awards for All	9,847	(9,847)	-
Community Foundation	10,026	(10,026)	-
Groundwork Comic Relief Covid	4,000	(4,000)	-
NL Community Support Fund	13,486	(6,344)	7,142
	89,757	(94,214)	(4,457)
TOTAL FUNDS	171,865	(174,284)	(2,419)

continued...

7. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2021.

Lancashire LGBT

Detailed Statement of Financial Activities for the Year Ended 31 March 2021

	31.3.21 £	31.3.20 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	3,279	1,629
Charitable activities		
Grants	81,703	60,246
Training income	11,175	13,833
	92,878	74,079
Total incoming resources	96,157	75,708
EXPENDITURE		
Charitable activities		
Wages	52,366	53,670
Social security	497	1,173
Pensions	2,456	2,670
Rent	9,600	13,488
Insurance	301	293
Telephone	335	778
Postage and stationery	106	325
Advertising	596	813
Sundries	644	218
Travel	56	981
Recruitment and training	745	2,608
Computer expenses	647	919
Services	313	10,179
Project costs	202	5,661
Subscriptions	3,204	1,858
Counselling	3,150	-
	75,218	95,634
Support costs		
Governance costs		
Accountancy and legal fees	1,044	2,388
Total resources expended	76,262	98,022
Net income/(expenditure)	19,895	(22,314)