



# Free2B Alliance CiC Impact Report 2023-24



# FREE2B ALLIANCE

[www.free2b.lgbt](http://www.free2b.lgbt)

[hello@free2b.lgbt](mailto:hello@free2b.lgbt)





## SUPPORT SERVICES

We have had a jammed packed year supporting **255** young people through our groups and 1:1 provision.

We've had a trip to the theatre to see Everybody's Talking About Jamie, a visit to the Art of Brick Exhibition and a three-day residential with nine intrepid young people taking part in team challenges at Woodrow High House.

### The Gap Youth Club

The Gap has supported **64** young people and provided a wide range of activities. With HUGE thanks to Edwin Coe LLP we have been able to continue to provide healthy food each week, alongside delivering some fun and interactive activities to help our members learn about healthy eating and cooking.



### Gap Wellbeing

We delivered a weekly wellbeing group online. **14** young people accessed the sessions with topics including: resilience factors, queer joy, grounding activities, and seasonal self-care.

### Gapsters

Our junior group has welcomed **11** members over the past year. In response to family feedback regarding accessibility, Gapsters was delivered online during term time and in person during school holidays.

## Trans Wellbeing

Sessions are run during school holidays providing a safe space for trans and non-binary young people to support each other and access targeted workshops.

**12** young people have attended with session topics including: intersectional identities, gender affirmation and gender euphoria.



### Free2Talk 1:1 Support

Free2Talk has three core client aims:

- ◆ Increase self-esteem
- ◆ Develop greater personal resilience
- ◆ Reduce social isolation

Over the past year our Free2Talk service has supported **48** young people.

Progress is measured using the Warwick-Edinburgh Mental Wellbeing 35-point Scale (WEMWS) with an average score increase of 3.5 points.

### School Forums

Our school forums are particularly important to young people who are not out about their identity and therefore cannot access our out of school provisions.

Our 3 Community Support Workers have collectively delivered forums to **10** schools, supporting **134** pupils.



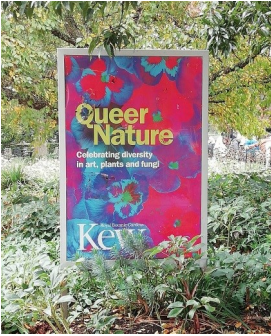


## Proud Parents

24 parents accessed support. Our Proud Parents meet fortnightly online and this year we have had a range of guest speakers to address topics raised by our parent members including:

- Staff from a trans inclusive GP clinic
- Kooth - parent information session to explain the online mental health service for young people
- Intercom Trust workshop exploring gender variance through history and culture
- Trans Legal Clinic
- TransParent Change exploring fertility and trans parenting

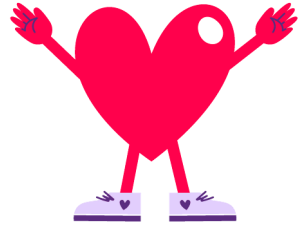
We were also delighted to welcome youth members sharing their journeys.



Alongside the online sessions our parents also have a thriving WhatsApp group where they can safely share their triumphs and challenges and provide peer support to each other.

We have also enjoyed two family trips to Kew Gardens with HUGE thanks to their wonderful Community Access Scheme and a fantastic trans shopping evening with Oasis charity shop in Lambeth.

In response to increasing pressures we additionally provided drop-in 1:1 therapeutic support and we co-created a joyful wellbeing booklet.



## VOLUNTEERS

We want to take this opportunity to thank our amazing team of volunteers.



Our amazing youth club volunteers WON the **Community Engagement** category in the [LGBT Consortium Volunteer Awards!](#)

*"This bunch of wonderful volunteers give up their Friday evenings to support the delivery of our youth clubs, including designing and leading activities to engage our members. They have covered complex topics such as consent, drugs & alcohol, personal safety and relationships, as well as a range of mindfulness activities to support wellbeing and fun team building challenges."*



## NEWS FLASH!

### EVERY BODY FREE2B

With HUGE thanks to [Enable Leisure & Culture](#) we received grant funding enabling our Community Support Worker Lianne to undertake a Personal Trainer qualification to extend our youth offer and ensure our approach is holistic. We are looking forward to launching the new programme!



# OUR ACHIEVEMENTS 2023-24



**8** Volunteers  
Over **300** hours  
given

**35** Organisations  
received LGBTQ+  
awareness  
training



Over **300** recipients  
Average evaluation  
rating  
**9.2** out of 10

**90** Total youth group members

**118** Recorded outcomes achieved

**28** Accredited qualifications awarded

## Annual impact survey:

**100%** felt that attending has supported their  
personal resilience

**84%** stated it has provided them with a safe space



**24** Parents supported



**8** parents accessed  
1:1 support

Annual impact survey:

**100%** now have a wider network and feel part of a community

**87%** stated the sessions and guest speakers have improved their understanding of gender issues

**48** Young people received 1:1 support to:

- Increase self-esteem
- Strengthen personal resilience
- ◆ Reduce social isolation

## School Forums

**134** pupils supported across **10** schools in Merton, Richmond and Wandsworth.



## Members' feedback

I gain knowledge and I like making new friends. Gapster

I have gained a lot of great knowledge on how to open up about myself especially about my sexuality, I also gained new friendships and connections through this and it's really helped me embrace my true self. Wellbeing member



I used to have no friends and no one that I felt I related to in any way, and then I came to GAP and met so many people with the same experiences and interests. I feel much more heard and loved!!! Gap member



I enjoy being able to be with a community that won't judge me for who I want to be. I also like doing activities with people in forum. School forum member

I can honestly say it's saved our family. I will always be grateful to this fantastic group. Proud Parent

# TRAINING



During LGBTQ+ History Month we were invited to speak at a lunch and learn session with the UNICEF LGBTQIA+ network, to share young people's experience and the issues that they felt had the most impact on their lives.

Our members also created artwork to help decorate the UNICEF reception throughout history month.

And we continued to deliver our CPD accredited programme to schools and youth focused organisations.

**Average evaluation rating 9.2 out of 10**

**Delegate feedback in response to what changes they will implement as a result of our training:**

LGBTQ inclusive book lists for each year group

Remove gender from uniform and set up a fab LGBT board with our new border!

Challenging name calling in the playground more readily

Pronouns on emails and for introductions...speak to comms team about social media content

Making sure our services have visual signs that demonstrate they are inclusive services

Use language consciously

Check policy and membership forms

## EVENTS

We've had a fabulous year attending a range of events, engaging visitors with fun educational activities.

We were delighted to be invited back again to several annual events including: Southborough High School and

Heatham House wellbeing events, the Big Play Out in Battersea Park and the Harris Academy Battersea Pride Party.

We also attended three youth events hosted at the 160 clinic in Clapham Junction alongside Spectra, Metro and Wandsworth Youth service.

And to round off a wonderful year, we took part in the first ever **Wandsworth Family Pride** event led by Enable Leisure and Culture. And our wonderful Rainbow Power youth council worked with Enable and helped to develop LGBTQ+ inclusivity guidelines for the contractors.





# RAINBOW POWER

Our youth council have been busy as always, working on their social action projects which they agree as a team and then develop and co-create during their weekly council meetings.

## Rainbow Power Community Assessments

The group have developed a comprehensive checklist to assess the LGBTQ+ Inclusivity of schools and an adapted version for youth clubs. They used their own personal experiences (both positives and negatives) to inform the checklists.

They have carried out several in person visits within Wandsworth Borough and provided feedback to participating schools and groups to help them further improve their inclusive practices. They were delighted to award Garratt Park School and Kimber Skate Park as the first (hopefully of many more to come) organisations to achieve their benchmark standard.

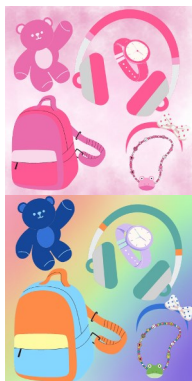


## Gendered Shopping - letter campaign

Our members were keen to challenge retailers to remove unnecessary gendering in shopping...such as items on sale labelled as for girls or for boys, instead of simply advertising the item.

Their initial approach was to write to specific retailers providing helpful suggestions for companies to implement. Whilst they did not get a response, it was a great learning opportunity.

The group were keen to continue to explore ways to tackle the issue. They created a social media post to draw attention to frustrating and unnecessary stereotypes and to demonstrate basic updates that ensure products are welcoming to all.



## Parent Resource

Rainbow Power collaborated with HSBC staff networks to develop resources to support parents and carers of LGBTQ+ children. They have been working on content that will be used by the HSBC Nurturing Pride network as well as adapting the information for a booklet that will benefit our families.

## Introducing Croissant

An idea initiated in our previous year, our members completed this wonderful project to design a sensory toy. Engaging our wider membership, the toy's design and sensory elements were brainstormed and voted on, which resulted in a weighted sloth with a 'clicker' nose and Velcro hands and feet.

With very SPECIAL thanks to Olena at [MyOhMy](#) for bringing their vision to life. The group then voted on proposed names...and so we are delighted to introduce you to Croissant!



# THANK YOU

With huge thanks to our key **GRANT FUNDERS** for supporting our work and enabling us to extend our reach and provision:



The Henry Smith  
Charity

founded in 1628



**enable.**

For happy, healthier communities.  
Not for profit.

The London  
Community  
Foundation

CITY  
BRIDGE  
TRUST

And a special thank you to every individual who has made a donation. There are too many amazing people to mention here, but we would like to at least acknowledge those who have fundraised on our behalf:

- Tiffin School donated £894 raised during their Pride Month activities.
- Bridebook donated £831 raised by their team Marathon walk.
- Simon Wakefield kindly donated ticket sales from his play Transgender? Shakespeare! to Free2B and Families Together London.



A very special thank you to all at Edwin Coe LLP who chose us as their charity of the year. They raised over £8,500 across the year which is truly epic! Alongside corporate donations, staff held a coffee and cake morning, and Chief Executive Tim Nash ran the London Marathon, finishing in under four hours!

And a huge thank you to all of our wonderful **regular donors**, everyone who has bought a Rainbow Lottery ticket for Free2B and donated to appeals.

Please see back page for details of how to donate or visit [www.free2b.lgbt](http://www.free2b.lgbt)

# Management Accounts

2023-24

(2022-23)

## Income

Training income	15,410	32,000
Restricted funds	177,637	150,657
Unrestricted funds	16,718	7,987

209,765

190,644

## Expenditure

Staff costs	-154,827	-126,035
Premises costs	-6,381	-6,796
Core costs	-13,739	-9,709
Project costs	-10,497	-14,751

## Total

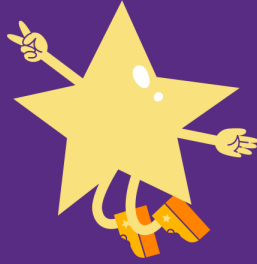
-185,444

-157,291



## 2023-24 Rainbow Power Youth Council Members

Dorcas	Louise
Edgar	Michael
Eli	Riley
Harry	Vee
Jaqueline	



## Management Board

**Executive Director**  
Lucie Brooke

**Non-Executive Directors**  
Em Cookson-Williams  
Mark Holliday

**Operational Services (Volunteers)**  
David Carr - Treasurer  
Michelle Peattie - IT and admin

## Please support our work and help us achieve LGBTQ+ equality through inclusion

Despite recent victories for LGBT equality, in reality many people still struggle daily against discrimination and bullying.

If you would like to support our work you can make a regular or one-off donation.

Please visit our website or contact us for further information:

[www.free2b.lgbt](http://www.free2b.lgbt) | [hello@free2b.lgbt](mailto:hello@free2b.lgbt)

Here are just some examples of how different donation amounts can help us:

- £10 covers basic refreshment costs for a safe space forum
- £25 pays for an online wellbeing group session
- £35 pays for a youth worker to deliver a youth club session
- £300 pays for a local educational day trip for up to 10 young people
- £2500 pays for a weekend educational residential for up to 10 young people

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