

# Breakout Youth Annual Report 2017-2018



## What is Breakout Youth?

Breakout Youth is a Hampshire-based charity that supports young people up to 25 who identify as Lesbian, Gay, Bisexual, Trans, or are questioning their sexuality and/or gender identity (LGBT+). Our services operate in Andover, Basingstoke, Eastleigh, Hart, on the Isle of Wight, and in Southampton.

We deliver weekly LGBT+ youth groups, gender identity groups, music groups, parent support, and family support for children between the ages of 7-11, all held in safe and discreet locations. In addition to the groups, we offer 1-2-1 support sessions to help young people develop a trusting relationship with our professional Youth Workers, and to build confidence before coming to the group setting.

Our groups offer a range of support services including: activities to build confidence; informative talks relevant to LGBT+ young people; peer support; access to NHS and other appropriate services; support with telling people about their gender or sexual orientation and/or gender identity; sexual health advice; and support to stay safe in relationships and the community.

## Our Values and Vision

We have a set of core values which underpin our offering to young people, and our culture as an organisation. They are:

**Support. Respect. Diversity.**

Our vision succinctly captures what Breakout Youth is at its best; it provides a clear and unique focus for everything we do. It is:

**Breakout Youth – Supporting the diversity and well-being of young people.**

## Who are the people that make Breakout Youth?

Breakout Youth has always relied on the generosity of volunteers donating their time. We currently have 15 regular volunteers that support the groups, attend events, and raise funds. We are extremely grateful to them, as our groups could not run without them.

We also have a small team of paid staff – 2 full-time and 2 part-time – who do a fantastic job overseeing the running of our groups, managing our marketing and fundraising, and always focussing on the future of Breakout Youth.

### **Registered Office:**

35 The Avenue, Southampton, SO17 1XN  
Tel: 02380 224 224

**Web:** [www.breakoutyouth.org.uk](http://www.breakoutyouth.org.uk)

**Registered Charity Number:** 1147556

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## Our Supporters

We are supported every year by a number of organisations and individuals. We would like to thank all of those who were able to help – in particular:

- Henry Smith
- Youth Music Foundation
- People's Health Trust
- Troubled Families
- Hampshire County Council
- Andover City and Town Council
- Isle Of Wight Clinical Commissioning Group
- Lloyds Bank Foundation
- Southampton Gay Men's Chorus
- The Edge
- Barton Peveril College
- Co-Op Local Community Fund
- Albany Masonic Lodge Isle Of Wight
- Youth Options
- Councillor Dan Clarke
- Outsailing
- John Hansard Gallery

We are proud to continue to receive generous support from the local LGBT+ community, many of whom are alumni of Breakout Youth's services.

We are also excited to continue our partnership with the Youth Music Foundation, giving our young people the chance to develop musically, personally, and socially.

## Our Year – 2017 to 2018

In 2017 we began our Youth Music Foundation partnership, after a successful pilot that created a CD of our young people's music. As a result, we created two fortnightly youth groups focusing on singing, song writing, and performance in Basingstoke and Southampton. Our Gender Identity groups also expanded, with two monthly groups in Basingstoke and Southampton, and we partnered with a school in Southampton to offer training and PSHE lessons, thanks to generous funding from the Child and Adolescent Mental Health Services.

We were delighted to accept an invitation this summer to take all our groups to the first Isle of Wight Pride. Our young people also continued in the tradition of being excellent ambassadors at Southampton Pride, and started a project in conjunction with the John Hansard Galley called LGBT Futures Month. Our young

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people also had a short overnight residential at UKSA, the Sailing Charity on the Isle of Wight, supported by Outsailing. One of our volunteers also undertook a sponsored “wingwalking” flight.

In September, Breakout Youth also made an appearance at Freshers’ Fairs for colleges around Hampshire, and continued to develop its partnership with Brockenhurst College by hosting a personal safety seminar. We were also delighted to establish our Andover group. October is UK Black History Month, and we reflected LGBT+ figures from different black groups and how they have impacted our future.

In February 2018, we brought together Age UK, Local Safeguarding and Children’s Boards, and Hampshire Constabulary LAGLOs for the first LGBT+ Conference. As the year draws to a close, we have 173 young people registered with us, with 120 young people actively engaging with our service.

## What Our Young People Have Said This Year

*A few quotes from the young people we’ve supported this year:*

- “It has given me people to talk to about issues, the ability and confidence to talk freely and relax in a safe environment”
- “Breakout helps me feel more confident and comfortable around some people. Have more of an understanding of different people”
- “I attend Breakout in order to take initiative in gaining independence by socialising and learning more about the LGBT community and the people whom it consists of. It has helped me gain confidence in talking to people in general and also to think about how to realise the lifestyle I want.”
- “I attended Breakout to find a Community, support network, don’t have to appeal to cisnet sensibilities. I probably wouldn’t be here without it”
- “I attend Breakout because it’s a warm and friendly environment, makes me feel more comfortable, staff are welcoming and make me feel safe. It has made me begin my true journey of self- discovery. I’m more confident than I was 5 years ago. Breakout has supported me every step of my journey in life. I have made many friends”
- “I attend Breakout to meet new people and come to a place where I can 100% feel comfortable and to be proud of being Transgender. It has given me confidence and 100% helped me with being more happy and more proud of being who I am and embracing being transgender”
- “If I did not come here I would be lost and have no idea how to be around others”
- “It’s the only LGBT youth group that’s accessible to me. As the island does not have great support for LGBT young people”

It’s clear our services and support make a difference to the young people we see. Our own monitoring shows that young people participated this year in 2020 individual instances at our activities (where one instance equates to one young person’s attendance at one session). Of these, young people reported:

- 1779 instances of having experienced hate crime relating to gender or sexuality, and 921 instances of being at risk of such hate crime;
- 247 instances of being at risk of sexual exploitation, having experienced sexual exploitation, boundaries issues or a power imbalance in a relationship;

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- 154 instances of being at risk of risk sexual activity or of having experienced risky sexual activity;
- 138 instances of being a care leaver, in care, or a young carer themselves;
- 55 instances of being at risk of homelessness, having experienced violence or substance abuse in a domestic context, or of being homeless or 'sofa surfing';
- 1281 instances of concerns about their mental health or a diagnosis, being at risk of or having experienced self-harm;
- 267 instances of young people declaring themselves to be at risk of suicide;
- 316 instances of being at risk of offending or being an offender, or having difficulties managing their behaviour;
- 83 instances of drug or alcohol problems, or of being at risk of drug or alcohol problems;

## Our Plans for Next Year

Breakout Youth has enjoyed a fantastic period of growth this year – we now need to get used to operating a broader range of services across a larger footprint! Our service revenue has increased by 140%, and so we must now prove that we can deliver excellent outcomes across the whole of Hampshire, to the same high standards that have made Breakout Youth a success today.

Alongside consolidating our core offer in and around Southampton and the Isle of Wight, we are also reaching out to young people in the BAME community and harder-to-reach rural areas; and we are keen to expand our gender identity work across Hampshire, providing a much-needed service for young people with no other specialist support.

## Getting Involved

There are many ways that you can get involved with Breakout Youth!

We constantly seek new volunteers to get involved with all aspects of Breakout Youth. You could become a volunteer Group Worker, Trustee, Events Assistant, or lend a hand with our fundraising. We always need people to promote our service, so if you have anywhere you could display our posters, or some spare time to give something back, please get in contact via [hello@breakoutyouth.org.uk](mailto:hello@breakoutyouth.org.uk).

If you're not in a position to give up any of your time, but would still like to show your support, you could always make a donation: [www.everyclick.com/breakoutyouth](http://www.everyclick.com/breakoutyouth).