

# SOCIAL IMPACT REPORT

## 2021-2022

Counselling and wellbeing for LGBTQ+ communities, allies & professionals in South West England  
 Community Interest Company (CIC): 13326986  
[www.itsallaboutyouwellbeing.com](http://www.itsallaboutyouwellbeing.com)



### OUR MISSION

"Safe, compassionate, and meaningful resources for LGBTQ+ communities and allies in the SW that affirm, empower, and unite."



### OUR VISION

"Creating a world where LGBTQ+ people will live authentically and feel united with compassionate allies and affirming professionals."



We delivered our services to **448** people and connected with **68** organisations over **433** hours



**Consultations**  
 Contributed to Home Office report on domestic abuse, ban on conversion therapy, digital Gender Recognition applications and GIC services

Directory of LGBTQ+ affirmative counselling and wellbeing professionals

Wellbeing course, monthly discussion groups and legal webinar for trans+ people

### ACTIVITIES



Added value by providing student degree placements and volunteer training

Bespoke training, CPD, & talks to counsellors, wellbeing professionals, HR, university students and businesses.

Monthly peer groups for LGBTQ+ trainee counselling students, therapists & other professionals

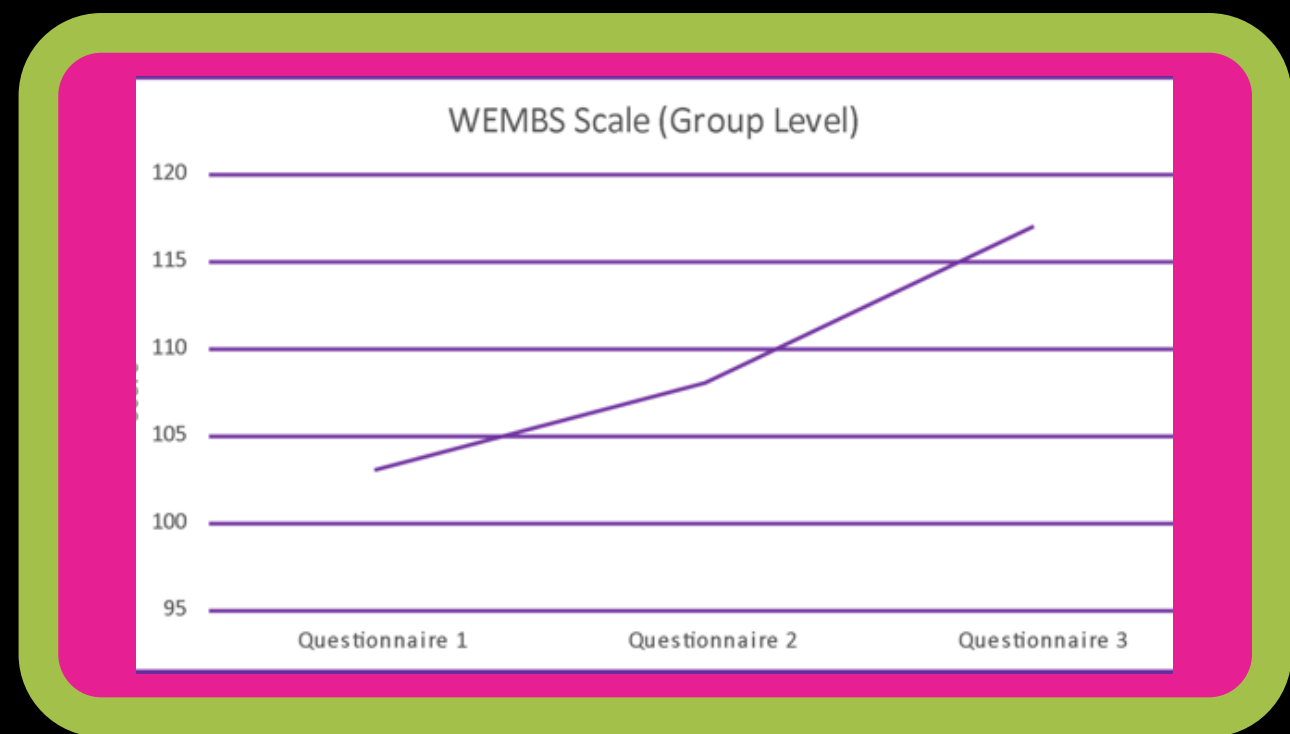
### VALUES

- Affirming
- Community
- Creative
- Compassion
- Empowering
- Integrity
- Unity
- Safe
- Resourcing
- Meaningful

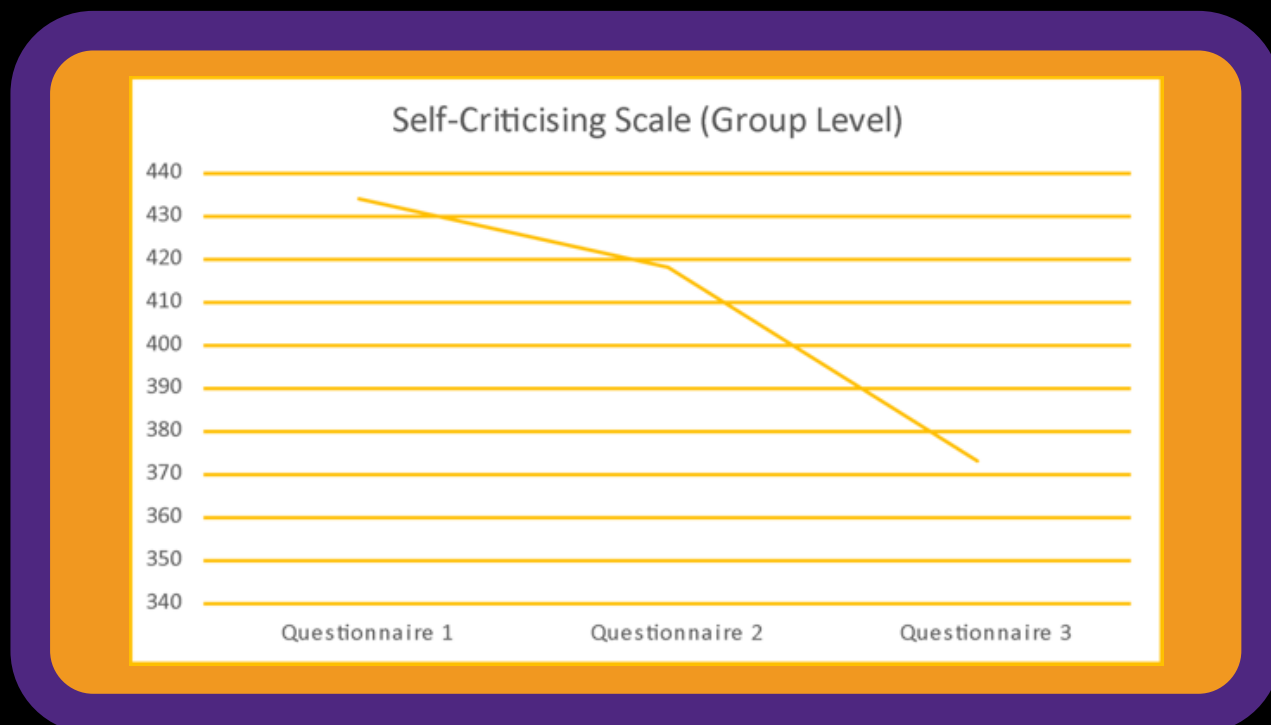
### BENEFICIARIES

LGBTQ+ adults & young people	Partner organisations & Allies
Family & friends	LGBTQ+ professionals

# RESULTS FROM TRANS+ WELLBEING COURSE



1) INCREASE IN WELLBEING



2) DECREASE IN SELF-CRITICISM



3) INCREASE IN SELF-COMPASSION

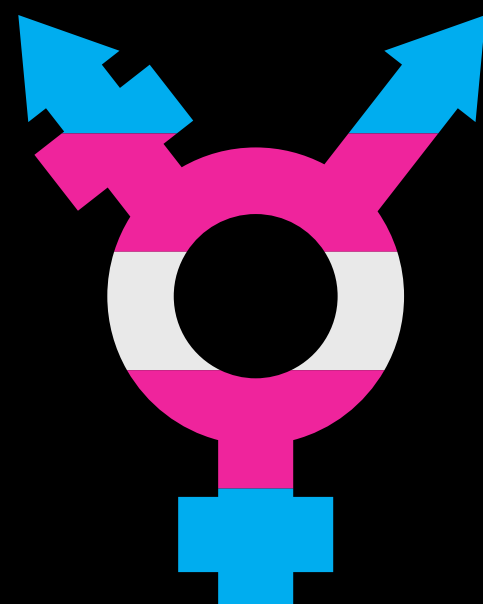
## CASE STUDY

Safe space to look at my "transness".

New coping strategies on top of the ones I had already.

Normalised my experience as a trans person and I'm less alone.

Comfort when I think about my gender as opposed to confusion.



90% OF PEOPLE



on training said they'd recommend it to others

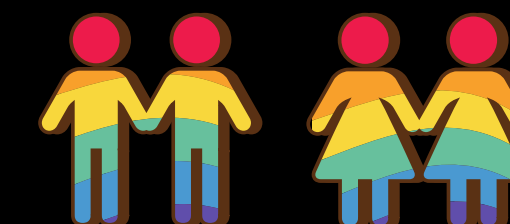
75% OF PROFESSIONALS



said their LGBTQ+ identity was affirmed

80% OF TRAINEES

were more resourced and gained useful insights into working well with LGBT+ clients



100% OF PEOPLE

said they benefitted by feeling more connected with themselves and others

