



East Riding of Yorkshire

Lesbian, Gay, Bisexual and Transgender (LGBT)

LGBT Strategic Needs Assessment



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Introduction

This document is part of an ongoing process of strategic needs assessment within the East Riding of Yorkshire Council and sets out to investigate what is known about the specific needs of LGBT people in the East Riding of Yorkshire.

This needs assessment is arriving at a key time for LGBT rights in the UK and aims to identify:

- 1. any specific needs of the local LGBT residents (recognising that needs may vary within sub groups);**
- 2. the existing services provided to meet key issues and needs;**
- 3. if there are any gaps in current service provision for unmet needs.**

The report will help to inform future strategy development, service provision and commissioning, as appropriate, in the East Riding of Yorkshire and will also be of use to researchers, as well as, the East Riding LGBT population themselves.

It is important to note that although the needs of LGBT people are often considered together, it should be recognised that there are two protected characteristic groups within this acronym: Lesbian, Gay, Bisexual (LGB) relates to sexual orientation and Transgender (T) relates to those people whose gender identity is different from the one which they were assigned with at birth.

LGBT+ is also mentioned in this needs assessment. The "plus" is inclusive of other groups, such as asexual, intersex, queer, questioning, etc.

Why this topic was chosen

It was recognised that there would be benefit in better understanding the needs of the East Riding LGBT community, in particular, understanding any unmet needs, due to the following reasons:

- Members of the LGBT Community who attend the Hull and East Riding LGBT Forum have indicated that they perceive there to be a lack of service provision in the East Riding to meet certain specific needs.
- In April 2016, the Council agreed its 4 year equality objectives, one of which was 'our knowledge of residents needs is used to inform service provision'.
- There is currently no formal evidence of LGBT specific need in the East Riding, other than limited anecdotal views and provision has not as yet been explored/mapped.
- In 2014 a small scale/limited piece of work was undertaken regarding LGBT needs. However, as part of the development of the 2016 Equality Plan, this was treated with caution, due to the reliance on the views of a small number of participants in the focus group (7), which played a central role in this work. Whilst a number of key groups and community representatives were invited, attendance was limited. It did provide some useful insights and these have been explored further as part of this needs assessment.

Policy context

National Policy

2017 marked 50 years since homosexuality was decriminalised in the UK and in recent years a lot of progress has been made nationally, towards LGBT equality.

- In 2000, Her Majesty's Armed Forces removed its ban on LGBT individuals serving openly.
- The year 2000 also saw the age of consent becoming equalised for same and opposite sex partners at 16.
- In 2002, same-sex couples were given equal rights relating to adoption.
- The Gender Recognition Act in 2004 provided a mechanism for someone to be legally recognised in, and gain the rights and responsibilities of, their acquired gender
- 'Sexual orientation' and 'gender reassignment' are recognised as two of the nine 'protected characteristics' within the Equality Act 2010.
- The Equality Act 2010 and the introduction of the Public Sector Equality Duty (PSED) in 2011, require public bodies to have due regard to the need to eliminate discrimination, harassment and victimisation, to advance equality of opportunity and to foster good relations between different people.
- The first ever cross government LGBT action plan was published in March 2011, which reinforced the commitment to LGBT equality and outlined a range of actions, from tackling homophobic bullying in schools, and improving the national response rate to hate crime, to promoting LGBT rights abroad.
- The Civil Partnership Act 2004 allowed same sex couples to obtain essentially the same rights and responsibilities as civil marriage.
- 2016 saw the launch of the largest inquiry into trans equality in UK history, led by the Government Women and Equalities Select Committee. The report made recommendations on a number of issues, including the provision of NHS services and care pathways; hate crime prevalence, stigma and transphobia within society; and care for trans children and young people.
- Same sex marriage was legalised in England, Wales and Scotland in 2014.
- In 2017 'Turing's Law' was passed to pardon men who were cautioned or convicted under historical legislation that outlawed homosexual acts.
- The recent election in 2017 saw the highest number of openly lesbian, gay and bisexual MPs voted into Parliament.
- In response to the National LGBT Survey, the 'LGBT Action Plan 2018: Improving the lives of Lesbian, Gay, Bisexual and Transgender people', was developed and outlines the Government's firm commitments to tackle some of the biggest issues facing LGBT people.

However, many people still face outdated prejudice because of their sexual orientation or gender identity, at every stage in their lives. This is evident through, for example, homophobic bullying in schools, hate crimes and social exclusion.

Local policy

In 2018, the East Riding of Yorkshire Council established a simple and powerful vision for the East Riding: '**Your East Riding...where everyone matters**'. This includes 5 corporate priorities, one of which is: **Protecting the Vulnerable** – supporting in times of need, protecting from harm and improving the quality of life.

Following the introduction of the Public Sector Equality Duty, the Council has due regard to the three main aims of the general equality duty and has adopted a number of equality objectives for 2016-2020. One of these is '**our knowledge of residents needs is used to inform service provision**'.

LGBT organisations

There are numerous LGBT organisations who offer support, help and advice both nationally and locally.

National Organisations



Stonewall is the largest LGB equality organisation in Europe. They work and research into areas that affect the lives of lesbian, gay and bisexual people in Britain by lobbying parliament, producing publications, working with schools to tackle homophobic bullying and with employers to tackle workplace discrimination.



FFLAG are dedicated to supporting parents and their lesbian, gay and bisexual children. They offer support to local parents groups and contacts, working to help parents and families understand, accept and support their LGB members with love and pride.



PFLAG provides free support for parents, friends and family of LGBT+ people in the UK. They offer free resources for parents of LGBT+ children, information for friends and family of LGBT+ people, as well as useful and general support.



Mermaids supports children and young people up to 19 years old suffering from gender identity issues, and their families, and professionals involved in their care. They have a helpline, an email support service, a parents forum and a separate teens forum. They organise multiple residential weekends and have several support groups.



Switchboard provide an information, support and referral service for LGBT people – and anyone considering issues around their sexuality and/or gender identity. Their confidential helpline operates from 10am to 10pm, seven days a week, 52 weeks a year.

Local organisations



Hull and East Riding LGBT Forum is the representative body for LGBT+ people in Hull and the East Riding. The group meets on the 2nd Wednesday of the month 6.30pm until 8.30pm at the Guildhall in Hull City Centre.



Hull University Union LGBT+ is a welfare group that ensures all LGBT+ students at the University of Hull have a voice on campus and a place to meet other LGBT+ people.



Lollipop supports LGBT+ people who are between the ages of 13 and 19. The group meets every other week in Beverley town centre. LOOK group (Loving Our Out Kids) parental support group meets on the first Thursday of the month 6:00pm – 7:30pm in Beverley.



TPSG Service User Group is for all those who are questioning their gender or are on the clinical pathway. It is a peer support group with an advocacy service that provides a safe space for adult trans people to share their experiences and get mutual support. The group meets twice monthly.



Cornerhouse (Yorkshire) delivers sexual health services to Hull and East Yorkshire. They offer a range of services for the LGBT community including access to condoms and lubricant, information and support around sexual health and HIV, offering one to one support on coming out, sexuality, HIV and gender issues and support in reporting hate crimes.



HEY Transcendence is a peer support group for all gender non-conforming people. They offer employability advice, peer support, advocacy and opportunities to meet likeminded individuals in a safe environment.



Hull and East Riding Lesbian Social Group is a non-political, non-profit, family-friendly, members-only social group that offers lesbian women, aged 18 and over, a safe environment in which to expand their social circles.



Shout Group is a safe and confidential space for LGBT+ young people between the ages of 14 and 25. They offer a space to have a laugh, get support and meet new friends.

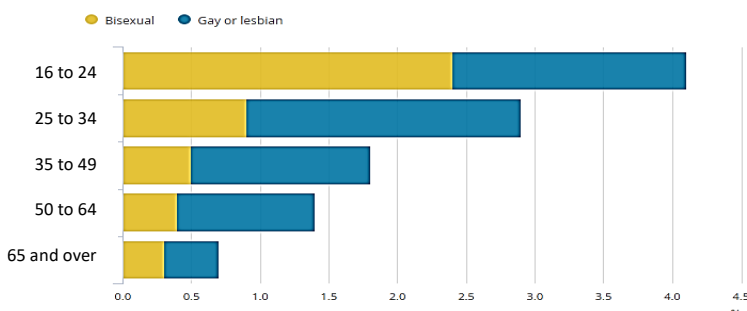
Demographics

National data

In 2016, estimates from the Annual Population Survey (APS) showed that just over 1 million (2.0%) of the UK population aged 16 and over identified themselves as lesbian, gay or bisexual (LGB). This has increased from 1.7% in 2015 (a statistically significant increase). Further details are in the table below.

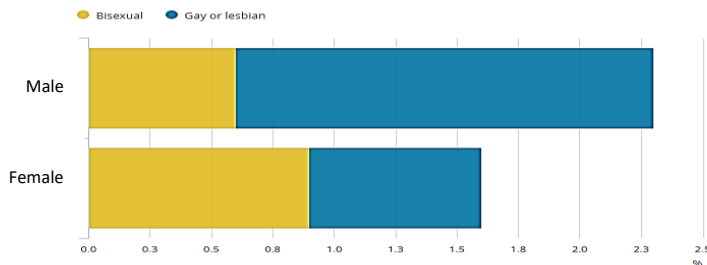
Sexual Identity	2015	2016
Heterosexual or straight	93.7%	93.4%
Gay or lesbian	1.1%	1.2%
Bisexual	0.6%	0.8%
Lesbian, gay or bisexual (LGB)	1.7%	2.0%
Other	0.4%	0.5%
Do not know or refuse	4.1%	4.1%

Age by gay or lesbian and bisexual population, UK, 2016



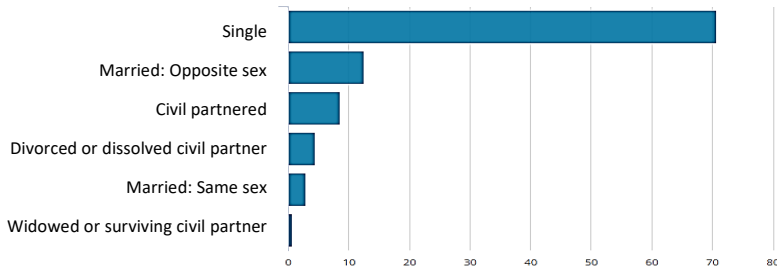
The population aged 16 to 24 were the age group most likely to identify as LGB in 2016 (4.1%). One reason for this pattern may be that younger people could be more likely to explore their sexuality, combined with more social acceptability of sexual identities today and the willingness to express these.

Sex by gay or lesbian and bisexual population, UK, 2016



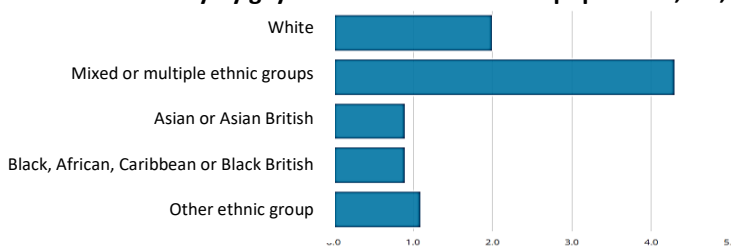
More males (2.3%) than females (1.6%) identified themselves as LGB in 2016.

Lesbian, gay and bisexual population by legal marital status, UK, 2016



In 2016, the population identifying as lesbian, gay or bisexual (LGB) were most likely to be single, never married or never civil partnered (70.7%). This could be associated with: the young age structure of the population that identify themselves as LGB and legal unions available to same-sex couples are relatively new.

Ethnicity by gay or lesbian and bisexual population, UK, 2016



In 2016, the Annual Population Survey found that 4.3% of the population who described their ethnicity as "Mixed or multiple ethnic groups" identified themselves as LGB.

(Source – Office of National Statistics)

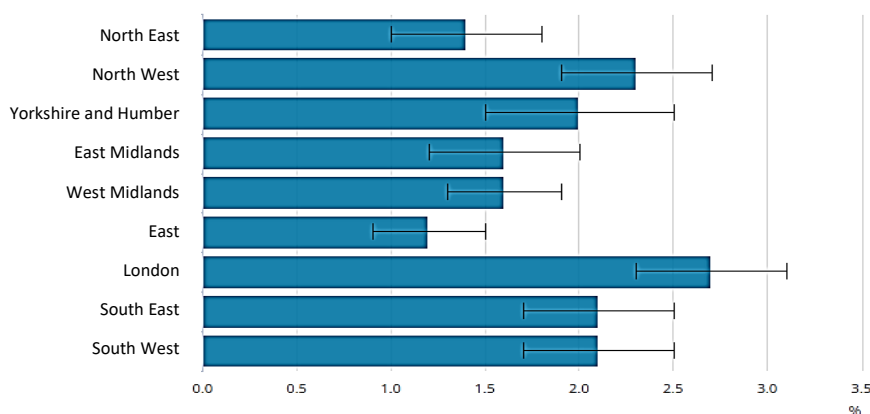
Demographics...

ONS do not currently produce estimates of the number of transgender people living in the UK and work is underway to help determine whether; and how best to gather information on this topic. No major government or administrative surveys have collected data on trans people.

Local data

In Yorkshire and Humber around 2.0% of the population identified themselves as lesbian, gay or bisexual, in 2016.

English region by gay or lesbian and bisexual population, 2016



(Source – Office of National Statistics)

In 2016 0.7% of the East Riding population identified themselves as gay, lesbian or bisexual according to the Annual Household Survey.

Sexual identity by local authority 2013 – 2015 (East Riding of Yorkshire)				
Heterosexual or straight	Gay or lesbian	Bisexual	Other	Don't know or refuse
97.9%	0.5%	0.2%	0.3%	1.1%

(Annual Household Survey – Office for National Statistics)

Other research

Sexual orientation is not asked as part of the National Census and is not monitored consistently in employment or services. However, research has been carried out which allows reasonably reliable estimates to be made.

In 2004 the government carried out an impact assessment of the upcoming Civil Partnership Act, which included an estimate of the LGB population of the UK. This was based on the 2000 National Survey of Sexual Attitudes and Lifestyles (NATSAL), which asked respondents about sexual attitudes and behaviours, but not orientation, and on comparable research from Europe and America. **It concluded that between 5-7% of the UK population were likely to be lesbian, gay or bisexual.**

Based on the total UK population, the 5-7% figure suggests that there are between **3 and 4 million LGBT people in the UK.**

In turn, this equates to approximately **16,000 -18,000 residents of the East Riding.** However, the same government research also suggests that LGBT populations tend to be higher in cities, and lower in rural areas, so this figure may well be less.

Key issues



The following areas were identified as key topics when looking at existing research, the results of the National LGBT Survey and the East Riding of Yorkshire LGBT Survey. These topics will therefore, be explored in more detail.

- Hate crime
- Education and young people
- Social isolation and loneliness
- Mental health
- Sexual health
- Smoking, alcohol and drugs

Hate crime

A **hate crime** is when a person is targeted because of who they are. Any crimes, physical or verbal attacks committed against someone because of their disability, gender-identity, race, religion, beliefs or sexual orientation are hate crimes and should be reported to the police.

Existing research and key findings

In 2016/17, there were 80,393 offences recorded by the Police in England and Wales, of which, one or more hate crime strands were deemed to be a motivating factor.

- **9,157 (11%) were sexual orientation hate crimes;**
- **1,248 (2%) were transgender hate crimes.**

The percentage increases in these two strands observed in 2016/17 (27% for sexual orientation and 45% for transgender), are set out in the table below.

Numbers and percentages							England and Wales, recorded crime
Hate crime strand	2011/12	2012/13	2013/14	2014/15	2015/16	2016/17	% change 2015/16 to 2016/17
Race	35,944	35,845	37,575	42,862	49,419	62,685	27
Religion	1,618	1,572	2,264	3,293	4,400	5,949	35
Sexual orientation	4,345	4,241	4,588	5,591	7,194	9,157	27
Disability	1,748	1,911	2,020	2,515	3,629	5,558	53
Transgender	313	364	559	607	858	1,248	45
Total number of motivating factors	43,968	43,933	47,006	54,868	65,500	84,597	29
Total number of offences	N/A	42,255	44,577	52,465	62,518	80,393	29

Source: Police recorded crime, Home Office.

Sexual orientation hate crime was the second most commonly recorded hate crime in the vast majority of forces (37 of 44).

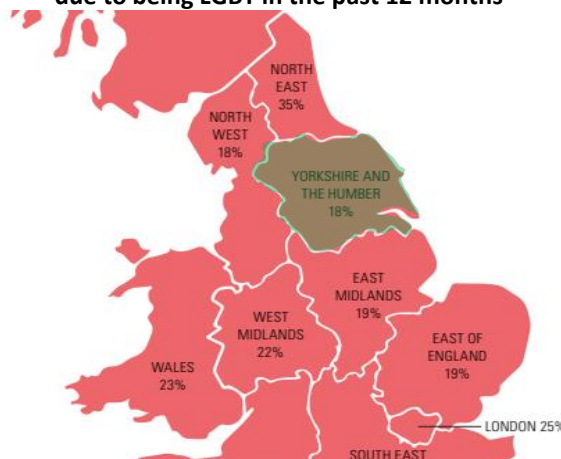
Transgender identity hate crime was the least commonly recorded hate crime in 39 of 44 forces.

The sharp rise in all the hate crime strands suggests that the increases are due to the police improving their identification and recording of hate crime offences and more people coming forward to report these crimes rather than a genuine increase (Home Office, 2017).

Stonewall's research (LGBT in Britain – Hate Crime and Discrimination, 2017) based on YouGov polling of over 5,000 LGBT people, revealed the following key findings:

- **One in five LGBT people have experienced a hate crime or incident because of their sexual orientation and/or gender identity in the last 12 months**
- **Two in five trans people have experienced a hate crime or incident because of their gender identity in the last 12 months**
- **Four in five anti-LGBT hate crimes and incidents go unreported, with younger LGBT people particularly reluctant to go to the police**

LGBT people who have experienced a hate crime or incident due to being LGBT in the past 12 months



(Stonewall, You Gov, 2017)

National LGBT Survey

The National LGBT Survey carried out in 2017 revealed, 'At least two in five respondents had experienced an incident because they were LGBT, such as verbal harassment or physical violence, in the 12 months preceding the survey. However, more than nine in ten of the most serious incidents went unreported, often because respondents thought 'it happens all the time'.

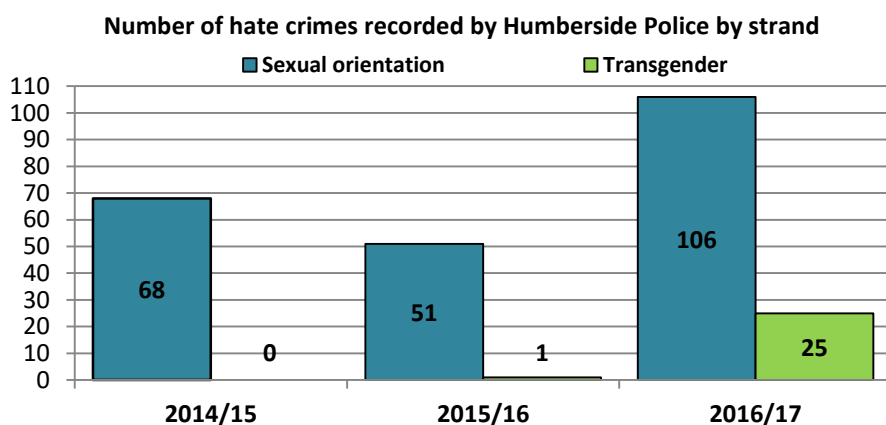
(The Government Equalities Office, 2018)

Hate crime...

Local data

There were 7,915 hate crimes recorded for Yorkshire and Humber in 2016/17. Of these 859 (10.9%) were sexual orientation and 111 (1.4%) were transgender (*Home Office, 2017*)

852 hate crimes were recorded by Humberside Police in 2016/17. Of these 106 (12.4%) had sexual orientation as the primary hate crime strand and 25 (2.9%) had a primary strand of transgender. These figures are similar to the England and Wales percentages (11% and 2%).



The graph shows a substantial increase in the number of reported crimes in the Humber region from 2015/16 to 2017/18.

(*Home Office, 2017*)

In the **East Riding of Yorkshire only**, Humberside Police recorded a **45%** increase in reported sexual orientation hate crimes and a **33%** increase in reported transgender hate crimes.

2016/17 – 22 sexual orientation crimes - 3 transgender crimes

2017/18 – 32 sexual orientation crimes - 4 transgender crimes

East Riding Survey results

Experience of an incident in the last 12 months because of being LGBT is **28%** in the East Riding, compared to the national survey result of **40%**. The 28% of LGBT people had experienced 1 or more of the following from someone they were not living with because they are LGBT or believed to be LGBT (eg. a friend, neighbour or stranger).

- Verbal harassment, insults or other hurtful comments
- Physical harassment or violence
- Sexual harassment or violence
- Threat of physical or sexual harassment or violence
- Disclosing sexuality to others without permission
- Other inappropriate comments or conduct not listed above

The comments received via the free text section of the survey, relating to hate and harassment, are shown below:

"I would find myself wishing for the days to get shorter so I could walk with my partner in the cover of darkness. The darkness provides comfort in the thought that onlookers might not notice the two hands being held were indeed the hands of women/girls."

"Street harassment from youths at least once a month"

"I have been attacked in the street, hit in the face with a brick..."

"People loudly make horrible comments about trans people at my workplace"

Hate crime...

What is currently being delivered in the East Riding?

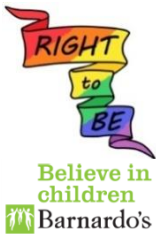
Hate Crime Campaign



Humberside Police currently lead on an ongoing hate crime campaign (which began in July 2016), in partnership with East Riding of Yorkshire Council and others. The campaign aims to raise awareness of hate crimes and show victims and offenders that hate crime will not be tolerated within the East Riding and Humberside Police area. It also aims to encourage those who have been targeted to come forward and report incidents/crimes.



'Right to Be' Project



The Right to Be Project is funded by the Home Office, Barnardo's and East Riding of Yorkshire Council and commenced in early 2018. The purpose of the project is to raise awareness of, and prevent sexual orientation and transgender identity hate crimes by challenging the beliefs and attitudes that can underlie such crimes. It aims to reduce the incidence of bullying and discrimination in schools, organisations, groups and communities. This involves working with young people in Year 8 and Year 10 in secondary schools to improve the reporting of these incidents, providing support for victims of hate crime in schools and communities and training community members and multiagency professionals on how to respond to hate.

The following organisations can offer further advice and support to victims of hate crime in the East Riding: **Victim Support, Humber All Nations Alliance, Age UK and True Vision.**

ERYC Supporting Strategies/Plans

Equality Plan 2017-21 – details the procedures for Hate Incidents/Crimes.

Anti-bullying Strategy 2017-2020 – aims to prevent bullying and create safer environments for children and young people and also includes procedures on reporting hate incidents/crimes.

Key findings and next steps

Key findings

- 28% of respondents to the East Riding LGBT Survey had experienced an incident because they are LGBT, compared to 40% of respondents to the National LGBT Survey.
- A sharp rise in reported hate crime is shown across the East Riding of Yorkshire and also, England and Wales. It is suggested that this increase is due to the police improving their identification and recording of hate crime offences and more people coming forward to report these crimes, such as, the Hate Crime Campaign, which is currently ongoing in the East Riding.

Next steps

- Continued promotion of the hate crime campaign across the East Riding by all partners, in order to raise awareness and encourage people to report incidents/crimes.
- Humberside Police to continue to monitor hate crime data and use this as an intelligence base for potential future actions/projects.
- Phase 2 of the Right to Be Project to be progressed in 2019, which includes building on the above mentioned work, engaging with other schools that were not able to get involved in Phase 1 and working with Primary Schools (key stage 2, Years 5 & 6).

Education and young people

Existing research and key findings

It is difficult to accurately report the number of LGBT pupils. However, based on a rate of 5%, a secondary school with 1000 pupils could have around 50 LGBT or questioning pupils.

Stonewall commissioned a survey with LGBT young people aged 11-19 in 2017 on their secondary schools and college experiences across Britain and found the following:

BULLYING AND LANGUAGE

- **Nearly half** of lesbian, gay, bi and trans pupils (45 per cent) – including **64 per cent** of trans pupils – are bullied for being LGBT at school
- **Half** of LGBT pupils (52 per cent) hear homophobic language 'frequently' or 'often' at school, **more than a third** (36 per cent) hear biphobic language 'frequently' or 'often', and **almost half** (46 per cent) hear transphobic language 'frequently' or 'often'
- The majority of LGBT pupils – **86 per cent** – regularly hear phrases such as 'that's so gay' or 'you're so gay' in school
- **Nearly one in ten** trans pupils (nine per cent) are subjected to death threats at school
- **Almost half** of LGBT pupils (45 per cent) who are bullied for being LGBT never tell anyone about the bullying

HOW SCHOOLS RESPOND

- **Fewer than a third** of bullied LGBT pupils (29 per cent) say that teachers intervened when they were present during the bullying
- **Seven in ten** LGBT pupils (68 per cent) report that teachers or school staff only 'sometimes' or 'never' challenge homophobic, biphobic and transphobic language when they hear it
- **Seven in ten** LGBT pupils (68 per cent) report that their schools say homophobic and biphobic bullying is wrong, but just **four in ten** (41 per cent) report that their schools say transphobic bullying is wrong

WELLBEING AND MENTAL HEALTH

- **Two in five** pupils who have been bullied for being LGBT (40 per cent) have skipped school because of this bullying
- **Half** of bullied LGBT pupils (52 per cent) feel that homophobic, biphobic and transphobic bullying has had a negative effect on their plans for future education
- **More than four in five** trans young people (84 per cent) have self-harmed. For lesbian, gay and bi young people who aren't trans, **three in five** (61 per cent) have self-harmed
- **More than two in five** trans young people (45 per cent) have attempted to take their own life. For lesbian, gay and bi young people who aren't trans, **one in five** (22 per cent) have attempted to take their own life

TEACHING

- **Two in five** LGBT pupils (40 per cent) are never taught anything about LGBT issues at school
- Just **one in five** LGBT pupils (20 per cent) have learnt about safe sex in relation to same-sex relationships
- **Three in four** LGBT pupils (76 per cent) have never learnt about bisexuality at school
- **Three in four** LGBT pupils (77 per cent) have never learnt about gender identity and what 'trans' means at school

SUPPORT

- **More than half** of LGBT pupils (53 per cent) say that there isn't an adult at school they can talk to about being LGBT
- Just **four per cent** of LGBT pupils know of an openly bi member of staff, and **three per cent** know of one who is openly trans. **One in four** LGBT pupils (27 per cent) know of an openly gay member of staff, and **22 per cent** know of an openly lesbian member of staff
- **More than two in five** trans pupils (44 per cent) say that staff at their school are not familiar with the term 'trans' and what it means
- **One in three** trans pupils (33 per cent) are not able to be known by their preferred name at school, while **three in five** (58 per cent) are not allowed to use the toilets they feel comfortable in

AT HOME AND ONLINE

- Just **two in five** LGBT young people (40 per cent) have an adult at home they can talk to about being LGBT
- **Nearly all** LGBT young people (96 per cent) say the Internet has helped them understand more about their sexual orientation and/or gender identity
- **Two in five** LGBT young people (40 per cent) have been the target of homophobic, biphobic and transphobic abuse online
- **Nearly all** LGBT young people (97 per cent) see homophobic, biphobic and transphobic content online
- **Two in three** LGBT young people (65 per cent) think that online platforms are unlikely to do anything about tackling homophobic, biphobic and transphobic content or incidents when it is reported to them

Education and young people...

National survey results

'Only **3%** of respondents said they had discussed sexual orientation and gender identity at school, be that during lessons, in assemblies or elsewhere.

Over three quarters (**77%**) said that neither was discussed, though this was lower for younger respondents, e.g. **54%** for 16-17 year olds.

Where these topics were discussed at school, only **9%** of respondents said that the discussions had prepared them well for later life as an LGBT person.

In the optional free text question, many respondents highlighted the importance of including LGBT-specific content as part of sex education, but noted that it had been lacking from their own school experience.

44% of trans women who responded to the survey started transitioning by the age of 24, compared with **84%** of trans men and **78%** of nonbinary respondents.

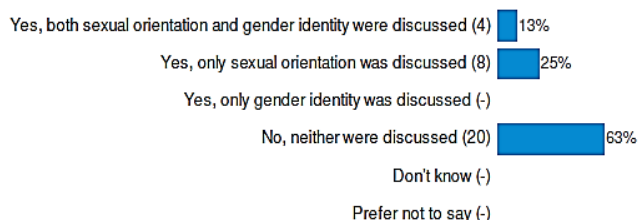
Of the trans respondents who were transitioning while at school, **36%** said their school was very or somewhat supportive of their specific needs. Only **13%** of trans respondents said that their teachers were very or somewhat understanding of the issues facing trans pupils.'

(The Government Equalities Office, 2018)

East Riding survey results

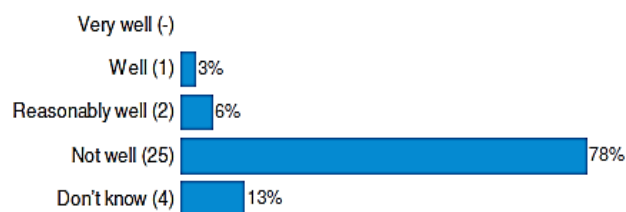
Out of 182 responses to the East Riding LGBT Survey, 29% (54) were from residents aged 16-24. 32 of those people had been in education (school or college) within the last 2 years and stated the following:

Were sexual orientation and gender identity discussed at school in lessons, assemblies or in any other part of your schooling?



13% of respondents said they had discussed both sexual orientation and gender identity, compared to only 3% nationally. 63% said neither were discussed compared to 77% nationally.

Where these topics were discussed at school, how did these discussions prepare you for later life as an LGBT person?



Both in the East Riding and nationally, only 9% of respondents said that discussions prepared them well for later life.

The following question was asked and respondents were given the opportunity to give their written comments: **Could school have done anything differently to help support you as an LGBT pupil, or to help better prepare you for later life?** The table below shows the main points from the comments received:

Homophobic language and behaviour is still rampant (even with teachers)	No safe sex-ed for LGBT	Wished they had discussed LGBT stuff
No support in school	Manage homophobic behaviour better	Make more people aware of LGBTQ issues
Give further advice about groups and activities	Sex education should cover more about LGBT	Teach others about the LGBT terms
Include LGBT topics in sex-ed	Teach that it's ok to have a different sexual orientation or gender	More education on same sex relationships
Little discussion of the LGBT community within sex education	Do sessions on LGBTQ+ community	Schools need to stop assuming everyone is straight
Provide sex education that wasn't only aimed at heterosexual sex	Gender identity only briefly discussed	Be strict on homophobic actions from pupils

Education and young people...

Current projects/services delivered

Lollipop



Lollipop offers children and young people who are educated and/or reside in the East Riding, social and emotional support around sexuality and gender identity, through early intervention. The group offers a place where children and young people across the county can express themselves in a safe environment and enhances peer support and friendships beyond the group in order to tackle social isolation. It offers; a safe space to be yourself, advice, fun, activities, social events, one to one support and support in coming out to others.

LOOK Group (Loving Our Out Kids)

LOOK group offers parents and carers of children and young people who are educated and/or reside in the East Riding social and emotional support around sexuality and gender identity. The group is a safe place for parents and carers to express their feelings and with help from staff unpick any barriers they may face around sexuality and gender identity. The service helps to support the whole family, recognising that parents and loved ones also need support, which can in turn help them to be more able/confident in supporting their child.

Thirteen

A web support page "Thirteen" www.thirteen.me.uk was created for the East Riding in 2017/18, as a safe place for young people to access information on sexuality and identity. It provides information and advice regarding 'coming out', LGBT terminology, rights and laws and also details on how to access the two support groups mentioned above.



Right to Be Project



As mentioned previously in the hate crime section of the document, the 'Right to Be' project is currently working with schools in the East Riding to raise awareness of, and prevent sexual orientation and transgender identity hate crimes by challenging the beliefs and attitudes that can underlie such crimes.

Key findings and next steps

Key findings

- Of those respondents to the East Riding LGBT survey that had been in education in the last 2 years, 13% said they had discussed both sexual orientation and gender identity at school, compared to only 3% in the National survey.
- In both the East Riding survey and the National survey, respondents highlighted the need for LGBT specific content to be covered in school, especially within sex education.
- There are some excellent projects and support groups in the East Riding that are having a positive impact on LGBT children and young people and also parents, in the East Riding.

Next steps

- Continued promotion of the support groups Lollipop, LOOK and Thirteen across the East Riding.
- Phase 2 of the 'Right to Be' project to be continued, as mentioned in the previous hate crime next steps section.
- The feedback in relation to including LGBT specific content in schools and particularly within sex education, to be fed back to all maintained East Riding Schools.
- It has been announced that Primary and Secondary school pupils in England will be taught about relationships as part of the new curriculum in September 2019. The guidance says that pupils need to understand "that some people are LGBT and that this should be respected in British Society and that the law affords them and their relationships recognition and protection".

Social isolation and loneliness

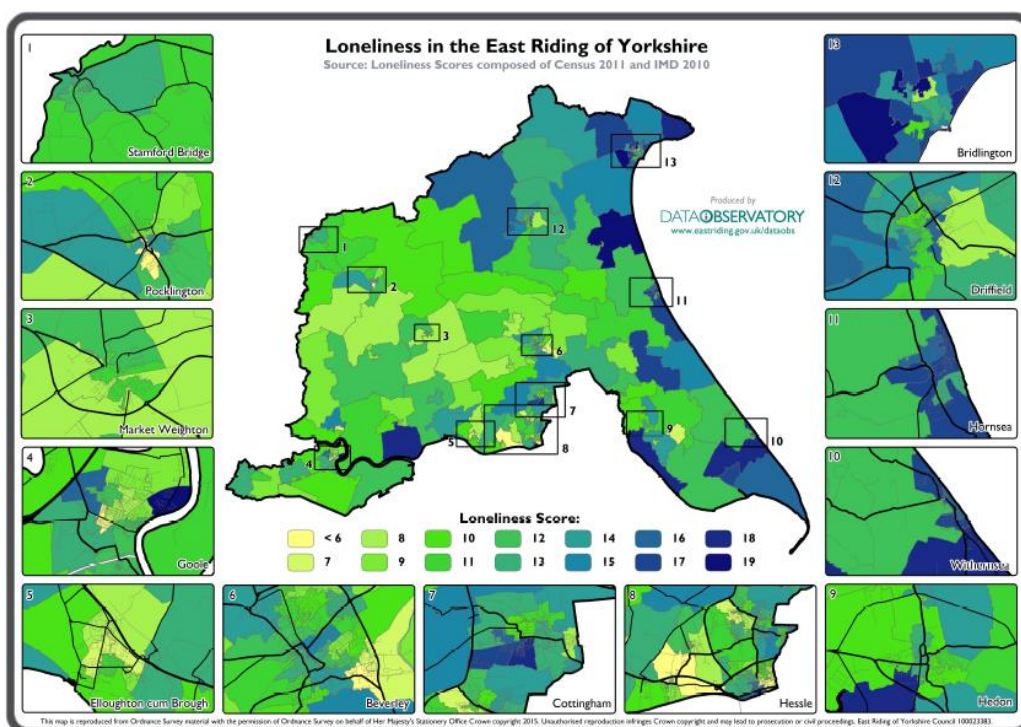
Social isolation is a state of complete or near-complete lack of contact between an individual and society. Types of social isolation can include staying home for lengthy periods of time, having no communication with family, acquaintances or friends, and/or wilfully avoiding any contact with other humans when those opportunities do arise.

Loneliness is a complex and usually unpleasant emotional response to isolation. It typically includes anxious feelings about a lack of connection or communication with other beings. Loneliness can be felt even when surrounded by other people.

It is recognised that social isolation and loneliness can also contribute to other physical and mental health problems.

Existing research and key findings

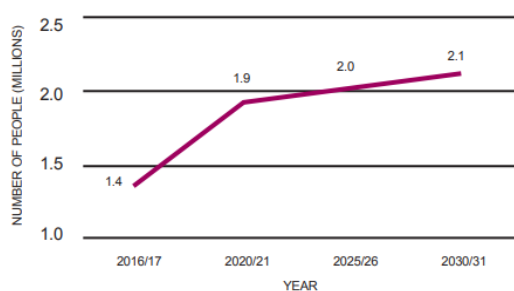
The below map shows the scores of loneliness across the East Riding and the blue areas highlight the areas that are most affected by loneliness. This indicates that Bridlington and other coastal areas such as, Hornsea and Withernsea, are more likely to have issues with loneliness.



(Census 2011 and IMD 2010)

In 2017 to 2018 there were 6% of adults in England who reported feeling lonely "often" or "always".

(ONS, Community Life Survey, 2017-18)



Within the next decade, 2 million people aged 50 and over in England are projected to be lonely.

It is suggested that social isolation and loneliness tend to increase with age.

(Age UK, 2018)

- There are 1.2 million chronically lonely older people in the UK (Age UK, 2016).
- Half a million older people go at least five or six days a week without seeing or speaking to anyone at all (Age UK, 2016)
- Over half (51%) of all people aged 75 and over live alone (ONS, General Lifestyle Survey 2008).

Social isolation and loneliness...

Getting older can be much more complex for LGB people than heterosexual people as they are more likely to face the prospect either alone or without as much personal support as their heterosexual counterparts. LGB people over 55 are:

- More likely to be single. Gay and bisexual men are almost three times more likely to be single than heterosexual men, **40%** compared to **15%**.
- More likely to live alone. **41%** of LGB people live alone compared to **28%** of heterosexual people.
- Less likely to have children. Just over a quarter of gay and bisexual men and half of lesbian and bisexual women have children compared to almost nine in ten heterosexual men and women.
- Less likely to see biological family members on a regular basis. Less than a quarter of LGB people see their biological family members at least once a week compared to more than half of heterosexual people.

(Stonewall, 2011)

Current projects/services delivered

East Riding Libraries Knit and Natter

Libraries in the East Riding hold 'Knit and Natter' sessions on a weekly basis at a number of libraries. This is aimed at helping people meet new friends and to combat social isolation and loneliness.

East Riding Health and Wellbeing webpage



The website includes a large health and wellbeing directory so that residents can connect with people, find events, transport, volunteer opportunities, learning opportunities, activities, clubs and groups to join in the area. [https://wellbeing.eastriding.gov.uk/find/?q=&entry=loneliness and isolation 0012](https://wellbeing.eastriding.gov.uk/find/?q=&entry=loneliness+and+isolation+0012)

Social Prescribing Service

A new service to support local people with their health and wellbeing needs was launched in 2017 in the East Riding. The Community Link service, run by Humber Teaching NHS Foundation Trust, helps people access the right services at the right time for issues such as social isolation, which can often be mitigated through non-medical intervention. There are many community and voluntary organisations offering activities around exercise, craft activities, focus groups and music.

MECC Link

The MECC Link Yorkshire and Humber Public Health Network includes details on services in the East Riding for many health related issues including, 'Social Isolation and Loneliness'. This section includes information on self-care and national support services, such as, helplines for older and younger people, websites and useful contacts. Also, it details local support services. <https://www.mecclink.co.uk/LocationServices?Location=East-Riding>

Men in Sheds



Men's Sheds are community spaces for men to connect, converse and create. The activities are often similar to those of garden sheds, for groups of men to enjoy together and could be woodworking, cycle repairs, gardening, furniture renovation etc, depending on the interest of the group. They are great places to spend time with others and making social connections in the East Riding. <https://menssheds.org.uk/find-a-shed/>

Age UK



Age UK provides a number of different services for older people and support and advice for the older LGBT population. This includes a befriending service, an LGBT helpline, LGBT programmes, health advice and sexual health advice, for example. Details of which are included on their webpage <https://www.ageuk.org.uk/information-advice/health-wellbeing/relationships-family/lgbt-information-and-advice/>

There are also services such as the East Riding Health Trainer Service <http://www.nhs-health-trainers.co.uk/>, the East Riding Wellbeing Service <http://humberews.co.uk/>, the Alzheimers Society www.dementiaeastriding.org.uk and the Hull and East Riding LGBT Forum, as well as numerous leisure centre activities and classes aimed at a wide range of East Riding residents.

Social isolation and loneliness...



Key findings and next steps

Key findings

- The older generation are considered to be at more risk of experiencing social isolation and loneliness, with over half of 75 year olds living alone.
- Coastal areas in the East Riding appear to experience higher feelings of loneliness compared to other areas.
- LGB people tend to feel the effects of social isolation and loneliness more so than heterosexual people, due to them being more likely to live alone, be single and less likely to see family members.
- There are a wide range of services and projects available in the East Riding which are aimed at reducing social isolation and loneliness for all residents, including LGBT people. These provide people with community links to activities, social groups, health services and volunteer opportunities, for example.

Next steps

- Continued promotion of the afore mentioned services, projects and activities across the East Riding.
- Services in the East Riding to consider targeting the LGBT population more directly, particularly in some of the worst affected areas for loneliness.

Mental health

Mental Health – a person’s condition with regard to their psychological and emotional well-being

Self-harm – deliberate injury to oneself, typically as a manifestation of a psychological or psychiatric disorder

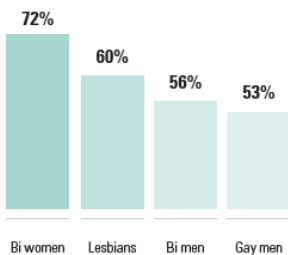
Existing research and key findings

“A worrying number of LGBT people have experienced depression, anxiety, had suicidal thoughts or even attempted to take their own life in the last year. LGBT people are at higher risk of experiencing common mental health problems than the general population. Participants explained how experiences of discrimination and harrassment in day-today life, rejection from one’s family and friends and being subjected to hate crimes and incidents can have a negative impact on mental well-being.”

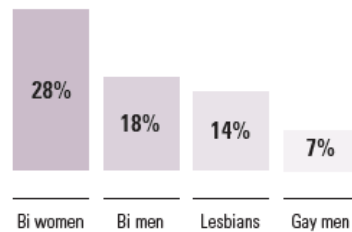
- Half of LGBT people (**52%**) said they’ve experienced depression in the last year.
- **61%** of LGBT people said they have experienced anxiety in the last year.
- **13%** of LGBT people aged 18-24 said they have attempted to take their own life in the last year.
- Almost half of ¹trans people (**46%**) have thought about taking their own life in the last year and **31%** of LGB people who are not trans, said the same.
- **41%** of non-binary people said they harmed themselves in the last year compared to **20%** of LGBT women and **12%** of GBT men.

(Stonewall, LGBT in Britain: Health Report, 2018)

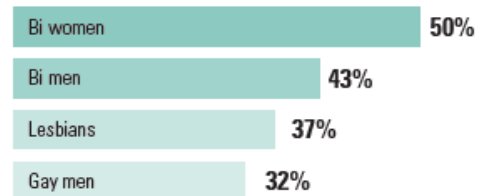
LGBT people who have experienced anxiety in the last year



LGBT people who have deliberately harmed themselves in the last year



LGBT people who have felt life was not worth living in the last year



(Stonewall, LGBT In Britain: Health Report, 2018)

- **34%** of LGB people under 26 in England, had made at least one suicide attempt in their lives, compared to **18%** of heterosexual young people.
- **48%** of trans young people under 26 in England, had made at least one suicide attempt in their lives as compared to **26%** of cisgender² young people.
- Participants reported that support and understanding from family and significant others helped them to develop self-worth. In addition, connection to other LGBT people and communities create a sense of belonging, which helps build resilience.
- People who attempted suicide while young reported factors that appear to correlate closely with suicidal thoughts or attempts. These were: negative experiences of coming out; homophobic and transphobic bullying; and struggles about being LGB or Trans within the family, at school and in their peer group.

(The RaRE Research Report, 2015).

“Mental health services are the most often perceived to be discriminatory.....In respect of mental health, there is some evidence of ‘pathologisation’ (i.e. attributing mental health problems to their transgender status). There is evidence of a lack of mental health inpatient provision for transgender people, restricting access to mental health care.”

(National Institute of Economic and Social Research, 2016)

¹ ‘Trans’ is as an umbrella term for people whose gender identity and/or gender expression diverges in some way from the sex they were assigned at birth.

² ‘Cisgender’ refers to all people whose gender matches the sex they were assigned at birth.

Mental health...

National Survey results

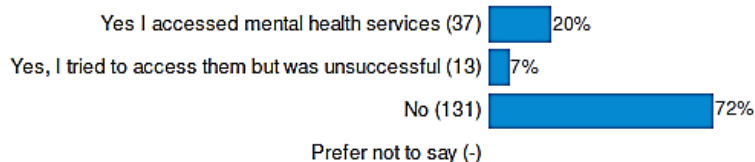
- Just under a quarter of respondents to the National survey (**24%**) had accessed mental health services in the 12 months preceding the survey. This figure was slightly higher for trans people at between **30% and 40%**.
- **8%** of all respondents had tried to access mental health services but were unsuccessful.
- **28%** of respondents who had accessed or tried to access mental health services in the 12 months preceding the survey said it had not been easy at all.
- The most frequent reason given for difficulties was long waiting lists (given by **72%**) and **22%** said it was because their GP was not supportive.
- Respondents were generally positive or neutral about the mental health services they received and only **22%** said they had a negative experience.

(The Government Equalities Office, 2018)

East Riding Survey results

Respondents were asked about accessing mental health services in the East Riding, for example, talking treatments such as counselling and cognitive behavioural therapy (CBT), eating disorder services, perinatal mental health services, mental health services accessed via your General Practitioner (GP), or other specialist mental health services.

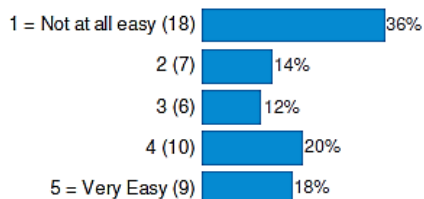
In the past 12 months, did you access, or try to access, any mental health services in the East Riding of Yorkshire?



20% of respondents had accessed mental health services compared to 24% in the national survey.

7% of respondents had tried but had been unsuccessful, similarly to the national result of 8%.

On a scale of 1 to 5, how easy was it for you to access mental health services in the past 12 months?

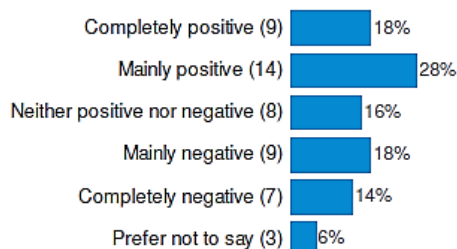


36% of respondents in the East Riding said it was not at all easy to access mental health services, which is higher than the national survey result of 28%.

58% of respondents said that accessing mental health services was difficult because they had to wait too long to access services, which is lower than the national result of **72%**.

7% said it was difficult to access because their GP was not supportive, compared to **22%** in the national survey.

Overall, how would you rate the mental health services you used in the past 12 months?



63% of respondents rated the mental health services used as positive or neutral.

32% rated the services used as negative, compared to 22% in the national survey.

Mental health...

Current projects/services delivered

The Mental Health Response Service (MHRS)



The MHRS is for adults aged 18 and above. It is an access and urgent care service for people living in Hull and the East Riding of Yorkshire who are experiencing severe and enduring mental health problems and also an acute mental health crisis. The service operates seven days a week, 24 hours a day, for individuals (and their families/carers) who are registered with a Hull or East Riding GP.

Insight Talking Therapies



Insight talking therapies is a free and confidential service, commissioned by the NHS, and is available to anyone aged 18+ (or 16+ if not in full-time education) who lives in the East Riding of Yorkshire. <https://www.insighthhealthcare.org/our-services/talking-therapies/find-a-service/east-riding-yorkshire/>

Children and Adolescent Mental Health Services (CAMHS)



An NHS based service covering Hull and East Riding, which provides help and support for children and young people experiencing mental health difficulties.

NHS Apps Library

The NHS has a directory of digital mental health services which includes apps in relation to mindfulness, reducing stress, anxiety and depression, for example. <https://www.nhs.uk/apps-library/category/mental-health/>

East Riding Emotional Wellbeing Service (Self-Referral or via GP)



NHS provider of talking therapies working with adults over 16 who suffer from a range of mild to moderate mental health problems. Services range from self-help therapies, to psycho educational courses and one-to-one support. <http://humberews.co.uk/>

Reach out Project - Hull and East Yorkshire MIND

Offering open access to services promoting mental health and wellbeing through one to one support sessions, a variety of courses and workshops along with service user led social groups. The project offers a wide range of support options to residents of the East Riding of Yorkshire aged 16 and above who are experiencing mental health problems. <http://heymind.org.uk/how-we-can-help/reaching-east-riding/>

Social Prescribing Service

The Social Prescribing service provides a totally confidential service to discuss the things that affect individuals and their health and wellbeing, it will then work with and support them to access appropriate local services, groups and amenities to help them improve their situation.

Shelf Help – Books on Prescription

Books are available which can help people cope with the pressure of life, feel better about themselves and boost their confidence. <https://library.eastriding.gov.uk/web/arena/healthzone>

East Riding Health Trainer Service

Health trainers provide personal support and motivation to adults across the East Riding of Yorkshire who wish to lead a healthier lifestyle or that have issues which affect their health in some way, such as stress.

There are also services such as Relate, who offer relationship counselling <https://relatehull.org.uk/>, the Bridlington and District Samaritans <https://www.samaritans.org/branches/samaritans-bridlington-and-district>, and the Alzheimer's Society www.dementiaeastriding.org.uk.

Mental health...



Key findings and next steps

Key findings

- LGBT people tend to be at a higher risk of experiencing common mental health problems (such as, depression and anxiety), self-harming and attempting suicide, compared to the general population.
- The East Riding LGBT survey showed the majority (63%) rated their experience of mental health services as positive or neutral.
- Over half of East Riding LGBT respondents stated that services were difficult to access because they had to wait too long, which was also a highly common reason in the national survey results. However, it is impossible to identify at this point whether these delays in accessing services are also experienced by non-LGBT residents in the same way.
- There are a wide range of services in the East Riding available for all residents, including the LGBT population. These range from supporting minor to severe mental health issues and include online apps, courses, workshops, reading materials, one to one appointments and counselling therapies, for example.

Next steps

- The Humber NHS Foundation Trust is currently working with the Hull and East Riding LGBT Forum to develop tools which aim to promote access to mental health services among the LGBT community.
- Results of the survey will be considered as part of service development and within the review of the Mental Health Strategy.

Sexual Health

Existing research and findings

There has been some specific consultation regarding sexual health needs of the LGBT population in the East Riding, both with LGBT people and relevant services.

- It was clear from discussions that Men who have Sex with Men (MSM) in the East Riding are in need of better access to sexual health information and sexual health services to enable them to protect themselves from STI/HIV.
- In general there was limited awareness about current initiatives to improve access to sexual health services such as, the virtual sexual health clinic (Conifer) and the postal STI screening service.
- There were no known condom distribution schemes running in the East Riding and the group suggested distributing in gyms/leisure centres, shopping centres, tanning studios and barbers.

National Survey Results

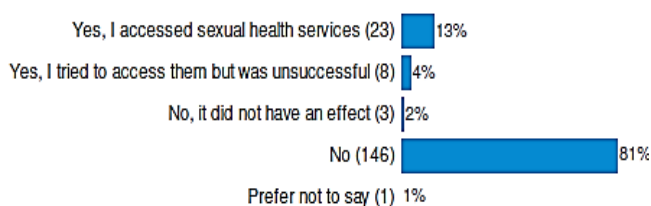
- **27%** of respondents to the National Survey had accessed sexual health services in the past 12 months preceding the survey.
- **2%** had tried to access services, but were unsuccessful.
- **74%** said they had been easy or very easy to access.
- **87%** of respondents who did access sexual health services reported a positive experience.

(The Government Equalities Office, 2018)

East Riding survey results

Respondents were asked about accessing sexual health services in the East Riding such as, contraception services and family planning clinics, sexual health clinics, sexually transmitted infection (STI) testing clinics, genitourinary medicine (GUM) clinics, young people's services, or sexual health services accessed via their General Practitioner (GP).

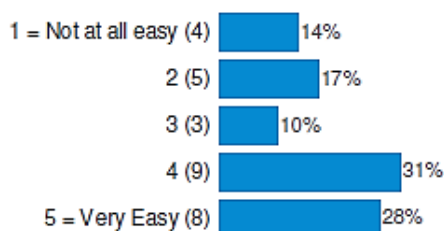
In the past 12 months, did you access, or try to access, any sexual health services in the East Riding of Yorkshire?



13% of respondents had accessed sexual health services compared to 27% in the national survey.

4% of respondents had tried but had been unsuccessful, similarly to the national result of 2%.

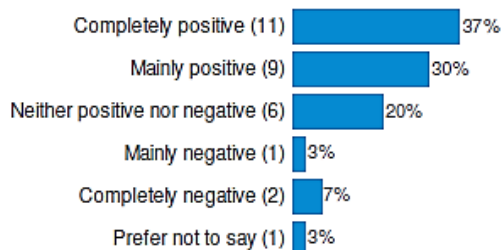
On a scale of 1 to 5, how easy was it for you to access sexual health services in the past 12 months?



59% of respondents said it was easy or very easy to access sexual health services compared to 74% in the national survey.

Sexual Health...

Overall, how would you rate the sexual health services you used in the past 12 months??



67% of respondents rated their use of sexual health services as positive compared to 87% in the national survey.

Additional comments entered via the free text section showed that two of the respondents accessed other sexual health services near to the East Riding, as they believed them to be easier to access and more known/visible.

Current projects/services delivered

Conifer (City Health Care Partnership)



Sexual Health Services in the East Riding are provided by Conifer (City Health Care Partnership). The 'hub' clinic is at Wilberforce Health Centre in Hull, with additional weekly clinics at a range of venues across the East Riding.

Conifer also provides an in-house postal STI testing service, and a virtual clinic which can be accessed online 3 evenings per week. The Conifer website has further details of services and clinic opening times and locations: <https://conifersexhealth.co.uk/>

Conifer are now enrolled in the national PrEP (Pre-exposure prophylaxis for HIV) IMPACT trial, and some additional places may be allocated through the proposed trial extension period.

Key findings and next steps

Key findings

- The percentage of LGBT people accessing sexual health services in the East Riding is much lower than nationally. (13% compared to 27%)
- The East Riding survey responses and other specific consultation suggest a lack of information about commissioned sexual health services among the LGBT population.

Next steps

- Launch of an additional publicity campaign targeted at the public around sexual health services and the different ways of accessing them. The Council and other services in the East Riding to also communicate this information to their patients/clients.
- The key findings from the East Riding survey will also be shared with service providers with a view to improving take up and satisfaction for LGBT residents.
- Consider the introduction of a free condom distribution scheme (in suitable social venues in the East Riding) in addition to the usual places such as pharmacies and GP Practices, that would help to make condoms more accessible for (heterosexual and gay men) in the East Riding.

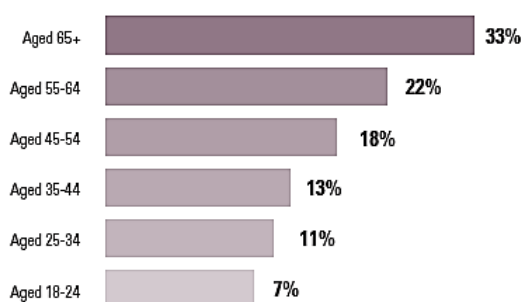
Smoking, Alcohol and Drugs

Existing research and findings

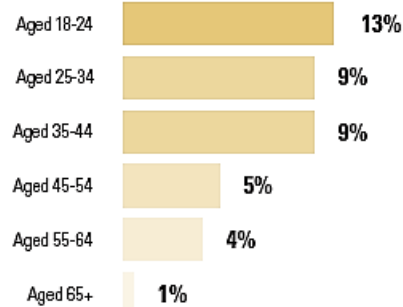
“In line with trends in the general population, LGBT people’s smoking, alcohol and drug consumption vary according to age: older LGBT people are more likely to drink alcohol almost every day than younger LGBT people, while younger LGBT people are more likely to smoke and take drugs.”

- One in six LGBT people (**16%**) said they drank alcohol almost every day over the last year. According to the Office for National Statistics (ONS), one in ten (**10%**) of adults in general drink alcohol on five or more days in the week.
- One in eight LGBT people (**13%**) aged 18-24, took drugs at least once a month. In comparison the ONS found that one in eleven (**9%**) of people aged 16 to 24 had taken a drug in the last month.

LGBT people who drink alcohol almost every day



LGBT people who take drugs at least once a month



- One in six (**15%**) of LGBT people smoke almost every day. According to the ONS, **15%** of all adults in general smoke cigarettes.

(*Stonewall, LGBT in Britain: Health Report, 2018*)

There have been no concerns raised in the East Riding regarding any drug, alcohol or smoking issues which are specific to the LGBT community. (*Public Health, 2019*)

Current projects/services delivered

East Riding Health Trainer Service

Health Trainers provide personal support and motivation to adults across the East Riding who wish to lead a healthier lifestyle such as quitting smoking <http://www.nhs-health-trainers.co.uk/>. There are 20 clinics around the East Riding in the community, primary care and acute settings. Smokers are seen weekly for 8 weeks with patient centred, face to face appointments.

The Humber NHS Foundation Trust reported in July 2018, the East Riding Stop Smoking Service had hit a record breaking reduction in smoking prevalence across the region. The service has helped reduce smoking levels by 5% in just three years, reducing the East Riding smoking rate to 10.8%, which is one of the lowest areas in the Yorkshire and Humber region.

The Health Trainer Service also provides support in relation to alcohol consumption.

Pharmacies

In the East Riding, pharmacies provide a range of locally commissioned public health services including substance misuse services, health checks and stop smoking services.

East Riding Partnership – (Adults)

The East Riding Partnership provides a range of substance misuse services to adults across the East Riding, delivered through the Open Access service, the Shared Care service and the Community Drug and Alcohol teams. <http://www.humber.nhs.uk/services/east-riding-partnership.htm>.

Smoking, Alcohol and Drugs...

East Riding Partnership – (Young People's Service)



The Young People's Substance Misuse Service provides information, advice, support and treatment for young people up to 18 years old who are misusing drugs and alcohol <https://ads-uk.org/services/young-peoples-service/>. Where young people are screened and identified as needing support they would be seen via the standard youth services, which although not LGBT+ specific, do have the capability to deliver emotional well-being interventions as required and the young person would be supported and signposted to other services and groups (if required) for all of their needs including drug and alcohol concerns.

Antidote

Antidote is the UK's only LGBT run and targeted drug and alcohol support service and can be accessed by LGBT people in the East Riding. The service provides non-judgemental free advice and support delivered by highly trained staff and volunteers – all of whom identify as LGB or T, and who have a good understanding of the pressures and problem that come with recreational drug or alcohol use. Their helpline is 020 7833 1674.

Lollipop

The Lollipop group offer targeted support work for young LGBT people in the East Riding, such as signposting group members to services for additional support with smoking, drugs and alcohol.

Key findings and next steps

Key findings

- Findings suggest that the LGBT population are more likely than the general population to drink alcohol and use drugs, although this varies according to age. However, no specific drug, alcohol or smoking issues have been identified which are specific to the local LGBT community.
- There are a wide range of support and advice services available to people of all sexualities and all ages in the East Riding, in relation to smoking, alcohol and drug use.
- There are groups such as Lollipop and Antidote that are specifically aimed at LGBT people and offer information/support on smoking, drugs and alcohol.

Next steps

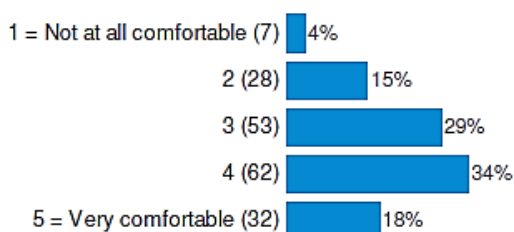
- Continued promotion of commissioned services across the East Riding for all residents.
- It has been suggested that, through the Young People's Service and as part of the 'Prevention Education and Early Identification' work, LGBT+ young people are targeted for screening and additional support in relation to drugs and alcohol abuse.

Other findings from the LGBT Survey

The East Riding of Yorkshire LGBT Survey ran from October to December 2018 and was based on the National LGBT Survey undertaken by the Government in 2017. The survey aimed to find out about what life is like for LGBT residents in the East Riding of Yorkshire, their experiences of accessing and using public services and any experiences of discrimination they may have faced. (Respondents had to be aged 16 and over, identify as LGBT and be living in the East Riding).

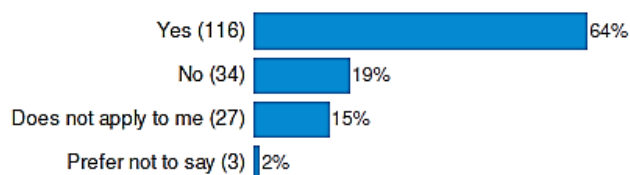
The survey was promoted through emails to various local LGBT groups, on the internet, via a press release and to all council staff. It received 182 responses and in addition to the results which have been included in earlier sections of the needs assessment, the other findings are as follows:

On a scale of 1 to 5, how comfortable do you feel being an LGBT person in the East Riding of Yorkshire?



52% felt comfortable being LGBT in the East Riding, which is lower than the national result of 56%. However, there is an established link between feeling more comfortable in a city environment.

Do you ever avoid holding hands in public with a same-sex partner for fear of a negative reaction from others?



Avoiding holding hands in public is similar to the national average at 64%

Do you ever avoid being open about your sexual orientation for fear of a negative reaction from others?



61% avoided being open about being LGBT, which is lower than the national result of 70%

2% of respondents in the East Riding (3 people) had experienced so-called “conversion” or “reparative” therapy in an attempt to “cure” them of being LGBT, which is the same as the national survey percentage. All of the 2% of respondents had been offered this, or it had been conducted by, a faith organisation or group.

Satisfaction with life average is 6.8 out of 10 in the East Riding, which is higher than the national LGBT average (6.5), but still lower than the UK whole population average of 7.7.

Conclusion



Through the primary and secondary research and the East Riding of Yorkshire LGBT Survey that has been undertaken as part of this needs assessment, the following key findings have been concluded:

There are a number of LGBT people in the East Riding who have experienced harassment, verbal abuse and threatening behaviour from others because of their sexuality or, because they are transgender. Although these incidents are fewer than in other areas in the UK, raising awareness of 'hate' in the East Riding remains a priority and therefore, the Hate Crime Campaign and specific projects such as the 'Right to Be' project, will continue.

There are some excellent projects and support groups such as, Lollipop, Thirteen, LOOK and the 'Right to Be' project which are having a positive impact on LGBT young people and children in the East Riding. The survey findings suggest a lack of LGBT specific content in schools, specifically within sex education and therefore, this will be fed back to all maintained schools in the East Riding.

The older generation are at risk of experiencing social isolation and loneliness and LGBT people tend to experience this even more so, due to being more likely to live alone, be single and less likely to see family. There are numerous services in the East Riding that are working to reduce social isolation and loneliness for all East Riding residents however, some LGBT targeted work, particularly in some of the worst affected coastal areas, may be beneficial.

LGBT people tend to be at a higher risk of developing common mental health problems such as depression and anxiety and also, self-harming and attempting suicide, compared to the general population. There are a wide range of services offering support, advice and treatment for minor to severe mental health issues and these are available for all residents in the East Riding. However, the Humber Teaching NHS Foundation Trust is currently working to promote their services to the LGBT community by working with the Hull & East Riding LGBT Forum and findings will be considered in the development of the Mental Health Strategy.

The percentage of LGBT people in the East Riding who are accessing sexual health services is lower than the national result and findings suggests a lack of information about commissioned sexual health services among the East Riding LGBT population. Therefore, an additional publicity campaign is being proposed to raise awareness of sexual health services and how to access them.

Smoking, alcohol and drug issues are potentially slightly more common among the LGBT population, depending on various factors such as age. There are a range of services that are available to everyone in the East riding for stopping smoking and drug and alcohol abuse, which will continue to be promoted. Whilst there are no known particular issues which are specific to the East Riding LGBT population it is recognised that young LGBT people are more likely to use substances and therefore, it has been suggested that LGBT+ young people are targeted for screening and additional support as part of the Young People's Service.

Key findings from the needs assessment will be considered as part of future strategy and service development.

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