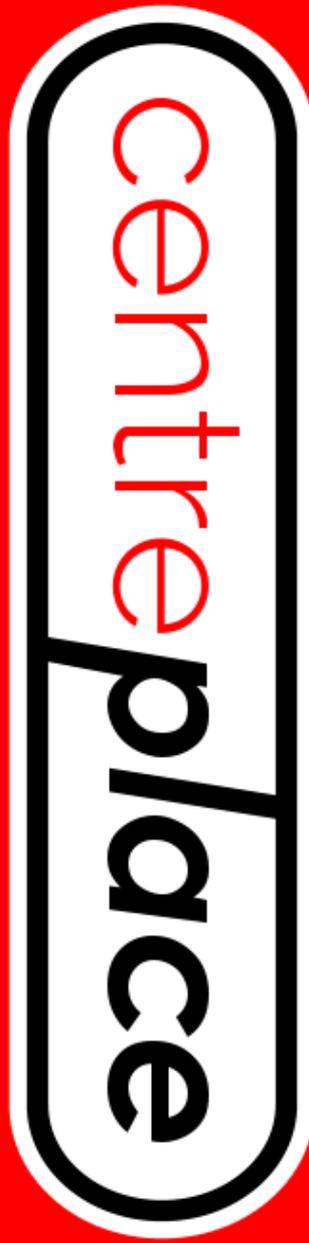


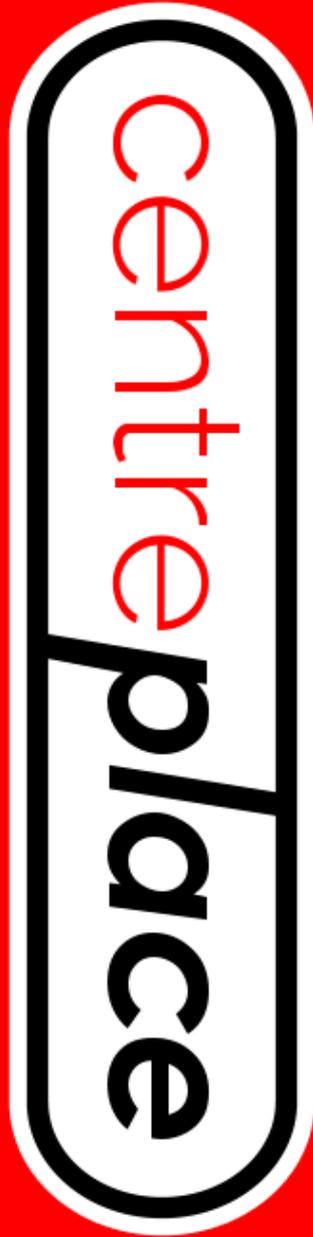
The Centre Place

The Centre Place is a voluntary sector organisation that was established in 1996 with the aim of providing support to young people aged 16-25 living with the Bassetlaw area. Historically the support provided focused on homelessness, housing needs, accessing employment and education and working with hard-to-reach and vulnerable young people and young parents.



Services Provided

- Open access drop in sessions providing information support and guidance on a wide range of issues
- Evening support sessions
- Support for young parents
- Talkzone Counselling Service
- LGBT+ one-to-one support and support groups

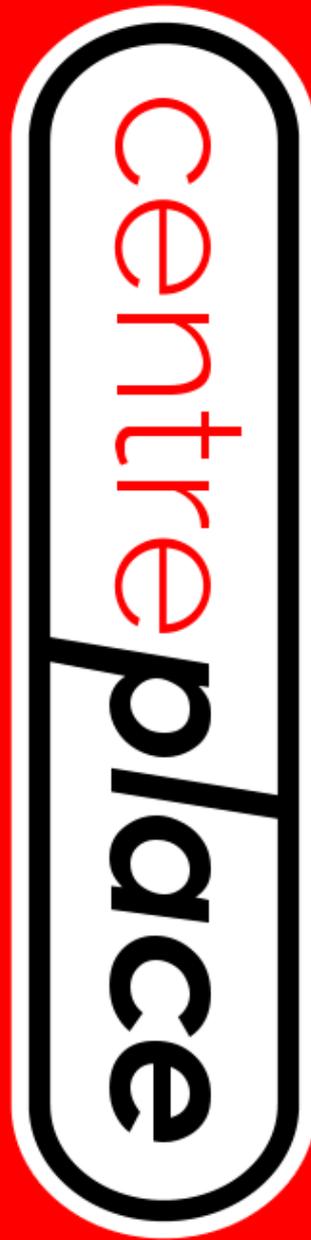


Origins and Developments

The services we have provided since 1996 have been in response to the identified gaps within the local provision available at that time.

An independent service evaluation completed in 2017 evidenced that there have been a large number of changes to different services and therefore the provision that is available throughout Worksop, Bassetlaw and the wider North Nottinghamshire areas.

These changes have had a positive impact in the area particularly for young people. This has resulted in a large reduction in the need for Centre Place to continue to offer some of services that we have historically provided as part of our core service delivery. The service evaluation, our own internal monitoring and evaluations and on-going work and consultations with partner organisations has evidenced a need for us to increase the development of additional services focusing on LGBT+ and mental health support.





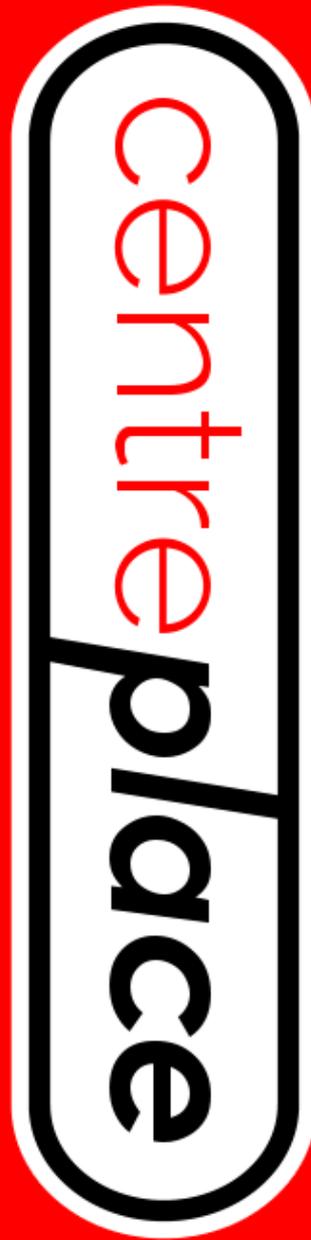
Moving Forward

Originally:

- Established in 2004
- One-to one Counselling for 16-25s
- Covered the Worksop area
- 3 operating days per week

Now:

- Increased demand
- Referrals from GP's, CAMHS and local services
- Expanded offer to 11-25
- Now covers Bassetlaw
- 6 days per week, including evenings





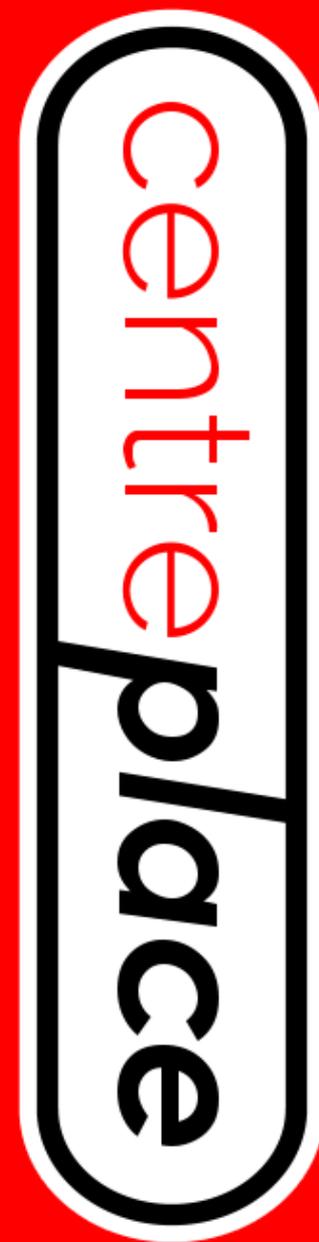
Moving Forward

Originally:

- Established in 2010
- One year pilot
- Weekly group support

Now:

- Focal point for LGBT+ young people and local services
- Increased need year on year.
- LGBT+ Service Nottinghamshire established in 2017
- Wide range of LGBT+ specialist provision
- Specialist LGBT+ therapy and family mediation.



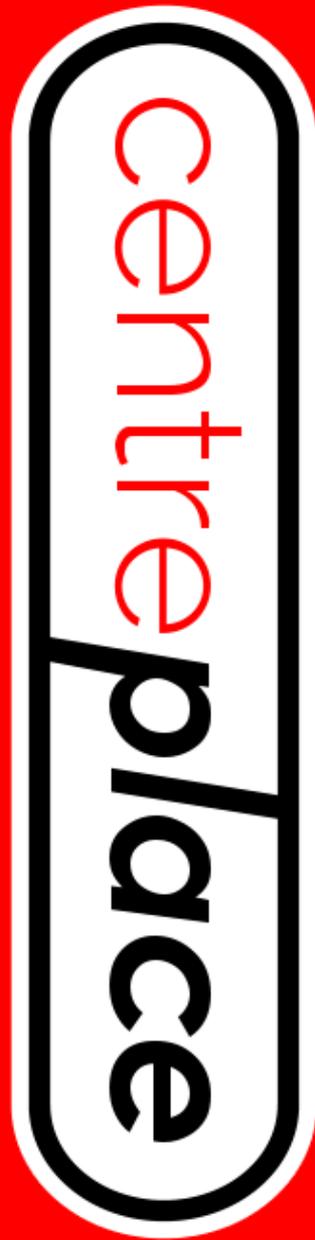


Services:

- One-to-one, face-to-face service
- Short-term counselling for 11-25 year olds.
- Available 6 days a week

Process:

- Initial assessment (incorporating C.O.R.E).
- Therapeutic counselling for six to twelve weeks.
- Chart a pathway through therapy
- Highlights outcomes/improvements
- Assessment of additional therapy, if required.





Referrals:

- Made by professionals
- Self-referrals by young people aged 13+

These can be made online via the website, over the phone or via our text messaging service for young people.

During 2017-18:

244 new referrals

283 clients completed therapy

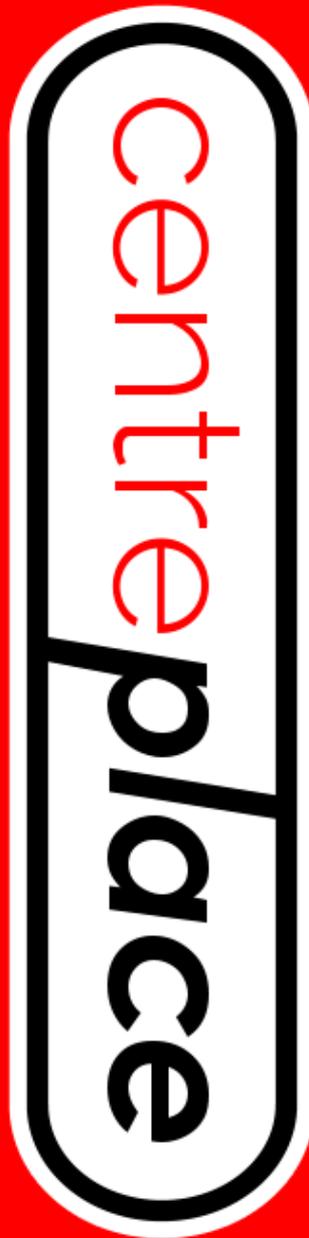
Sources:

29% of referrals from GP surgeries

22% from Insight Healthcare

7% from schools

42% from others (combination of Social Care, CAMHS, local services, colleges and self-referrals)





Delivery:

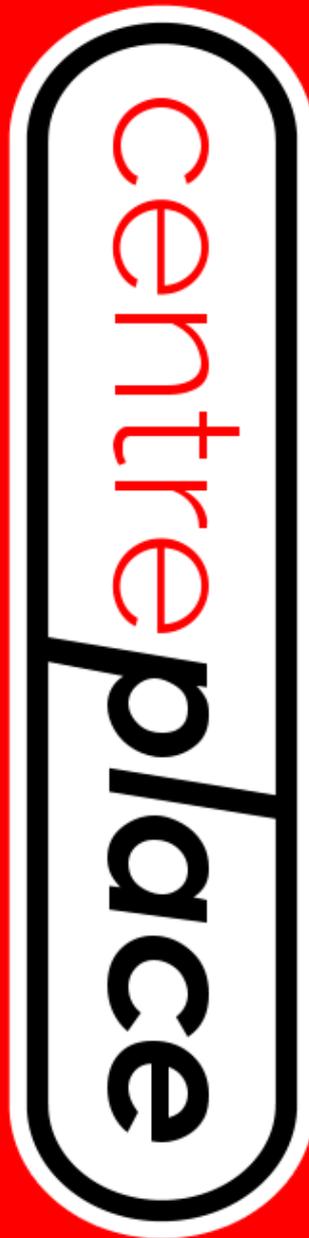
During 2017-18:

- 1,846 counselling appointments
- 37 appointments per week on average
- 1,400 appointments in daytime
- 350 in an evening
- 96 on a Saturday

Geography:

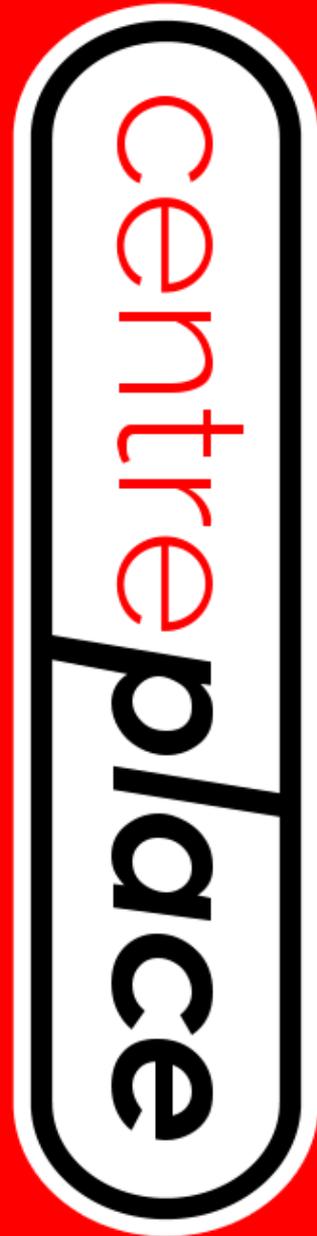
56% in Worksop

44% in Retford



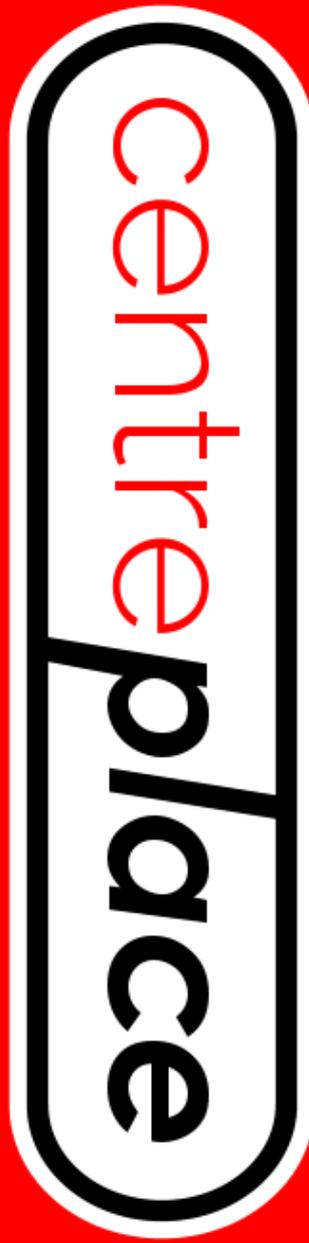
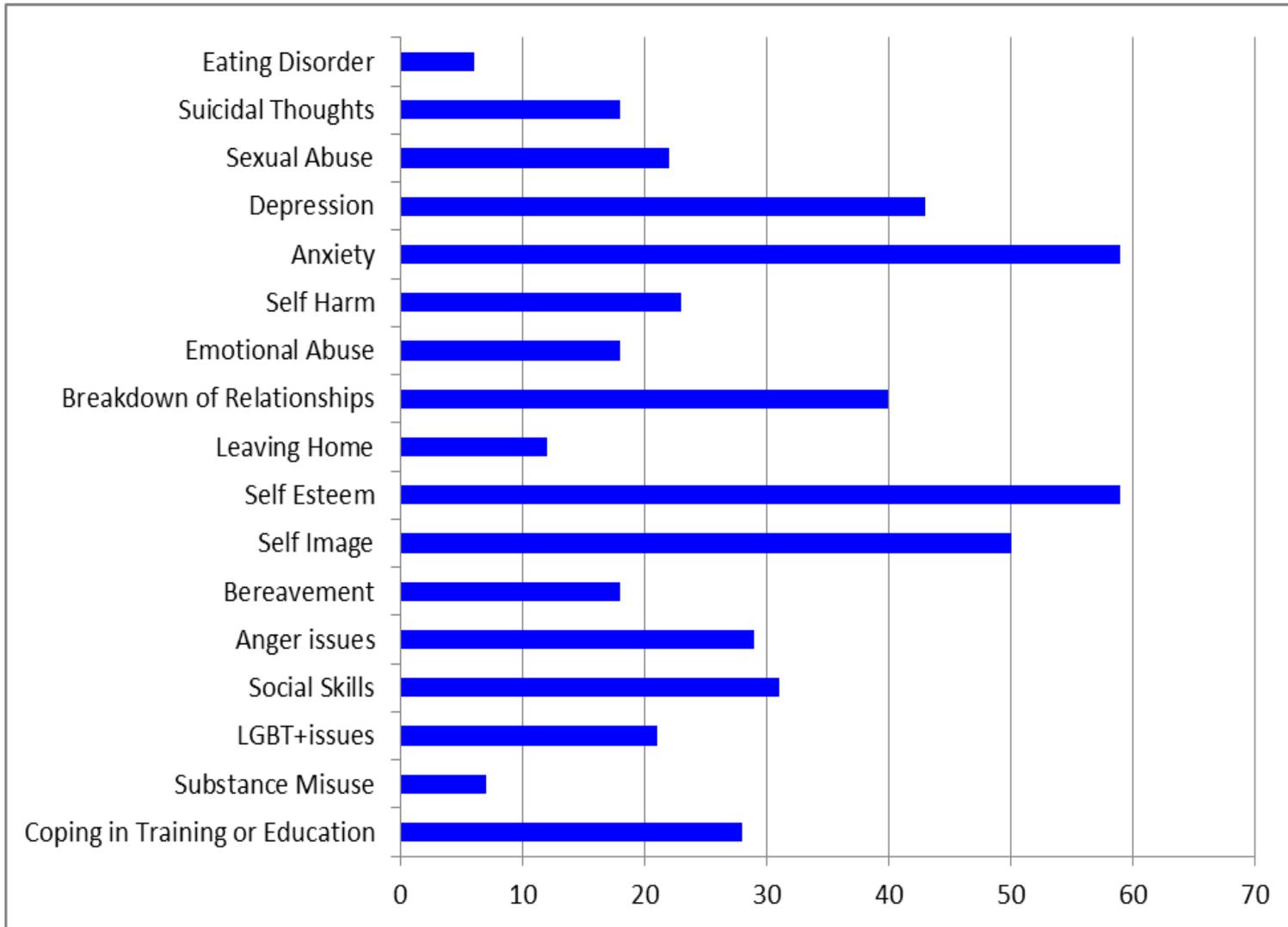


Output Change Indicator – (after attending a minimum of three counselling sessions)	Total % of clients
Clients demonstrating an improvement in their ability to manage their mental health on a daily basis	95%
Clients demonstrating increased knowledge and understanding of their mental health problems following therapy.	89%
Clients no longer feeling dependant on support and not needing to re-refer to counselling following completing their programme of therapeutic support.	92% (The remaining 8% were referred on for additional or alternative support with another organisation)
Clients evidencing a reduction in the risk of harm and incidents reaching crisis point in their lives, as a direct result from counselling	57%- risk reduced 18% risk eliminated 25% presented with no indication of risk of harm when presenting and these results remained unchanged at the conclusion of therapy.





The range of issues addressed within therapy sessions

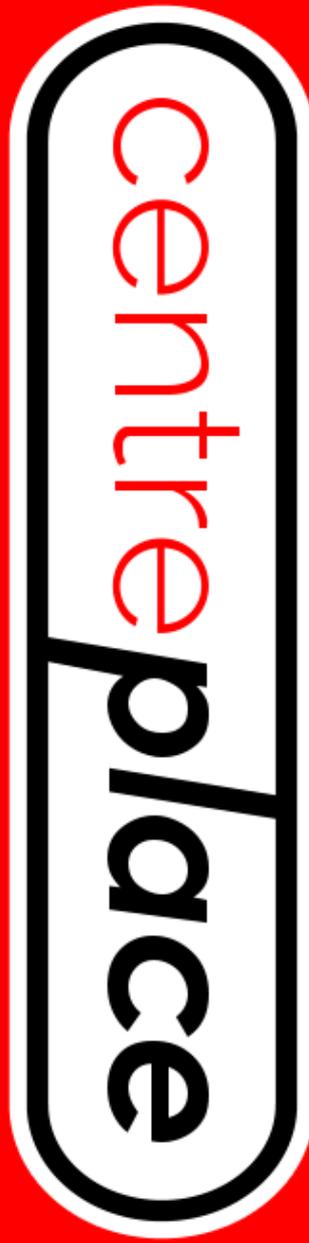


What is **LGBT+**

What is the reality of being LGBT?



<https://www.youtube.com/watch?v=SRBFU>
BUYKiU





Services:

LGBT+ Service Nottinghamshire offers a wide range of professional, specialist services for children and young people aged 11-25 who identify as LGBT+ (lesbian, gay, bisexual, trans* and any other sexual orientation), or may be questioning their sexual orientation or gender identity.

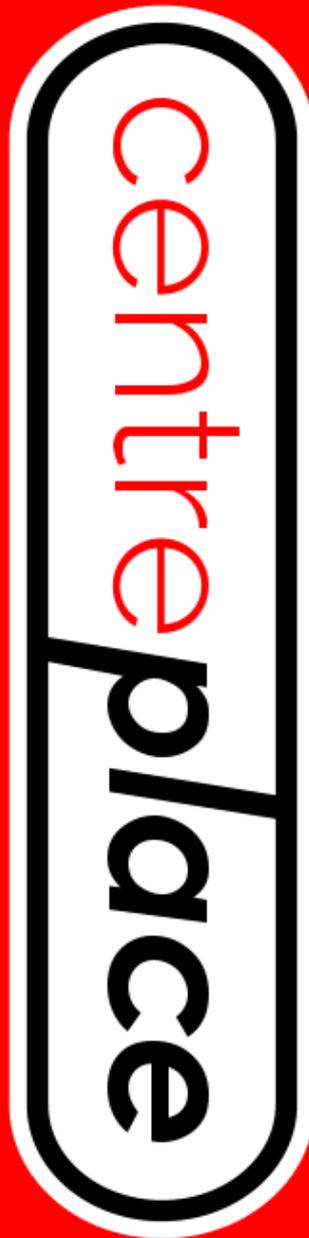
We are the only service offering LGBT+ support in Nottinghamshire

We are Stonewall training partners and have worked in partnership with local and national LGBT+ organisations to establish best practice when working with the LGBT+ community since 2009.

Referrals:

Professionals working with young LGBT+ people or families.

Self-referrals by families of, and by, young people aged 13+



Support Services:

- Weekly one-to-one support
- Centre-based and outreach
- Weekly 11-16 and 16-25 LGBT+ group support sessions
- Weekly trans* support
- Weekly LGBT+ specialist counselling and family mediation
- Monthly trans group support sessions
- Monthly parent and carers support groups

Specialist support provided:

- Emotional support
- Coming out
- LGBT+ sexual health advice
- Hate crime reporting
- LGBT+ rights & legislation
- Accessing LGBT+ health services
- Support within schools, colleges or employers
- Tackling discrimination
- Referrals to the Tavistock and Portman gender identity clinic
- Information on binders, packers, STP devices, breast and thigh formers
- Deed poll and legal name changes
- Changing gender markers
- Gender dysphoria
- Social transitioning
- Transitioning stages, medical procedures and surgery

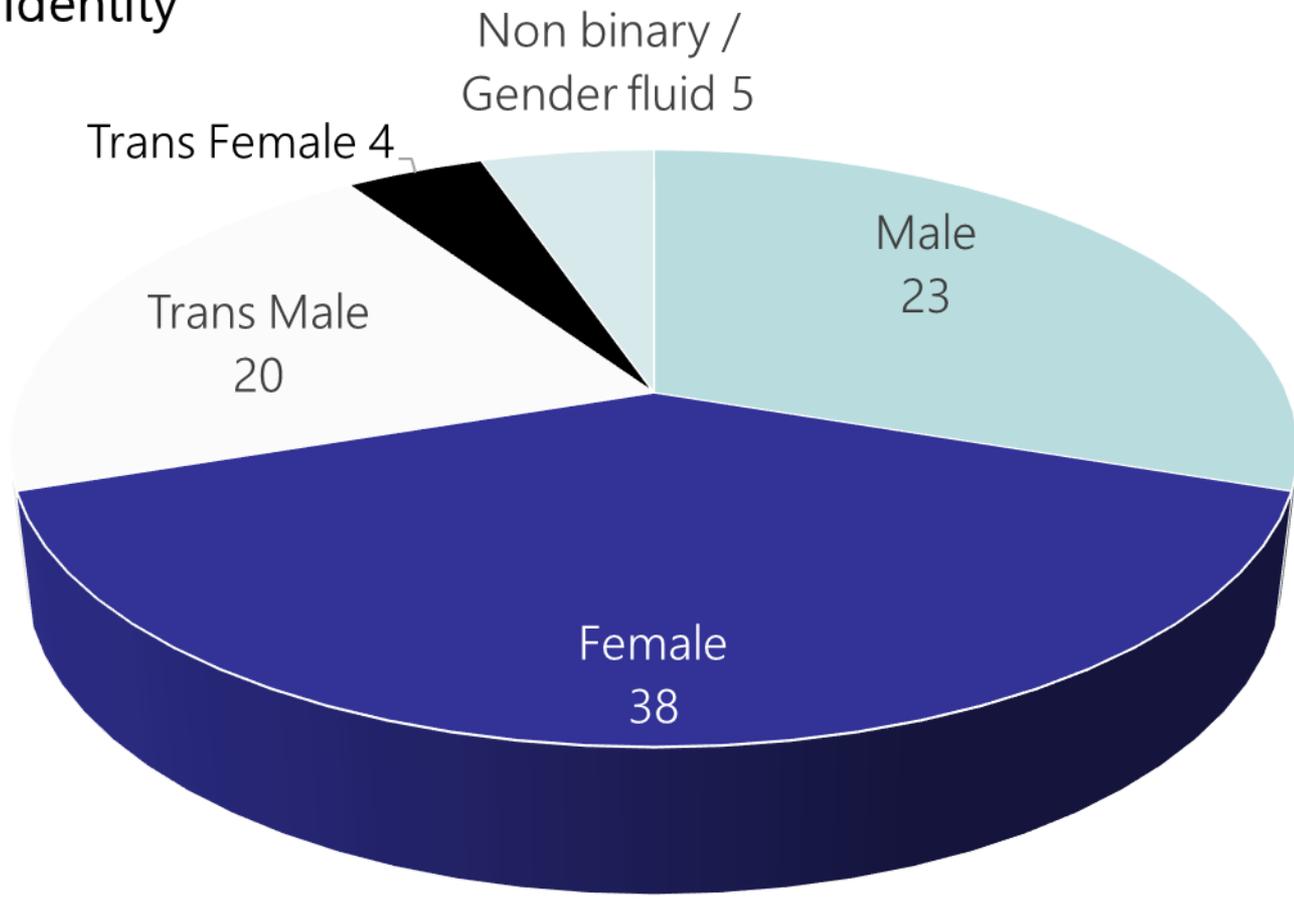


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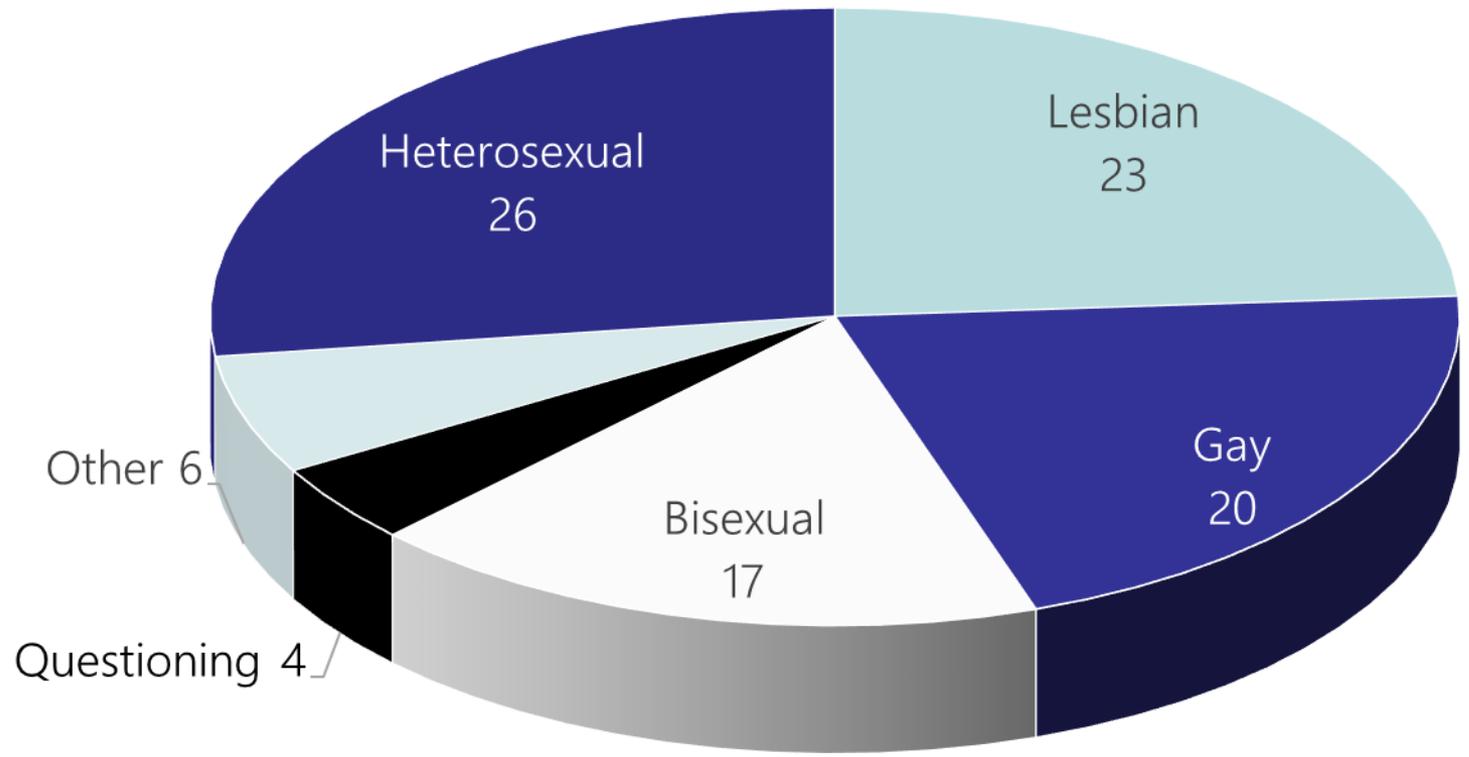
During 2017-18 we received 92 referrals into the service and provided 298 group and one-to-one, group and counselling sessions.



Gender Identity



Sexual Orientation



Outcome Indicator as a result of accessing services and support	Total % of Service users
Increased understanding of LGBT+ issues	98%
Increased confidence relating to identified gender or sexual orientation	96%
Feel safer and more to come out to other people	92%
Improved relationships with friends and family	92%
Reduced social isolation and increased peer support networks	98%
Improved emotional well-being	98%

Contact Information

The Centre Place
Abbey Street Community Centre
Abbey Street
Worksop
Nottinghamshire
S80 2LA

LGBT+ Service Nottinghamshire
(01909) 479191
e-mail: info@lgbtplusnotts.org.uk

Talkzone: (01909) 530943
e-mail: info@centreplace.org.uk

www.centreplace.org.uk
www.lgbtplusnotts.org.uk

