



LGBT Centre for Health and Wellbeing

LGBT Community Needs Assessment Report

Authors: Steve Aitken, Seamus Kealey and Rachel Adamson

September 2007

 LGBT Healthy Living Centre
(LGBT Centre for Health and Wellbeing)
A registered Scottish Charity, No SC034216
Registered Company limited by guarantee No SC246290



Needs Assessment Summary

What people reported

- At the closure of the Needs Assessment Survey it had been started by 265 people and completed by 251 people across City of Edinburgh, the Lothians and the Borders
- 40% of the sample have never visited the LGBT Centre for Health and Wellbeing (but 60% have at least once)
- Just over half of respondents are 'out' to all family and work colleagues, and are more likely to be 'out' to friends
- Over half the sample appear *not to* regularly use pubs and clubs to socialise or meet new people & friends
- People who do use them are as likely to access mainstream pubs and clubs as LGBT ones
- People are more likely to access LGBT specific social and community groups than generic ones
- The fact that the most popular way of socialising and meeting new people and friends is '*social gatherings at home or visiting friends*' highlights the need to access people's social networks when distributing health related or other information to LGBT people
- Smoking and drinking rates are near or similar to the national average
- More specific research on the pattern of use of tobacco, alcohol and other substances by LGBT people would be beneficial
- There is significantly higher reported prevalence of poor mental health than the general population with high levels of depression (79%) and attempted suicide (23%)
- The reported prevalence of poor mental health is 100% amongst transgender people and 76% among people who identify as bisexual. The average reported in this study is 70%. The national average is estimated to be 1 in 4 or 25%.
- Prevalence of poor mental health is similar across all income levels except those earning over 25,000 per annum
- A quarter of people experiencing poor mental health had not accessed support
- Although the majority of people do not have an issue with disclosure to health and other services or have problems accessing services, where there is a problem (28%) the impact

seems to be significant, with people saying they will not use services in the future or have the same level of trust

- Where problems were reported this was mainly through accessing NHS services and GP practices
- Most of the access problems were related to staff making incorrect assumptions about gender identity and sexual orientation or homophobia/transphobia
- With regards to their personal safety, people have experienced high levels of verbal and physical abuse, much of which has gone unreported to the police or other authorities
- Of those who did report the incident, well over half were unhappy with the response they received
- Some LGBT parents/carers felt that reporting incidents affecting them would 'out' their children in the neighbourhood and make their children a target for bullying or harassment
- Respondents self identified that the main issues concerning them as LGBT people relate to isolation, prejudice and discrimination, homophobia / transphobia and personal safety
- A high number of people felt that providing LGBT specific services would address some of these issues. 74% of the sample reported they would be more likely to use LGBT specific or 'friendly' services. Education and training were also thought to be important

Introduction

The LGBT Centre for Health and Wellbeing is in its final year of five year funding from the BIG Lottery Fund and NHS Lothian and NHS Borders.

In order to evaluate current services and to move forward in developing provision that is relevant and appropriate the Centre has undertaken a series of activities with individuals, groups and the LGBT sector and other agencies. The aim of this activity is to build a new baseline of understanding of the broad health need and other requirements of lesbian, gay, bisexual and transgender (LGBT) people in Edinburgh, the Lothians and the Scottish Borders.

The Needs Assessment is part of that process.

Methodology and distribution

The survey was designed by the Centre Project Manager and Health Promotion Officer and sent out for review and consultation with the Manager of Health Promotion, NHS Lothian, Fair for All – LGBT (previously NHS Inclusion Project) and Professor Ian Rivers at Queen Margaret University, Edinburgh.

Other models were investigated and some survey questions included relate to 'First Out' (Beyond Barriers, 2003), a national survey of LGBT people and the Scottish Health Survey, 2003.

The collection of responses was primarily through Survey Monkey, which enabled a website link to be distributed rather than the survey itself. Paper copies and other accessible versions were also available. Paper copies were distributed (with SAE) throughout venues on the commercial 'scene'.

Website links were distributed to and by NHS Lothian Health Promotion Department, City of Edinburgh Council Equalities Unit, Lothian Community Health Projects Forum, a broad range of LGBT services in the Voluntary sector and Edinburgh Theatre Workshop who were undertaking a large project with asylum seekers and refugee community members.

The Survey was 'live' on the Internet from 18th April - 30th July 2007 and paper copies were returned by the latter date.

It should be noted that respondents were self selecting and this may have influenced the results and findings of the survey.

It should also be noted that a number of questions allowed for more than one answer to be selected and/or for the respondent to only choose to answer certain elements of the question. This means that some of the results presented in tables have less or more answers than the total number of respondents noted for that question.

Demographics

At the closure of the Needs Assessment Survey it had been started by 265 people and completed by 251 people across City of Edinburgh, the Lothians and the Borders. Most (94.7%) respondents had completed the demographic questions. Other questions were answered as appropriate or skipped if irrelevant to the participant.

The demographic spread is satisfactory apart from the number of people from black and minority ethnic (BME) communities (see below). Steps to identify the additional needs of LGBT people from BME communities have included contacting voluntary sector agencies working in the mainstream with people from diverse cultures and ethnic origins and identifying other research.

Sex and gender identity

The survey shows the range of how people self-define their sex and gender beyond the usual two choices.

Men	110 (42.6%)
Women	138 (53.5%)
Intersex	1 (0.4%)
Other	9 (3.5%)

*Number of respondents who answered this question (N) =258

- 'Other' includes *pre-op trans, bi-gender, transitioning m-t-f*.
- 9 people identify as 'other' including *Queer, bi-gender* and *undecided*.
- 24 people (9.5%) identify or have identified as transgender including 8 women and 6 men.

Sexual Orientation

A range of self defined sexual orientations are represented in the Survey;

Bisexual	42 (16.3%)
Gay	104 (40.5%)
Heterosexual	10 (3.9%)
Lesbian	84 (32.7%)
Other	7 (2.7%)
Unsure	10 (3.9%)

* N=257

- Other includes; *gynesexual, homosexual, queer* and *don't label myself*

Age

The age spread of respondents is from 14 to 75 with the average age being 37.

Men	14-75 years	Average 36.8
Women	16-62 years	Average 36.5
Other (including 1 intersex person)	18-56 years	Average 37.9

*N=254

Postcode

The survey has reached most areas of Edinburgh, some Lothian and 10 people from the Borders. The following table illustrates the areas within which the respondents live.

Postcode	Number of respondents within postcode area	% of total number of respondents to question
EH7	32	12.7%
EH6	28	11.1%
EH8	19	7.5%
EH3	17	6.7%
EH11	16	6.3%
EH9	13	5.2%
EH5	12	4.8%
EH16	12	4.8%
EH1	11	4.4%
EH4	10	4%
EH15	10	4%
Other 'EH' postcodes	55	21.9%
'B' postcodes	1	0.4%
'TD' postcodes	8	3.2%
'G' postcodes	3	1.2%
'FK' postcodes	3	1.2%
'ML' postcodes	1	0.4%
'KY' postcodes	1	0.4%

*N=252

Ethnic origin

People were asked to self define their ethnic origin.

Asian and South Asian	2 (0.8%)	North American and Latin American	4 (1.6%)
-----------------------	----------	-----------------------------------	----------

Asian and South Asian	2 (0.8%)	North American and Latin American	4 (1.6%)
British	12 (4.8%)	Scottish	41 (16.2%)
Eastern European and White European	7 (2.8%)	White	18 (7.1%)
English and White English	4 (1.6%)	White British	87 (34.9%)
Irish, Northern Irish and mixed race Irish	7 (2.8%)	White Scottish	66 (26%)
Mixed Race and Asian/Scottish	4 (1.6%)	White Welsh	1 (0.4%)

*N = 253

Employment

Respondents were asked to identify their educational, employment or carer status with a number choosing more than one option.

Full-time employed	156 (61.4%)
Part-time employed	36 (14.2%)
Unemployed/ unwaged	16 (6.3%)
Attending school/ college/university	29 (11.4%)
Retired	7 (2.8%)
Full-time carer	2 (0.8%)
Other	27 (10.6%)

* N= 254

- Other activity includes Private income – 1, Self employed – 13 full-time, 1 part-time, Benefits – 1, Disability benefits – 2, Volunteer – 3 full-time, 1 part-time, Between jobs – 1

Income

The Survey asked people to identify their current annual income, including benefits, pensions and student loans.

The Survey has been successful in reaching respondents earning a broad range of incomes. The average gross salary for Edinburgh is calculated to be is £26,482 per annum (ASHE, 2006). A breakdown by gender is included below.

Needs Assessment income brackets	Male	Female	Other	Total
Still at School	3 (1.2%)	2 (0.8%)	0	5 (2%)
Up to £6,000	16 (6.3%)	17 (6.8%)	3 (1.2%)	36 (14.3%)
£6,001-£10,000	13 (5.6%)	12 (4.8%)	1 (0.4%)	26 (10%)
£10,001-£15,000	12 (4.8%)	13 (5.6%)	1 (0.4%)	26 (10%)
£15,001-£20,000	14 (5.6%)	20 (8%)	1 (0.4%)	35 (13.9%)
£20,001-£25,000	11 (4.3%)	32 (12.7%)	0	43 (17.1%)
Over £25,000	39 (15.5%)	38 (15.1%)	4 (1.6%)	81 (32.1%)

* N = 252

Disability

Respondents were asked if they consider themselves to have a disability and if so to specify.

- 28 (11.1%, N=253) people in the sample regard themselves as having a disability, including a range of physical and mental health issues, and mobility and learning difficulties.

- 12 (33.3%) of those earning under 6K and 6 (23.1%) of those earning 6-10K considered themselves to have a disability. These percentages dropped substantially in the higher income brackets.

Religion and Belief

Respondents were asked to identify if they have a faith or belief and if so to specify.

84 people (33.2%, N=253) indicate that they have, from Pagan to Roman Catholic and including Agnostic and Atheist belief.

Relationships and Family

Respondents were asked to identify their relationship status. It should be noted that respondents could choose more than one descriptor.

	Male	Female	Other	Total
Single	57	48	5	110 (43.3%)
Partnered	40	48	1	89 (35.4%)
Co-habiting	13	26	1	40 (15.8%)
Civil partnership	7	12	0	19 (7.5%)
Married	1	7	0	8 (3.2%)
Divorced	5	4	2	11 (4.3%)
Separated	2	1	2	5 (2.0%)

* N = 254

Children and childcare

Survey respondents were asked if they have children and if so, how many boys and how many girls

	Yes	Boys	Girls	Total
Men	10 (9.2%)	11	8	18
Women	25 (18.4%)	37	10	47
Other	4 (4.0%)	4	3	7

* N = 255

- 39 (15.3%) people have children
- 6 (26.1%) people who identify as transgender (men, women, inter-sex and 'other') report having children

Respondents who indicated they have children were asked:

- Do they live with you?
- Do they receive support from your family? (e.g. welfare, childcare)
- Have they ever been bullied or have they experienced negative attitudes because of your relationship status or sexual orientation?

Respondents	Male	Female	Other
Live with you? Yes	3 (33.3%)	12 (48%)	1 (16.7%)
Live with you? Sometimes	2 (22.2%)	3 (12%)	1 (16.7%)
Support from family? Yes	4 (44.4%)	10 (41.7%)	2 (33.3%)
Bullied or negative attitudes? Yes	2 (22.2%)	7 (29.2%)	1 (16.7%)

- A key learning point was in future to ask the age of children as some people answered 'no' to the family support question as their children no longer need support. Comments included: *“Only youngest at home”* and *“They are now adult and self supporting”*.
- Comments about bullying and negative attitudes included:
 - *At school my son was bullied because of my sexuality.*
 - *Beaten up and bullied at school.*
 - *My children left living with me in their early teens because of the fear of what might happen to them if their peer group found out I was a lesbian.*
 - *Name calling in the street and being ostracised by local kids.*

Being ‘Out’ and socially connected

Are you out / open about your sexual orientation to:

	All	Most	Some	None
Family	134 (53.4%)	51 (20.3%)	31 (12.4%)	26 (10.4%)
Friends	177 (70.2%)	42 (16.7%)	21 (8.3%)	5 (2.0%)
Work Colleagues	126 (50.8%)	36 (14.5%)	32 (12.9%)	29 (11.7%)

*N = 252

- 167 (66.3%) and 150 (60%) are out to their GP and employer respectively.

Men are more likely than women to be out to *all* their family, friends, work colleagues and employer. There does not appear to be a gender bias in being out to a GP.

Social activity

Where do you mostly go to socialise or meet new people & friends?

LGBT exclusive bars & clubs	114 (44.7%)
General bars & clubs	114 (44.7%)
Sport clubs & groups	38 (14.9%)
LGBT specific sports clubs & groups	38 (14.9%)
Theatre / Cinema / Restaurants	131 (51.4%)
LGBT community groups	52 (20.4%)
General community groups	25 (9.8%)
LGBT social groups	51 (20%)
Other social groups	35 (13.7%)
General on-line communities	40 (15.7%)
LGBT on-line communities	65 (25.5%)
Prefer to stay at home	35 (13.7%)
Social gatherings at home or visiting friends	155 (60.8%)
Outdoor groups	31 (12.2%)
Visit family	70 (27.5%)
Other	22 (8.6%)
Number of respondents who answered this question	255 (96.2%)

* N = 255

Meeting friends and new people through social gatherings at home or visiting friends (155, 60.8%) is the most popular choice and this is true across both males and females as well as across different income levels, except those earning less than 6K and those earning 10-15K. This highlights the importance of accessing social networks if trying to reach or communicate with a wider section of the LGBT communities.

- Theatre, cinema and restaurants are also popular venues across gender, for transgender people and across all income levels.
- Community and social groups are very popular, with LGBT specific groups more popular than generic ones.

- A quarter of people use LGBT on-line communities versus 15.7% using generic communities.

Survey Distribution and Spread

Respondents were asked how they found out about the questionnaire.

Village Voices	44 (18.6%)
Website	41 (17.3%)
Email or email signature	35 (14.8%)
Not Stated	29 (12.2%)
Other Organisation	19 (8%)
LGBT Centre Health & Wellbeing	17 (7.2%)
Livejournal	16 (6.8%)
Community Group	16 (6.8%)
Bar	14 (5.9%)
Work	9 (3.8%)
Word of Mouth	7 (3%)
Google	4 (1.7%)
NHS	4 (1.7%)
Metropolitan Community Church	3 (1.3%)
Gaydar	2 (0.8%)
NHS Borders	1 (0.4%)
Scotsgay	1 (0.4%)
University	1 (0.4%)
The List	1 (0.4%)

*N = 237

Health Behaviour

Smoking

Respondents were asked if they smoked and if so, how many cigarettes they smoke a day.

- 58 (23.3%, N=249) people smoke, with the highest rate (8,32%) among people earning between 10-15K.
- 5.6% more women than men smoke.

The respondents who smoked were asked how many cigarettes they smoked per day.

Number of cigarettes per day	Respondents
Don't smoke every day	1 (1.7%)
1 to 5	17 (28.8%)
6 to 10	12 (5.1%)
11 to 20	21 (35.6%)
21 to 30	5 (8.5%)
31 to 40	1 (1.7%)

*N= 59

Alcohol

215 people (87%, N=247) of the sample drink alcohol, with 32 (13%) refraining.

- Men are more likely to drink more, more often and are more likely to 'binge' drink than women.
- A greater number of men than women would also like an alcohol awareness education service.
- 19.2% (51) of the total sample drink almost everyday with 15.6% having less than two drinks and 7.8% (17) drinking two or more daily.

- 11% (24) of the sample are weekly heavy drinkers (more than four drinks).
- 8.7% (19) of the sample are occasionally heavy drinkers (once or twice a month – more than four drinks).
- 21.7% (5) of transgender men and women do not drink at all in comparison to 12.5%(13) of men and 12.1%(16) of women.
- Only 26 people (74.3%) earning less than 6K drink alcohol, this is substantially less than any other income bracket.

Drug use

60 people (24.3%, N=247) use or sometimes use non-prescribed drugs as part of their home or social life.

- More men take drugs, but women are more likely to use cannabis or cocaine.
- Men are more likely to use poppers.
- There are a higher percentage of people using drugs on a social basis among those earning 6-15K than in other income brackets. 9 (37.5%) people who earn 10-15K use or sometimes use drugs as part of their home or social life, as do 11 (42.3%) people who earn 6-10K.
- Most people seem to be using drugs for recreational purposes and most report *weekly, monthly, few times a year* or *rarely*. Only a few people report *daily* use or *very often*.

Respondents who used non-prescribed drugs as part of their home or social life were asked how frequently they used them

Daily	5 (8.6%)
Often (at least once a week)	17 (29.3%)
Occasionally (at least once a month)	14 (24.1%)
Rarely (less than once a month)	21 (36.2%)
Not stated	3 (5.2%)

*N = 58

- A key learning point was in future to find a better way to link drug used with frequency of use as the Survey Monkey data tables did not match up across both questions.

Physical exercise

19 people (7.7%, N=247) *don't do* exercise (8 of those earn less than £10,000 pa) with 42 (17%) sometimes doing exercise. The vast majority (75.3%) seem to exercise regularly. Slightly more men than women exercise regularly. Activities include walking, swimming, cycling, gym. A large number appear to exercise 2-3 times weekly, with many exercising daily.

Mental health

155 out of 224 (69.2%) respondents say they have experienced poor mental health. This ranges from anxiety (95, 61.3%), to stress (108, 69.7%) to the highest reported; depression (122, 78.7%).

- 100% (21) of transgender people report poor mental health.
- 36 people (23.2%) report having attempted suicide with 31 (20%) having self harmed. 16 of those people have self harmed without ever attempting suicide.
- 25 (16.1%) people report eating disorders.
- Women are more likely than men to have experienced an eating disorder but otherwise levels across all other mental health issues are similar.

- Prevalence of poor mental health is similar across income brackets, except in 25K+ in which it appears to be at a lower level with 61.8%(42) indicating lifetime prevalence.

A quarter of all people reporting poor mental health have not accessed support to address their experience.

Most people accessing services appear to go through their GP.

Additional life experience questions

- 12 people (7%) have experienced homelessness (5 people who identify as transgender) as a result of being LGBT
- 3 people (2%) report having been in care including 1 person identifying as transgender.

Service Access issues

Health service Access

- Most people (68.8%, N=218) are comfortable disclosing to health services
- 21.6% are not comfortable
- 9.6% are only comfortable disclosing to their GP

Where people have experienced problems accessing health services because of sexual orientation or gender identity (31, 14.5%), most of this was contact with GP's (18, 58.1%).

Other services include:

- NHS service – 54.8% (17)
- Local health practice – 16.1% (5)
- Community Health project – 6.5% (2)
- Mental health service – 25.8% (8)
- Sexual health service – 9.7% (3)
- Family planning service – 6.5% (2)
- Council health service – 6.5% (2)
- LGBT specific service – 3.2% (1)
- Other: School Nurse 3.2% (1), Phone Line 3.2% (1)

Most of the problems were caused by staff assuming (heterosexual) sexual orientation with some issues about gender stereotyping and lack of understanding. Some instances were caused by staff homophobia after person 'came out' or transphobia.

Access to other services

14.5% (31, N=212) of respondents had experienced problems with other services. NB **Only 13** of the people in this group **also** had a problem with NHS services.

Services included a range of local authority provision – from social services to schools and some service sector – hotels etc. Issues tend

to be around disclosure, responses to disclosure, homophobia and heterosexism.

It is important to note that overall, 58.1% (25, N=43) of people who had problems said their experience had affected whether they continued to use health and other services or not. Responses include:

- *I now have no support for mental health issues as a result*
- *I used a different insurance provider*
- *I continue to use a GP but would no longer be open about my sexual orientation*
- *I didn't feel comfortable about particular therapists and withdrew*
- *I am no longer a member*
- *Avoid GP*
- *I would no longer trust psychiatry if ever came to need it in future.... And I shall never trust social work department as long as I live*
- *Has completely undermined any willingness to engage with services or any aspects of their work*

NB – a total of 59 (28%, N=214) people have experienced problems accessing health or some other service

Community and personal safety

7% (12, N=217) of respondents have experienced homelessness, of which **5** people identified as **transgender**. All 12 respondents who have experienced homelessness currently earn under 25K, 10 of whom earn under 15K.

In terms of personal safety, 153 respondents reported the following:

- 58 (27.5%) have ever experienced physical abuse
- 146 (67.3%) have ever experienced verbal abuse
- 12 (5.9%) have ever experienced sexual abuse
- 24 (11.8%) have ever experienced domestic abuse
- 83 (39.3%) have ever experienced emotional or psychological abuse

Across all genders and income brackets the abuse most commonly experienced was verbal, with 100% of those who self identified as 'other gender or intersex' having experienced it.

Yes	Physical	Verbal	Sexual	Domestic	Emotional
Male	38 (44%) n= 87	69 (77.5%) n=89	5 (6%) n=83	11 (13%) n=83	41 (47%) n=87
Female	17(14.5%) n=117	68 (57%) n=119	5 (4.5%) n=113	10 (8.8%) n=113	37 (31%) n=118
Other	3 (33.3%) n=9	9 (100/%) n=9	2 (22%) n=9	3 (33.3%) n=9	5 (55.5%) n=9

Asking whether people have reported any of these forms of abuse **over the last four years**, a total of 147 respondents replied.

- 80.3% of respondents (118) had **never** reported **any** of the incidents
- only 5.4% (8) **always** reported incidents

68% (17) of people who stated who they had reported it said that they had reported directly to the police, with employer, community agencies, remote reporting and housing department also featuring.

Of those who reported it, 62.1% (18) were *not happy* with the response they received.

For some people verbal abuse is 'water off a ducks back' and not considered worth reporting. As it may happen in the street, details are difficult to recall later.

Although there were some reports of positive experiences with individual Police Officers, the procedure or 'due process of the law' appears to have an impact.

Some parents felt that complaining about things which happened to them might 'out' their children in the local area. Some people were bullied or harassed by family members and felt there was little or no support for this.

Self identified need

Of the open question 'What do you feel are the main issues or concerns facing you as an LGBT person?'

- 28% are related to social isolation and invisibility
- 26% are related to prejudice and homophobia
- 16% are related to equality and inclusion
- 11% are related to community safety and abuse, harassment or violence
- 13% are related to physical and mental health issues
- 9% are related to services – lack of or access issues
- 6% are related to gender/transgender issues
- 4% are related to parenting issues
- 2% are related to rural or location issues
- 2% are related to ageing
- 1% are related to legal issues

**Please note that the above figures take into account that some respondents' included more than one issue in their answers.*

Comments included:

- *Social isolation, difficulty meeting people who I relate to*
- *Lack of clearly defined community space*
- *Invisibility*

Some responses to the follow-on question 'what do you feel would help address or better these issues' are not easily achievable, such as "world peace" and "for world leaders to come out in support of the Gay Communities".

But a significant number mention

- *education (on LGBT issues)*
- *the need for better media representation of LGBT people*
- *for the Centre to stay open and get secure long term funding*
- *more specific groups*
- *more integration with the rest of the community*

- *raised awareness of the LGBT Centre for Health and Wellbeing*
- *more and better services for trans people*
- *social events and more local events*
- *development of resources and publicity*
- *more tolerant society*

Respondents were asked what they felt would help address or better these issues / concerns?

LGBT Services	38 (25%)
Education to address LGBT	22 (14.5%)
Training & awareness	18 (11.8%)
Information & visibility	12 (7.9%)
Community development or activism	9 (5.9%)
Media responsibility	6 (3.9%)
Change of societal attitude	6 (3.9%)
Safe Space	6 (3.9%)
Funding	5 (3.3%)
Positive images	3 (2%)
Campaigns	3 (2%)
Research	1 (0.7%)
Other	22 (14.5%)

*N = 152

Other self identified responses included changes in the law, better partnership and referrals between LGBT & mainstream organisations, the government, religion, feminism and meeting other like minded people.

Comments included:

“Really not sure- wish I had the answer! Think we could have better role models on TV.”

“I think mental health and wellbeing is a priority and should be addressed through improving existing mental health services ability to meet the needs of LGBT people.”

“Having couples get media interest in their stories as LGBT people, encouraging anti-discriminatory training and policies in employment, law and so on, also supporting human rights groups for problems abroad.”

“More jointly organised events with "mainstream" or specific (e.g. BME) orgs, to help people to see outside the gay community. More opportunities to campaign and lobby for LGBT rights worldwide. A central space where you can go for all this information, (e.g. a cafe space), that is friendly and accessible to all.”

“Less specific social gatherings - more mixed groups and less segregation.”

“Higher profile, visibility of all LGBT people in society, ie. in responsible positions in all areas of society. Responsible media portrayal. Education from a young age that we are all deserving of respect and love.”

LGBT Specific Services

155 (74.5%, N=208) of respondents indicate they would be more likely to use a health service if it was LGBT specific or friendly.

Volunteering

147 (67.4%, N=218) people have experience of volunteering. This experience ranges from 20 years through to a few weeks or months. Most people volunteer for up to 5 hours a week with some volunteering full time when unemployed or not working. Experience of volunteering seems largely unaffected by current income, although among those who currently earn more than 20K, less people had volunteered than in the other income brackets.

54 (58.7%) of the people who have not volunteered indicated that they would like to.

Environmental impact, location and reach

Only a quarter of people used their car to reach the Centre, with 52% (N=132) walking and 9% cycling. A total of 33% used public transport with 2.3% using the train.

Conclusion

From the Needs Assessment it is clear that LGBT people from the Lothians, Edinburgh and the Borders still experience prejudice and discrimination in relation to their sexual orientation or gender identity. What is concerning is the particularly low number of people reporting such incidents. What's also highlighted is that the majority of people who have made reports have not been satisfied with the response and this has impacted whether they make a report in the future.

Similarly, a significant proportion of the sample experienced prejudice, homophobia or transphobia when accessing services and the impact has been immense affecting those concerned not to continue using the service again.

Overall the main issues or concerns that face people relate to prejudice and homophobia as well as social isolation and invisibility. What is not known is whether social isolation is an outcome of people responding to, or avoiding prejudice and discrimination.

People reported a high interest in accessing social opportunities and developing social networks. Fewer respondents indicated an interest in attending programmes that would just raise awareness of health issues although a keen interest for crisis intervention services was reported.

In relation to people's health behaviour, smoking and drinking rates are similar to national generic research which is not consistent from other research with LGBT communities. This assessment reached 40% of people who do not regularly access LGBT bars and clubs and this may have had some bearing on the reporting of smoking and drinking rates. What does draw concern is people's pattern of substance use as high rates of binge drinking and drug use have been reported.

A major concern and key finding is the alarming prevalence of poor mental health reported with higher rates of anxiety, depression and attempted suicide than national generic averages. All of the transgender respondents report having experienced poor mental health. This correlates to the experience of prejudice, homophobia and transphobia.

Appendix 1 – National and Local Statistics Comparisons

Demographics

Gross annual income of all part and full time workers:

	Mean	Median
UK¹	24,301	19,496
Scotland	21,936	18,616
Edinburgh	26,482	21,715

Needs Assessment income brackets	Male	Female	Total	Percentage of total number respondents who completed needs assessment
Up to £6,000	16	17	36	13.6 %
£6,001-£10,000	13	12	26	9.8 %
£10,001-£15,000	12	13	26	9.8 %
£15,001-£20,000	14	20	35	13.2 %
£20,001-£25,000	11	32	43	16.2 %
Over £25,000	39	38	81	30.6 %

Number of respondents who are out / open about their sexual orientation to family, friends and work colleagues

	Needs Assessment All Family	Needs Assessment Most Family	<i>First Out²</i> Are you out to the following people? *N = 924
Family	134 (53.4%)	51 (20.3%)	726 (80%)
Friends	177 (70.2%)	42 (16.7%)	866 (95%)
Work Colleagues	126 (50.8%)	36 (14.5%)	603 (76%)

¹ UK, Scotland and Edinburgh statistics taken from ASHE (2006)

² First Out, survey of lesbian, gay, bisexual and transgender people in Scotland written by Beyond Barriers (2002)

LGBT Centre for Health and Wellbeing Needs Assessment 2007

Currently in a relationship (partnered, co-habiting, civil partnered, married)

	Needs Assessment	Gay and Lesbian Census (2001)
Female	68.4 %	30.8 %
Male	56.4 %	68.2 %
Total	61.9 %	57 %

Do you have children?

	Needs Assessment		First Out ³
Men	10 (9.2%)	All Respondents	184 (20%)
Women	25 (18.4%)		
Other	4 (4.0%)		

Do your children live with you?

Respondents	Male	Female	Other	First Out ⁴
Live with you? Yes	3 (33.3%)	12 (48%)	1 (16.7%)	64 (37%)
Live with you? Sometimes	2 (22.2%)	3 (12%)	1 (16.7%)	26 (15%)

3,4 First Out, survey of lesbian, gay, bisexual and transgender people in Scotland written by Beyond Barriers (2002)

Health and Wellbeing

Percentage who smoke.

	Male	Female	Total
Scotland ⁵	29 %	28 %	
Lothian ⁶	21 %	24 %	23 %
Needs Assessment	20 %	25.6 %	23.3 %

Percentage who drink.

	Male	Female	Total
Scotland ⁷	92 %	87 %	
Needs Assessment	87.5 %	87.9 %	87 %

N.B.

Transgender people and 'other' gender are not within the male/female stats but are included in the total.

Percentage drinking over the recommended 21 units per week.

	Male	Female	Total
Scotland ⁸	27 %	14 %	
Lothian ⁹	35 %	20 % ¹⁰	figure unavailable
Needs Assessment	8.6 %	9.4 %	9.2 %

The needs assessment asked about number of drinks but recommended limits are given in units. The study estimated that 1 drink equals roughly 2 units. The figures are therefore very rough with regards to females who did the needs assessment and are drinking too much. The recommended limit for females is 14 units. It is impossible to deduce from the survey exactly how many units people are drinking, but the 9.4% of females who are mentioned here are drinking far too much – 21+ units per week.

5, 6, 7, ⁸ Taken from the Scottish Health Survey 2003 (published 2005)

⁹ Taken from the Scottish Health Survey 2003 (published 2005)

¹⁰ Estimate, actual figure unavailable

Percentage using drugs socially:

	Male	Female	Total
Scotland¹¹ (% who have used drugs in the last year)	9 %	8 %	7 %
Needs Assessment (% who use 'as part of their home/social life)	12.5 %	8.3 %	10.1 %

4 most used drugs by those taking needs assessment survey:

	Cannabis	Ecstasy	Poppers	Cocaine
Scotland¹² (% of whole population taking them)	6.3 %	1.2 %	0.5 %	1.5 %
Needs Assessment (% of total number of respondents to needs assessment taking them)	15 %	9.4 %	7.9 %	4.5 %

Percentage doing physical activity.

	Male	Female	Total
Scotland¹³ (15 mins + in past 4 weeks)	83 %	82 %	
Needs Assessment (walking, cycling, swimming...)	79.1 %	71.8 %	75.3 %

^{11, 12} Taken from Drugs Misuse Statistics Scotland 2005

¹³ Taken from the Scottish Health Survey 2003 (published 2005)

Our Services

Comparison with Glasgow LGBT Centre (2005-6) User Satisfaction Survey

How often respondents visit the Centre

	Edinburgh Needs Assessment	Glasgow
More than once a week	1.7 % (most days)	28
About once a week	20.6 %	28
About once a month	22.1 %	17
Every few months	3.8 % (quarterly)	16

Your Needs

Experience of poor mental health %:

Scotland ¹⁴	25 %
Glasgow LGBT Centre ¹⁵	54 %
Needs Assessment	69.2 %

Mental Health symptoms experienced

	Needs Assessment	National Survey ¹⁶
Depression	78.7 %	59 %
Self harm	20 %	13 %
Anxiety or panic attacks	61.3 %	8 %
Attempted suicide	23.2 %	3 %

Abuse Experienced

Abuse experienced believed to be due to sexual orientation	Needs assessment	Edinburgh in 1999 ¹⁷	Gay and Lesbian Census (2001)	First Out ¹⁸
Verbal	67.3 %	78.9 %		146 (67.3%)
Physical	27.5 %	52.5 % (not just due to sexual orientation)		58 (27.5%)
Sexual	5.9 %	42.7 %		
Homophobic Incident in past 5 years			47 %	

¹⁴ Taken from SAMH Website

¹⁵ Taken from Glasgow LGBT Centre (2005-6) User Satisfaction Survey

¹⁶ National Survey by 'Overlooked Opinions' for Channel Four's *Out* Programme

¹⁷ Taken from 'Experiences and Perceptions of Violence and Intimidation of the LGBT Communities in Edinburgh' (1999)

¹⁸ First Out, survey of lesbian, gay, bisexual and transgender people in Scotland written by Beyond Barriers (2002)

LGBT Centre for Health and Wellbeing Needs Assessment 2007

Reported Incidents

	Yes	No
Needs Assessment	29 (19.7%)	118 (80.3%)
First Out ¹⁹	82 (17%)	369 (82%)

Dissatisfied with response when reported

Needs Assessment	18 (62.1%)
First Out ²⁰	46 (56%)

What do you feel are the main concerns facing you as an LGBT person?

Highest reported from the Needs Assessment 28% are related to social isolation and invisibility

Highest reported From *First Out* 39 respondents (5%) reported visibility and fear of being openly LGBT

19, 20 First Out, survey of lesbian, gay, bisexual and transgender people in Scotland written by Beyond Barriers (2002)

Access to Health and other Services

Experience of Social Work and Health Care Services

	Needs assessment (re. health care services in past 4 years)	National Survey ²¹ (re. social work services)
Felt discriminated against due to sexual orientation	14.5 %	19 %
Said would find it easier/more likely to access service if LGBT specific	74.5 %	47 %

N.B.

Throughout the needs assessment percentages, the ‘totals’ include transgender people and ‘other’ gender. Whereas for Scotland Figures it is assumed that ‘total’ = male + female with no specific reference to gender identity.

Have you experienced problems accessing services or information?

Needs Assessment (Accessing Services)	Needs Assessment where people have experience problems *N = 31	First Out ²² (Accessing Information)	First Out (Accessing Information)
GP	18 (58.8%)	Health	186 (22%)
NHS Service	17 (54.8%)	Community Information	222 (27%)
Community Health Project	2 (6.5%)	Human Rights	194 (28%)
Mental Health Service	8 (25.8%)	Youth	154 (38%)
Sexual Health Service	3 (9.7%)		
Family Planning Service	2 (6.5%)		
Council Health Service	2 (6.5%)		
LGBT Specific Service	1 (3.2%)		

²¹ National Survey by ‘Overlooked Opinions’ for Channel Four’s *Out* Programme

²² First Out, survey of lesbian, gay, bisexual and transgender people in Scotland written by Beyond Barriers (2002)

Appendix 2 – Questionnaire

Are you fed up of filling out questionnaires and never getting to see the findings or knowing what influence it has had?

Now you have the opportunity to let us know what you think so that the development of improved services for LGBT people in Edinburgh and the Lothians will have been influenced by YOU!

‘What happens to the findings?’ ‘Why do we need you to complete this survey?’

The LGBT Centre for Health & Wellbeing needs your support as this is our final year of lottery funding. By you completing this questionnaire you will help us to better understand what services you need and type of community project you want. Any new service will be shaped and developed by what you tell us!

Survey findings will be available during Summer 2007 from our website: www.lgbthealth.org.uk

Please complete this survey if you...

- **Are Lesbian, Gay, Bisexual or Transgender**
- **Live in Edinburgh, the Lothians or the Borders**
- **Would like to have a say in how LGBT services for YOU develop**

We would be grateful if you answered as many questions as you feel able. Please answer honestly.

Please DO NOT put your name on the questionnaire. All details will remain anonymous and confidential.

If you do not identify as LGBT but are an ally and you would like to have a say we would still be delighted to hear from you! You can do this by e-mailing your thoughts to: info@lgbthealth.org.uk

About You

1. Are you?

- Female
- Male
- Intersex
- Other (please specify)

2. How would you describe your sexual orientation?

- Bisexual
- Gay
- Lesbian
- Heterosexual
- Not sure
- Other (please specify)

3. Do you identify or have you ever identified as transgender?

- Yes
- No

4. How old are you (in years)? : _____

5. What is the first part of your postcode? : _____

e.g. EH6, This will only tell us the broad geographical area in which you live

6. How would you describe your ethnic origin? : _____

e.g. Asian, Black Scottish, White British...

7. Are you:

(please select all that apply)

- Full-time employed
- Part-time employed
- Unemployed/unwaged
- Attending school/college/university
- Retired
- Full-time carer
- Other (please specify)

8. What is your current annual income?

(including earnings, benefits, pensions & student loans)

- Still at school
- Up to £6,000
- £6,001 - £10,000
- £10,001 - £15,000
- £15,001 - £20,000
- £20,001 - £25,000
- Over £25,000

9. Do you consider yourself to have a disability?

- Yes
- No

10. If yes, please specify:

11. Do you have a faith or belief?

- Yes
- No

12. If yes, please specify: _____

13. Regarding your relationship status, are you:

Please select all that apply

- Single
- Partnered
- Co-habiting
- Civil Partnered
- Married
- Divorced
- Separated

14. Where do you mostly go to socialise or to meet new people & friends?

- LGBT exclusive bars & clubs
 - General bars & clubs
 - Sport clubs & groups
 - LGBT specific sport clubs & groups
 - Theatre / Cinema / Restaurants
 - LGBT community groups
 - General community groups
 - LGBT social groups
 - Other social groups
 - General online communities
 - LGBT online communities
 - Prefer to stay at home
 - Social gatherings at home or visiting friends
 - Outdoor groups
 - Visit family
 - Other (please specify):
-

15. Do you have any children?

- Yes No

16. If yes, do they live with you?

- Yes No Sometimes

17. If yes, how many children do you have?

_____ Girls
_____ Boys

18. If you have children, do they receive support from your family?
(e.g. welfare, childcare)

- Yes
- No
- Optional comment

19. If you have children, have they ever been bullied or have they ever experienced negative attitudes because of your relationship status or sexual orientation?

- Yes
- No

20. If yes, please specify:

21. Are you out / open about your sexual orientation to:

	All	Most	Some	None	Not Applicable
Family					
Friends					
Work colleagues					

22. Are you out / open about your sexual orientation to:

	Yes	No			Not Applicable
GP/Doctor					
Employer					

23. How did you find out about this questionnaire?
e.g. web site, organisation, bar...Please specify which particular site or bar etc.

Health & Wellbeing

24. Do you smoke?

- Yes No

25. If yes, on average how many cigarettes do you smoke per day?

_____ per day

26. Do you drink alcohol?

- Yes No

27. If yes, how often do you drink?

One drink being a small/medium glass of wine, bottle of beer, pint of beer, 50ml pub measure of spirits etc

<input type="radio"/>	Almost every day, less than 2 drinks
<input type="radio"/>	Almost every day, 2 drinks or more
<input type="radio"/>	Once a week socially (No more than 2 drinks)
<input type="radio"/>	Once a week moderate (No more than 4 drinks)
<input type="radio"/>	Once a week heavy (More than 4)
<input type="radio"/>	Once a week with the intention of getting drunk
<input type="radio"/>	Occasionally socially (once or twice a month, no more than 2 drinks)
<input type="radio"/>	Occasionally moderate (once or twice a month, no more than 4 drinks)
<input type="radio"/>	Occasionally heavy (once or twice a month more than 4 drinks)
<input type="radio"/>	Not often but when I do I binge (heavy drinking with the intention of getting drunk)
<input type="radio"/>	Very Rarely
<input type="radio"/>	Other (please specify): _____

28. Do you use non-prescription drugs as part of your social or home life?

- Yes No Sometimes

29. If yes or sometimes, which one(s)?
Please select all that apply.

<input type="checkbox"/>	Amphetamines
<input type="checkbox"/>	Barbiturates
<input type="checkbox"/>	BZP
<input type="checkbox"/>	Cannabis
<input type="checkbox"/>	Cocaine
<input type="checkbox"/>	Crack
<input type="checkbox"/>	Crystal meth
<input type="checkbox"/>	Ecstasy
<input type="checkbox"/>	Herbal highs
<input type="checkbox"/>	Heroin and opiates
<input type="checkbox"/>	Ketamine
<input type="checkbox"/>	LSD (acid)
<input type="checkbox"/>	Magic mushrooms
<input type="checkbox"/>	Methadone
<input type="checkbox"/>	Poppers
<input type="checkbox"/>	Prozac
<input type="checkbox"/>	Solvents
<input type="checkbox"/>	Tranquillisers
<input type="checkbox"/>	Viagra
<input type="checkbox"/>	Other (please specify) : _____

30. And how frequently do you use them? :

31. Do you do any physical activity?

e.g. walking, cycling, swimming, gardening, jogging...

Yes No Sometimes

32. If yes, what do you do?

33. How often and for how long?

How often: _____

For how long: _____

Our Services

34. Have you ever used the LGBT Centre for Health & Wellbeing (located at Howe St, Edinburgh)?

- Yes No

35. How often have you used the centre?

- Once
 Occasionally (2 or 3 times a year)
 Most days
 Weekly
 Monthly
 Quarterly

36. What did you use the centre for?

Please select all that apply.

- Social group
 Community group
 Community event
 Health service
 Citizen's Advice Bureau
 Information / support
 Volunteering
 Training
 C Card / condoms
 Remote reporting
 Other (please specify)

37. What method of transport did you mostly use when accessing the LGBT Centre for Health and Wellbeing?

- Car
 Walk
 Bus
 Cycle
 Taxi
 Train

LGBT Centre for Health and Wellbeing Needs Assessment 2007

Other (please specify):

38. Based on your experience of using the centre, how would you rate it?

	Poor	Satisfactory	Good	Very good	Excellent
Location					
Access					
Services Offered					
Environment & Atmosphere					
Overall					

39. Do you have any comments on the centre?

40. As someone who used the LGBT Centre for Health & Wellbeing would you be interested in participating in a follow up focus group this spring?

Yes No

41. If you would like to take part in the focus group, please enter your email address or telephone number:

42. If you have not used the centre, why is this?

43. What services would the LGBT Centre for Health & Wellbeing need to offer for you to use it, or use it more often?

44. Are there any specific LGBT services in the area where you live?

- Yes No Not sure

45. If yes, which one(s)?:

46. What LGBT specific services do you think YOU would use if provided in Edinburgh and the Lothians?

Select as many as apply and feel free to add any comments in the 'other' box.

- Adult Literacy
 Adult Numeracy
 Advocacy

LGBT Centre for Health and Wellbeing Needs Assessment 2007

- 0 Alcohol Education Awareness / Programmes
- 0 Alcohol Free Social Space
- 0 Befriending
- 0 Café Space
- 0 Carers Support / Advice
- 0 Citizens Advice Bureau
- 0 Counselling
- 0 Creative Art Projects
- 0 Dealing with Domestic Abuse
- 0 Drama / Theatre / Music
- 0 Drop In
- 0 Ethnic Minority Interest
- 0 Groups for older people I.e. Over 40, Over 60
- 0 Health outreach
- 0 Health Related Workshops
- 0 Health services
- 0 Homophobia Incident Support
- 0 Housing Advice
- 0 Internet access
- 0 Lesbian & Bisexual Women's Sexual Health
- 0 Library
- 0 Mental Health Specific Programme or events
- 0 More local LGBT groups
- 0 Outdoor activities i.e. walking groups
- 0 Personal development
- 0 Remote Police Reporting to report homophobic incidents
- 0 Safe Meeting Space
- 0 Self Help Groups (alcohol, disability, weight etc)
- 0 Smoking cessation groups
- 0 Social Groups
- 0 Spiritual and/or religious group / support
- 0 Sporting Activities
- 0 Substance Misuse Awareness / Programmes
- 0 Support into work
- 0 Training / Consultancy
- 0 Transgender Health
- 0 Volunteering opportunities
- 0 Youth Groups / Age specific Groups

- Other (please specify):

Your Needs

47. What do you feel are the main issues or concerns facing you as an LGB or T person?

48. What do you feel would help address or better these issues / concerns?

49. Have you ever had experience of poor mental health?
e.g. stress, anxiety, depression, eating disorder...

- Yes No

50. If yes, please specify:

- Anxiety
- Attempted Suicide
- Depression
- Eating Disorder
- Self Harm
- Stress
- Other (please state): _____

51. If yes, have you accessed support to help address your experience of poor mental health?

Yes No

52. If yes, which service did you access for support?

53. Have you ever experienced either of the following as a result of being LGB or T?

	Yes	No
Homelessness		
Being In Care		

54. Have you ever experienced any of the following as a result of being LGB or T?

	Yes	No
Physical abuse		
Verbal abuse		
Sexual abuse		
Domestic abuse		
Emotional / psychological abuse		

55. If you have, in the past four years, experienced physical, verbal, sexual and/or emotional/psychological abuse as a result of being LGB or T did you report the incidents?

Always Sometimes Never

56. If you have reported the incident(s) who did you report it/them to?

57. When you reported the incidents, were you happy with the response(s)?

Yes No

58. Do you have any other comments on your experiences?

59. Have you ever engaged in voluntary work?

Yes No

60. If yes, for how long and for how many hours a week did you volunteer?

How long? : _____

How many hours per week? : _____

61. If you have never volunteered before, would you like to?

Yes No

Access to Health Services

62. Are you comfortable disclosing your sexual orientation when accessing health services?

Yes No Only to GP

63. In the past four years have you ever experienced specific problems (e.g. discrimination, negative attitudes) from HEALTH CARE services because of your sexual orientation or gender identity?

Yes No

64. If yes, was this...

- NHS service
 - GP
 - Local Health Practice
 - Community Health Project
 - Mental Health Service
 - Sexual Health Service
 - Family Planning Service
 - Private Health Service
 - Council Health Service
 - LGBT Specific Health Service
 - Other (please specify):
-

65. Please comment or specify if you have experienced such problems:

66. Would you be more likely to use a health service if it was LGBT specific or friendly?

- Yes No

67. In the past four years have you ever experienced specific problems (i.e. discrimination, negative attitudes) from ANY OTHER services generally because of your sexual orientation or gender identity?

- Yes No

68. If yes, what kind of service(s) ?

69. Please specify/provide comments:

70. If you answered yes to question 63 or 67, has this/these experiences affected whether you continue to use services or not?

Yes No

71. Please comment or specify:

Thank You!

We are very grateful for your input into this questionnaire. If you have any questions or comments for us, or want to find out more about the centre, please visit our web site at www.lgbthealth.org.uk