



An
Introduction
to Hart
Gables

Our Service



- Registered Charity since 2005
- Middlesbrough, Stockton and Hartlepool
- 145 active service users, aged 7-73
- Group support
- One-to-one support
- Family support
- Community outreach

My Role: LGBT Development Worker



- Facilitate support groups
- Health and Wellbeing
- LGBT people seeking asylum
- Older LGBT People
- Project work

Our Projects



- TransKIND
- IDAHOT 2018
- Behind the Eyes
- Top Tips from Trans Teens, Children in Need
- LGBT Tees Valley Forum
- LGBT Advance
- Age with Pride

LGBT Advance

LGBT Advance is a fundraising project set up by Hart Gables to help create financial sustainability for the organisation.

- LGBT Awareness - Inclusion in the Workplace
- A Journey Through Transition - Exploring Issues Surrounding Gender Identity
- HBT Bullying in Schools - Preparing Teachers and Staff to Recognise and Challenge
- Create your own session - we can create a bespoke package to fit in with your objectives



age with





What is
Age with
Pride?



Why is it
such a
vital
project?

Existing Research

‘41 per cent of lesbian, gay and bisexual people live alone compared to 28 per cent of heterosexual people.’

Lesbian and bisexual women are more likely to have ever been diagnosed with depression and anxiety – two in five have been diagnosed with depression, one in three with anxiety.

- Gay and bisexual men are twice as likely to have ever been diagnosed with depression and anxiety than heterosexual men.
- 49 per cent of lesbian, gay and bisexual people worry about their mental health compared to 37 per cent of heterosexual people.
- More than two in five [LGBT people] not confident that mental health services would be able to understand and meet their needs.
- One in six are not confident that their GP and other health services would be able to understand and meet their needs.’

(Lesbian, Gay & Bisexual People in Later Life, Stonewall Report, 2011)

Existing Research

‘The most common reasons for respondents not having been open with care staff and other residents were being **afraid of a negative reaction** (50%), not wanting to reveal their sexual orientation or gender identity (39%) and feeling it was not relevant (38%) (Annex 8, Q91).

Trans respondents were more likely to say that they had been afraid of a negative reaction (61%) than cisgender respondents (44%). They were also more likely to say that they had a bad experience in the past (41%) or that they were afraid of being outed (39%) than cisgender respondents (21% and 23% respectively) (Annex 8, Q91).’

‘Views on LGBT people in care were discussed by a small number of respondents (36). Some were concerned that elderly care, such as in-home carers, supported and sheltered housing and care homes, were heteronormative spaces where elderly **LGBT people were left ‘invisible’**. Elderly care services were considered by some as **unsafe spaces in which people are unable to be open being LGBT.**’

(Government LGBT Survey Research Report, 2018)

Existing Research

‘Some respondents who had been in care described care staff as having **poor knowledge and understanding of LGBT issues**. Some described feeling unable to ‘come out’ or to discuss being LGBT with carers, notably because of a **lack of LGBT role models**.’

Quote: “I am very concerned about discrimination in care home provision when I am older. I am a gender non-conforming lesbian, and feel **concerned that I will be made to fit more into stereotypes** within a care-home setting.” (Woman, lesbian, 45-54, Yorkshire and the Humber)

(Government LGBT Survey Research Report, 2018)



Barriers

- Negative experiences in the past, in a time when homosexuality was criminalised (homosexuality was partly decriminalised in the UK under the Sexual Offences Act 1967). Other anti-gay laws were enforced more stringently. The punishment for a man over 21 having non-anal sex with a man aged 16-21 was increased from 2 to 5 years in prison.
- 'Gay sex remained prosecutable unless it took place in strict privacy, which meant in a person's own home, behind locked doors and windows, with the curtains drawn and with no other person present in any part of the house. It continued to be a crime if more than two men had sex together or if they were filmed or photographed having sex by another person. Seven men in Bolton were [convicted of these offences](#) and two were given suspended jail terms – *in 1998.*' (<https://www.theguardian.com/commentisfree/2017/may/23/fifty-years-gay-liberation-uk-barely-four-1967-act>)
- High level of need – highlighted by a meeting with Head of Commissioning and Procurement Middlesbrough Council
- Lack of awareness amongst care home staff



Our Approach

- 3 types of survey, tailored to care home managers, staff and clients
- 9 Middlesbrough care homes engaged
- 27 residents interviewed in group settings
- Attempts to arrange one-to-one conversations with care home residents
- Outreach and support offered
- Arranging outreach into sheltered housing – Thirteen
- Online survey focused on LGBT memories of Middlesbrough residents aged 50+
- One-to-one interviews with LGBT people living in Middlesbrough outside care homes

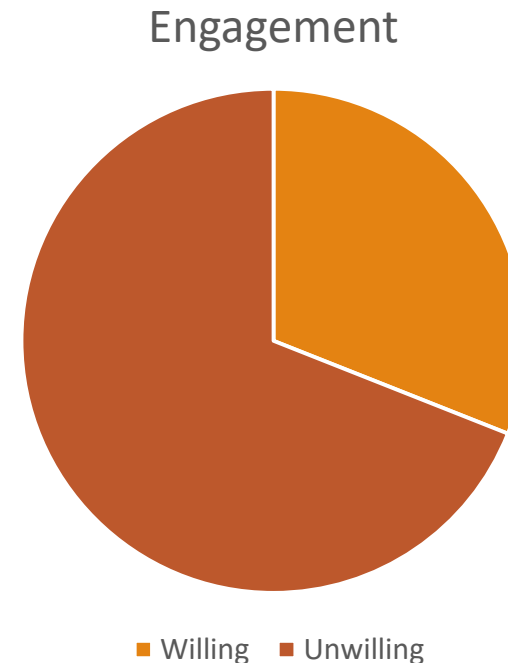
Key Findings – Willingness to Engage

We contacted 29 care homes in the first instance.

9 of these engaged with us. The remainder did not respond to our attempts to contact them, could not meet with us due to scheduling difficulties, said they were not interested, or said that such a project would not be relevant to them.

Due to limited time, we could only afford to pursue contacts who were willing and interested.

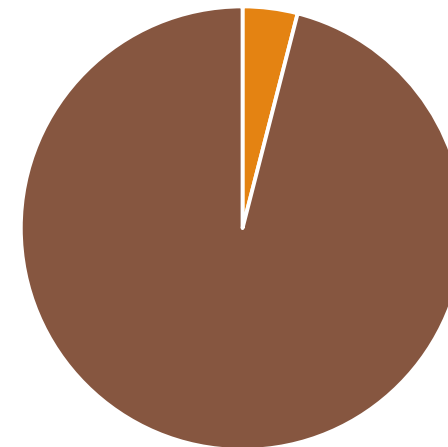
31% were willing to discuss and address LGBT issues, with 69% we could not even start a dialogue.



Key Findings - Residents

All residents who engaged with us in 8 out of 9 care homes had **never** spoken about LGBT issues previously (96% of all residents we spoke to).

Prior discussion of LGBT issues amongst care home residents



■ Yes ■ No

Key Findings - Residents

- 1 resident openly came out as LGBT.
- A member of staff at one care home indicated that 1 resident was lesbian or bisexual.
- At one care home, a resident stated they knew of an LGBT resident but could not disclose who they were.
- Residents enjoyed taking part in craft workshops and at this point were at their most comfortable talking about LGBT issues.

Key Findings - Residents

Female residents were more open-minded about LGBT people, however the attitudes of male residents came across as overwhelmingly negative.

“I’m against [homosexuality].” (Male resident)

“I think that [gay people] should be separate and stay in their own care home.” (Male resident)

“They can get on with it, but I don’t want to know about it.” (Male resident)

On looking at pictures of gay and straight celebrities from the 40s and 50s: “Why are all the gay ones mixed in with the straight ones? I don’t think the straight ones would be very happy about that.” (Male resident)

“I don’t agree with [homosexuality].” (Male resident)

“I knew someone like that when I was younger. We used to laugh at him.” (Male resident)

Key Findings - Staff

- 2 staff from one care home and 1 member of staff from another care home came across as very aware of LGBT issues, but were unaware of any LGBT identified residents.
- All staff from other care homes who engaged in conversation had little-to-no knowledge of LGBT issues.
- Staff showed a willingness to learn but held lots of misconceptions (e.g. that non-binary identity is a modern trend or fad, being gay is a lifestyle choice, homophobia could not exist within their care home).
- 8 care home staff (100% of all surveys completed so far) stated more training on LGBT issues was needed with their care homes.

6 Month Conclusions

- A forgotten and ignored community
- Surroundings, attitudes and past experience make it difficult or impossible to 'come out'
- Residents, particularly male residents, hold discriminatory attitudes towards the LGBT community. This is no doubt based on the fact these people were brought up with a specific set of values at a time when it was illegal to be gay.
- Many care home managers and staff have little to no knowledge about issues surrounding the LGBT community and 8 out of 9 care homes in our sample size, prior to their recent interaction with Hart Gables, have not talked about LGBT issues or been visibly LGBT inclusive.



Key Actions

- Unless we put in place actions to raise awareness and equip care homes and staff with necessary knowledge, the cycle will repeat itself with the next generation of care home residents
- Prepare Middlesbrough care homes for the next influx of LGBT residents, who are likely to be more confident in their identities, and expect more from these services in terms of awareness, pro-active inclusivity, knowledge and respect
- Develop and offer an LGBT Awareness Care Home training package
- Work closely with the 3 care homes who have identified LGBT residents
- Develop and deliver a series of residents' workshops to continue to build upon relationships, gain trust, allow residents to 'come out' and access support

Our work with The Gables & Stainton Way

The Gables Care Home and Stainton Way Care Home are leading the way in engaging with our service on Age with Pride.

We have attended 2 arts and crafts sessions with Gables Residents and 1 with Stainton Way. We will have a stall at The Gables Care Home Summer Fete in August, and are planning more LGBT-inclusive activities with the residents in the future. We want to build on these valuable relationships and foster similar links with more Middlesbrough care homes.



A Forgotten Community

An Interactive Exhibition

Middlesbrough and Stockton Mind, 90-92 Lothian Rd, Middlesbrough TS4 2QX

Friday 17th August 2018, 10AM – 1PM

'A Forgotten Community' will be an interactive multimedia event and exhibition highlighting the serious and pressing need for awareness, knowledge, provision of proper support, and inclusion, of elderly LGBT+ residents in Middlesbrough care homes.

The event will present the findings of Hart Gables' 6-month Age with Pride project, which has identified the key factors that are contributing to a lack of support and acknowledgement for this vulnerable community.

Attendees will have the chance to 'step back in time' and experience the historical attitudes today's older LGBT+ community lived with in their youth, through video, photographic and audio exhibits. They will also have the chance to hear inspirational speakers from the older LGBT+ Middlesbrough community. There will be the opportunity to network with other local organisations and discuss key actions for the future.

Lunch will be provided between 12 and 1PM.