Be/Here CIC

Social Value and Impact Report

2025 – Early 2026

Executive Summary

Be/Here CIC is a queer-owned, queer-built mental health service created by and for the LGBTQIA+ community. We provide person-centred therapy, free mental health skills workshops, peer and community spaces, online support, signposting, outreach and community wellbeing activity across Greater Manchester and online.

Between 2025 and the start of 2026, Be/Here has continued to demonstrate strong social value through early intervention, prevention, community connection and LGBTQIA+ specific mental health support.

Across this period, Be/Here has:

- had 300 people sign up through our website to book onto workshops, follow events or stay connected with Be/Here;
- engaged with approximately 2,000 people across Pride and community events between April 2025 and August 2025;
- supported 4 new therapy clients into one-to-one mental health support as a result of community engagement;
- helped community members access support through signposting to trusted partner organisations;
- delivered free workshops and online spaces that improved confidence, understanding, emotional wellbeing and connection;
- created visible LGBTQIA+ safe spaces in public settings;
- contributed approximately 3,000 volunteer hours over the year;
- generated an estimated minimum social value of £36,630 through volunteer time alone.

This report brings together Be/Here's community survey data, workshop feedback, online space feedback, Pride/community engagement and Stockport pop-up impact evidence. Together, the evidence shows that Be/Here is meeting a clear and urgent need for LGBTQIA+ specific mental health support, early help, safe community spaces and trusted signposting across Greater Manchester.

The evidence also shows that Be/Here's work is not simply "nice to have." It is preventative, protective and connected to wider priorities around public health, community safety, safeguarding, loneliness, hate crime, crisis prevention and reducing pressure on mainstream services.

Be/Here's impact is measured not only in numbers, but in people feeling less alone, accessing support earlier, finding safer spaces, learning practical tools, and knowing they do not have to explain or defend who they are before they can receive care.

This is early intervention.
This is community safety.
This is public health.
This is LGBTQIA+ mental health support built by and for our community.

About Be/Here CIC

Be/Here CIC exists because LGBTQIA+ people deserve mental health support that is safe, informed, affirming and shaped by lived experience.

We provide:

- person-centred therapy;
- free mental health skills workshops;
- LGBTQIA+ peer and community spaces;
- online community sessions;
- community pop-ups and Pride engagement;
- signposting to trusted partner organisations;
- training and awareness work for organisations;
- early intervention and prevention activity.

Our model is built around the understanding that LGBTQIA+ mental health is deeply affected by social context. Minority stress, discrimination, family rejection, hate crime, loneliness, barriers to healthcare, poor experiences with mainstream services and fear of being visible all have a direct impact on wellbeing.

Be/Here creates spaces where LGBTQIA+ people do not have to explain or defend who they are before they can access support.

We believe affirming is not enough. LGBTQIA+ people need mental health support that is specialised, intersectional, trauma-aware, community-led and built around the real experiences people are carrying.

Why This Work Matters

The evidence gathered across Be/Here's activity shows a consistent need for LGBTQIA+ specific support.

Community members have told us they want:

- therapy and counselling;
- support groups;
- mental health and wellbeing courses;
- social meet-ups;
- creative activities;
- coffee mornings and informal connection;
- queer parenting and family support;
- youth support;
- safe spaces where they can be themselves;
- support that is affordable and accessible;
- services available during evenings and weekends.

The need is not only clinical. It is social, emotional and community-based.

Many LGBTQIA+ people are not reaching support early enough because they do not always feel safe in mainstream spaces, cannot afford private therapy, feel isolated, or have previously had poor experiences when seeking help.

Be/Here's role is to reduce those barriers by creating trusted, visible and accessible routes into support before people reach crisis point.

Our Impact at a Glance

Area of Impact	Evidence
Website sign-ups for workshops, events and updates	300 people
Pride/community event engagement, April 2025 – August 2025	2,000 people
New therapy clients generated through community engagement	4 people
Collective volunteer hours contributed	3,000 hours
Estimated volunteer social value	£36,630
Stockport LGBTQIA+ pop-up footfall	6,000 people
Estimated Stockport pop-up engagement	3,000 people
Meaningful Be/Here community conversations at Stockport pop-up	50+ conversations
Community interest survey responses	52 responses
Workshop evaluation responses	17 responses

These numbers show that Be/Here is reaching people across multiple levels of need. Some people engage lightly by taking information, joining a mailing list or following events. Others attend workshops, join community spaces, ask for signposting, disclose concerns or move into therapy.

This layered model matters because mental health support often begins with trust. For many LGBTQIA+ people, attending a workshop, joining an online space or speaking to someone at a Pride event may be the first step towards accessing deeper support.

Community Need and Consultation

Be/Here's community interest survey gathered 52 responses and showed strong demand for a dedicated LGBTQIA+ mental health and wellbeing hub.

The highest areas of demand included:

Community Need	Percentage of Respondents
Therapy/counselling	78.8%
Social meet-ups	75.0%
Support groups	67.3%
Mental health and wellbeing courses	67.3%
Coffee mornings/afternoons	65.4%
Craft events	59.6%
Poetry/open mic/music events	55.8%
Games night	53.8%
Yoga	46.2%
Group therapy	44.2%
Support for queer parents/parents-to-be	42.3%
Support for parents/family/carers of queer youth	42.3%

The survey also showed that people are most likely to access support during evenings and weekends. This matters because many mainstream services are delivered during working hours, which can exclude people who work, study, care for others, or need more flexible access.

Affordability was another clear theme. Most respondents expected some services to be paid, but with a sliding scale or pay-what-you-can approach. This supports Be/Here's model of affordable therapy, free workshops and community support that does not exclude people on low incomes.

This evidence shows that Be/Here's work has been shaped by community voice rather than assumptions.

We are not guessing what the community needs. We are listening, responding and building support around what people have told us.

Pride and Community Event Impact

April 2025 – August 2025

Across Pride and community events between April 2025 and August 2025, Be/Here engaged with approximately 2,000 people.

This engagement included:

- conversations about LGBTQIA+ mental health;
- information-sharing about therapy and free workshops;
- signposting to partner organisations;
- support around community safety, identity, isolation and wellbeing;
- connecting people with future Be/Here events;
- helping people understand that LGBTQIA+ specific mental health support exists.

From this outreach, Be/Here received 4 new therapy clients.

This is an important impact point. It shows that public-facing community engagement does not simply raise awareness; it creates direct routes into mental health support. It also shows that some people may not actively search for therapy until they meet a service in a trusted community setting.

Pride events are often seen as celebration, but they are also vital outreach spaces. They allow LGBTQIA+ people to connect with support in a way that feels informal, visible and affirming.

For Be/Here, Pride outreach is not separate from mental health support. It is part of the pathway into it.

Stockport LGBTQIA+ Pop-Up Impact

The Be/Here LGBTQIA+ Pop-Up in Stockport created a visible, welcoming and affirming public space for LGBTQIA+ people, families, allies and wider members of the public.

The event involved Be/Here and partner organisations including:

- Rainbow Roofs;
- Proud2bParents;
- Stockport Pride;
- Forward;
- Recycle-In.

The pop-up had significant reach:

- an estimated 6,000 people walked through the space;
- around 50% engaged in some way;
- approximately 3,000 people had some level of direct engagement;
- Be/Here held at least 50 meaningful conversations.

The conversations included disclosures and concerns around:

- the need for safe LGBTQIA+ spaces;
- fear of being visibly LGBTQIA+ in public;
- hate crime and harassment;
- young people struggling with mainstream services;
- safeguarding concerns;
- loneliness and lack of community connection;
- the need for trusted, affirming support.

The pop-up showed that when support is visible, informal and community-led, people do engage.

It also showed that LGBTQIA+ mental health cannot be separated from community safety. Fear of harassment, hate crime, public abuse and dismissal by services directly affects mental health, belonging and quality of life.

Two anonymised quotes from the event show the depth of need:

> ***"I was referred to CAMHS and when I told them I felt like a boy and was talking about transitioning, my support worker said, 'Why? You are so pretty as a girl.'"***

> ***"I always have horrible comments from kids in my area calling me names for being gay. I am just used to it now, but it would be amazing to have a space that I can just be myself and feel safe."***

These are not just comments about services. They are safeguarding, public health and community safety issues.

They show why LGBTQIA+ spaces need to be visible, funded and built into local wellbeing strategies.

Workshop Impact

Be/Here's workshop feedback shows strong outcomes around knowledge, confidence, emotional regulation, safety and relevance to LGBTQIA+ experiences.

From the LGBTQIA+ community workshop evaluation:

- participants reported improved understanding after the workshop;
- 70.6% rated their understanding as good after the workshop;
- 23.5% rated their understanding as strong after the workshop;
- 70.6% agreed or strongly agreed that they felt more confident managing stress or emotional overwhelm;
- 76.4% agreed or strongly agreed that they had learned practical tools they could use in everyday life;
- 100% agreed or strongly agreed that they felt more aware of their own strengths;
- 100% agreed or strongly agreed that they felt safe and respected in the space;
- 94.1% agreed or strongly agreed that the workshop felt relevant to LGBTQIA+ experiences;
- 82.4% were interested in attending future workshops;
- 76.5% were interested in joining peer/community sessions;
- 35.3% were interested in accessing therapy.

Participants described the most helpful parts of the sessions as:

- being able to talk without feeling judged;
- feeling a sense of community;
- learning ways to cope;
- understanding the intersection of neurodiversity and LGBTQIA+ experience;
- sharing experiences in a safe and supported environment;
- hearing from other participants;
- feeling understood;
- realising they were not alone.

One participant shared that being dyslexic had made them feel like they were the only one struggling, but by the end of the session they felt they were not alone.

Another participant said they were taking away:

> ***"Compassion is the kryptonite to shame."***

This kind of feedback shows that Be/Here's workshops do more than share information. They reduce isolation, build emotional literacy and help people feel seen.

Our workshops do not just raise awareness. They help people feel safer, less alone, more confident and more able to manage emotional overwhelm.

Online Space Impact

Be/Here's online community space feedback showed that even small, focused sessions can have meaningful impact.

One participant moved from "some understanding" before the session to "strong understanding" afterwards. They strongly agreed that they would recommend the session, that they felt safe in the space, and that the session felt relevant to LGBTQIA+ experiences.

They also expressed interest in:

- attending future workshops;
- accessing therapy;
- joining peer/community sessions;
- receiving updates from Be/Here.

The feedback requested more coping strategies and guidance on how to support someone else. This gives Be/Here clear learning for future delivery: people want practical tools not only for themselves, but also to support friends, family and community members.

Online spaces are especially important for people who may not be able to attend in person due to anxiety, disability, transport, caring responsibilities, geography, safety concerns or lack of local LGBTQIA+ provision.

Wider Evaluation Feedback

Additional evaluation feedback described Be/Here facilitators as friendly and knowledgeable. A participant said they learned more about a topic they were already interested in and suggested that Be/Here continue working more closely with local LGBTQIA+ groups such as PLUS, Forward and The Proud Trust.

This feedback supports Be/Here's partnership-based model. It also highlights that the community wants joined-up provision, not isolated services working separately.

Learning from feedback also identified that some slides contained too much text. Be/Here can use this to improve accessibility, particularly for neurodivergent participants, people with dyslexia, people who experience overwhelm, and people accessing workshops while emotionally activated.

This shows Be/Here's commitment to reflective practice and continuous improvement.

Social Value Created

Be/Here's impact creates social value in several ways.

1. Volunteer Contribution

Be/Here has contributed approximately **3,000** collective volunteer hours over the year.

Using a conservative **National Living Wage estimate of £12.21 per hour**, this represents:

3,000 hours x £12.21 = £36,630

This is the minimum estimated value of unpaid time contributed to building and sustaining LGBTQIA+ mental health support.

This figure does not include the additional social value created through:

- improved wellbeing;
- reduced isolation;
- earlier help-seeking;
- crisis prevention;
- improved confidence;
- stronger community connection;
- signposting into appropriate services;
- increased visibility of LGBTQIA+ support;
- improved trust in local services;
- new therapy pathways.

2. Early Intervention and Prevention

Be/Here supports people before they reach crisis point.

Our workshops, online spaces, community events and signposting help people:

- understand their mental health;
- learn practical coping tools;
- feel less alone;
- access therapy earlier;
- connect with community;
- ask for help before things escalate;
- find trusted partner organisations.

This creates value by reducing pressure on crisis services, GP appointments, emergency mental health pathways and overstretched community services.

3. Improved Mental Health and Wellbeing

Participants reported increased understanding, greater confidence, practical coping tools, feeling safer, feeling respected and feeling more aware of their strengths.

These are meaningful wellbeing outcomes. They support people to manage stress, reduce shame, build self-trust and feel more connected.

4. Community Safety and Hate Crime Awareness

The Stockport pop-up highlighted disclosures around hate crime, harassment and fear of being visible in public.

Be/Here's work creates social value by:

- giving people safe spaces to talk about harm;
- helping people understand support routes;
- reducing isolation after negative experiences;
- supporting community confidence;
- signposting people to relevant organisations;
- making LGBTQIA+ support visible in public spaces.

5. Safeguarding and Support for Young People

Community conversations identified concerns around young people struggling to access or feel safe within mainstream services.

Be/Here's LGBTQIA+ informed model supports safeguarding by creating routes for young people, parents, carers and community members to speak about concerns earlier.

6. Partnership and System Value

Be/Here works alongside partner organisations and signposts where needed. This means people are not left to navigate support alone.

Partnership working creates value by:

- reducing duplication;
- improving access to specialist support;
- strengthening local referral pathways;
- connecting community members to the right organisation at the right time;
- building trust between grassroots groups, LGBTQIA+ organisations and wider services.

Outcomes Against Be/Here's Aims

Aim 1: Reduce LGBTQIA+ isolation

Be/Here created safe community spaces, online groups, workshops and public engagement opportunities. Feedback shows that people valued being able to talk without judgement, share experiences and feel part of a community.

Aim 2: Improve access to mental health support

Through workshops, Pride engagement and online activity, Be/Here helped people access information, signposting and therapy. Four new therapy clients came through community engagement activity, showing a direct route from outreach to support.

Aim 3: Provide practical emotional wellbeing tools

Workshop participants reported learning practical tools they could use in everyday life. Many intended to use these tools, attend further wellbeing sessions or share learning with someone else.

Aim 4: Create safe LGBTQIA+ spaces

Feedback across workshops and online spaces showed that participants felt safe, respected and that the content was relevant to LGBTQIA+ experiences.

Aim 5: Strengthen community partnerships

Be/Here worked with and signposted to partner organisations, including organisations involved in the Stockport pop-up. Feedback also showed community interest in Be/Here working more closely with local LGBTQIA+ groups.

Aim 6: Evidence the need for specialist LGBTQIA+ support

Survey responses, workshop feedback, online space feedback and pop-up disclosures all point to the same conclusion: LGBTQIA+ people need dedicated, trusted and affirming mental health and wellbeing support.

Why Partner With Be/Here?

Be/Here is well placed to support funders, commissioners, councils, VCSE organisations, NHS services, schools, community partners and workplaces who want to improve LGBTQIA+ mental health, inclusion and early intervention.

We bring:

- LGBTQIA+ specialist mental health knowledge;
- lived experience leadership;
- community trust;
- trauma-informed practice;
- experience delivering free workshops and peer spaces;
- public engagement and outreach experience;
- therapy pathways;
- signposting and partnership working;
- insight into barriers facing LGBTQIA+ people;
- evidence of impact from community-led delivery.

Be/Here's work supports wider priorities around:

- reducing isolation;
- improving mental health and wellbeing;
- early intervention;
- community safety;
- hate crime awareness;
- safeguarding;
- reducing health inequalities;
- building community resilience;
- improving access to trusted support;
- creating safer LGBTQIA+ inclusive public spaces.

We are not just delivering services. We are building trust, gathering insight, creating pathways and helping people access support earlier.

Why Fund This Work?

Investment in Be/Here supports prevention.

It helps LGBTQIA+ people access support before they reach crisis. It creates safe community spaces where people can talk openly, learn skills, connect with others and be signposted to the right help.

Funding Be/Here helps to:

- keep community workshops free;
- subsidise affordable therapy;
- create safer LGBTQIA+ spaces;
- support Pride and community outreach;
- strengthen referral and signposting pathways;
- gather community insight;
- support vulnerable people earlier;
- reduce isolation;
- improve confidence and wellbeing;
- build long-term LGBTQIA+ community resilience.

Every investment helps Be/Here reach people who may otherwise remain isolated, unsupported or invisible to mainstream services.

Donation and Social Value Messaging

Be/Here's community model relies on a mix of income, donations, grants, training and volunteer time.

Clear examples of support include:

- £10 helps us provide printed wellbeing resources and signposting information.
- £25 helps us support outreach conversations at community events.
- £40 helps subsidise access to lower-cost therapy.
- £150 helps us deliver a free LGBTQIA+ mental health skills workshop.
- £500 helps us run a small programme of peer/community sessions.
- £1,000+ helps us develop sustained support for LGBTQIA+ people who are struggling to access mainstream services.

Every donation, grant and partnership helps keep Be/Here's community support accessible.

Every purchase, donation and funded session helps us keep LGBTQIA+ mental health support visible, informed and rooted in community.

Key Learning

Across all reports and activity, several themes are clear.

1. People want LGBTQIA+ specific support

Community members want therapy, support groups, wellbeing courses, social connection and safe spaces that understand LGBTQIA+ lives.

2. Affordability matters

The community survey showed strong support for sliding-scale or pay-what-you-can models. Cost remains a barrier to mental health support.

3. Evenings and weekends are essential

Many people are most likely to access services outside traditional working hours. Accessible delivery needs to reflect real lives.

4. Safe spaces reduce shame

Participants repeatedly described the importance of not feeling judged, realising they were not alone and feeling understood.

5. Community engagement creates therapy pathways

Four new therapy clients came through public/community engagement. This shows that outreach is not separate from clinical support; it is often the route into it.

6. Public visibility matters

The Stockport pop-up showed that visible LGBTQIA+ support in public spaces can generate meaningful conversations, disclosures and signposting.

7. Partnership strengthens impact

No single organisation can meet every need. Joined-up support helps people find the right help sooner.

8. Evaluation needs to keep growing

Some evaluation forms have small response numbers. This gives useful qualitative insight, but Be/Here should continue developing consistent feedback collection across all activities in 2026.

Recommendations for 2026

Based on the evidence gathered, Be/Here should continue to develop:

1. Regular LGBTQIA+ wellbeing workshops

Workshops should continue to focus on emotional regulation, minority stress, neurodiversity, trauma, shame, confidence, relationships, family rejection and coping strategies.

2. More online spaces

Online provision should remain part of the offer so people can access support even when in-person attendance is difficult.

3. Stronger Pride and community outreach

Pride and pop-up events are effective routes into therapy, workshops and signposting. Be/Here should continue to treat outreach as a core early intervention activity.

4. A clear social prescribing and signposting pathway

Be/Here should continue mapping trusted partners so people can be connected quickly to the right support.

5. Improved evaluation systems

Be/Here should build a simple but consistent evaluation process across every workshop, group, event and therapy pathway. This will strengthen future funding bids and commissioner conversations.

6. Continued partnership with local LGBTQIA+ and community organisations

The evidence strongly supports joined-up delivery with organisations such as The Proud Trust, Proud2bParents, Forward, Stockport Pride, Rainbow Roofs and other local partners.

7. Council and funder investment

Be/Here's work aligns with public health, mental health prevention, community safety, safeguarding, hate crime awareness and reducing isolation. Continued investment would allow this work to become more sustainable and reach more people.

Conclusion

Be/Here's impact between 2025 and early 2026 shows the power of LGBTQIA+ specific, community-led mental health support.

The data tells one story clearly: people need this work.

They need spaces where they feel safe.
They need support that understands LGBTQIA+ experiences.
They need practical tools before crisis.
They need affordable therapy.
They need community.
They need trusted signposting.
They need to know that they are not alone.

Be/Here has already created significant social value through volunteer time, outreach, workshops, online spaces, public engagement, therapy pathways and partnership working.

With the right support, Be/Here can continue to grow this model and provide earlier, safer and more accessible mental health support for LGBTQIA+ people across Greater Manchester.

This is prevention.
This is community safety.
This is public health.
This is social value.
And this is why Be/Here matters.