

MY LGBTQ+ LAMBETH SURVEY

INITIAL FINDINGS

LGBT HERO

FOR A HAPPIER, HEALTHIER COMMUNITY



Lambeth



In 2021 LGBT HERO was commissioned by Lambeth Council to continue and expand the Whole System Approach, a long-term project designed to improve the lives of LGBTQ+ residents within the borough. LGBT HERO has been working with Lambeth on programmes within the borough since 2018 within this framework. As part of the latest phase of the WSA a survey of the needs of Lambeth LGBTQ+ residents, their wellbeing, and their relationship with the council.

The result was the My LGBTQ+ Lambeth Survey, which was built in partnership with the Whole System Approach advisory board and Lambeth Council. Insights from this survey will inform the council's future engagement with LGBTQ+ people within the borough on a huge range of issues including sexual health, safety, primary care, and mental wellbeing.

About the survey

LGBT HERO launched the survey in April 2022 which ran until August 2022. The rollout began with targeted promotion on social media platforms, followed by direct community engagement with local LGBTQ+ business in Lambeth and concluded with outreach at events including RVT Sports Day on 30 August 2022.

A total of 533 people took the survey of which 77.71% lived in Lambeth. The largest proportion of people who took the survey were aged 45-54 years old, 63% identified from various white backgrounds, with 64% identifying as gay. Nearly 40% identified as having a long-term health condition. Nearly 20% of the responders identified as trans, non-binary or gender diverse.



Main findings

Mental health and wellbeing

It was clear that mental health remains a big issue within the LGBTQ+ community. Of the people who responded to the survey:

- **30%** reported worsening mental health in the past 12 months (22% improved 43% stayed the same)
- **77%** experienced depression in the past 12 months. **90%** experienced anxiety in the same time period, and **77%** experienced loneliness.
- **34%** have been clinically diagnosed anxiety, depression, or mixed anxiety/depression.
- **21%** rated the last wellbeing service they used in Lambeth as 5 or below (out of 10)
- **17%** said they had felt suicidal in the past 12 months
- **43%** said they did not know of major mental health providers in the borough (SPA, SLaM, IAPT, BAC)
- **12%** of respondents found services through their own research, more than referrals (11%), through the council (7%) or through a GP (11%)

We asked: What could Lambeth do to help you?

"Make it clear what services are around because I didn't even know about what you offer. There are not a lot of resources for autism spectrum adults, especially women, and I would appreciate an advice and support service for people like me"

Sexual health

With a large LGBTQ+ population in Lambeth, sexual health is an important issue for the residents. Here were the main findings:

- **58%** had not tested for HIV in the past 12 months
- **39%** of those that tested, did so in Lambeth (49% at least once in a clinic, 70% at least once at home)
- **39%** of those that tested outside Lambeth, said they prefer clinics outside the borough
- **41%** said getting tested for HIV in the borough was "very easy"
- **46%** didn't know they should be getting tested every 3-6 months, depending on the type of sex they're having

We asked: What would encourage you to test for STIs in Lambeth?

"First I would need to know which clinics are in Lambeth and then to feel confident the team working there will be as nice as Dean St"

Primary care

Accessing a GP who understands LGBTQ+ issues is important. However, many of the residents didn't feel Primary care is where it needs to be;

- **34%** feel that their health needs aren't met by their local GP practice
- **23%** of Lambeth residents said their local practice does not have a good understanding of LGBTQ+ needs (25% said they did, 52% didn't know)
- **16%** feel uncomfortable as an LGBTQ+ person going to their GP for a health concern
- **10%** have experienced discrimination at their GP due to their identity

We asked: What else can you tell us about your GP experience?

"It would be good to see more LGBTQ+ posters or literature at my GP practice, in addition to the support from staff."

LGBTQ+ spaces

Lambeth has many LGBTQ+ spaces, but it's clear that people want more than just pubs and clubs. Our findings found that;

- **66%** think that there aren't enough LGBTQ+ spaces in Lambeth
- **48%** want more alcohol-free spaces, **26%** want more support groups, **38%** want more safe spaces, **44%** want more sports spaces for LGBTQ+ people

We asked: What types of LGBTQ+ spaces would you like to see?

"I would like to see organisations identify themselves (eg with a sticker) as a safe place for anyone facing LGBTQ+ discrimination to enter Safely for temporary respite."

Safety

Lambeth is the most densely populated borough in London for LGBTQ+ people, feeling safe to live, work and socialise in the borough should be a top priority. Our finding found that:

- **21%** do not feel safe while living, socialising, or working in Lambeth (72% said they do feel safe)
- **22%** have experienced an anti-LGBTQ+ hate crime in Lambeth in the past 12 months
- **70%** of those who have experienced hate crimes did not report it

We asked: What would make you feel safer as an LGBTQ+ resident?

"Have some community "Pink Police", either gay and lesbian officers or allies who fully understand the Queer community and its needs and can be contacted for specific gay related issues."

Drugs and alcohol

We already know that LGBTQ+ people drink and take drugs more than the general population (and do it for longer periods of time). We found that:

- **54%** drank every day or a few times a week in the past 12 months
- **80%** consume alcohol at home, **56%** in bars or clubs in Lambeth
- **27%** have taken drugs in the past 12 months
- **17%** of those that took drugs took them every day or a few times a week
- **64%** had taken drugs at home, **19%** at sex parties in Lambeth, **25%** at bars, clubs, or sex venues in Lambeth
- **10%** have ever used drugs or alcohol services

New Services

In response to the LamQ survey, LGBT HERO asked residents to clarify what type of services they would like Lambeth Council to provide. Here's what residents think.:

- **23%** are likely to use a 24-hour helpline for LGBTQ+ **sexual health**
- **38%** are likely to use a 24-hour helpline for LGBTQ+ **mental health**
- **57%** are likely to use safe and sober social / cultural spaces for LGBTQ+ people
- **42%** ranked safe and sober spaces as the most important (number 1) of the above services, vs **41%** mental health helpline and **15%** sexual health helpline, when asked to rank each 1-3
- However, accounting for all ranking votes (those of second and third importance) the 24-hour mental wellbeing helpline was, overall, the deemed the most important.
- Fully weighted scores (out of 3) were as follows: mental wellbeing helpline **2.28**, safe and sober spaces **2.10**, sexual health helpline **1.58**

We asked: are there any other ways Lambeth could improve the lives of LGBTQ+ people?

"Making sure everyone is aware of any kind of LGBTQ+ Activity or support Lambeth does, specifically Lambeth LGBTQ+ community should be always be aware. I think communication should improve in order to everyone know that Lambeth is the council with the highest LGBTQ+ community and its supported by the council."



Who took the survey?

As this is an initial report based on a huge data set, the summary above has not zoomed in on data from specific subsets of the participants. This will be provided in the full report to follow.

Below is basic information about those who participated in the survey, which was conducted for three months online between the months of May-August, with most participants responding in the first month.

Relationship to Lambeth

The majority of respondents live in Lambeth, and over half say they socialise within the borough.

Live in Lambeth	77.71%
Work in Lambeth	24.42%
Socialise in Lambeth	55.20%
Other	4.88%

Gender identity

Man (including trans man)	68.58%
Woman (including trans woman)	19.11%
Non-binary	5.10%
Genderfluid	0.85%
Agender	0.85%
Other	5.52%

Same as sex assigned at birth

Yes	19.66%
No	80.34%

Sexuality

Gay	64.14%
Lesbian	9.70%
Bisexual	8.44%
Heterosexual	6.33%
Asexual	1.27%
Pansexual	2.53%
Queer	5.49%
Questioning	0.42%
Other	1.69%

Age

Under 18	0.42%
18-24	5.06%
25-34	21.31%
35-44	20.89%
45-54	24.26%
55-64	20.04%
65-74	6.33%
75-84	0.63%
85+	0.42%
Prefer not to say	0.63%

Ethnicity

Asian or Asian British - Chinese	0.00%
Asian or Asian British - Indian	2.11%
Asian or Asian British - Pakistani	0.21%
Any other Asian background	0.63%
Black or Black British - African	1.27%
Black or Black British - Somali	0.00%
Black or Black British - Caribbean	3.81%
Any other Black/African/Caribbean background	0.42%
Mixed -Asian or Asian British and white	1.90%
Mixed -Black or Black British (African) and white	0.42%
Mixed -Black or Black British (Caribbean) and white	1.48%
Any other Mixed/multiple ethnic background	1.06%
White - English/Welsh/Scottish/ Northern Irish/ British	58.14%
White - Irish	4.86%
White - Gypsy or Irish traveller	0.21%
White - Polish	0.00%
White - Portuguese	1.06%
Any other White background	17.55%
Arab or Arab British	0.85%
Latin American/Latinx or Latin American and British	1.69%
Any other ethnic group	0.00%
Prefer not to say	1.48%
Other (please specify)	0.42%



Initial recommendations

With these findings, it is clear there are many issues that the council should address in response to the survey. LGBT HERO has identified the suggested recommendations it feels Lambeth Council should consider:

Signposting and awareness

LGBTQ+ people are unaware of many existing services. Signposting and referrals must be reinforced within point of care venues and online in order to increase awareness of accessible services. Lambeth council should:

- Increase awareness of services provided through partnerships, link exchanges and through social media
- Work with LGBTQ+ organisations to run direct awareness campaigns focused on specific issues.

GP LGBTQ+ training and visibility

All practices across the borough should engage in the Pride in Practice LGBTQ+ awareness programme. All surgeries should also actively demonstrate to clients (in-clinic posters, leaflets, website copy) that this has been completed so patients are aware that the practice is trained and LGBTQ+ people are catered for. Lambeth Council should:

- Continue with the Pride in Practice programme and work with LGBTQ+ organisations to increase representation in GP surgeries.

Hate crime support

Pathways to report hate crime and receive support should be reevaluated as few people experiencing hate crime in Lambeth are accessing services from police or charities. Nearly half of respondents didn't know of support services. Coordination required between the police, and charities like Galop, the anti-LGBTQ+ violence charity. Lambeth council should:

- Work with LGBTQ+ organisation to run borough wide campaigns to increase awareness of the issues
- Establish LGBTQ+ friendly business to sign up to a 'safe space' visual campaign where LGBTQ+ people know they can rely on as a space to be themselves. Premises could be provided with window stickers to establish LGBTQ+ safe space.

Creation of new spaces

The council should consider creating a physical space for community groups to have sober socials, run community events, practice sports as these are a high priority for respondents. Enabling more diverse, non-nightlife activity will have a positive net effect on the wellbeing of residents and visitors. Lambeth Council should:

- Explore further with LGBTQ+ organisations and business how it can help to create new spaces, including non-alcoholic spaces. Ideally the council should have a long-term goal help in the setting up of an LGBTQ+ community centre within the borough.

Leveraging existing LGBTQ+ networks

Lambeth should consider deepening links with existing LGBTQ+ venues in Lambeth (RVT, Two Brewers, Bridge Bar, The Eagle). These venues are currently the LGBTQ+ social nexus within the borough, providing significant opportunity to reach large volumes of people with information and campaigns. Lambeth Council should:

- Expand and enhance the Advisory Board to include business and hold regular information and planning sessions in a bid to cement the importance of better supporting LGBTQ+ residents, organisation and business.
- Lambeth Council should develop a longer-term plan to become the main borough where LGBTQ+ people to live, work and socialise cementing its relationship with LGBTQ+ people, organisations and businesses.

Mental health support

A pathway for LGBTQ+ people to receive mental health support is needed, as evidenced by the desire for a mental health helpline. This should be tailored to the community and could be developed in partnership with existing providers of LGBTQ+ specific therapies (elop, gay men's therapy, London Friend, Pink therapy). The council should:

- Continue to work with LGBTQ+ organisations to provide solutions to the mental wellbeing issues addressed in the survey
- Trial new innovative ways to support residents
- Increase awareness campaigns in partnership with LGBTQ+ organisations focussed on tackling the wider issues.

Next steps

These results reflects the overall findings; however, LGBT HERO will be providing individual reports for:

- LGBTQ+ people from minority ethnic backgrounds
- Trans, non-binary and gender diverse people
- Younger LGBTQ+ people

We will identify any major observations which differ from the main findings and provide recommendations.

Please direct any questions around the data and insights provided so far to LGBT HERO's Community Engagement Manager, who can be reached by email at justin.m-jones@lgbthero.org.