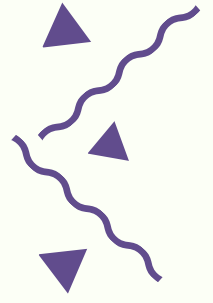
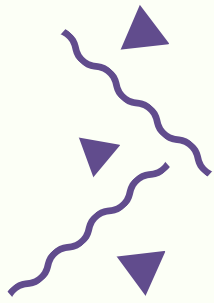




INTRODUCTION



Bernie

Project Manager

Welcome to our annual report for 2021, thank you for taking the time to read about what we have been doing this year, and what a year it has been. 2021 continued in a similar vein to 2020 and was strongly affected by the Covid19 pandemic. We have learned how the pandemic had impacted our community. With the results of the LGBTI+ "Life in Lockdown" survey we found that LGBTI+ people were experiencing higher rates of mental health issues. We were still limited on how we could respond, however thanks to the dedicated work of a small group of staff and volunteers we continued to provide services and respond to an increased number of support requests.

In the following report you will see how we continued to deliver the message to and on behalf of the LGBT community locally. Outcomers continued to be the voice of the community and helped the community stay connected while developing new supports in the region. 2021 saw the biggest LGBTI+ awareness raising event in our history with our Proud in Louth rainbow flag campaign as the flags of the LGBTI+ community flew in shops and businesses, sports clubs and youth services supported by Louth County Council; it was the most talked about campaign in the region for some time. As part of our Proud in Louth campaign we engaged the fantastic work of the "The LockUp" Studios to create a video reflecting the lives of LGBT+ people from all corners of Ireland, to document their journey from emigration to equality.

Our young people were as active as always with cross-border projects, pride activities, art projects and more. During 2021, we celebrated National Coming out day, marked Traveller Mental health day and posted 400 Happy Pride cards with our Pride stamps in Ireland and to all of our European Ambassadors - another great impact project.

As always, our training was in high demand and it's not until you see the numbers like this you realise how many people engage with us around LGBT Issues each year. From this report you can see the work carried out by such a small hard-working team. We are showing that we as an organisation have the passion for LGBT rights and the wellbeing of our wider community. We want Louth and the North East to be recognised for the diverse, inclusive and fun place it is.

As we move into 2022, we have already seen the demand for our services continue to grow and we are here to meet that need.

We wish you all a peaceful, healthy and prosperous 2022 and hope to meet and chat with you through the year.



HIGHLIGHTS

Young people take over
Outcomers Social Media

january

Series of Sexual
Health Webinars
with HIV Ireland

february

New Resource "Parents
with Trans Children
Talking" developed

april

Balbriggan LGBT+
Adults Group meet for
the first time

may

International Women's
Day Event

Irish Language Course for
LGBT+ Adults

march

Meeting the Books -
Living Library with the
Royal College of Surgeons,
Ireland

june

Proud in
Louth
Celebration

july

Youth
Residential in
Fermanagh with
Cara-Friend

august

Traveller
Pride Week

september

National
Coming Out
Day Event

october

Delivered Stand
Up Awareness
Training to 210
students!

november

Louth PPN
Award
Winner

december

NEWS & MEDIA



Pride flag raised at Dundalk Town Hall



Pride Flag - Cllr. Maria Doyle, Cathaoirleach Dundalk Municipal District Council with Lorna Costello, Bernice Quinn, Irene McCauley, Emer Markey and Beccy Conlon as the announcement that the Pride flag will be flown from the Town Hall for Pride month and the local celebrations that will be held in Dundalk on the second week of July. Picture Ken Finegan / www.newspics.ie

ARGUS

By Olivia Ryan
June 26 2021 12:00 AM

New Pride flag unveiled in town



ARGUS

By Olivia Ryan
July 07 2021 12:00 AM

Pride flag raised over Dundalk town hall for first time since 2014

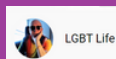
Cathaoirleach of Dundalk Municipal District, Maria Doyle, said it was done for solidarity with LGBTQ+ people in Dundalk.



The Pride Flag was hung outside Dundalk Town Hall

By Tadgh McNally
12 Jun 2021

Bernardine - June - Proud in Louth 2021



Bernardine - July - Dundalk Pride 2021



Outcomers host 'National Coming Out Day' event



Bernardine Quinn.

ARGUS

October 19 2021 02:00 AM

Pride on the streets of Louth



ARGUS

Margaret Roddy
July 29 2021 02:00 PM

Watch: Outcomers release heartwarming video 'Now You See Us' as part of Proud in Louth

To celebrate Dundalk Pride 2021, Outcomers have released a new video that reflects the experiences of the LGBTQ+ community in Louth.

TOP NEWS | 12 JULY 2021 | WRITTEN BY LOUISE BLAKE



RTÉ

Bernardine was interviewed for an RTÉ Pride Documentary Series.



LOCAL, NATIONAL AND INTERNATIONAL WORK

Local Work

On a local level, our project manager is a member of the Local Community Development Committee and our staff participated in Louth Public Participation Network Youth Linkage group.

As members of the Louth PPN Youth Linkage group, along with other youth services in Louth this enabled us to participate in the provision and delivery of wellness packs to young people during the pandemic. We have also participated in the development fitness videos for young people, and yoga classes for youth workers.

With the launch of Healthy Louth "Not Around Us" Campaign, Outcomers agreed to participate and promote the tobacco free Louth campaign in our centre. Our youth worker participated in a video to celebrate International Women's Day developed by Louth Leader Partnership.



National Work

In 2021, with the introduction of Zoom we have been supporting an LGBT group in Tullamore with young people from as far away as Roscommon and Mayo accessing the group we have been able to link them and their parents in to other services we provide.

Outcomers volunteer five hours a week on the LGBT helpline and Chat services. We continue to work with all of the LGBT support services across the country.

Our staff also participated in committees and networks at a national level such as the BelongTo National Network. The LGBTIreland Board, LGBTI+ implementation Committee and the LGBTI+ Sectoral Committee.



International Work

Outcomers have always been involved in international work particularly in the area of student exchanges. In the past, we have hosted young students from Romania, Italy, Hungary, Serbia, and Russia. This year we engaged in a different style of international work we took part in a human library as part of the Royal College of Surgeons Pride events speaking to their International Staff. We also provided an information session for a company called Prometric for their pride events which was broadcast to their European network.

In an information session for Social Careers students from the University of Paris-Est Créteil who had missed their opportunity to complete a study visit in Ireland, we were asked to talk to them about what the lives of Irish LGBT+ people. This was a great cultural exchange opportunity.



ADULT PEER SUPPORT GROUPS



Over 30s Womens Group, Dundalk, Co. Louth

Our over 30s Womens Peer Support Group held organised drop ins once a month for 2021, giving women in the LGBT+ community the opportunity to socialise and support each other. During 2021, they organised and took part in activities such as ping pong, film nights and Irish Language courses.



Over 30s Mens Group Dundalk, Co. Louth

Our over 30s Men's Peer Support Group began to meet again after the pandemic started for the first time in 2021. The group met every two weeks, providing the opportunity for GBT+ men to meet new people, socialise and provide support to each other.



Parents of Trans Young People Group

Our peer support group for parents of Trans and non-binary youth has continued, with parents joining the group from Louth, Meath, Cavan, Monaghan, Roscommon and Offaly. In 2021, the group contributed to the development of a resource titled "Parents with Trans Children Talking". They also met monthly on zoom with a gender psychologist Dr. Lisa Brinkmann for online chats with other parents in similar situations.

OUTREACH WORK



LGBT+ Adults Group Kells, Co. Meath

In 2021, our new LGBT+ adults group in Kells began to meet for the first time. The group met in Kells Family Resource centre on the 2nd and 4th Monday of the month.



LGBT+ Adults Group Trim, Co. Meath

In 2021, our new LGBT+ adults group in Trim began to meet for the first time. The group met in Trim Family Resource Centre on the 2nd and 4th Tuesday of every month.



LGBT+ Adults Group Balbriggan, Co. Dublin

In partnership with Flemington Community Centre, our new LGBT+ adults group also began to meet in Balbriggan on the 2nd and 4th Wednesday of the month. As part of Outreach in Balbriggan, Outcomers also supported coffee mornings in the local community with Dublin Pride.

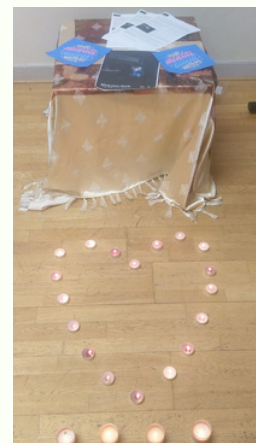
YOUTH SERVICE



Outcomers provides direct support for LGBT young people in the Northeast Region. For the first half of 2021, we held our youth groups over zoom. We returned to in person groups in the second half of the year which was very exciting! Our youth group for 12 - 17 year olds met twice a week and our 18-25s group met once a week.

Throughout the year, some of the activities young people participated in were:

- Online chats with Dr. Lisa Brinkmann for trans and non binary young people
- LGBT+ Media representation project
- Social media takeovers
- Queer Conversations zoom with RTÉ presenter Stephen Byrne
- National Traveller Mental Health Day
- Organising an International Women's Day event for their peers
- Pride events
- Day trips, residentials and meet ups with other LGBT+ youth groups



OPEN DIALOGUE PROJECT



The Open Dialogue Project was a cross border project funded by PEACE IV that brought together LGBT+ young people from Louth and LGBT+ young people from Cara-Friend in Belfast to explore the differences and similarities between their communities and how the conflict impacted them. The young people took part in online sessions that covered topics such as team work, prejudice and bias, conflict and hate.

They also traveled to Belfast for a day trip and took part in a city sightseeing tour that explored republican and loyalist areas of Belfast. For the final part of the project, the young people attended a four day residential in Fermanagh, during which they took part in jetty jumping, canoeing, kayaking, a water park, archery, and mountain biking. They also took part in workshops exploring inter generational trauma, community identity, foundations of minority-based hate and our role in dismantling it.

PRIDE

Mid Louth Pride Event

New Leaf in Ardee hosted the first ever Mid Louth Pride Event in 2021. Outcomers was excited to be involved by supporting the development of this Pride event, hosting a workshop on the day and attending with our youth group. It was fantastic to see new prides developing in Louth, in more rural areas.



Pride 2021 Art Project

Young people took part in an art project around what pride means to them and their identity with some beautiful results!



Castleblayney Pride

We attended pride in Castleblayney, Co. Monaghan, with our youth group members meeting other new LGBT+ young people to celebrate pride in who they are together. Outcomers facilitated a pride history workshop for Pride Attendees.

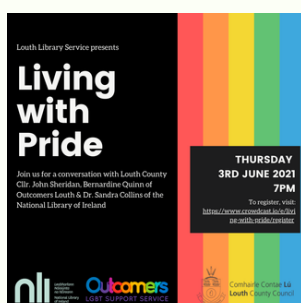


Walk in my Shoes Project

To celebrate Pride 2021, 40 young people aged 12 - 25 took part in a youth arts project. They each designed and painted a pair of shoes that represented them, their identity and what being **PROUD** means to them that was funded by Louth Leader Partnership.

Post with Pride

400 postcards were posted to celebrate the Pride Postage Stamp that was released in 2021, sending Happy Pride wishes! We posted them to our supporters, our community members, local businesses, politicians and partner organisations. They were also posted to every Irish Embassy in Europe as a reminder that pride is for everyone, in every country.



Living with Pride Library Event

As part of Louth Library Services Pride celebrations, our project manager Bernardine took part in a panel discussion speaking about her experience as a lesbian woman. Service users of all ages attended the event

PROUD IN LOUTH

As part of Proud in Louth 2021, Outcomers provided Rainbow flags to all businesses in local towns such as Drogheda, Dundalk, Ardee, Carlingford, Dunleer, Castlebellingham, Blackrock and Omeath to be put in the windows of the businesses and services turning the towns and villages of Louth Rainbow for July 2021. Louth County Council and Healthy Louth sponsored Proud in Louth.

This was a visual delight. It was a promotion of acceptance and recognition making the LGBT+ community feel respected, seen and loved in their local communities. We had many contacts from the community to share their happiness at the sight, with one mother saying she drove her 14 year old trans son over from Cavan to Dundalk to drive around and look at all the flags again and again.



PROUD IN LOUTH



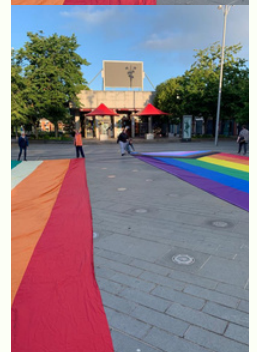
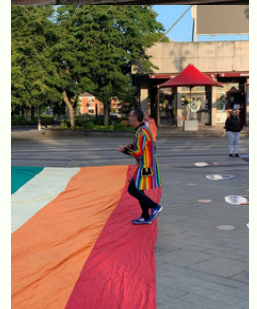
Now You See Us Video

To celebrate Dundalk Pride 2021, as we couldn't welcome people all in person to our centre, we decided to mark it with this special video looking at the journey from the early years when Lesbian, Gay, Bisexual and Transgender (LGBT) people were not as accepted as they are today.

To reflect the experiences of so many people from our community who had to leave their homes to escape the shame associated with being LGBT.

To the change Ireland has gone through to be the welcoming and safe place it is today. We asked that everyone think of LGBT people who have left this country, people who have family in Louth and who's home is still here even if they are not.

Scan to watch:



LGBT+ AWARENESS TRAINING

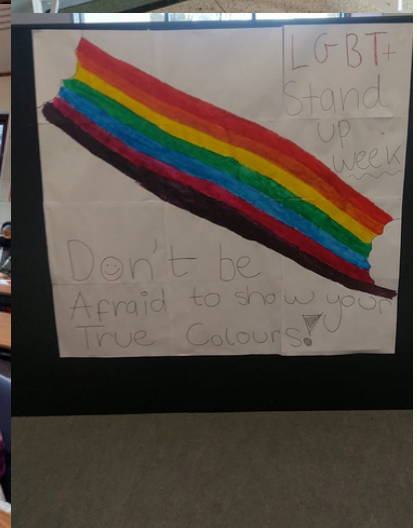
In 2021, we delivered LGBT+ awareness training to over 900 people...



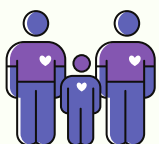
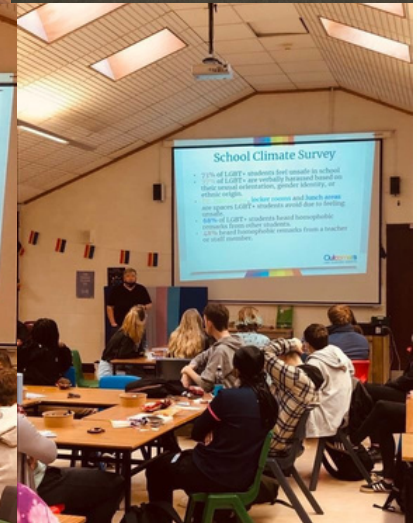
539 young people



94 Healthcare Practitioners



257 staff in the education, youth, community and social sectors



33 parents

HEALTH

HIV: Ending New Transmission in Ireland webinar with HIV Ireland

STIs, Safer Sex and Condoms webinar with HIV Ireland

National Traveller Mental Health Day Event

"Not Around Us" Healthy Louth Smoking Prevention Campaign

Consent workshop with LGBT+ adults aged 18 - 25.

Provision of free/subsidised counselling to service users.

Well being packs delivered to young people with Louth PPN Youth Linkage Group

Posters provided to every GP surgery in Louth to state support for LGBT+ patients

Participation in Trans Healthcare Subcommittee through BelongTo

Youth members attended LGBTI+ Sexual Health Workshop hosted by Up! Cork

Staff completed Decider Mental Health Training.

Celebrated World Mental Health Day online.



STATISTICS

IN 2021....



1000 Flags
distributed
across Louth



36 LGBT+
Awareness
Trainings delivered



923 people
attended
training with
us



140 support queries in
the second half of the
year.



90% of support
queries required
follow up action.



Supported 150
people one to
one.



51 parents with trans
children and 44 trans
young people attended
our trans support event.



240 people accessed
peer support groups
monthly.



6 students supported
with work placements
and final year
projects.



PLANS FOR 2022

**Residential
with young
adults**

**Delivery of LGBT+
Resources
to Primary
Schools
in Louth
and Meath**

**Monthly
sessions with
Dr.
Brinkmann**

**LGBT+
mural with
SeekDundalk**

**Supporting
the play
"Callings"**

**Distributing
LGBT+ posters to
secondary schools in
the Northeast**

**International
Women's Day
Event for
LBQT women**

**Siblings of
Trans Young
People Talking
Resource**

**LGBT+ Pop up
evenings in
rural Louth
and Meath**

**Celebrate
Dundalk Pride
2022**

**Publish Needs
Analysis of LGBTQI+
young people in the
North East Region**

**Expand
Outcomers
Outreach
service further**



TESTIMONIALS

"Being able to have access to the support of outcomers has helped me greatly. If I didn't have access to their services I don't believe I'd be where I am today. Attending these groups, meeting new people and making new friends has helped me not only to discover who I am but to find support when being to express who I truly I am as well. I love all the trips we go on and activities that we take part in because over time they have helped me to come out of my shell and be more confident in myself. I always feel safe when I'm travelling outside of Dundalk with the staff from outcomers because I know that they will always ensure that we are out of harms way while also making every part of the day as enjoyable as possible. "


"My son has really come in to his own since joining the group a few months ago. It is great to see how enthusiastic he is going to the meetings. It is invaluable to me that he has that safe space and opportunity to mix with his peers."

"It's lovely to have a cheerful, inclusive youth group for our kid to attend. He enjoys all the fun activities at Outcomers, like doing quizzes. When he was little, we used to attend Dundalk Pride Family Day in the Outcomers centre as a family, so there were happy associations from those early days. I'm sure it made it easier for him to attend the youth group for the first time, being familiar with the Outcomers centre already as a fun, happy place."

"Outcomers has been a lifeline for 14 year old A. who dropped out of school in April 2021 and had become very socially isolated. We tried several different groups and support options, none of which were right for him. When we found Outcomers in December 2021, he immediately felt welcome and started making friends straight away. The fact that he now has a supportive peer group around him is an enormous relief, the improvement in his mood is visible, and the access to support from other parents as well as expert support is a bonus."

"I'm so deeply thankful and grateful towards all of the people there, there are not enough words to describe it. You've opened your arms for my son so wide, and even when he struggles because of his Asperger autism, you still are there. Friendly, curious, understanding and always ready for advise. This means the world to me! Never before has there been so many gorgeous people around my son and me, it's honestly overwhelming! In a positive way of course."

it really gave me a safe and supportive space to explore who I am and talk to like minded people who are now some of my closest friends, I've had nothing but good experiences and I'm delighted to have joined



THANK YOU

Thank you to our volunteers who support us by giving their time and commitment year round. The work that you do is invaluable.

We would also like to thank our supporters in the local community. This year we had the privilege of visibly seeing the support from local businesses and services during Proud in Louth and it is much appreciated.

Thank you also to our funders. Without your support our work would not happen and we are grateful for your ongoing and continued support.



Seirbhís Sláinte
Níos Fearr
á Forbairt

Building a
Better Health
Service



LOUTH LEADER PARTNERSHIP

Building Community & Enterprise



Comhairle Contae Lú
Louth County Council

Peace



Northern Ireland - Ireland

European Regional Development Fund



lmetb

Bord Oideachais agus
Oiliúna Lú agus na Mí
Louth and Meath Education
and Training Board



**Healthy
Louth**



An Roinn Leanaí, Comhionannais,
Míchumais, Lánpháirtíochta agus Óige
Department of Children, Equality,
Disability, Integration and Youth



An Roinn Dlí agus Cirt
Department of Justice



CYPSC

CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEES



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