

*“Organisations such as The Outsiders and TLC (Tender Loving Care) do invaluable work to recognise the sexual needs of disabled people, and do what they can to help - campaigning in a pretty forthright way.”*

**Bel Mooney in the Daily Mail 18th August 2010**



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## Structure

### PATRONS

Jasper Bark  
 Dr Belinda Brooks-Gordon  
 Caroline Bowditch  
 Dr Petra Boynton  
 Mat Fraser  
 Jane Gibbon  
 Barry Humphries  
 Malcolm Pearce  
 Susan Quilliam  
 Mik Scarlet  
 Dr. Annie Sprinkle



Susan Quilliam

### TRUSTEES

Gregory Sams Chair  
 Michael Griffin Secretary  
 Martin Craven Treasurer  
 Vieta Schroff  
 Sue Nathan

### Co-opted Trustees

Dick Sheppard  
 Lionel Roth  
 Jeff Dexter  
 Jonathan Werren  
 Victoria McKenzie

### ADVISORY BOARD

(disabled members of Outsiders who advise the Trustees)

Colin Fowler (Chair)  
 Steve Major  
 Sarah Battan  
 Eirwen Edwards  
 Eleni Stephani  
 Eric Phipps

### CONSULTANTS

Shital Shah, counsellor and trainer  
 Alex Cowan disability spokesperson and peer support

**OUTSIDERS CLUB**

Several hundred members living around the UK and abroad, joining for one year (at any time of the year), Many renew annually and feel as if they are part of a family

We also have 15 Honorary members and 17 Associate members

**COORDINATOR & CHIEF EXECUTIVE**

Dr Tuppy Owens founder

**CLUB VOLUNTEERS****London Office**

Dr Tuppy Owens	Coordinator
Eleni Stephani	Social Secretary and Helpline Manager
Janet Brookman	Blind Members and general Database
Philippe Gasnier	Telephoning members and Advisory Board Chair
Colin Fowler	

**INSIDE Magazine**

Dr Tuppy Owens	Editor
Mandi Peers	Regular Columnist
Dominic Webb	Regular Columnist

**Website**

Ian Hudson	Webmaster
Dr Tuppy Owens	Content Manager
Lawrence Brightman	Computer Maintenance

**Local Groups****London**

Dr Tuppy Owens	Host
Victoria McKenzie	Host
Dawn Powell	Host
Sarah Berry	Co-Host
Mark Rainer	Co-Host
Eleni Stephani	Co-Host

Steve Major

**Midlands**

Maz Peri

**East Anglia**

Sarah Batten

**West Country**

Lilian McCarthy

**Yorkshire**

**SEX AND DISABILITY HELPLINE**

Dr Tuppy Owens and Dr Ruth Hallam Jones

**SEXUAL HEALTH AND DISABILITY ALLIANCE (SHADA)**

A fast-evolving group of 100+ health and social care professionals

Helena Barrow	Chair
Adam Thomas	Vice Chair
Katie Wiltshier	Secretary
Dr Tuppy Owens	Convenor and "Scribe"
Els Payne	Coordinator

**C'MON OUT!**

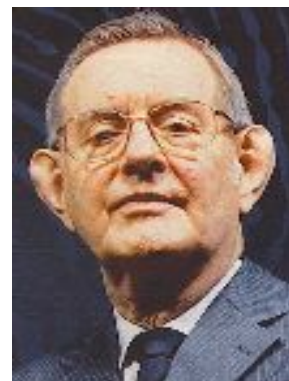
Tuppy Owens, Colin Fletcher, Eleni Stephani, Adam Thomas (Elfrida Society), Tracey Lazard (Disability Action in Islington), Richard Binstead (Outlook Resource and Activities Centre), Victoria Hillier (Islington PCT), Sarah Binner, Chris Pimlott (MS Society Islington) and Saul Grijalva - Support Officer at Notting Hill Pathways Housing

**INDEPENDENCE DAY**

Tuppy Owens	Coordinator
Barry Roberts	Health and Safety
Mat Fraser	Presenter
Jo Quail	Cello Performance
Bohemianauts	
Extant	Song and Dance Performance
Alex Cowan & Susan Quilliam	Workshops
Simon Parritt	
Alex Cowan,	
Nabil Shaban	
Dominic Web	Debate
D. Fisher	Tactile Fashion Show
Nawashi Nurakawa	Kinbaku
Ashley	
Holly Revell	
Julian Marsh	Photographers

**TOOL KIT**

Alex Cowan  
 Roger Clements BA, BM, BCh, MA,  
 FRCS(Edin.), FRCOG  
 Dr Tuppy Owens  
 Dr Antony Lempert  
 Helen Croydon  
 Dr Daniel Atkinson  
 Susan Quilliam  
 Dr Brian Whitehead  
 Sue Lennon  
 Michelle Donald PG Dip.PST  
 Sue Newsome  
 Clare Richards



**Roger Clements**

**GLASTONBURY FESTIVAL DISABILITY FIELD**

Katie Sarra

**EROTICA STALL**

Martin Craven  
 Barry Roberts

**CAMPAIGNS**

Dr Tuppy Owens

**OUTSIDERS SUPPORT NETWORK**

Outsiders is supported by around two hundred volunteers, coordinated by Dr Tuppy Owens, some of whom are also Patrons and Trustees, carrying out many roles, including:

- ◆ Running and helping at fundraising events
- ◆ Outreach stalls at other events to raise awareness and funds
- ◆ Writing for our magazine, INSIDE
- ◆ Peer support to other people with similar disabilities
- ◆ Transport and general services
- ◆ Speaking at conferences and events
- ◆ Running workshops and providing advise
- ◆ Research
- ◆ Social Networking

## The Aims of Outsiders

### Mission

To provide social opportunities and encouragement to people with physical and social disabilities and to promote the acceptance of disabled people as sexual partners.

### Values

Outsiders recognizes that everybody has personal feelings and desires, most people craving intimate relationships, and disabled people should not be excluded by being prevented from enjoying their bodies or experiencing love.

Outsiders bases its work on the social model of disability and encourages disabled people to work on improving their lives and helping their peers do likewise.

Outsiders works very efficiently, having started with no funding and surviving on good will and a great deal of enthusiasm. Because of limited resources and the nature of our work, our Club is limited to members who have the mental capacity to handle their own affairs. However most of our projects include all disabled people.

### Objectives

#### **Run a safe, private club for people with social and physical disabilities**

The club operates as a dynamic self-help and peer support network. Our members are people with physical and social disabilities who come to us because they feel isolated, find it difficult to make relationships, or have few chances to meet suitable people. Through Outsiders, they gain increased opportunities to:–

- ◆ meet others through the membership list or at our social events;
- ◆ become more confident: Club volunteers, staff, and other members offer such encouragement by telephone, email, letters, and in person at social events and workshops;
- ◆ gain freedom: other members act as peer support to offer advice on how to be more assertive with those who try to control their lives, try independent living, and gain independence and privacy.

#### **Work towards removing the stigma attached to disabled people enjoying happy sex lives**

Outsiders encourages disabled people to speak out about the way we are treated by others in society.

Through the Sex and Disability Helpline we are able to reach a large number of disabled people and give them the encouragement to help themselves and ask for the help they require.

Outsiders has collected a group of volunteers who run stalls and disability areas at festivals etc., to publicize our work and ideals.

SHADA members discuss the sexual and relationship needs of disabled people and promote our work around the world.

### **Educate, support and work with other groups who share our objectives**

Outsiders has been the pioneer in this field and we worked alone for three decades, which has been quite a battle. We have been keen to work with other agencies, and this eventually happened with the formation of SHADA in 2005. We have also become close to other groups doing similar things including:–

- ◆ **Extant** who work with people with visual impairment
- ◆ **Elfrida Society** who work with people with learning disabilities.

### **How we serve our five different groups of beneficiaries**

#### **Outsiders Club Members**

We provide a secure, private club which offers its members respect, privacy, and a wide range of opportunities which vary according to their needs. Members join when they have reached the decision to make the “big step” to try and find a partner or at least to move on from the emotional isolation they have found themselves in. Some have been abused, bullied, and left out of society. Some have been told they bring shame to their families, and will never find love or a partner. Some may have had no sex education, and so assumed that sex was something they would not ever enjoy, despite their inner desires.

#### **Our aim with this group**

... is to welcome them into a club where they feel totally safe and accepted. We create opportunities for them to discuss their problems, helping them to gain confidence and develop new social skills (and make up for their lost teenage years). We provide facilities for them to meet other people, in the hope that they will form deep friendships and find love.

#### **Outsiders Support Network**

Our supporters are people who take an interest in the work of Outsiders and help us by supplying free services in the form of design, office work, transport, running workshops, and helping with our fund-raising events.

#### **Our aim with this group**

... is to continue to engage with them and encourage them to support Outsiders through this recession and beyond. They are sent copies of our magazine INSIDE so that they can read about our activities and see where their efforts are bringing benefits. They are soon to be featured on our website.

### **SHADA (Sexual Health and Disability Alliance) Members**

SHADA members are medical, health and social care professionals, therapists, and managers of colleges and residential homes, who care about the personal needs of their disabled clients. They include the Social Manager of Headley Court, the MOD Rehabilitation Centre. They have joined SHADA to gain support, learn, and improve the way disabled people's sexual and relationship needs are met by themselves and their staff. They also wish to promote these principles to other disability agencies, and to medical and care professionals around the globe.

#### **Aims with this group**

... are to support and encourage them to fulfil their goals by providing inspiration, bi-annual meetings, a website, and leaflets, all of which are responding to their needs.

### **Sex and Disability Helpline Callers**

Callers are either disabled people with sexual problems, or medical and health care staff who support them. They are usually very grateful to have found someone who at last takes their problems seriously, and delighted to learn how easily these problems can be solved. Help is supplied both by phone and by email. The calls may be quite simple and straightforward, or may involve tricky, intimate problems that nobody else is prepared to help the caller tackle.

The calls on this helpline help Outsiders to become better aware of the sexual problems that are being faced by disabled people around the world today. As this helpline is unique, and there is very little research in this area, many of the problems and interactions are on a "try it and see" basis, and much invaluable information is constantly being gathered for future reference.

#### **Aims with this group**

are to answer the calls to the best of our ability, to keep up to date with the literature, and to publish the discoveries made.

### **Disabled People throughout the World**

... are too often kept hidden away rather than being encouraged to mix in society and enjoy themselves. The idea that they may enjoy a sexual relationship is often considered taboo. The Outsiders website already features leaflets and resources that can be freely downloaded so they can be accessed internationally. Our website is fully accessible to blind and deaf-blind people. We have become one of the international authorities, and are considered an inspiration worldwide. Sadly, hospitals, libraries, and council office workers in Britain are unable to access the Outsiders site because of censorship filters.

#### **Aims with this group**

... are to encourage medical and health care professionals to initiate discussions about sex, relationships, and isolation with patients and clients during consultation. We send speakers to conferences, AGMs and seminars. We continue to influence the world via our website. We also need to persuade British authorities not to censor our website, so that it can be viewed by people working in schools, hospitals, and other government departments.

## Governance and Management

### TRUST DEED

The Integration Trust's Trust Deed is dated 25th August 1981, and was followed by a Supplemental Deed to change the Trust's name to the Outsiders Trust, once the name became available, dated 12th August 2001.

### Recruitment and appointment of Trustees and Patrons

Trustees volunteer their services as a result of their involvement in, and enthusiasm for Outsiders. Their suitability is discussed by the Advisory Board and Trustees. They are appointed first as Co-opted Trustees for the first year, and then voted in, if appropriate.

This year we gained four Co-opted Trustees and Susan Quilliam as a patron.

### Induction and training of Trustees

We have to select very special people who totally understand the delicate nature of our work. In 1991 our then Patron, the Rev Chad Varah, founder of The Samaritans, gave us appropriate guidelines for finding and keeping trustees, which we still adhere to today. Our Trustees are deeply involved in our work and are kept up to date with Charity Commission guidelines.

### Charity Registration

Outsiders is registered with the Charity Commission of England and Wales, charity number 284450.

### Outsiders Club

The Outsiders Club began in 1979, before the Trust was incorporated.

The Club's governing documents, updated by our Coordinating Team and approved at AGMs, include our Constitution, last adapted and approved at the AGM January 2006, Membership Rules and Code of Conduct is now sent out as agreement for all members to sign.

### Club Management

Outsiders runs its self-help and peer support network as a membership club.

Volunteers, who mostly come from the membership and are disabled, work from home and journey to the office once a week when they feel up to it, and this is normally on a Thursday.

They are responsible for: -

- ◆ sending out our leaflets/application forms, membership agreements, and renewal forms
- ◆ looking at new applications to ensure applicants are suitable, and telephoning new members to welcome them

- ◆ sending our membership pack to new members
- ◆ adding new members to the database
- ◆ phoning members to see how they are getting along, sometimes as part of research
- ◆ phoning members to encourage them to come along to events
- ◆ running social events and workshops
- ◆ training new people who run the events and workshops
- ◆ attending meetings to discuss progress
- ◆ answering the Outsiders helpline
- ◆ helping the media, including agony aunts, with enquiries
- ◆ running stalls at other events
- ◆ helping with projects and campaigns
- ◆ printing out a new list and producing a new edition of the club magazine, INSIDE, three times a year
- ◆ speaking at conferences and AGMs of other agencies
- ◆ keeping the website updated

The Outsiders Club Constitution is discussed to see if it needs updating, every five years.

Volunteers meet to discuss progress and problems every two months. Any changes in the running of the Outsiders Club must be agreed by the Advisory Board members, Trustees and volunteers, and proposals for change are sent one month in advance.

### **Bank Accounts**

The Club runs its own membership bank account with NatWest Berkeley Square. This is kept separate from the Trust account, so that the members can see that their fees and donations are going directly to pay for their magazine and membership list (rather than paying for rent and overheads). The Trust has two accounts at Lloyds TSB, one current Treasurers Account and one Business Access Account for savings. The signatories on those accounts are two Trustees.

### **SHADA**

#### **Policy**

SHADA is a fast-evolving group, and members decided not to be rigid, lest this inhibit its development in any way. We are run with a small number of ground rules:

- ◆ If you have reserved a place at a meeting, let the Secretary know if you are going to be late or can't make it.
- ◆ Respect confidentiality wishes.
- ◆ Respect everyone's views within the group, even if you do not agree.
- ◆ Be supportive of each other.
- ◆ Look for/work towards creative solutions to overcome identified problems/barriers.
- ◆ Give each other the chance to speak.
- ◆ Be a peacemaker by recognizing conflict and interceding / resolving it.

SHADA meets twice a year, in a very nice venue in central London which is given to us free of charge. The minutes of the meetings, together with our leaflets, are published on the SHADA website, and are read by interested parties all over the world.

### SHADA Management

SHADA is run by its members through a small team. Katie Wiltshier, the secretary, books the venues for meetings, and sends out news and notices of meetings to members. Dr Tuppy Owens books the speakers. Els Payne, coordinator, books the room and does other jobs; for example, she sits by the door to welcome late-comers. Helena Barrow, registered manager of the Chasely Trust, our chair, is off sick and Adam Thomas of Elfrida Society was appointed Vice Chair to chair the meetings. The members decide on programmes, and together formed the wording of the Aims, Vision and Mission Statement. There are no membership fees, but members need to book a place at meetings.

### Fund-raising

Outsiders funding comes from donations and subscriptions from

- ◆ members and associate members
- ◆ donations from members of the Support Network
- ◆ small general-purpose and project-specific grants
- ◆ raffle collections at stalls
- ◆ from our work helping to run the Disability Field at the Glastonbury Festival
- ◆ through our own fund-raising events.

Grant applications are dealt with by the coordinator. This year, she gained advice from a supporter, Rodney Hedley who works as coordinator of the Hilden Charitable Trust. Those who decide to fund Outsiders often comment that we are “a breath of fresh air”.

### Recognition and Publicity

The Outsiders Club is listed on all the appropriate disability websites, e.g. **Ableize**.

Through SHADA and our 2009 Conference, Outsiders has gained enormous respect and recognition. We are considered the world authority on disability and personal, sexual and relationship issues. Views are changing to agree with us (at last) that sex and emotional fulfilment are important in maintaining or gaining wellbeing, and part of holistic care.

## Risk Management

Outsiders has a good track record of surviving 30+ years without difficulty.

This has been done by being very careful with money and using good volunteers.

We identify the following risks:

- 1) Our reputation as being down-to-earth and realistic about the personal experiences and needs of disabled people, about which there is social stigma
- 2) Taking on a wide range of projects and activities with a low income
- 3) Relying on volunteers, good-will and donations
- 4) Using disabled volunteers who may have health problems and short life expectancy
- 5) Having members who are inexperienced and vulnerable

## Management strategies include:

- 1) Holding annual Public Liability Insurance (Bronze Package) with Ansvar, for £5million.
- 2) Using two bank accounts with Lloyds TSB which are a Treasurers Account and a Business Instant Access Account. Each has two required signatories.
- 3) Employing an accountant who is a partner in the company Cartwrights, registered to carry out audit work by the Institute of Chartered Accountants in England and Wales
- 4) Using a secure office in a block which is protected by Chubb Security.
- 5) Protecting our members by ensuring that all applicants are vetted before they are accepted, and that they sign to affirm that they can handle their own affairs, and agree to our codes of etiquette and behaviour.
- 6) Not including as members people with severe mental health problems, brain injury, or learning disabilities, if these people cannot handle their own affairs.
- 7) Having trained volunteers running our events, and always establishing good working relationships with the managers of the venues where we hold events.
- 8) Strategic and coordinated planning within the Trust, Club, SHADA, and individual projects.
- 9) Filling a gap in provision, because our work is unique. There are on-line disability dating agencies, but disabled people soon become disillusioned with them and feel unsafe meeting up with other people via the sites because they usually don't turn out to be as advertized. Those sites also tend to feature people who do not really exist and worse, and/or may be predatory and exploitative.
- 10) Using the social model of disability, and encouraging disabled people to run things for themselves. There are large charities who take an interest in the same areas of work as Outsiders, but they tend to employ non-disabled people to carry out research (often on things we have known intimately, and documented, for a long time) and PR, rather than providing opportunities that will help disabled people improve their lives.

- 11) Including a large team of 150 volunteers called the Outsiders Support Network who support us in many practical ways.
- 12) Employing a wide range of funding methods.
- 13) Maintaining friendly links with our benefactors (who say we are like “a breath of fresh air”).
- 14) Submitting our Annual Report and Accounts to the Charity Commission well before the deadline.
- 15) Continuing to shift public opinion so that funders and the media are increasingly agreeing that our work is important, saying “I never thought of this before, but you are doing an amazing job”.
- 16) Benefiting from fund-raising events run by the Leydig Trust which has a formal agreement with the Outsiders Trust that it donates all moneys raised to the Outsiders Trust. The coordinator of Outsiders is also the Director of the Leydig Trust and promoter of the events. She works voluntarily with a voluntary production team, some of whom are also Trustees of Outsiders.
- 17) On average, the Leydig Trust raises £10,000 a year. The events are all wheelchair accessible and they welcome disabled guests.

***“Outsiders fund-raisers are exemplary around the world for their inclusivity, encouraging disabled people to come along and enjoy themselves, just like anybody else.”***

Gender and Sexuality Report in the BRIDGE Cutting Edge Pack published by the Institute of Development Studies at the University of Sussex.

- 18) Ensuring that all activities are documented so that, should any key volunteers become unable to continue, their work can be taken on by someone else.
- 19) Regular meetings of the office volunteers, Advisory Board and Trustees are held so that any problems can be resolved as promptly as possible.

## Aims and Achievements 2010-2011

### Fulfilling the future plans of last year

Naturally, the major aim each year is to continue to achieve our charity's objectives, both locally and on broader horizons (nationally and internationally).

#### Locally

##### C'Mon Out!

We set up this group in Islington to understand how disabled people socialize within the community, identify the gaps, and work out how to attract a large number of new members to Outsiders. We invited all the local groups we could find; these included a local talking newspaper for blind residents, a stroke group, an MS group, and a learning disabled group, as well as Outlook, a Primary Care and Health Centre located in Archway, which is where we held the meetings. We were later joined by a representative from Notting Hill Housing. It was a very useful group for networking and learning. The outcome was the plan for a free event in Islington on 4th July 2011, welcoming disabled people and providing entertainment, called "Independence Day". The aim was that it would encourage and celebrate the independence of disabled people. With the hope of funding from the Evening Standard fund for the dispossessed, handled in Islington by the Cripplegate Foundation, we saw this as a way forward for the expansion of Outsiders. Sadly, we were unsuccessful with our application, but we decided to proceed anyway.

##### Tool Kit presentations to local groups

We took the idea of the Tool Kit to the multi-disciplinary staff at Outlook (see above). They told us that the member of staff who used to deal with clients' personal issues had left, and that currently nobody else had taken this on. They were happy to use the draft kit in their work and provide feedback. We also took the idea to a team at St Mary's Hospital in Paddington, who were equally enthusiastic about helping us forward.

##### Visit local residences for disabled people

We were invited to speak at the local Notting Hill Housing Association residence and the talk was attended by about 20 people, both staff and residents. One resident who could not attend was visited separately. What came out of the meeting was that staff feel obliged to tell Social Services and parents if residents start sexual relationships and this is often quite destructive. We promised to look into this problem for them and report back soon.

##### Form alliances with local disability groups

**Elfrida Society** — we have formed a good working relationship with Adam Thomas who has guided us with C'Mon Out! and who else to approach locally.

**Disability Action In Islington** were very difficult to engage with, for some reason.

### Visited Brian Whitehead, Project Manager of SHOC (Sexual Health On Call)

Brian runs the charity SHOC, which works on evidenced-based sexual health initiatives, rooted in the community. He was recommended to us as someone who could help with the Tool Kit. We also spent time with one of his employees, Mala Morjaria, a nurse who specializes in dealing with results and consequences of female genital mutilation.

### Nationally and Internationally

#### Formed group of experts for Sexual Respect Took Kit and held meetings

The Sexual Respect Tool Kit is designed to help GPs and other health and social care professionals to become more comfortable at initiating discussions around sex and relationships with their patients and clients. Tuppy Owens is the driving force behind this initiative and she has brought together a carefully selected and highly professional team of experts, including two GPs, a law expert in gynaecology, a social worker, a film maker, a sex and disability consultant, and (last but not least) Susan Quilliam, author of *The New Joy of Sex* and consultant to the NHS on sexuality. Seven meetings replaced the original idea of a conference, and were held in London. The book (which GPs say must not take longer than two minutes to read) has been designed by John Keiller.

#### Talk at Porterbrook Clinic

Tuppy Owens was invited up to Sheffield to speak to the staff and students at the Porterbrook Clinic, a sex therapy teaching centre at the Sheffield Health and Social Care NHS Foundation Trust. They said they knew very little about disabilities before and learned a great deal. The thrust of the presentation was to relaunch sex therapy as a popular way forward for people with sexual problems and to become inclusive of disabled people. Dr Ruth Hallam Jones, who runs a Yorkshire group to help people with learning disabilities learn about sex, offered to help with the Sex and Disability Helpline.

#### The Free Speech Campaign

This met with an enormous success. The campaign had been inspired by Sarah Batten, the young lady who runs our West Country events. She is a bright spark with cerebral palsy and severe speech impairment. She announced that she now has a boyfriend, the first in her life, in her late 30's. He is Steve Preston, who runs our Midlands group. They wrote their success story up for INSIDE and the website.



**Sarah and Steve**

## Awards

We applied for a financial award from Philips for our Tool Kit, and nominated ourselves for a Brook Award. Although these were unsuccessful, Tuppy Owens was awarded, together with around 70 very immanent pioneers including several Peers, the FPA Achievers Award. The Achievers Club recognizes those who have made significant contributions over a number of years to improving the sexual health of the UK. This includes those who have worked for FPA and those who haven't. The Awards took place on Tuesday 18th May 2010 at The Savile Club, Mayfair.

## Publish the Freedom of Information Survey

This met with an enormous response from the press and we gained the words from Bel Mooney quoted on the front cover of this Report. We were featured widely in Community Care and this was a very successful method of putting Outsiders on the map. It was executed by Trustee Jonathan Werren who is continuing to support us along, having organized a meeting with the Home Office to discuss sex and relationships of disabled people in relation to direct payments.

## New dimensions to our Fund-raising

We are proud that such a large proportion of our fund-raising is self-generated. The Trustees set up a Fund-raising Committee with the aim of expanding to include more stalls at National events. Goodwood was hopeful ... but then it went bust. Other avenues are being explored.

## Establish Social and Environmental Accounting Procedures

Following the death of Ted O'Dwyer, who was taking on this project, we have put this on hold.

## Improve our Website

Under the expertise of Ian Hudson, our website has improved beyond recognition. Twenty seven supporters wrote testimonies and sent portraits to appear with each section. Tuppy wrote some general guidelines for disabled and other visitors to the site, on Donating Organs, Keeping Fit, Freedom and Independence, Talking to Disabled People, and Sexual Health. All the organizations we work together with are featured on the front page. We launched the new site in January 2011 and have received only compliments. Further developments have been made since. The online joining and members area are to follow.

## Other aims

### Publicity

A workshop taught us that successful publicity is achieved not by repeating old failing methods, but by trying new ones. We aimed to reach out to disabled people via C'Mon Out by spreading the word in these meetings and publicizing Outsiders to all the disability agencies through Independence Day. We also collaborated with many researchers working for television production companies with ideas for television programmes which they are taking to the TV channels.

## AGM

The AGM is a chance for members to get together, including meeting the Advisory Board, to present the Ted O'Dwyer Awards, and to make suggestions for improvement. There was no AGM in this financial year, because the 2010 AGM was held in March, and the 2011 event on 9th April.

## Safety

The safety of our members continues to be a priority. Since we started requiring all new members to sign an agreement to say they can handle their own affairs (not being learning disabled, brain injured, or with mental health problems) and are not racist, sexist or discriminatory against disabled or disfigured people, we have have no real problems or incidents amongst our members. We are pleased that the security of Facebook has been tightened because so many of our members use it, with a special "Outsiders and Friends" page (which is monitored by one of our volunteers). We are hoping to get online joining and a members' area completed soon, and are discussing ways of vetting new members who join online.

## Outsiders lunches

The lunches are being run in a coordinated fashion, according to the Victoria McKenzie Model. They are all very different and are run in a way to suit the people who attend. The West Country events are held in many different locations, whereas the East Anglia and North of England stay put in their preferred restaurants. A new restaurant, the Paternoster at St Paul's, has become the permanent new London venue. It is run by a large team of hosts and assistant hosts, who all have slightly different ways of making it a great event. Reports are sent by email to the members of the team. The venue is very popular and its staff are extremely helpful.

## Technological improvements

Outsiders volunteers work with old equipment and this is demoralizing. Tuppy's mobile phone is held together with sticky tape! It was thus wonderful to hear that the Clothworkers Foundation donated £3,858.52 to enable us to acquire new computers and monitors, multi-functioning printer/fax/scanner and phones. This grant did not arrive during this financial year.

## Attracting new people to our network

**Colin Fowler**, a blind ex-Trustee of Disability Wales, became a volunteer in the office, Tuppy's assistant on C'Mon Out!, and Chair of the Advisory Board. Colin has brought us many new blind members and is becoming invaluable.

**Victoria McKenzie, Dick Sheppard, Lionel Roth, Jonathan Werren and Jeff Dexter** have been appointed as Co-opted Trustees of the Trust.

**Susan Quilliam**, authoress of *The New Joy of Sex*, has become a Patron.

**Rodney Hedley** of the Hilden Charitable Trust is helping us with fund-raising.

**Mikey Argy**, a thalidomide campaigner, has become spokesperson of Outsiders.

**Silver Sex** is working with us, **Extant** and **Elfrida** are working with us more than before, and we continue to attract new members to SHADA .

**Handisex** (in Copenhagen) was nominated Innovation of the Year in our fund-raising venture, the Erotic Awards.



**Mikey Argy**

**The Katie Piper Foundation** We had a meeting with Katie in December 2010, and learned that, following her first TV programme, she had a large number of facially disfigured people emailing her who said their were lonely and/or could not find a partner. She promised to forward us their contact details, but we are still waiting. We invite Katie to all our events, and hope to work with her one day.

## SHADA

For the 10th Meeting on Friday 8th October 2010, we decided that each meeting would discuss a particular problem/impairment (preferably one which is experienced by people with a wide range of disabilities) and invite people who are experiencing that problem to come along and describe how they have managed to overcome it to enjoy a good sex life. We started with the topic of fatigue. We invited several relevant disability agencies, such as Crohn's and Colitis UK (who had just received a grant to explore this subject), to come and join in the discussions. All invitations were ignored.

Our aim is to produce a leaflet on the subject that can be used by both organizations and individuals. The leaflet will go on our website. We had a very successful meeting, at the end of which we divided into small groups, one of them deciding how the leaflet should look. They thought it should be lively and include an illustration.

The leaflet was worked on by Tuppy, Alex and Susan Quilliam, and was duly completed, together with an illustration, and put up on the website. Then we approached a member of C'Mon Out! to ask if the leaflet could be displayed at Outlook, and were told that, although they thought it was very good, they could not possibly give it to clients because it was too explicit and might offend them. So, we asked Outlook and the MS Society if they would like to use our leaflet to create a less explicit one, and then refer on interested parties to our version. This met with silence.

The next SHADA meeting is planned for 8th April 2011, and the topic will be Spasticity, Spasms and Sex, with a view to producing another leaflet.

## Future Plans

Again — as always — our chief aim for the future is to continue with our Charity's aims and objectives. There follow some specific examples of action plans under various headings associated with our two major aims.

### Run a safe private club for people with social and physical disabilities

#### Office

Every week, Colin will come to the office and telephones members in order to

- ◆ listen to how they are getting along,
- ◆ explain the purpose of the Advisory Board as a place they can voice their discontents with the Club and
- ◆ recruit new members of the Advisory Board.

The magazine INSIDE will be published online as well as in print, and members will be encouraged to cancel their printed copy subscription, which reduces costs, and to read the online version. We still need to produce some printed copies because they are excellent for handing out to interested parties at stalls and events.

Janet will be taught how to use a computer for emails, and receive a new computer paid for out of the Clothworkers' grant, so she can work at home when she's not feeling up to coming in.

All the volunteers will benefit from new equipment purchased with the Clothworkers' grant.

Whenever Tuppy is in London, there will be an office meeting discussing progress, followed by a dinner.

#### Publicity

Outsiders plans to gain publicity for the club through Independence Day.

The event is being run by the Outsiders Support Network and will be an excellent opportunity for them all to get together, as they have never previously had the chance to do so.

We decided to make it a progressive celebration, showing Outsiders to be inclusive, fully respectful of disabled people, treating them like responsible adults.

The invitation (illustration on the front of this report) is being circulated by email to a wide range and huge number of organizations and groups in Islington and across London. The National Council for Independent Living has offered to spread the word via its networks.

Plans are to provide a wide variety of entertainment, performances by Extant, a debate, discussions, a tactile fashion show and various opportunities to socialize, network and have fun.

## Modernization

We plan to modernize Outsiders by improving our online presence and get Online Joining and the Members Area set up on the website. This is becoming more and more urgent, as the Internet is becoming the preferred method of human interaction.

### The Trustees plan to make Outsiders more sustainable by

- ◆ further diversifying our fund-raising initiatives and
- ◆ finding trustees who can handle applying for grants and influencing other charities to support us.

We will find more new ways to attract new members, based on the concept that one should stop repeating methods which do not work, and keep trying new methods until we find one which works really well.

### Remove the stigma attached to disabled people enjoying happy sex lives

**The Sexual Respect Tool Kit** aims to reduce stigma amongst the medical, health and social care professions. Following meetings with our experts and discussion of what we are doing, the Kit is now going into production, with the help of a grant from Awards for All.

The texts are being worked on by Alex Cowan and Susan Quilliam, author of *The New Joy of Sex*. The filming is to be done by Clare Richards, the young documentary maker who made *Disabled and Looking for Love* for BBC3 — for which she won the Grierson Award as “Newcomer of the Year”. We are seeking a way to distribute the Tool Kit through as many outlets as possible, to GPs and other health and social care professionals. The first step is to send a proposal to Jessica Kingsley, the publishers who aim to publish books which make a difference. We are also looking at ways of using the internet for distribution.

We decided to make the film first, before the book, audio and posters. Filming is to be in four sections:-

1. demonstrating why the kit is important
2. introducing Alex Cowan, who has MS, telling her personal story which gave her the idea of the Kit
3. opening lines to initiate conversations about sex with patients and clients
4. techniques for referring on to sex therapists, self-help groups, and peer support. Filming starts on 6th April 2011.

Seven posters for the walls of surgeries and other treatment centres are yet to be created. Once the kit is completed, it will be sent to publishers, the DOH, and tested amongst an eager audience. As interest gathers on this subject, we are acquiring more researchers to help us test the drafts and ensure that the kit really does the job.

### Educate, support and work with other groups who share our objectives

Outsiders supports SHADA to continue to evolve. We are noticing a gradual shift in members attending our meetings, from health care professionals (who are currently suffering in uncertain work conditions) to attracting more alternative therapists and disabled people themselves. It would be excellent if SHADA were eventually run by

disabled people for health professionals, but it's often the case that they just don't have the energy.

Outsiders is always eager to make new partnerships with those agencies and organizations who share our honest and realistic vision that disabled people can enjoy their personal lives and this can more often become a reality when they are offered encouragement and support.

### **Support disabled people throughout the world**

The Sex and Disability Helpline (unfunded) is becoming more and more international, with people using emails more and more. We are now providing a text service.

The Outsiders website aims to help disabled people around the world by providing help, advice and resources not found elsewhere.

Our major fund-raising events will attract disabled people from all over the world who come to enjoy accessible fun. The other guests, who are international, enjoy mixing with a very wide range of people.

We hope to continue to have influence in the media, and have more programmes made about our work, although commissioners seem to prefer fabricated stories to real ones.

Our projects such as SHADA and the Sexual Respect Tool Kit will continue to have international influence.

## Financial Report

### Income

We were successful in obtaining an Awards for All grant for £5,000 for the research and production of the Sexual Respect Tool Kit. We were also successful in being awarded a grant for £4,000 from the Clothworkers' Foundation with which to purchase new phones, computers and printers. The money for this grant did not arrive during this financial year.

After simply sending him a flyer, our long-time supporter, Andrew Ferguson (who had previously donated our Segro Shares) sent a gift-aided cheque for £5,000 to help us with overheads,

Outsiders was delighted to receive a £500 donation from the comedian/writer Iain Morris, quite out of the blue. Iain is best known for co-writing "The Inbetweeners" and co-hosting a show on radio station XFM with stand-up comedian Jimmy Carr.

£1,085 was raised from our stall at Erotica and £1,210 from the work we did in the Disability Field at the Glastonbury Festival.

£2,016.02 was raised by selling our Segro shares which were being devalued.

£3,650 was raised from our annual fund-raising events.

### Expenses and Reserves

Expenses were kept to a minimum for fear of the economy worsening. That said, Outsiders was able to continue to run the club and its projects successfully, providing a service for 10,000+ disabled people, all on a modest income.

Our main costs are for a secure office space and good computer, internet and telephone support. We rely on volunteers completely, with the cost of volunteers covering one third of the expenditure.

At the end of the year, April 2011, we carried a deficit on current expenditure, but carried forward £4,500 of the the £5,000 grant from Award for All as a restricted income to develop the Sexual Respect Tool Kit.

At the year end unrestricted reserves stood at 4,246.82, equivalent to around three months running costs. Trustees wish to build up free reserves to a nine month level in the next few years to give security and to help develop new work.

**The Outsiders Trust**  
**Accounts for the Year ended 5 April 2011**

**Income and Expenditure Account**

	<b>2011</b>	<b>2010</b>
	<b>£</b>	<b>£</b>
<b><u>Income</u></b>		
Donations	6,585.00	4,000.00
Funds Raised	5,360.00	5,652.66
Share Dividends		26.03
	2,528.83	
Interest Received	2.98	4.41
Grants and Awards	<u>5,000.00</u>	<u>5,000.00</u>
	<b>16,974.01</b>	<b>17,185.90</b>
<b><u>Expenditure</u></b>		
Publicity Costs	-	5,111.31
Tool Kit	540.93	-
Staff Fees and Expenses	-	1,015.00
Travel	406.62	502.16
Printing, Postage, Stationery and AGM Expenses	814.20	688.85
Computer Depreciation	196.91	262.55
Computer Costs	462.50	205.99
Bank Charges and Interest	128.80	178.54
Rent, Rates and Insurance	8,582.51	8,423.83
Volunteers' Expenses	1,257.62	2,298.69
Telephone and Broadband	2,358.32	2,819.24
Audit	352.50	316.25
	<u><b>15,100.91</b></u>	<u><b>21,822.41</b></u>
<b>Surplus/(Deficit) for the Year</b>	<u><b>1,873.10</b></u>	<u><b>(4,636.51)</b></u>

## Balance Sheet

	2011 £	2010 £
<b><u>Fixed Assets</u></b>		
Computers – Cost	787.63	1,050.18
Computers – Accumulated Depreciation	(196.21)	(262.55)
	<b>590.72</b>	<b>787.63</b>
<b><u>Current Assets</u></b>		
Bank and Cash	8,285.99	6,228.27
Prepayments	361.36	349.07
	<b>8,647.35</b>	<b>6,577.34</b>
<b><u>Current Liabilities</u></b>		
Accruals	491.25	491.25
<b><u>Net Current Liabilities</u></b>	<b>8,156.10</b>	<b>6,086.09</b>
<b><u>Net Assets</u></b>	<b>8,746.82</b>	<b>6,873.22</b>
<b>Represented by:</b>		
Unrestricted Reserves		
Brought Forward	6,873.72	11,510.23
Movement in Year	(2,626.90)	(4,636.51)
	<b>4,246.82</b>	<b>6,873.72</b>
Restricted Reserves		
Brought Forward	0.00	0.00
Movement in Year	4,500.00	0.00
	<b>4,500.00</b>	<b>0.00</b>
<b>Total Reserves</b>	<b>8,746.82</b>	<b>6,873.72</b>

## Independent Examiner's Report to the Trustees of The Outsiders Trust

I report on the accounts of the charity for the year ended 5<sup>th</sup> April which are set out on pages 24 to 25.

### Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 43(2) of the Charities Act 1993 (the 1993 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 43 of the 1993 Act;
- follow the procedures laid down in the general Directions given by the Charity Commission under section 43(7)(b) of the 1993 Act; and
- state whether particular matters have come to my attention.

### Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.

### Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- 1 which gives me reasonable cause to believe that, in any material respect, the requirements:
  - to keep accounting records in accordance with section 41 of the 1993 Act; and
  - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 1993 Act
 have not been met; or
- 2 to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

### **Andrew Hill FCA**

*For and on behalf of Cartwrights*

*Accountants and Business Advisors*

*Registered Auditor*

*Regency House*

*33 Wood Street, Barnet, Herts, EN5 4BE*

*Date: ...23/01/12*

## Contact

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### Funders and Supporters

We would like to thank the following organizations and individuals for their support this year for Outsiders and the work that we do:-

Outsiders volunteers and members of Outsiders Support Network

Andrew Ferguson

Awards For All (Big Lottery)

Clothworkers Foundation

Glastonbury Festival

Lawrence Brightman

Dick Shepherd

Vivienne Abrahams