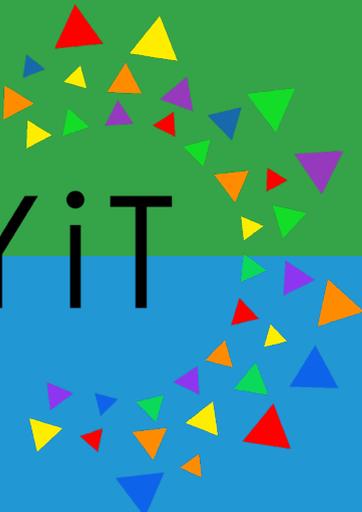


20 years supporting young people
1999 - 2019

SAYiT's 20th ANNIVERSARY

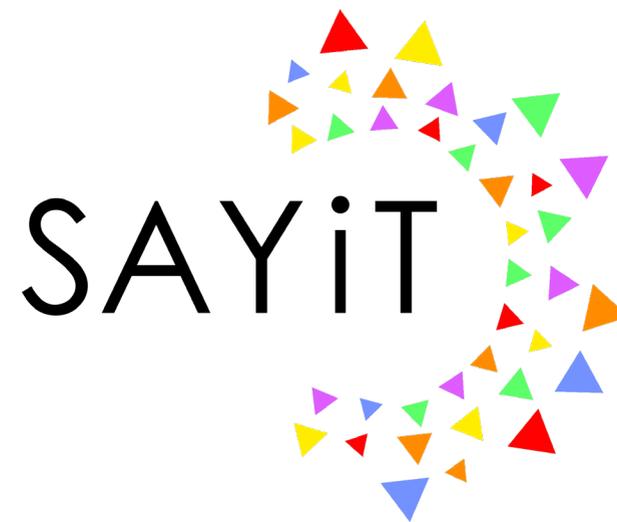
SAYiT





20 years supporting young people
1999 - 2019

SAYiT's 20th ANNIVERSARY



Sheena Amos

“Unforgettable, that’s what you are”



Sheena Amos

Sheffield's very first sexual health youth clinic was opened in 1991. We think it was the very first specialist youth clinic in the country – and if not it was one of the first! The youth clinic was established by Sheena Amos, a Sheffield NHS manager committed to the sexual health and well-being of young people.

Shortly after this Sheena very sadly died, and in 1994 the Sheena Amos Memorial Fund was set up by Jo Adams, Director of the Sheffield Centre for HIV and Sexual Health, and Dr Helen King, Sexual Health Consultant and lead clinician at the NHS Central Clinic, as part of Sheffield Health Authority.

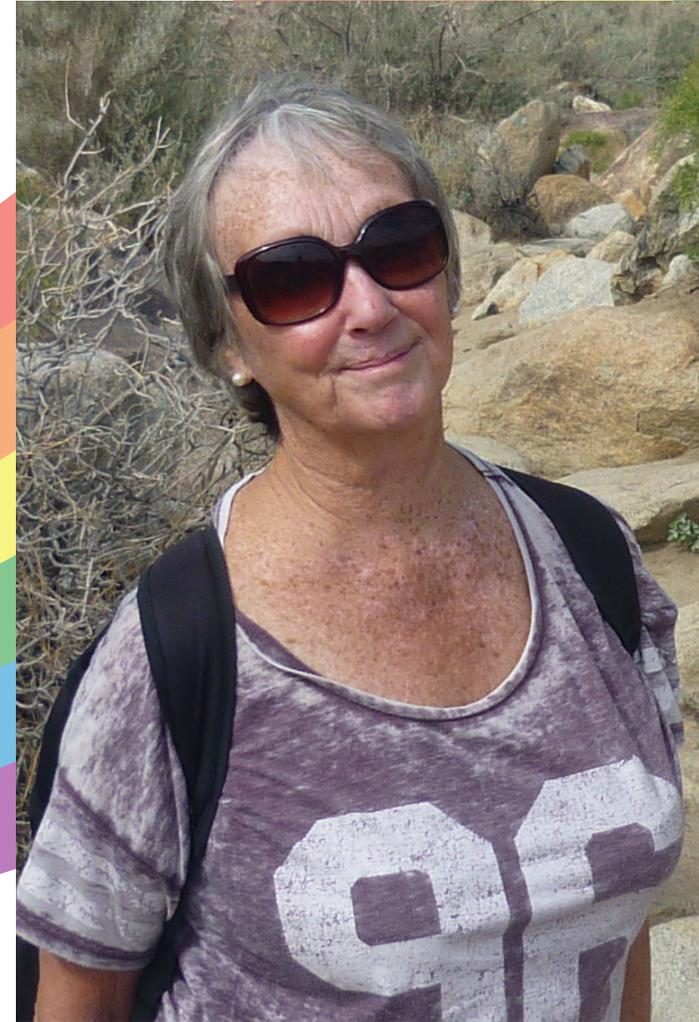
However, in 1999 the Sheena Amos Youth Trust was established as a registered charity. This was to broaden the scope of Sheena's fund and to more powerfully recognise Sheena's tireless and innovative work to support and improve the sexual health of vulnerable young people.

“Sheena's mother once told me they had called their baby girl 'Sheena' because it means 'shining'. And how apt the choice was for someone who grew up to be a shining beacon for the sexual health rights and needs of young people. As well as having a stunning fall of shining blonde hair - the first thing you probably noticed about her - Sheena had a radiant smile, and a blinding, very mischievous, sense of humour. She was an extraordinary woman, who simply powered her way through committees and NHS structures through sheer force of will and undeniable arguments to enable the establishment

of the very first Youth Clinic in Sheffield. The first time I met her was when she came to make the case for a Youth Clinic to the main HIV/Sexual Health funding group in Sheffield - and she arrived like a tornado of energy and charm. When she left the room after her presentation, Gavin Thoms - our lead Public Health Consultant - simply turned back to the group and said “Wow!” That was the effect she had, and all her work in setting up and supporting and running the Youth Clinic simply built from that wonderful moment. There must be thousands, if not hundreds of thousands, of young women by now who owe their access to sexual health rights and emotional support in Sheffield to the trail blazed by Sheena's shining example of never giving up. A great advocate, a great friend and a great woman. One of the songs at her funeral was Nat King Cole singing 'Unforgettable' - and that's what Sheena was. If you were lucky enough to know her, she's truly Unforgettable.”

— Jo Adams, 2019

Helen King and Jo Adams



Sheena Amos Youth Trust - a brief history

Jo Adams, the Director of the Sheffield Centre for HIV and Sexual Health from 1992 – 2005, set up the Sheena Amos Youth Trust in 1999 with a small group of professionals dedicated to improving the sexual health of young people, including Dr Helen King, who was a Consultant in Sexual Health at Sheffield's Central Health Clinic. They had both worked closely with Sheena to support the sexual health of Sheffield young people, particularly those who were most vulnerable to poor sexual health. All these three amazing women supported the development of an easily accessible, friendly and welcoming specialist Youth Sexual Health Clinic in a central Sheffield location, for young people to access sexual health advice and support, condoms and contraception - free from judgement. Sheffield Youth Clinic was based in Sheffield city centre for 25 years - from 1991, until cuts to sexual health services in 2016 saw its closure.

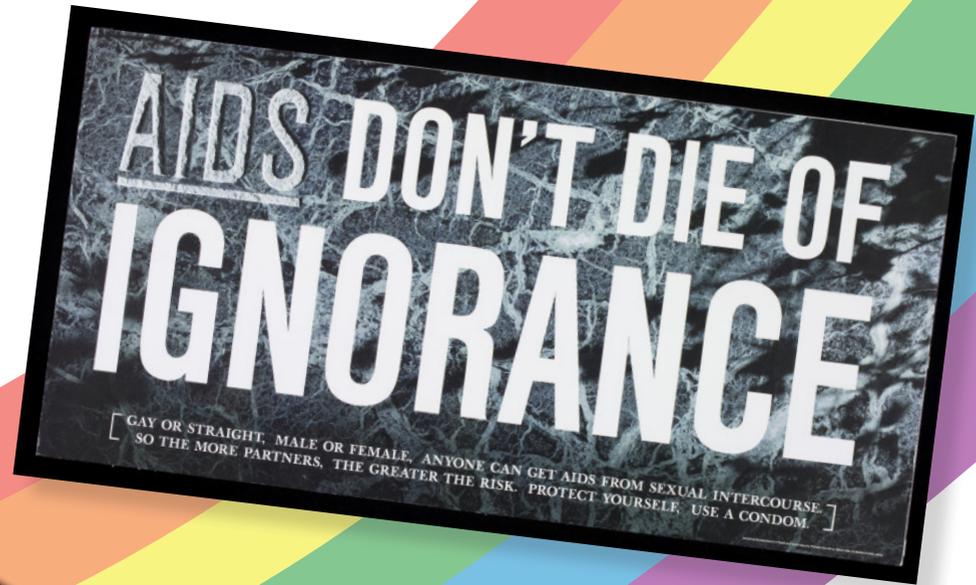
When Sheena died, Jo and Helen wanted to ensure that Sheena's amazing legacy would be remembered, and the Sheena Amos Memorial Fund, and then the Sheena Amos Youth Trust was founded.

Between 1999 and 2007 the Trust raised funds to work on teenage pregnancy prevention, HIV education, setting up and running young people's sexual health 'drop-ins' in areas of Sheffield where young people found it difficult to access services, and the refurbishment of the Central Youth Clinic. In 2007 the Trust employed its first workers, first a co-ordinator and then two part-time youth workers – a very exciting development! The Fruitbowl group for young LGBT+ people between the ages of 12 and 18 was established and managed by the

Centre for HIV and Sexual Health in 2002, but in 2007 Fruitbowl moved exclusively to the management of the Sheena Amos Youth Trust.

For many years the Centre for HIV and Sexual Health worked alongside and supported the Trust and then in 2011, the Trust moved from its base with the Centre for HIV at 22 Collegiate Crescent, to Scotia Works on Leadmill Road, where we still are today – independence! The Centre for HIV ceased to exist in 2014 when it merged with other NHS sexual health organisations in the city. Steve Slack, current CEO of SAYiT, was the Director at the Centre for HIV and Sexual Health from 2005 until the merger. Dr Helen King, who established the Trust 20 years ago with Jo, is still a SAYiT Trustee at time of writing in October 2019, and has been Chair and Treasurer over the years. Such dedication – SAYiT would not be where it is today without Helen!

The Sheena Amos Youth Trust – now SAYiT – has grown from strength to strength. In 2018, we became a Charitable Incorporated Organisation (CIO) and manage a huge diversity of young people's groups and projects. SAYiT's main focus is to support LGBT+ young people between the ages of 11 and 25, and to also support young people's sexual health.



Context of sexual health and LGBT+ in 1994

In 1994, when the Sheena Amos Memorial Fund was established, the UK had an extremely conflicted and contradictory approach to sex and relationships and young people. Despite having the highest rate of teenage pregnancies and youth sexually transmitted infections in Europe, and despite numbers of people living with and dying from HIV/AIDS growing year on year, the UK had no co-ordinated programme of Sex and Relationships Education for young people. In 1993 The Education Act stated that only the biological aspects of HIV/AIDS, STIs and human sexual behaviour could be included in the National Curriculum for schools, and parents were given the right to withdraw their children from any sex education that was provided. Section 28 had been introduced by the Thatcher Government in 1988, which stated that a Local Authority 'should not promote homosexuality or promote the teaching of the acceptability of homosexuality as a pretended family relationship'. Although not directly applicable to schools - as schools by then were self-managing - this effectively silenced teachers and support staff in including LGBT+ people and lives in education, and stopped schools from offering support to its LGBT+ pupils.

Confusingly, the Government's 1987 information campaign had stated that people should not 'Die Of Ignorance' related to HIV and AIDS. How was this to be possible given this hugely negative context for schools and Local Authorities? Additionally, LGBT+ people faced shocking levels of legal, social and cultural inequalities and discrimination; and young people who were sexually active – or who simply wanted sexual health information – were judged

extremely negatively by society. Victoria Gillick had initially won in 1985 when she took her Health Authority to court to prevent under 16s getting confidential sexual health support, information and treatment without parents being informed. The Fraser Guidelines later ensured that under 16s are entitled to confidential advice and treatment.

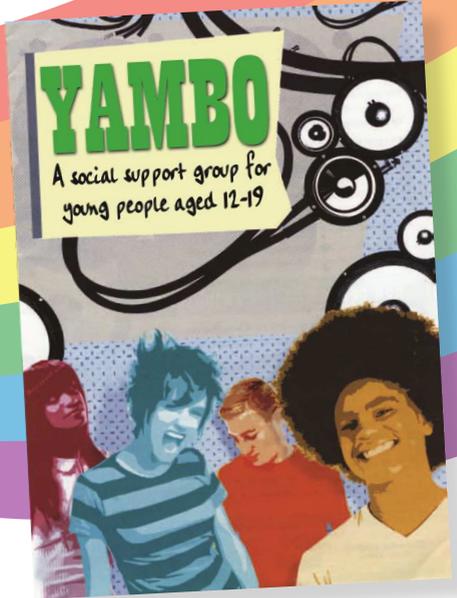
This context led to young and LGBT+ people living more in fear, not seeking help and support, inequality and discrimination going unchallenged and ignorance being perpetuated.

Sheena's and SAYiT's work in this context was ground breaking!



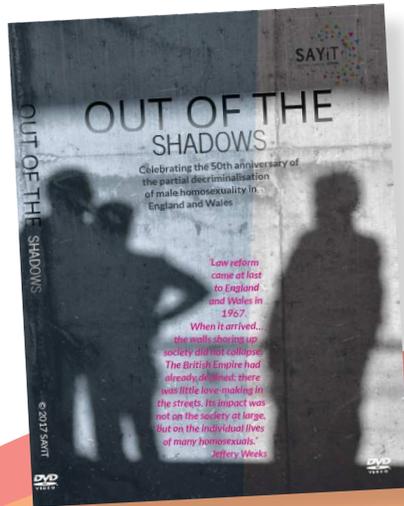
Sexual health and LGBT+ Timeline

- 1994** Age of consent for gay men reduced from 21 to 18. (Still 16 for heterosexuals and no age for lesbians!)
- 1996** Breakthrough in treatment of HIV/AIDS - Highly Active Antiretroviral Therapy (HAART) is found to significantly delay the onset of symptomatic HIV and AIDS
- 1999** Government 10-year Teenage Pregnancy Strategy launched
- 2000** Government lifts the ban on lesbians, gay men and bi people serving in the armed forces. 2000 Government Sex and Relationships Education Guidance produced – not statutory
- 2001** Government National Strategy for Sexual Health and HIV for England. 2001 Age of consent for all at 16 - women who have sex with women were included for the first time
- 2002** Equal rights are granted to same-sex couples applying for adoption
- 2003** Section 28 is repealed in England, Wales and Northern Ireland. 2003 Employment equality regulations for sexual orientation become law in the UK
- 2004** Civil Partnership Act is passed. 2004 - Gender Recognition Act is passed (trans people have full legal recognition in their appropriate gender)
- 2010** The Equality Act officially adds gender re-assignment to their list of nine protected characteristics
- 2011** Department of Health lifts blanket ban on gay men giving blood
- 2012** Homophobic bullying introduced to Ofsted report
- 2014** Same Sex Marriage Act came into place - first same sex marriage 29th March 2014
- 2020** Relationships and Sex Education finally to become statutory



A brief timeline of SAYiT's history and previous projects

- 2001** Beyond my Backyard video produced, which showed the impact on teenagers of having a baby.
Stocksbridge Sexual Health Drop-In started, run by a youth worker and specialist nurse.
- 2002** Fruitbowl - support group for young LGBT people under 18 - established. Run exclusively by SAYiT from 2007.
Red Ribbon Project – education sessions, and video produced in 2003, for children and young people, raising awareness about HIV & AIDS.
SAYiT Sexual Health Awards, national awards for innovative young people's projects.
SAYiT young people designed the refurbishment and redecoration of the Youth Clinic.
- 2007** SAYiT's first employees: Co-ordinator/Fundraiser and 2 Fruitbowl workers appointed.
- 2008** "Get on Board" Project. Young people's Health Bus acquired. Bus worker appointed in 2009 and services were delivered at a variety of locations across Sheffield. Bus sold in 2012 as the project became unsustainable.
Mystery Shopper project - young people trained to attend various health services and to assess them in terms of being welcoming, non-judgemental and 'young person friendly'.
- 2009** YAMBO, HIV support group for HIV-affected young people established.



2010 Side by Side Project set up - peer education through drama and workshops, around tackling homophobia.

2011 'Off the Scene', a group for 18-25 year-olds, established.

2012 Duke of Edinburgh Award Group started to encourage achievement.

Peer support group established - young people trained to give support to other young people attending SAYiT groups.

2013 Trans*Formers, group for young trans people, established.

Pansy Project, hate crime awareness project involving planting flowers where hate crime had occurred.

Adult volunteer programme established - adults trained to work alongside paid staff.

Fruitbowl split into older and younger groups.

2014 Young Women's Project, one year's funding for young women to meet and work together.

2015 Democracy project established, aiming to give young people a voice on issues they feel are important.

2016 Youth Action Group set up to empower young people to make positive changes in the community.

2017 Out of the Shadows video, celebrating the 50th anniversary of partial decriminalisation of male homosexuality.

2018 SAYiT becomes a Charitable Incorporated Organisation (CIO).

2019 Staff team of 15 with huge diversity of projects.

SAYIT presents...

Fruitbowl

Are you an LGBT+ young person?
Are you aged 11-17 years old?

Fruitbowl is a safe place for the questioning and the proud, where you can explore your gender identity and sexuality in a safe and supportive environment.

Alongside our weekly group you can also get involved in projects, trips, campaigns and we offer 1-1 support.

If you are interested in joining Fruitbowl contact SAYIT: @sayit.org.uk, sayit@sheff.org.uk, 0114 241 2728

This poster was designed by current members of Fruitbowl

SAYIT

PRISM

ARE YOU AN LGBT+ YOUNG PERSON?
ARE YOU AGED 18-25 YEARS OLD?

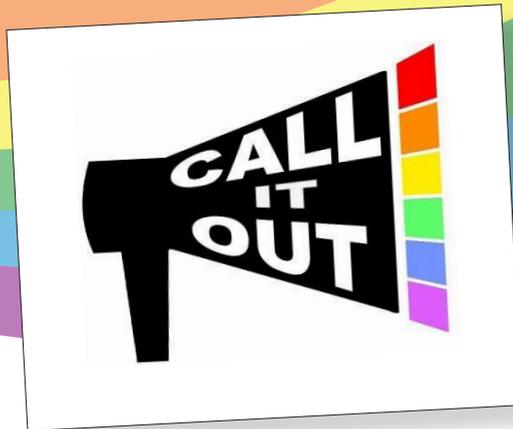
Prism is a safe space for the questioning and the proud. A supportive environment to explore your gender identity and sexuality.

Alongside our monthly group you can get involved in trips, events, campaigns projects and we offer 1-1 support.

WEBSITE: WWW.SAYIT.ORG.UK PHONE: 0114 241 2728 EMAIL: INFO@SAYIT.ORG.UK
FACEBOOK: SAYIT INSTAGRAM: SAYIT.SHEFFIELD TWITTER: SAYIT.SHEFFIELD



BAMER PRIDE



HOLOCAUST MEMORIAL DAY

The pink triangle

Sunday 27th January

On this day we remember the victims of the holocaust during the Second World War and all events since where human beings have persecuted each other via deliberate and systematic extermination of national, racial, political, cultural and identity differences.

For the LGBT+ community this day has a particular importance. Between 5000-15,000 individuals were captured and kept in Nazi concentration camps and branded with inverted pink triangles. Unlike their fellow LGBT+ people imprisoned in the concentration camps, those branded with a pink triangle were taken to prison as homosexuality was illegal. Meaning no one has ever been prosecuted for the brutality they faced. This year, please join us in paying our respects to those imprisoned by this regime.

'The Pink Triangle' Installation - Sheffield Amphitheatre
Please bring pink materials to add to this large visual installation from 9am. It can be visited between 10am-4pm.

'Remembering LGBT+ voices from the Holocaust' - Millennium Galleries
Talk by SAYIT CEO Steve Slack and Sophie Williams 5-6pm.



SAYiT in 2019

Context

Although there have been huge legal steps over the last 20 years towards equality, LGBT+ people still face prejudice, discrimination, hate crime, bullying and inequality in many aspects of their lives. There has been a backlash from some to statutory, LGBT+ inclusive RSE. Sadly, we continue to witness increasing levels of LGBT+ phobia and hate crime in what sometimes feels like a less accepting society than it was twenty years ago when SAYiT was established. LGBT+ young people still need our support as much as ever.

What SAYiT does today:

- Fruitbowl Younger Group for 11 – 14 year old LGBT+ young people
- Fruitbowl Older Group for 15 – 17 year old LGBT+ young people
- Prism group for 18 – 25 year old LGBT+ young people
- SAYiT Gender and Sexuality group for LGBT+ young people and allies
- Support, and development work, for LGBT+ young people with Special educational and additional needs
- BAMER inclusive work
- One-off action, campaign and creative groups
- Noah Lomax Counselling and Hardship Fund for young people who access SAYiT
- Sexual Health information, campaigns and support
- Supporting development of Gender and Sexuality groups in Sheffield schools
- Education sessions and assemblies in Sheffield schools on LGBT+ awareness, Sexual Health, HIV, Anti-LGBT+ bullying
- Call It Out Domestic Abuse Project
- Attendance and stalls at variety of events such as South Yorkshire PRIDEs, PINKNIC, Youth Days
- Training for professionals across South Yorkshire on LGBT+ Awareness, Young People's Sexual Health, HIV, LGBT+ Domestic Abuse
- Events' organisation such as IDAHOBIT, World Aids Day, Pink Triangle for Holocaust Memorial Day, Think Tank events and conferences/seminars on Faith and LGBT+, BAMER LGBT+, LGBT+ Youth Leadership
- Partnership work with a huge diversity of organisations across Sheffield and South Yorkshire on LGBT+ inclusion, equality and visibility; Relationship and Sex Education; youth leadership; young people's mental health and self-esteem; Domestic Abuse - to name but a few
- Resource development and production
- All SAYiT's work is supported by an active Volunteer Programme



Quotes from SAYiT young people

“What I like most about SAYiT and Fruitbowl is the opportunity to meet other young people like me and not feel like an outcast. Nobody judges you for who you are”

“I would 100% recommend SAYiT to family/friends and I feel safe and supported”

“Fruitbowl feels like a family”

“Having someone to talk to and somewhere safe to go. SAYiT helps my health as I feel more confident and secure”

“The SAYiT activities are fun and the staff are super friendly. It was really what I needed when I was questioning/first came out and I don't know what I would have done without it”

“Without charities like this I would still not know who I am and how much possibilities I have. I wouldn't know that people like me exist to such an extent”

Quotes from friends of SAYiT

I am so proud to have walked the 20-year journey of SAYiT as a trustee alongside so many committed and wonderful people. Like any organisation, of any size, we have had our ups and downs, and I put our survival down to two things - the passion for the work shown by many staff, trustees, volunteers and allies over the years, and the willingness of those working for and with SAYiT to take risks in order to adapt to change. My thanks go to all those who have helped SAYiT reach this point - you are all amazing. I am coming to the end of my time at SAYiT - it's time to make way for younger but no less passionate trustees - but I feel I am leaving the charity in safe hands. Happy 20th Birthday, SAYiT! I look forward with huge pleasure to following your progress for the next 20 years!

Helen King, Founder Member
and current SAYiT Treasurer

I'm not sure where we'd be without SAYiT, but I am certain that services and support for young people are immeasurably better because of SAYiT's dedication and vision over the last 20 years. Sheena Amos's aspiration to leave a legacy of holistic, non-judgemental care for young people has been upheld by its brilliant staff over the past two decades. SAYiT 'holds' young people so that they can flourish and be themselves, and for some, it saves lives. SAYiT, thank you for your enthusiasm to partner in research, for your ceaseless efforts to educate us, and for your courage in tackling discrimination and making futures brighter for us all.

Professor Julia Hirst, Sheffield
Hallam University

It's been invaluable to be able to talk to other parents with some of the same experiences as us.

SAYiT Parent / Carer

I have had the privilege of working closely with SAYiT for the last 4 years and learnt so much from the team's visionary leadership and inclusive practice. SAYiT's passion for young people to emotionally thrive and express their unique identity and contribution has made a significant impact on the whole community. All power to you on your 20th anniversary!

Carol Fordham, Vulnerable Children and Young People's Commissioning Manager, Sheffield City Council

Congratulations SAYiT on your 20th birthday! Having access to local LGBT+ youth provisions, like SAYiT, is vital for young people. They provide a safe space and can be a lifeline for LGBT+ young people in need of support, understanding and reliable information.

Sarah Rose, Senior Children and Young People Programmes Manager at Stonewall

The team at SAYiT have been the pivotal partners in the work I have been involved with to address homophobic, biphobic and transphobic prejudice and bullying within educational settings and in services supporting LGBT+ young people. Over the years, the team has been innovative in improving equality and inclusion for LGBT+ children and young people as well as providing the much needed day to day support that the young people and organisations need in Sheffield.

The team regularly organise a range of excellent high profile citywide events. The recent Faith and Sexuality Think Tank and the LGBT+ SEND work have been groundbreaking. Steve and the team's energy, passion, commitment and hunger to increase equality and inclusion for LGBT+ young people is very difficult to put into words!

Bashir Khan, Equality Lead (Childrens), Sheffield City Council

Poems by young people about their experience of SAyIT groups in 2019

I remember,
That swarm of faces
Being terrified of new things
Those warm smile and bright bling

I remember,
That bright shine
In all those eyes
And welcoming embraces

I remember
That drowning feeling
Closed down
Quiet

Alone in silence.
With that little sweet light bulb in
Deep ultraviolet

I remember all those happy and sad things
Now it's another September and I have the chance to make
new things to remember

— Scarlett

Fruitbowl

Fruitbowl for me is a place of safety,
A place I go once a week,
That cheers me up when I feel weak.

Somewhere I escape to when things are bad.
Where I don't have to be sad.

A place I can say I'm gay and not have to worry who overhears
Where I can explain myself without being judged,
Where I don't feel any fear.

Where I don't feel like I have to stay in a box.

— Milly

In These Walls

in a world full of bleakness and misery
tormented by misogyny, misandry,
sexism, racism, homophobia galore,
it's life changing to have a place that i adore.

on a day where I've been moody,
where people have just crudely
slurred and stuttered about how i shouldn't be happy for
me, and in my own body.

i say no.
i say i know who i want to be, who i need to be, both in
these walls and out of them.
i say you should know that here; my mind is at ease, my
stomach vacant of butterflies, my shoulders dropped and my
eyes dry.

in this room i am myself,
and every single waking hour i feel more like me.
this room makes me free.

— Jude Daniel Smith, aged 14

Ask me who I am, the answer will vary,
Outside these walls, the answer is scary
I will lie, the answer is Alex, obviously,
A boy, a boy, a boy.

But inside these walls, the boys locked away,
I look around the room, and have the bravery to say,
The boy is dead, and over his body,
A woman stands, in a world filled with misogyny.

The ghost is gone, the spectre dead,
The true one is free, dressed in red.
To the south, a man's been shot,
To the north, a violet blooms
Violet.

Ask me who I am inside these walls,
And I will answer truly.
I am free
I am Violet

— Violet

Some words from Sheena's family



“We are very proud as a family to be asked to be involved in SAYiT’s 20th anniversary celebrations. Sheena was a much loved daughter, mum, sister and auntie who we still miss and lovingly remember every day. However, we recognise that Sheena was much more to many people and we take some comfort in the thought that her memory lives on through the charity which was established in her name. Young people’s health and sexual health and well-being were always at the heart of what she did and she was committed to ensuring that young peoples’ needs and rights were acknowledged... today is a celebration of SAYiT’s 20th birthday and a celebration of Sheena’s life and the things important to her.”

— Leon Amos, Sheena’s son

SAYIT Team Autumn 2019

Staff Team

- Steve Slack, Chief Executive Officer
- Sophie Williams, Youth Worker
- Rum Samuels, Youth Support Worker
- Oliver Harrap, Office Manager
- Liz Wilson, Charity Manager
- Kath Broomhead, Parent/Carer Worker
- Iona Dixon, Administrative Assistant
- Heather Paterson, Domestic Abuse Development Worker
- Elly Sinclair, Domestic Abuse Development Worker
- Harriet Wan-Hallam, Youth Worker
- Hannah Greenslade, Youth Worker
- Dylan Hadley, Youth Support Worker
- Christie Rossiter, Charity Manager
- Caroline Rawle, Volunteer Co-ordinator
- Anne Shutt, Youth Worker

Trustees

- Ali Bishop, Co Chair
- Jane Fenelon, Co Chair
- Helen King, Treasurer
- Gill Blakey
- James Layley
- Georgie Burns-O'Connell
- Wei-Sheng Lin
- Christopher Harvey
- Hannah Parys



A note on the font

The font used for the headings throughout this book is called 'Gilbert'. It is inspired by Gilbert Baker, the LGBTQ activist and artist who designed the iconic Rainbow Flag. When Gilbert died in 2017, NewFest and NYC Pride partnered with Fontself to create a free font in honour of his memory. This was the result!

Read more about it at www.typewithpride.com



SAYIT would like to thank Irwin Mitchell for the printing of this book



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