



AUGUST 2017 Ageing Better LGBT EVENTS

Ageing Better LGBT events are social and support activities which promote wellbeing in the LGBT community.

Ageing Better LGBT events are welcoming for people who are 50 or over, and usually open to people of all ages.

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14 2 - 4 Positive West Midlands 6 - 8 Married Men's Group	15 11 Rainbow Bridge 7 - 9 Journey Film Club	16 2 - 4 Java & Chow	17 11 Pink Sou'westers 7 - 9 Acting Out	18 1 - 3 Journey Church Asylum Seekers Social 1.30 B'ham Older People's Housing Group 2 - 4 Positive West Midlands	19 3 - 6 Rainbow Spirit	20 5 - 7 Illuminate
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Acting Out

Thursdays 3rd, 10th, 17th, 24th August, 7pm - 9pm

The Wellington Hotel, 72 Bristol St, Birmingham B5 7AH

FREE for LGBT people of all ages

Acting Out is an open and diverse theatre and social group, based in Birmingham. We aim to provide the LGBT community and friends with a fun, relevant and interactive theatre experience.

The group currently has around 40 full members who take part in all aspects of putting on productions, from writing scripts and directing to technical and performance.

If you would like to join us, but you're nervous about coming to the first meeting, please contact actingoutchair@gmail.com and we will arrange to meet and greet you.



Bards & Books

Monday 7th August, from 11am

Birmingham LGBT Centre, 38-40 Holloway Circus, Birmingham B1 1EQ

FREE for LGBT + allies of all ages

We are a friendly, welcoming group who read and discuss books of interest to the LGBT community. Free tea and coffee provided; lunch together afterwards is optional.

The book for August is: "The Well of Loneliness" by Radclyffe Hall.

The book for September is: "Going to the Dogs: The Story of a Moralist" by Erich Kastner

You are welcome to just turn up, or contact bardsandbooks@gmail.com for more details.



Birmingham Older LGBT People's Housing Group

Friday 18th August, 1.30pm - 3.30pm

Birmingham LGBT Centre, 38-40 Holloway Circus, Birmingham B1 1EQ

FREE for LGBT + allies of all ages

We meet every two months to discuss the housing needs of older LGBT people, including sheltered housing and care homes. At our meetings, we discuss our needs and aspirations and invite agencies to give presentations so that we know what's available.

This group is supported by Bona Latties, the National Older LGBT Housing Network, and Ageing Better in Birmingham LGBT Hub. There will be an update on the work of Bona Latties, and the Stonewall Housing LGBT Quality Mark, at the next meeting.

Lunch will be provided between 12.30pm and 1.30pm.

Please contact mariahughes@blgbt.org for more information or to confirm your attendance (and if you want lunch).



Illuminate

Sundays 6th, 13th, 20th, 27th August, 5pm - 7pm

Birmingham LGBT Centre, 38-40 Holloway Circus, Birmingham B1 1EQ

FREE for LGBT + allies of all ages

Illuminate is a non-religious space with no formal liturgy sacred and secular music playing. Some silence is observed in a darkened room, a discussion follows led by a group member or an informal chat in the second half.

It is a space for reflection and inspiration without a particular religious dimension.

You are welcome to just turn up, or contact Loz on lbradley1990@outlook.com for more details.



Java & Chow: coffee mornings

Wednesdays 2nd & 9th August, from 11am

Coffee Factory, 1 Suffolk Street, Birmingham B1 1LT

For LGBT + allies of all ages

Java & Chow is a friendly, social coffee morning and lunch club group for LGBT people and friends. Come and meet new people in a relaxed and friendly atmosphere.

Java & Chow will be meeting at Coffee Factory, which is next to Radisson hotel.

You are welcome to just turn up, or contact Jeraldene on java.chow@mail.com or 07720 934 267 for more details.

Java & Chow: afternoon tea

Wednesday 16th August, 2pm - 4pm

Gowling WLG, Two Snowhill Tower, Snow Hill Queensway, Birmingham B4 6WR

FREE For LGBT + allies of all ages - MUST BOOK

Come and enjoy some afternoon tea and cake on an enclosed balcony with skyline views over Birmingham! If you'd like to attend, you will need to let us know! Contact Jeraldene on java.chow@mail.com or 07720 934 267.

Java & Chow: lunch club

'Chow' lunch club: Wednesday 30th August, from 12.30pm

Sidewalk, 125 Hurst St, Birmingham B5 6SE

For LGBT + allies of all ages

Java & Chow is a friendly, social coffee morning and lunch club group for LGBT people and friends. Come and meet new people in a relaxed and friendly atmosphere.

If you'd like to come to Chow at Sidewalk, please let Jeraldene know, so we have an idea of numbers.

Contact Jeraldene on java.chow@mail.com or 07720 934 267 for more details.



Journey Church Asylum Seekers Social

Friday 18th August, 1pm - 3pm

Birmingham LGBT Centre, 38-40 Holloway Circus, Birmingham B1 1EQ

FREE for LGBT + allies of all ages, including asylum seekers

The Journey Church Asylum Seekers Social is a support and social group for LGBT asylum seekers and LGBT friends, to be a community mixing across generations and cultures.

You are welcome to just turn up, or contact Maria Hughes on 0121 643 0821 or mariahughes@blgbt.org for more details.



Journey Film Club

Tuesdays 1st and 15th August, 7pm - 9pm

Birmingham LGBT Centre, 38-40 Holloway Circus, Birmingham B1 1EQ

FREE for LGBT + allies of all ages

Bringing the Silver Screen to LGBTQ Birmingham and Friends, we show the Classics to New Releases!

Journey Film Club aims to show a variety of different types of films to suit all tastes, on first and third Tuesdays of the month.

Doors open for 6.45pm for 7pm start.

1st August: "Nighthawks" (1978)

Nighthawks is the story of Jim, a geography teacher at a London comprehensive school. Living alone in a cramped flat, his sexuality a half open secret to everyone but his pupils and his parents, he spends the evenings at gay bars and discos looking vainly for 'Mr Right'. A succession of relationships peter out after two or three weeks, and the only continuities in his life are his work and his burgeoning friendship with a female supply teacher, Judy. Both are threatened as Jim's quiet desperation boils up towards the surface.

15th August: "Fantastic Beasts and Where to Find Them" (2016)

"Dougal, you settle down now, please. It won't be long."

The year is 1926 and Newt Scamander has just completed a global excursion to find and document an extraordinary array of magical creatures. Arriving in New York for a brief stopover, he might have come and gone without incident...were it not for a No-Maj (American for Muggle) named Jacob, a misplaced magical case, and the escape of some of Newt's fantastic beasts, which could spell trouble for both the wizarding and No-Maj worlds.

You are welcome to just turn up, or contact journeyfilmclub@outlook.com or visit www.journeyfilmclub.co.uk for more details.

Journey Film Club Film Choice Meeting

Wednesday 3rd August, 7.30pm - 8.30pm

The Dragon Inn, Hurst Street, Birmingham B5 4TD

For LGBT + allies of all ages

Want to help us decide which films to screen next?

Join us at our Film Choice Meeting, which will be taking place on Thursday 3rd August 2017 from 7.30pm at the Wetherspoon's Dragon Inn on Hurst Street, Birmingham.

Can't attend? Send us a message or leave a comment on our Facebook event page, and we will consider your choice at the meeting:

<https://www.facebook.com/events/1707715569534107/>



LGBT Polska

Tuesday 22nd August, 7pm - 8.30pm

Birmingham LGBT Centre, 38-40 Holloway Circus, Birmingham B1 1EQ

FREE for LGBT + allies of all ages, Polish and Polish-speaking

LGBT Polska is a social group of friendly people for Polish LGBT community and Polish speaking friends in West Midlands. Our meetings take place every fourth Tuesday of the month at 7:00 pm till 8:30 pm at the LGBT Centre, followed by recreational drink at the pub. Additionally we meet at the pub - Fox (Lower Essex Street) - every second Friday of the month at 7:30 pm. Just pop in and join us. You will find more information on our website <http://lgbtbham.prv.pl/>

LGBT Polska to nieformalna grupa Polaków i mówiących po polsku przyjaciół należących do społeczności LGBT z rejonu West Midlands. Nasze spotkania odbywają się w czwarty wtorek każdego miesiąca o godzinie 19:00 - 20:30 w LGBT Centre, po czym rekreacyjnie wychodzimy na drinka do pubu. Dodatkowo spotykamy się w pubie Fox (Lower Essex Street) w drugi piątek każdego miesiąca o godzinie 19:30. Serdecznie zapraszamy. Więcej informacji znajduje się na naszej stronie <http://lgbtbham.prv.pl/>

**Birmingham
Married
Men's
Group**

Married Men's Group

Monday 14th August, 6pm - 8pm

Birmingham LGBT Centre, 38-40 Holloway Circus, Birmingham B1 1EQ

FREE for men of all ages

Married Men's Group is for men who are attracted to men, but who are married to or in a relationship with a woman, or who have been previously.

The group welcomes men of all ages from Birmingham and surrounding areas, for mutual support in a welcoming atmosphere, with free tea and coffee.

You are welcome to just turn up, or contact mmgbham@hotmail.com for more details, or visit <http://mmgbham.wix.com/marriedmensgroup>.



OUTward Expressions: Sidney Nolan exhibition

Thursday 24th August, from 10.30am

Ikon Gallery, 1 Oozells Square, Birmingham B1 2HS

FREE for LGBT + allies of all ages

Are you interested in art and or photography? If so, OUTward Expressions maybe of interest to you.

We are a friendly LGBT group of artists, photographers and people who enjoy visit to art galleries. We discuss art and take photos and sketch/ paint at places of mutual interest - a café or pub usually features at our events, so they are social occasions too. It doesn't matter if you are experienced, just starting out or anywhere in between, we are encouraging, helpful and share tips and our experiences - the only thing you need is an interest in the subjects.

Next visit Thursday 24th August: Sidney Nolan exhibition guided tour

Ikon Gallery is offering a guided tour to OUTward Expressions for this exhibition, which is part of a nationwide programme presented by the Sidney Nolan Trust to celebrate the centenary of Nolan's birth.

Meet in the Foyer at 10.30am; tour starts at 10.45am. Please contact Jay on 07983 353 584 or email Paddy at paddy.broughton@btinternet.com if you'd like to attend, and let them know any access requirements you may have.

You can join the OUTward Expressions Facebook group and keep up-to-date with meetings and activities, here: <https://www.facebook.com/groups/outwardexpressions/>



Pink Sou'westers: Walk & picnic at Edgbaston Reservoir

Saturday 5th August, 11am

Meet at Reservoir Road car park, Ladywood, Birmingham, B16 9EE

FREE for LGBT + allies of all ages

This is running alongside a day of canoeing/kayaking led by Birmingham Canoe Club's instructors and helpers. We have a couple of places left for this at £15 - please get in touch with jes5005@hotmail.com for more details. However everyone is invited for a walk round the reservoir, to watch (and marvel and/or laugh at) the kayakers and join them for a picnic lunch; no need to book.

Pink Sou'westers: Visit to Butterfly Farm

Thursday 17th August, 11am

Swan's Nest Lane, Stratford CV37 7LS

FREE for LGBT + allies of all ages but MUST BOOK in advance

Informative tour to learn all there is to know about butterflies, with lots of opportunity to interact with them in a natural environment and also to handle many other creatures including stick insects and tarantulas!

Bring a picnic to eat in their wildflower meadow, alternatively there are many local eateries nearby but they will be busy! Optional free time in Stratford afterwards. Join us on the 9.31am from Moor St Station (20 mins walk at the other end) or make your own way. Only a few places left so book soon with Jan on jes5005@hotmail.com or ring 07929 601 145. She will always acknowledge your booking within 48 hours. Let her know if you have to cancel so we can offer your place to someone on the waiting list.

On your own? Shy? Not been to an event before? Just let us know in advance and we will make sure we meet and greet you, introduce you around and make you feel welcome.

Pink Sou'westers offers a range of affordable, accessible, inclusive, non-scene events and activities open to all LGBTs.

If you want to find out more about Pink Sou'westers, call 07976 274 271, email swbgroup@blueyonder.co.uk or find us on Facebook.



Positive West Midlands

Mondays 7th 14th 21st August (not bank holiday), 2pm - 4pm

Fridays 4th, 11th, 18th 25th August, 2pm - 4pm

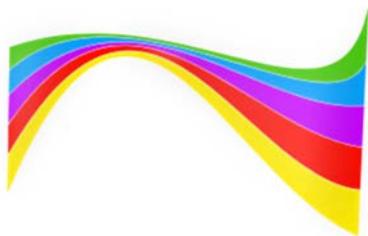
Missing, 48 Bromsgrove Street, Birmingham B5 6NU

FREE for LGBT + allies of all ages

Positive West Midlands is a support group for people living with HIV & our supporters & volunteers. Providing social support and sign-posting to other agencies.

Come along, make new friends and share experiences over free tea, coffee and biscuits.

You are welcome to just turn up, contact info@positivewestmidlands.co.uk and also visit <https://www.facebook.com/positivewestmidlands/> for more details.



NEW: Rainbow Bridge

Tuesdays 8th, 15th, 22nd August, 11am - 1pm

Birmingham LGBT Centre, 38-40 Holloway Circus, Birmingham B1 1EQ

FREE for LGBT + allies of all ages

Rainbow Bridge has been set up to bridge the gaps between lesbian, gay, bi, trans and heterosexual communities, to enable them to find out more about each other and activities, groups and services which are of interest to them.

Rainbow Bridge holds weekly networking coffee mornings to 'break the ice' so that people can meet each other and get a taste of what different community groups can offer.

So, if you've ever wanted to go to a group but felt nervous about not knowing anyone, have always wondered what is offered at Birmingham LGBT Centre but have never visited, or you are looking for a group or activity that is right for you - Rainbow Bridge is here!

You are welcome to drop in, or contact rainbowbridge@gbt@yahoo.com for more details.



Rainbow Spirit

Saturday 19th August, 3pm - 6pm

Birmingham LGBT Centre, 38-40 Holloway Circus, Birmingham B1 1EQ

FREE for gay men of all ages

The spirit of friendship and support - this is what is shared by Rainbow Spirit. We aim to do this by exploring our sexuality, deriving strength and support from each other in the face of continuing homophobia.

The group meets monthly, and offers a variety of activities based broadly on creativity, self-empowerment and mutual support. Our aim is to be inclusive of all ages and ethnic backgrounds, and each meeting offers time to socialise, welcome new members and enable friendships to develop. We are part of the Edward Carpenter Community, a national organisation which promotes the same aims.

For more details, contact Jon on 07974 477206, e-mail jonghomer@hotmail.com. We are also on the Meetup website as Birmingham Rainbow Spirit.



Ageing Better is about strengthening networks of people to promote social activity and help to prevent isolation for people 50 and over. It is also about encouraging mixing of age-groups to share different life experiences.

LGBT community groups can access practical and financial support from the LGBT Hub, at Birmingham LGBT.

If you are currently running an LGBT community group, want to set up a group or simply want to find out more, please contact Maria Hughes on 0121 643 0821 or mariahughes@blgbt.org