



SEPTEMBER 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.

				1	2	3
				2 - 4 Positive West Midlands		5 - 7 Illuminate
4	5	6	7	8	9	10
11 Bards & Books 2 - 4 Positive West Midlands	11 Rainbow Bridge 7 - 9 Journey Film Club	11 Java & Chow 7 Pink Sou'westers	7 - 9 Acting Out	2 - 4 Positive West Midlands	10 - 3 OUTward Expressions	5 - 7 Illuminate
11	12	13	14	15	16	17
2 - 4 Positive West Midlands 6 - 8 Married Men's Group	11 Rainbow Bridge 7.30 - 9 Brum Bi Group 8 - 10 Rainbow Voices	11 Java & Chow	7 - 9 Acting Out	1 - 3 Journey Church Asylum Seekers Social 2 - 4 Positive West Midlands 4 - 7 Queer Women's Skill Share	3 - 6 Rainbow Spirit	2 - 4 ASPECS 5 - 7 Illuminate
18	19	20	21	22	23	24
2 - 4 Positive West Midlands 6 - 8 A Rainbow Of Opinions	11 Rainbow Bridge 7 - 9 Journey Film Club	11 Java & Chow	11 Pink Sou'westers 7 - 9 Acting Out	2 - 4 Positive West Midlands	6 Brum Bi Group	5 - 7 Illuminate
25	26	27	28	29	30	
2 - 4 Positive West Midlands 6 - 8 Married Men's Group	11 Rainbow Bridge 7 - 8.30 LGBT Polska	12.30 Java & Chow 6 - 8 Ageing Well Together	7 - 9 Acting Out	11 OUTward Expressions 2 - 4 Positive West Midlands		

SAVE THE DATE

Saturday 11th November: Active Citizenship Training

A one-day, free training course to build skills and confidence to organise community activities. More details to follow.



Acting Out

Thursdays 7th, 14th, 21st 28th September, 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.



Ageing Well Together

Wednesday 27th September, 6pm - 8pm

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

FREE for LGBT + allies of all ages

Ageing Well Together brings together LGBT people of all ages who are involved or interested in the Ageing Better in Birmingham LGBT programme; whether they want to participate in events, set up and run groups and activities or take part in consultations with the LGBT community.

The next meeting includes the discussion: "Gender: is it still relevant?"

Refreshments will be available.

If you'd like to attend, or find out more, please contact Maria on 0121 643 0821 or mariahughes@blgbt.org; or RSVP on Meetup: <http://meetu.ps/e/D95Pg/x6S6R/a>



NEW: A Rainbow of Opinions

Monday 18th September, 6pm - 8pm

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

FREE for LGBT + allies of all ages

You are welcome to attend the first debate, which asks:

Is 'LGBTQ+' too wide a remit?

- Is the LGBTQ+ ‘umbrella’ a good way to bring people together and help them support each other?
- Or is it too broad, not reflecting the diversity of different groups?

‘A Rainbow of Opinions’ is a new debate and discussion of topical issues to broaden people’s minds and enable us to learn from each other, hosted by Marc Ryder. The basic aim of the group is to provide a forum where people can express their views and consider the views of others.

Topics do not have to be LGBT-related but it may be interesting to consider how a general issue may impact on LGBT people.

If you’d like to attend, or find out more, please contact Maria on 0121 643 0821 or mariahughes@blgbt.org.



NEW: ASPECS

Sunday 17th September, 2pm - 4pm

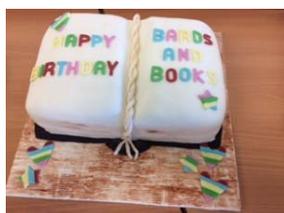
Birmingham LGBT Centre, 38-40 Holloway Circus, Birmingham B1 1EQ

FREE for LGBT + allies of all ages

Are you Gay, Lesbian, Bisexual, Transgender, or just questioning your sexuality, AND have been diagnosed as having an Autistic or related condition (Asperger’s Syndrome, Tourette’s Syndrome, Autism, etc.)?

ASPECS (Autistic Spectrum People of Every Category of Sexuality) is a networking group which has been linking together LGBT people with Asperger’s Syndrome and related conditions across the country. It is mainly based on Facebook, but there have been some face-to-face meetings in Sheffield and Manchester. A new group is now being set up in Birmingham, which is welcoming LGBT people with autism, Asperger’s Syndrome, ADHD and other similar conditions; to provide a safe space for mutual support and socialising.

If you are interested in coming to the first meeting in Birmingham, please contact Maria on 0121 643 0821 or mariahughes@blgbt.org.



Bards & Books

Monday 4th September, 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 September is: “Going to the Dogs: The Story of a Moralist” by Erich Kastner

The book for October is: “The Heart’s Invisible Furies” by John Boyne

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



NEW: Brum Bi Group - Networking Meetup

Tuesday 12th September, 7.30pm - 9pm

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

FREE for Bi + allies from 18+

Brum Bi Group is a safe and friendly social and peer support group for people aged 18+ for anybody who fits under the bisexual umbrella, whether they identify or are questioning their sexuality/romantic life.

Brum Bi Group meets once a month on a Tuesday evening from 7.30pm until 9pm, where topics can be discussed events are planned and a general good old chin wag with bisexual pals who can relate. All over a free drink of tea or coffee.

At 9pm we head to a local pub in the Birmingham Gay Village for drinks and a social.

You are welcome to just turn up, or contact brumbicoffeegroup@gmail.com. We are also on Meetup here: <https://www.meetup.com/Brum-Bi-Group-Meetup/>

Bi Visibility Day Pub Crawl!

Saturday 23rd September, from 6pm

The Dragon Inn, Hurst St, Birmingham B5 4TD

For Bi + allies 18+

Come and celebrate bisexuality with us at the gay village in Birmingham! We will be starting things cheap at the Dragon Inn, right at the edge of the village and work our way through. Those who feel comfortable to do so can take part in the "hand holding" flashmob, to celebrate our attraction to more than one gender. The pub crawl venues schedule are as follows:

The Dragon Inn 6pm-9.30pm; Loft Lounge 9.30pm-11pm; Eden 11pm-late

Providing how up for it people are, the night should finish in Eden for a bit of bisexual dancing!

Look for the purple unicorn Xena out on display to find us.



Illuminate

Sundays 3rd 10th 17th, 24th September, 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 6th, 13th 20th September, 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: lunch club

'Chow' lunch club: Wednesday 27th September, from 12.30pm

Café Soya, 2 Upper Dean St, Birmingham B5 4SG

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 Café Soya, please let Jeraldene know, so we have an idea of numbers. We will meet you there at 12.30pm or you can meet Paul at Birmingham LGBT Centre at 12pm and walk there together.

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



Journey Church Asylum Seekers Social

Friday 15th September, 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 5th & 19th September, 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.

5th September: "Arrival" (cert. 12A, 1hr 56mins)

"Why are they here?"

Linguistics professor Louise Banks leads an elite team of investigators when gigantic spaceships touchdown in 12 locations around the world. As nations teeter on the verge of global war, Banks and her crew must race against time to find a way to communicate with the extra-terrestrial visitors. Hoping to unravel the mystery, she takes a chance that could threaten her life and quite possibly all of mankind.

19th September: "Fish Child" (cert. 15, 1hr 36mins)

Lala, a teenager from the most exclusive suburban neighbourhood in Argentina is in love with the Guayi, the 20-year-old Paraguayan maid working at her place. They dream of living together in Paraguay, at the shores of lake Ypoá. Robbing every purse and wallet in the house to fulfill their dream, hiding the money in a shoe box. But when the box is full, it bursts, fuelled by desire, jealousy and rage. This is the starting point that spurs the escape through the highway that connects the North of Buenos Aires with Paraguay. While Lala waits to be reunited with her lover in Ypoá by reconstructing her past (the mystery surrounding her pregnancy and the legend of a fish child who guides the drowned to the bottom of the lake), the Guayi is detained in a minors institute in the outskirts of Buenos Aires. She turns out to be hiding a crime from long ago.

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



LGBT Polska

Tuesday 26th September, 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, followed by recreational drink at the pub. Additionally we meet at the pub - Sidewalk (Hurst Street) - every second Friday at 7:30 pm. Just pop in, find us and relax.

LGBT Polska to otwarta grupa zrzeszająca polską społeczność LGBT oraz mówiących po polsku przyjaciół w West Midlands. Nasze spotkania odbywają się w czwarty wtorek każdego miesiąca o godzinie 19:00 - 20:30, po czym rekreacyjnie wychodzimy na drinka do pubu. Dodatkowo spotykamy się w pubie Sidewalk (Hurst Street) w drugi piątek każdego miesiąca o godzinie 19:30. Po prostu przyjdź, znajdź nas i zrelaksuj się.

**Birmingham
Married
Men's
Group**

Married Men's Group

Mondays 11th & 25th September, 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: How to take better photos

Saturday 9th September, 10am to 3pm

mac, Cannon Hill Park, Birmingham B12 9QH

FREE for LGBT + allies of all ages - MUST BOOK

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 event Saturday 9th September: How to take better photos

Come along for our photo workshop at the mac. The aim on this one is to make sure everyone understands some of the basics so you might be tempted to take your camera off Auto mode. Please RSVP as some pre-workshop things to look at and increase understanding will be sent in advance. Meet by the main coffee bar by the entrance at the mac at 10, have a chat in the chairs there or nearby, then go out and have a go in the gardens.

Please RSVP. Contact Jay on 07983 353 584 or email Paddy at paddy.broughton@btinternet.com. You can also book on this event on Facebook: <https://www.facebook.com/events/1459764637400610>

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

OUTward Expressions: Wildlife Photographer of the Year 2017

Friday 29th September, 11am

Wolverhampton Art Gallery, Lichfield St, Wolverhampton WV1 1DU

£4 (adults)/ £2 (children) for LGBT + allies of all ages

Take in some of the world's most astonishing sights and see nature at its most staggering in this blockbuster show put together by the world-renowned and trusted British institution, The Natural History Museum.

As well as this exhibition there is also Wild Wolverhampton (See fantastic wildlife photos and videos, produced by Wolverhampton Residents) and the Wolverhampton Society of Artists annual exhibition.

We will meet in the lobby of the art gallery at 11am - if you would like a car share lift, then please email Paddy at paddy.broughton@btinternet.com.



Pink Sou'westers: Paint With A Pro

Wednesday 6th September, 7pm

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

For LGBT + allies of all ages - MUST BOOK (£5 per person, subsidised by Pink Sou'westers) - see below

"Paint with a Pro!" - join us for an interactive watercolour demonstration by Pink Sou'westers' very own professional landscape artist Amanda McAvoy. Fancy a bit of wet in wet? Want to experiment with a round tip? Squeeze some tubes and create your own masterpiece to take home. Whether you are a painting virgin or have some experience under your belt, come along and Amanda will teach you some tips and techniques. All materials and equipment provided.

Pink Sou'westers: The Oratory, Edgbaston

Thurs 21st September, 11.00am

The Oratory, 141 Hagley Road, Birmingham B16 8UE

FREE for LGBT + allies of all ages - MUST BOOK - see below

The Oratory Church is a Grade II listed building which dates mainly from the beginning of the twentieth century but the interior evokes Italian Baroque. It was founded by the famous English Catholic convert and writer Cardinal John Henry Newman and was once the home of JRR Tolkien. The free guided tour includes Cardinal Newman's shrine.

Many buses along Hagley Rd; 20 mins walk from Five Ways Station. Car park behind (turn off Hagley Rd onto Monument Rd. then right onto Plough and Harrow Rd then right into car park). Lunch 5 mins walk to The Physician, Harborne Rd.)

Booking: To book for September events contact 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. For delays or cancellations on the day ring 07929 601 145.

Pink Sou'westers offer affordable, accessible, inclusive, non-scene events and activities. All LGBTs are welcome at all events regardless of age or area of residence. Pink Sou'westers social network is run by a committed group of volunteers with no paid staff.

For general information contact Lesley on swbgroup@blueyonder.co.uk or 07976 274 271.

If you are apprehensive about coming get in touch and we will do all we can to support you.



Positive West Midlands

Mondays 4th, 11th, 18th, 25th September, 2pm - 4pm

Fridays 1st, 8th, 15th, 22nd, 29th September, 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.



Queer Women's Skill Share

Friday 15th September, from 4pm

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

FREE for all who identify as women, of all ages and sexualities

We are a friendly and inclusive group who welcome all gender identities and sexualities.

We chat, share stories and will be doing craft projects from time to time. We'd love to hear your ideas for activities.

Our theme for this meeting is "Stories" - share your favourite story over a free tea or coffee.

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



Rainbow Bridge

Tuesdays 5th, 12th, 19th September, 11am - 1pm

(also Tuesday 26th September at a café, to be decided)

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 16th September, 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.



Rainbow Voices New Members Evening

Tuesday 12th September, 8pm - 10pm

mac, Cannon Hill Park, Birmingham, B12 9QH

FREE for LGBT of all ages + allies

- Would you like to meet new people?
- Do you like singing?
- Are you free on at Tuesday evening?

Join us for the evening and see what it's like to be part of Rainbow Voices. It's a free trial, there are no auditions, just a friendly evening of singing and meeting new people. We rehearse every Tuesday, 8pm till 10pm at the MAC (Cannon Hill Park) in Music Room 1. If you love singing then please come along - especially if you're a Tenor!

You can find out more about Rainbow Voices here: <http://www.rainbow-voices.org.uk/>



Ageing Better works with communities to bring people together with fun social activities, 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