



Birmingham **LGBT**

**News from the Ageing Better
LGBT Hub
October 2017**



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If you would like to receive these newsletters electronically, please get in touch and I will add you to the emailing list.

Maria Hughes

Network Enabler

Ageing Better LGBT Hub

0121 643 0821

mariahughes@blgbt.org

**Ageing Better LGBT Hub is run
by and from Birmingham LGBT.**

**The Ageing Better in
Birmingham programme is
managed by BVSC
and funded by Big Lottery Fund**

What Is Ageing Better in Birmingham?

I've been working as the Network Enabler (community support worker) for the Ageing Better in Birmingham LGBT Hub for a year and a half now, so I sometimes forget that people haven't heard of it, or me!

It's sometimes difficult to describe, from scratch, what it is I do and why I do it, so here's a quick summary, from the 'top down':

Ageing Better = an England-wide initiative to find out what works in tackling social isolation in the 50+ population, to provide evidence for future funding of what works, funded by Big Lottery.

Ageing Better in Birmingham = the local programme, which offers support to community-run groups and activities so they can grow, develop and become sustainable, to prevent isolation now and in the future. The programme is managed by BVSC (Birmingham Voluntary Services Council), which also administers the Ageing Better Fund.

Ageing Better in Birmingham LGBT Hub = the project which provides this support specifically to the LGBT communities, understanding their own particular needs and strengths. The Hub is managed by Birmingham LGBT.

Ageing Better in Birmingham LGBT Hub Network Enabler (that's me!) = it's my job to link people and groups with support and resources – in a nutshell: I find out what you need, listen to your ideas, possibly suggest some of my own, then we can work out together how to make it all happen.

So – if you have an idea for a group or activity and you want to find out how to make it happen, or if you're in a group and you'd like to grow and develop, I'd really love to hear from you. We are also running a training programme for people to gain skills and confidence to organise community groups – see below.

There's further information about the Ageing Better Fund and the Age of Experience Group later on in the newsletter.

Maria Hughes

0121 643 0821

mariahughes@blgbt.org

Active Citizenship and Community Organising Training

Saturday 11th November

9.30am – 4pm

Birmingham LGBT Centre

FREE but must book

The Ageing Better LGBT Hub is offering this one-day FREE training course for members of the LGBT community who are interested in setting up community activities, and those who are already organisers who are looking to develop their skills, for the benefit of LGBT people who live or socialise in Birmingham.

This training workshop will look at examples of successful citizen-led community actions and will introduce a variety of inclusive and empowering practical methods which can promote and facilitate effective community organisation and activism.

Please contact Maria (see above) to book, or for further details.

If you can't make the date, this course will be run again on 13th January 2018.

Ageing Better in Birmingham Mail

Two of our great LGBT Hub volunteers have made it to the pages of Birmingham Mail, to publicise Ageing Better in Birmingham.

Jeraldene (of the Age of Experience Group) and Marc (who runs A Rainbow Of Opinions) were chosen to appear in this article published on 13th September, and Jeraldene was also interviewed for the piece. Here is a snippet:

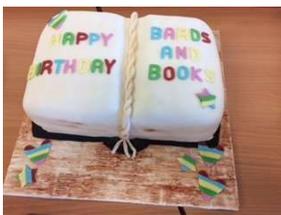
Jeraldene Dew, 70, sits on the Age of Experience panel, a cohort of older people involved in the decision making across all aspects of the programme.

She said: "Ageing Better is doing excellent work in Birmingham. To age better you have to have a better ageing policy within yourself. I made the decision when I was 65, and had to retire, to have an ageing policy – a plan for what I was going to do with myself. A lot of people don't have that policy in their head. I think if everyone had a better ageing policy then it definitely helps.

"There are groups out there and Ageing Better in Birmingham is there to help people find out what's going on. Working as part of the Age of Experience team has also had a huge positive impact on my life."



You can read the full article here: <http://thebirminghampress.com/2017/09/loneliness-campaign-launches-across-the-city/>



Happy 4th Birthday, Bards & Books

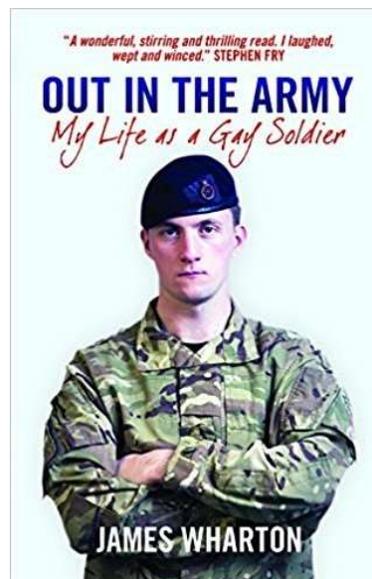
Bards & Books – the LGBT book group – is celebrating its 4th birthday on **Monday 6th November**, at its regular monthly meeting.

The book being discussed is "Out in the Army: My Life as a Gay Soldier" by James Wharton, and James himself will be coming to the meeting, at the start of his new role as Wellbeing Services Manager for Birmingham LGBT.

Bards & Books will also be joined by networking social group Rainbow Bridge.

So, if you're interested in books, want to make new friends and enjoy some birthday cake, please come along to Bards & Books at Birmingham LGBT Centre, 6th November at 11am. You don't have to book, but if you're on Meetup you can RSVP here: <https://www.meetup.com/Birmingham-LGBT-Meetup/events/241783726/>

For more information about Bards & Books, please contact bardsandbooks@gmail.com.



LGBT Hub and SHOUT Festival: SHOUT OUT!

Sunday 12th November, 12pm – 7pm

mac (Midlands Arts Centre, Cannon Hill Park, Birmingham, B12 9QH)

FREE



Returning to this year's SHOUT Festival is the annual SHOUT OUT community event. Taking over public spaces at mac Birmingham, this year's SHOUT OUT is packed with more goodness than ever before including performances, live music, arts workshops, family activities, films, and much more.

Rhiannon from our own **Queer Women's Skill Share** (midlandsqwss@gmail.com) group will be running a crafting workshop, open to all, between 12.30pm and 1.30pm. We would love to see other Ageing Better groups getting together to attend the day.

The full day's schedule will be announced closer to the time. You can find information about this event, and the SHOUT Festival programme, here: <http://shoutfestival.co.uk/> and pick up a brochure from Birmingham LGBT Centre and other arts venues.

Ageing Better Fund

Have you been inspired by the activities you've seen in this newsletter?

If you need resources to run group activities, you can apply to the Ageing Better Fund.

Unlike the requirements of a lot of other small funds, the group doesn't need to be 'formally constituted' or have a bank account. What it does need is a good idea which is costed out and the support of three or four people aged 50 or over who agree they would take part in the funded events.

Contact Maria to discuss what you need to complete the application.

Forthcoming deadlines for applications to the Ageing Better Fund:

- Monday 6th November
- Monday 4th December
- Thursday 4th January

You can also find out more about the Ageing Better Fund here:

<https://www.ageingbetterinbirmingham.co.uk/fund>

Age of Experience

The Ageing Better in Birmingham programme is run for the benefit of people who are 50 and over, who may be experiencing, or at risk of experiencing, social isolation.

It's very important that the programme has people involved who understand the issues, to make sure it is running in a way that truly benefits them.

These people form the Age of Experience group – and you could be one of them!

Age of Experience group members come from all walks of life and bring their own unique experiences and skills with them.

They attend regular group meetings as well as taking part in a range of activities to help run and promote the programme. You can see some examples of recent activities here:

<https://www.ageingbetterinbirmingham.co.uk/about/age-of-experience>

If you're interested and would like to find out more, please contact Maria on **0121 643 0821** or mariahughes@blgbt.org

Opportunities in the Community

Healthwatch Birmingham

Healthwatch Birmingham has launched a new video series to make it easier for people to share their experiences of local health and social care services.



Healthwatch Birmingham wants more people across the city to share their experiences, whether good or bad, about the quality of care they are receiving. The videos detail how people can talk to them, what services they can feed back about, and the types of issues they can tell them about. They are keen to understand whether people who are LGBT have any particular problems with accessing healthcare.

You can also feed back to Healthwatch Birmingham by inviting them to your group meeting. Get in touch by calling **0800 652 5278** or emailing info@healthwatchbirmingham.co.uk.

Sampad presents: Kahaani (Story)

Friday 27 October, 2pm or 8pm

Foyle Studio, mac, Cannon Hill Park, Birmingham B12 9QH

Tickets £5 (£3 concs including over 60s/ group discount: buy 10 tickets and get 1 free)

To book, call MAC on 0121 446 3232 <https://macbirmingham.co.uk/event/kahaani-story>

"It never occurred to me that one day, I will grow old too..."

Kahaani ('story' in Hindi) features a group of characters telling stories about life as we all experience it at various times.



Set in a busy, modern-day hospital

care unit in Birmingham, four strangers from all over world meet and share their experiences. As they talk, fragments of their personal memories come vividly to life through music, dance, poetry and storytelling. Their stories reflect universal human emotions like love, anger, humour and sorrow, while touching on mental health and well-being.

Appearing alongside the artists is Jasvir Kang, a well-known poet from the West Midlands who is now living with vascular dementia. Jasvir will share her much-admired poems My Mother's Sari and Old Age as part of the performance.

Get Involved

West Midlands Police & Crime Commissioner survey

Do you have confidence in your local police..?

Do you trust your local police?

Do you feel safe where you live..?

We want to hear your feedback to help us improve our service to you.

Please help us by filling out the below survey. It should take you less than 10 minutes to complete but will really help us shape our services in the future. Your feedback is important to us so please take a few minutes to fill out the survey and tell us what you think.

<https://www.wmnow.co.uk/B6FB8840-4A86-4D75-B198-BE3C61B0B843/QuickRegister>

The last word . . .



Susan Calman 
@SusanCalman

 Follow

Both of these pictures are of me. I can be both a kick ass time travelling lesbian and a bombshell in a dress. That's the joy of Strictly.

10:02 PM - Aug 29, 2017

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