



Birmingham **LGBT**

**News from the Ageing Better
LGBT Hub
January 2018**



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The last word . . .

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

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Ageing Better LGBT

Hub

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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

Update: Birmingham LGBT Café

A new café – Holloways – will be running at the Birmingham LGBT Centre in February. They will be offering quality food at great prices!

They won't be open straight away as they need to decorate and set up. This means that any groups who meet in the café will be contacted by Birmingham LGBT to notify them and, if possible, make alternative arrangements.

We will keep you posted on their opening date, and opening times.

New Groups

NDQs

NDQs is a new safe space social group for people who identify as LGBT*QIA+ and also Neuro-Diverse (Autism Spectrum, ADHD, Tourette's, other neurological conditions). NDQs stands for Neuro Diverse Queers. NDQs meets on the fourth Sunday of the month.

For more information, contact **Louie Dalle** on **07518 152 064**.

Boot Women

Boot Women is a walking group for women, primarily lesbians, based in Birmingham and the surrounding areas. It's not a 'new' group – but is new to the Ageing Better family!

We meet every month, on the second Sunday, for a walk that averages about 6 miles, and we welcome walking women of all abilities. Our walks are a great opportunity to meet other women and to discover the countryside around Birmingham. We arrange car-sharing from Cannon Hill Park and well-behaved dogs are usually welcome.

For more information, call **07754 530 130** or email hello@bootwomen.org.uk.

<http://www.bootwomen.org.uk>

Coming Up

Birmingham LGBT History Festival

2018, 22nd – 28th February

The Birmingham LGBT History Festival is back! Join Birmingham LGBT for a diverse programme of screenings, talks, and other events across the city from 22nd-25th February to celebrate LGBT History Month, exploring different perspectives from recent LGBT history, social histories, political activism, and the ways in which our communities have been represented on screen and in the media.



As part of the festival, on Saturday 24th February Birmingham LGBT will host 'Outing the Past' at the National LGBT History Festival at Birmingham Museum and Art Gallery alongside their fantastic exhibition 'Coming Out'. This fantastic free event will see speakers from across the UK share stories and uncover forgotten histories, as well as presenting new perspectives on LGBT History.

A full programme will be announced later this month with booking for events open immediately afterwards – keep an eye on the Birmingham LGBT social media pages, our website, and the SHOUT mailing list for further details: www.shoutfestival.co.uk.

Queer Quiz

Pink Sou'westers invite you to our ninth annual Queer Quiz – a Lesbian, Gay, Bi and Trans History Month event.

Wednesday 21st February, 7pm at Penthouse Suite (above the Loft Lounge, Bromsgrove Street, Birmingham B5 6RG).



Entry just £4 or £2 low income.

Explore, expand or show off your knowledge of all things lesbian, gay, bi and trans from past to present. Rounds include music, sport, entertainment, politics & society, geography, history, art & literature and 'local'.

Come as a team of five max or alone – we will find you team-mates.

- Fabulous prizes
- Pay bar
- Fully accessible

To book your entry or team, contact swbgroup@blueyonder.co.uk or **07976 274 271**.

Acting Out Panto

Acting Out – the LGBT theatre and social group – is preparing its annual Panto to be performed in February. Expect silliness, sauciness and slapstick: it can only AO doing what they do best - LGBTQ+ (ADULT!!!) panto!



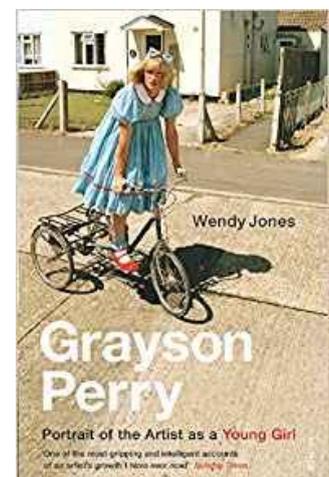
The performances will take place at The Wellington Hotel (72 Bristol St, Birmingham B5 7AH) from 8pm on 1st, 2nd and 3rd February.

<https://www.facebook.com/events/918148941699046/>

Bards & Books

February's book choice is "Portrait of the Artist as a Young Girl" by Grayson Perry. If you haven't seen it yet, Grayson Perry's 'coming out dress' is on display at Birmingham Museum & Art Gallery (Gas Hall) as part of the Coming Out exhibition.

Bards & Books meet on 5th February, from 11am, at Birmingham LGBT Centre.



Ageing Together Week



Ageing Together Week takes place across the city from Monday, January 22 to Sunday, January 28, and is being run by Ageing Better in Birmingham. The aim of the week is to raise awareness of the problem and to show those who feel they are by themselves that there is help and company available if they know where to look.

By 2020, almost 57,000 people aged 65 plus will be living alone in the city, (37 per cent of the age group), and this rises to almost 81,000, almost 53 per cent of the age group, when those with a limiting long-term illness are included.

Feeling alone and isolated is a negative emotional experience and can adversely affect both physical health and mental well-being and recent studies suggest it can contribute towards stress, lower self-esteem, disturbed sleep, cardiovascular disease, dementia and other mental health outcomes.

For organisations wishing to take part we have compiled an online resource pack with information:

<https://www.ageingbetterinbirmingham.co.uk/events/ageing-together-week-2018>

LGBT Hub News

Postcards With A Purpose

Our friends at Birmingham Museum & Art Gallery have sent us the contents of some more of their 'Postcards With A Purpose' comments and questions from members of the public who have visited the 'Coming Out' exhibition.



If you want to answer a question, or make a further comment, on any of these below, please contact **Maria** on **0121 643 0821** or **mariahughes@blgbt.org**.

- “When my darling sister came out 24 years ago I feel she was not expecting kindness and acceptance so distanced herself from me for years. It broke my heart. What was your expectation of coming out?”
- “Many years ago, I used to go to a gay advice centre to help stuff condoms into packets for the night clubs. Although I am not gay, I have gay friends. I see everyone as just ordinary people”
- “It is crucial to remember that there are older people still with us whose lives were dominated by aversion treatment – this needs to be recorded now while we can.”
- “A man married my daughter – they have a child. When the child was two they split up as the man decided he preferred other men. The child is now nine and loves both parents. His dad now has a male partner. Child stays with them. Should the child come to this exhibition?”
- “I am more myself since I was able to articulate my sexuality with language I never got taught.” How do you respond to this?
- “It is easy to forget, as a tong LGBT person, what price was paid for the freedom I can now enjoy. Thank you for everything.”
- “Howe do you maintain your own self-awareness in the face of ignorance, bigotry and discrimination during this “trump” era?”
- “Today I was asked “gender” on a form – it has a blank space. I took a deep breath and put “Non Binary””
- “I’m bi and proud yet so scared” advice?
- “why do people change their views on you after you come out?”
- “you are loved”

Community News

Great North Swim

Louie Dalle, the organiser of TranSpectrum and NDQs, is raising money to help adults with dementia by taking part in the Great North Swim.

Here is Louie's story:

Sadly, my Grandad developed Vascular Dementia 3 years ago and so I developed a compassionate interest into how best to support adults with Dementia. Did you know there are over 200 different types of Dementia? And each different type needs research into possible treatments for them!

I have been a Lay Chaplain volunteering on a Dementia Unit in Birmingham for over a year now, and I also visit my local Dementia Care Home with my Church Pastoral Team once a month. I am passionate about improving quality of life for adults with dementia and also researching and finding new ways to slow it down, treat the symptoms, and hopefully maybe one day a cure for this illness.

By doing the Great North Swim I hope to raise money to help Alzheimer's Society help adults with dementia.

If you would like to sponsor Louie, please see their fundraising page here:

<https://www.justgiving.com/fundraising/louie-dalle>

Dementia in LGBT+ communities

The Innovation Team at Alzheimer's Society are working on a project to explore the unmet needs of people within LGBT+ communities in terms of dementia.

We are holding our first session on Monday 26 February 2018 (location to be confirmed) to discuss and prioritise the key needs. There will be further opportunities to get involved in March.

If you are affected by dementia and identify as LGBT+ and would like to be involved in the project, or know of anyone who would be interested, please get in touch with Natasha Howard in the Innovation Team on 020 7423 3512 or at natasha.howard@alzheimers.org.uk

Activate: Try something new with Birmingham LGBT for Fitness February

As part of LGBT History Month at Birmingham LGBT, we are running a month-long programme of free taster sessions and activities in and around the city.

Taking in everything from indoor climbing to water polo, karate to Bollywood dance, the varied programme offers something every day of the month for you to try.

You can attend a special yoga class aimed at people who are dealing with anxiety, enjoy a city centre walk, or get on your tutu and ballet shoes with the Birmingham Royal Ballet.

Some sessions need booking, for many you can just turn up.

The full programme will be available soon at www.blgbt.org/fitfeb for you to plan and book your **#FitFebBrum**. Printed timetables will also be available from the Birmingham LGBT Centre.

Follow **@birminghamlgbt** for the latest updates, email **activate@blgbt.org** or call the Birmingham LGBT Centre on **0121 643 0821**.

The funding for the Sports Activator programme ("Activate") at Birmingham LGBT is coming to an end, and we need your help to evaluate it so we can try and secure future funding.

If you have taken part in any of the fitness activities could you please take a couple of minutes to fill in the survey, below?

Many thanks.

<https://www.surveymonkey.co.uk/r/G3QJD3W>

Ageing Better Fund

Have you been inspired by the ideas for 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.

I am available to help you discuss what you need and complete the application form. We can arrange an informal chat and I am also available to attend group discussions: please email mariahughes@blgbt.org or call 0121 643 0821 to arrange.

Forthcoming deadlines for applications to the Ageing Better Fund:

- Wednesday 14th February
- Monday 12th March
- Friday 13th April

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

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

Get Involved

Support Your LGBT Centre

Bullying, isolation, self-harm, low self-esteem and poor health. These are major issues experienced frequently by LGBT communities as a consequence of recurring discrimination faced by LGBT people.



Birmingham LGBT is a user led charity embedded within the local community with a track record of successful project and service delivery. We are working to develop a vibrant LGBT community in Birmingham in which individuals can realise their full potential and have equal access to all the city has to offer. To achieve this we must sustain and develop our services so that we're always there for the community. We can't do this without your support.

It costs £633 to run the Health and Well-being Centre for a day. The Centre provides a hub for the LGBT community in Birmingham hosting a range of services from wellbeing awareness to older people support, acting as a venue for community led meetings and workshops and directly delivering events.

Just £80 allow us to facilitate a 2 hour support group providing a safe environment where members of the LGBT community with a common issue can share concerns and can support each other.

And just £45 means we can provide meeting space for one of the LGBT led community groups for 2 hours.

Please support these vital services and be part of making a positive difference to the lives of LGBT people in Birmingham. Please donate now: <http://bit.ly/2mRottD>

Tracing Lionel Strawbridge

Hi, I'm tracing my family history and I would like to find out anything about Lionel Strawbridge (1922 -1995). Laurie Williams was his partner. They were involved with the Nightingale Club and The Jug.

I would really like to hear from anyone that remembers anything about Lionel, especially details about his early life and where he came from in Birmingham or how he came to move to the area.

I hope you can help or may know someone that can.

Kathryn Strawbridge - Kathryn.Strawbridge@hotmail.co.uk

The last word . . .

I just love dressing up in everything a man is supposed not to be, in all that vulnerability, sweetness, preciousness and impracticality.

Grayson Perry