



# JANUARY 2018 *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.

*Groups are listed in alphabetical order, overleaf.*

1	2	3	4 7pm Acting Out	5 11am Positive West Midlands  6.30pm Brum Bi Group	6	7 5pm Illuminate
8 11am Bards & Books  11am Positive West Midlands  6pm Married Men's Group	9 11am Rainbow Bridge  7.30pm Brum Bi Group	10	11 7.30pm TranSpectrum	12 11am Positive West Midlands  7.30pm LGBT Polska	13 9.30am <i>Active Citizenship Training</i>  11am OUTward Expressions  3.30 TranSpectrum	14 10.30 Boot Women  2pm Queer Women's Skill Share  5pm Illuminate
15 11am Positive West Midlands  6 A Rainbow Of Opinions	16 <del>10.30am</del> Pink Sou'westers FULLY BOOKED  11am Rainbow Bridge  7pm Journey Film Club	17	18 7pm Acting Out  7.30pm TranSpectrum	19 11am Positive West Midlands  1pm Journey Asylum Seekers' Social  6.30pm Brum Bi Group	20 3pm Rainbow Spirit	21 2pm AuSPECS  5pm Illuminate
22 11am Positive West Midlands  6pm Married Men's Group	23 11am Rainbow Bridge	24	25 7pm Acting Out  7.30pm TranSpectrum	26 11am Positive West Midlands  1.30pm B'ham Older LGBT Housing Group  6pm Pink Sou'westers	27 3.30 TranSpectrum  5pm Hidayah	28 1.30pm Brum Bi Coffee  2pm NDQs  5pm Illuminate
29 11am Positive West Midlands	30 11 Rainbow Bridge	31				

## 🌀 LGBT HUB SUPPORTED EVENTS 🌀

### Active Citizenship and Community Organising Training

Saturday 13<sup>th</sup> January, 9.30am - 4pm

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

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.

Active citizenship is about taking steps or taking on a role within your community which improves life not just for yourself but for others.

Community organising develops the capacity of people with shared interests and goals to use their passion and energy effectively and collectively to create positive change.

Funded by Ageing Better, there will be an emphasis on older LGBTs but the ideas, knowledge and skills that you will develop through the training can be applied in a variety of community activities and contexts.

This workshop will look at examples from the participants' and the trainer's own experiences, in order to develop our understanding of successful citizen-led community actions.

It will provide insight into how the right combination of elements such as motivation, resources, information, allies, networking and activities can result in successful outcomes.

It will introduce a variety of inclusive and empowering practical methods which can promote and facilitate effective community organisation and activism.

There will be an opportunity to develop action plans around specific community issues or ideas brought to the group by participants.

Lunch is provided.

Please contact Maria on 0121 643 0821 or [mariahughes@blgbt.org](mailto:mariahughes@blgbt.org) to book, or for further details. We will need to know your dietary preferences and if you have any mobility or learning issues we need to take into account.

## 🌈 COMMUNITY GROUP EVENTS 🌈



### A Rainbow of Opinions: Does your religion accept or tolerate your sexuality?

Monday 15<sup>th</sup> January, 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 next debate, which asks:

#### Does your religion accept or tolerate your sexuality?

- How compatible is religious faith and teaching with being gay?
- Have you found a place or way of worship that works with your sexuality?
- Have you had to reject either your belief system or sexuality at any time?

*What do you think . . . ? Come and discuss with us!*

'A Rainbow of Opinions' is a 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](mailto:mariahughes@blgbt.org).



### Acting Out

Thursdays 4<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup> January 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](mailto:actingoutchair@gmail.com) and we will arrange to meet and greet you.

*Coming up . . .*

**A Fairy Tale (AKA our Panto!) - 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> February, from 8pm**

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

Silliness, sauciness and slapstick, it can only AO doing what they do best - LGBTQ+ (ADULT!!!) panto!

## AuSPECS

Sunday 21<sup>st</sup> January, 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.)?

AuSPECS is the Birmingham group of the ASPECS networking group which has been linking together LGBT people with Asperger's Syndrome and related conditions across the country. The group welcomes 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 attending or want to find out more, please contact Maria on 0121 643 0821 or [mariahughes@blgbt.org](mailto:mariahughes@blgbt.org). You can also apply to join the Facebook group: <https://www.facebook.com/groups/53253797142/>



## Bards & Books

Monday 8<sup>th</sup> January, 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.

In January, we will be discussing "Carol" by Patricia Highsmith - might be found as "The Price of Salt" (the original title) under the pseudonym Claire Morgan. This is about the relationship between a naïve shop assistant and a wealthy married woman - it explores the problem of lesbian relationships in 1950s Manhattan but with an unexpected ending in lesbian fiction of the time.

Get in touch to find out more: [bardsandbooks@gmail.com](mailto:bardsandbooks@gmail.com)

## Birmingham Older LGBT People's Housing Group

Friday 26<sup>th</sup> January, 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.

Lunch will be provided between 12.30pm and 1.30pm.

Please contact Maria on 0121 643 0821 or [mariahughes@blgbt.org](mailto:mariahughes@blgbt.org) for more information or to confirm your attendance (and if you would like lunch).



## **NEW: Boot Women: Himley and Swindon Canal Trail walk**

**Sunday 14<sup>th</sup> January, from 10.30am**

Himley Station, Dudley DY3 4LN

**For Lesbians, Bi Women and Women Allies**

Boot Women is a walking group for women, primarily lesbians, based in Birmingham and the surrounding areas.

Our first walk in the new year will be a delightful and easy 5 mile circular walk in the Dudley area with only a few stiles and some steps. There may be some muddy bits, so wear appropriate footwear.

The walk starts at the dismantled Himley Station, follows the South Staffordshire Railway line, turns along the Wom Brook, then heads onto the Staffordshire and Worcestershire Canal, before turning back along Hinksford Lane and returning to Himley. It encompasses woodland and towpath sections.

After the walk, we will be going on to the Dudley Arms pub. It is a 3 minute drive away.

Meet for shared lifts at Cannon Hill Park (Russell Road car park, B13 8RD) for 10.30am departure. Or go directly to the start of walk at Himley Station for an 11.15am start. If you are coming from one direction right towards the end your satnav may tell you to go left down Himley Lane, which has been blocked off so you need to carry on round the road you are on, turn left onto the main road and then first right onto the other half of Himley Lane where you will see the Sandiacre farm shop. Drive past it for about 100m. Go under the bridge, then take the immediate right. At the entrance of the station there is a sign post "Staffordshire Railway Walk" with a 2.1m height barrier. Drive along the lane to the car parking spaces at the end.

A fee of £1 is required to cover costs of admin. Remember to bring some lunch/drinks and something to sit on. Well behaved dogs are also welcome.

For more information, please call 07754 530 130 or email [hello@bootwomen.org.uk](mailto:hello@bootwomen.org.uk). Our website is <http://www.bootwomen.org.uk/>.



## **Brum Bi Group: Networking Meetup**

**Tuesday 9<sup>th</sup> January, 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](mailto:brumbicoffeegroup@gmail.com). We are also on Meetup here: <https://www.meetup.com/Brum-Bi-Group-Meetup/>



## Brum Bi Group: Brum Bi Coffee

Sunday 28<sup>th</sup> January, 1.30pm - 4.30pm

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

for Bi + allies

Need a bit of a break from mainstream life? Come and have a good chat and a brew at Brum Bi Coffee!

Brum Bi Coffee is a non-scene social group for bisexuals, pansexuals or those who are exploring or questioning their sexuality. We are a very easy-going social group where people can be themselves and meet new people. Brum Bi Coffee meets every 4th Sunday of the month, from 1.30 pm till 4.30 pm, at Cafe Soya.

Look out for a small purple unicorn named 'Xena' on one of the tables to find us.



## NEW: Brum Bi Group: Bisexuals & Boardgames

Fridays 5<sup>th</sup> & 19<sup>th</sup> January, 6.30pm - 9pm

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

FREE for bisexual people and allies

Bisexuals and Boardgames is back!!! Join us for board and tabletop card games at Birmingham's LGBT Centre Café, previously known as Cakes and Ladders from 6:30pm-9pm.

Feel free to bring your own games, use our own games supplied or just simply take part and watch.

For those hungry gamers, feel free to bring your own lovely noms or grab a cheeky takeaway. We'll be heading to The Dragon Inn afterwards to continue our gaming fun. See you there!

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



## Hidayah

Saturday 27<sup>th</sup> January, 5pm - 7pm

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

FREE for LGBT+ Muslims and friends

Hidayah is an organisation created to increase the representation, acceptance and equality of LGBT+ Muslims through providing a public face to the community and creating spaces to communicate. Hidayah is a social group which connects with other LGBT Muslim communities, and can signpost to other support agencies.

If you'd like to come along, please contact: [info@HidayahLGBT.co.uk](mailto:info@HidayahLGBT.co.uk)



## Illuminate

Sundays 7<sup>th</sup>, 14<sup>th</sup> 21<sup>st</sup> & 28<sup>th</sup> January, 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](mailto:lbradley1990@outlook.com) for more details.



## Journey Church Asylum Seekers Social

Friday 19<sup>th</sup> January, 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 Phil Hoar on 01299 826 641 or [philhoar@btinternet.com](mailto:philhoar@btinternet.com) for more details.



## Journey Film Club

Tuesday 16<sup>th</sup> January, 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, unless otherwise stated. Admission is free, however donations towards refreshments are welcomed.

**Beauty and the Beast** (2017 / PG / 2h 9min) 7pm start

*"A broken clock is right two times a day, mon ami. But this is not one of those times."*

Beauty and the Beast is a 2017 American musical romantic fantasy film based on Disney's 1991 animated film of the same name, itself an adaptation of Jeanne-Marie Leprince de Beaumont's eighteenth-century fairy tale. The film features an ensemble cast that includes Emma Watson and Dan Stevens as the eponymous characters with Luke Evans, Kevin Kline, Josh Gad, Ewan

McGregor, Stanley Tucci, Audra McDonald, Gugu Mbatha-Raw, Ian McKellen, and Emma Thompson in supporting roles.

You are welcome to just turn up, or contact [journeyfilmclub@outlook.com](mailto:journeyfilmclub@outlook.com) or visit [www.journeyfilmclub.co.uk](http://www.journeyfilmclub.co.uk) for more details.



## LGBT Polska

Friday 12<sup>th</sup> January, from 7.30pm

Sidewalk, 125 Hurst St, Birmingham B5 6SE

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. We meet at the pub every second Friday at 7:30 pm. Just pop in, find us and relax. You will find more information on our website <http://lgbtbham.prv.pl/>

**Birmingham  
Married  
Men's  
Group**

## Married Men's Group

Mondays 8<sup>th</sup> & 22<sup>nd</sup> January, 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](mailto:mmgbham@hotmail.com) for more details, or visit <http://mmgbham.wix.com/marriedmensgroup>.

## NEW: NDQs

Sunday 28<sup>th</sup> January, 2pm - 4pm

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

FREE for LGBT\*QIA+ neuro-diverse people

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.

We intend to meet on the fourth Sunday of the month.

To find out more, contact Louie Dalle on 07518 152 064.



## OUTward Expressions: Coming Out: Sexuality, Gender and Identity

Saturday 13<sup>th</sup> January, from 11am

Birmingham Museum & Art Gallery, Chamberlain Square,  
Birmingham B3 3DH

**FREE for LGBT + allies**

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.

We will be visiting the Coming Out exhibition on Saturday 13<sup>th</sup> January. Meet in the foyer of BMAG at 11am. We will probably go to the Edwardian Tearooms for a spot of refreshment afterwards. <http://www.birminghammuseums.org.uk/bmag/whats-on/coming-out-sexuality-gender-and-identity>

Please contact Jay on 07983 353 584 or email Paddy at [paddy.broughton@btinternet.com](mailto:paddy.broughton@btinternet.com) for more information.

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: BBC Birmingham SOLD OUT

Tuesday 16<sup>th</sup> January, from 10.30am

BBC Birmingham, The Mailbox, Birmingham B1 1RF



## Pink Sou'westers: Indoor Archery

Friday 26<sup>th</sup> January, 6pm - 8pm

King Edwards Grammar School for Girls, Birmingham, B20 2BQ

**For LGBT + allies of all ages - MUST BOOK\* (£5 per person) - see below**

'Have a go' session at short distance archery using recurve bows with guidance and supervision from qualified instructors. Following an introduction, safety, etiquette and equipment allocation, four people per target will have time to practice followed by competitions on five different targets including a dart board face, Zombie 3D target, balloons, mosaic of target faces and playing cards!! At King Edwards Grammar School for Girls (Hall Road entrance off Villa Road.) 16/16A bus to Villa Cross stops nearby look out for Debenhams and TKMaxx. We'll be in the gym so wear warm, but not loose, clothing.

## \*Booking

To book all events requiring it contact our new 'booker' **Rob** on [pinksw.bookings@gmail.com](mailto:pinksw.bookings@gmail.com). He will always acknowledge your booking within 48 hours. Let him 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 **07840 903 196**. If you are apprehensive about coming get in touch and we will do all we can to support you.

For general information contact **Lesley** on [swbgroup@blueyonder.co.uk](mailto:swbgroup@blueyonder.co.uk) or **07976 274 271**.

If you are not already receiving email updates send an email to [pinksouwesters-subscribe@yahoogroups.co.uk](mailto:pinksouwesters-subscribe@yahoogroups.co.uk) and follow the instruction to click reply when you receive an email inviting you to join.



## Positive West Midlands

Mondays 8<sup>th</sup> 15<sup>th</sup> 22<sup>nd</sup>, 29<sup>th</sup> January, 11am - 4pm

Fridays 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> January, 11am - 4pm

Apache, 190 Corporation Street, B4 6QD

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](mailto:info@positivewestmidlands.co.uk) and also visit <https://www.facebook.com/positivewestmidlands/> for more details.



## Queer Women's Skill Share

Sunday 14<sup>th</sup> January, 3pm - 5pm

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

FREE for queer women + allies of all ages

Fancy having a go a knitting? It's making a comeback! Rhiannon will supply wool and needles. If you have any knitting experience, it will be very welcomed.

No need to book - just turn up!

For more information, and to join the mailing list, please email [midlandsqwss@gmail.com](mailto:midlandsqwss@gmail.com) or join the Facebook group here: <https://www.facebook.com/groups/128565097819285/>



## Rainbow Bridge

Drop-in: Tuesdays 9<sup>th</sup>, 16<sup>th</sup>\* 23<sup>rd</sup> January, 11am - 1pm

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

FREE for LGBT + allies of all ages

Coffee morning: Tuesday 30<sup>th</sup> January, 11am - 1pm

Second Cup café, 64 New St, Birmingham B2 4DU

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](mailto:rainbowbridge@gbt@yahoo.com) for more details, or join our Facebook group: <https://www.facebook.com/groups/787474638101615/>

\* on 16<sup>th</sup> January, Rainbow Bridge will be visited by Black Country Housing Association representatives, to discuss their retirement schemes, to ensure they can promise to "welcome people who are LGBT into our services and aim to promote being LGBT as a positive part of a person's identity and needs". They'd love to hear your views.



## Rainbow Spirit

Saturday 20<sup>th</sup> January, 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.

You are welcome to just turn up. For more details, contact Jon on 07974 477206, e-mail [jonghomer@hotmail.com](mailto:jonghomer@hotmail.com). We are also on the Meetup website as Birmingham Rainbow Spirit.



## TranSpectrum: Safe Space Social

Thursdays 11<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup> January, from 7.30pm

The Fox, 17 Lower Essex St, Birmingham B5 6SN

For trans and questioning people

TranSpectrum is a Safe Social Space for anyone who identifies under the Trans\* umbrella (as defined by

Stonewall) - whether you are questioning your gender, don't fit in a box or don't want labels, or if you are comfortably identifying as anything other than Cisgender. A meet up for the whole gender spectrum.

At our Safe Space Social we meet in the Pool Room at the Fox. We have the space all to ourselves, access to the bar in the room, gender neutral toilets, and obviously also a Pool Table.

## TranSpectrum: Coffee & Cake

Saturdays 13<sup>th</sup> & 27<sup>th</sup> January, 3.30pm - 5.30pm

3 Threes Coffee Lounge, 17-19 Martineau Way, Birmingham B2 4UW

For trans and questioning people

A fortnightly TranSpectrum coffee and cake meet up at the best vegan coffee and nibbles place in Birmingham!

As usual find us by looking for the Trans Flag and Phoebe the Pink Elephant.

For more information, please contact Louie on 07518 152 064, email [transpectrum@outlook.com](mailto:transpectrum@outlook.com) or check our website and social media:

<https://transpectrum.wordpress.com/>

<https://www.meetup.com/TranSpectrum/>

<https://www.facebook.com/TranSpectrum/>



*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](mailto:mariahughes@blgbt.org)*