



FEBRUARY 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 7.30pm TranSpectrum 7.45pm Acting Out Panto	2 11am Positive West Midlands 6.30pm Brum Bi Group 7.45pm Acting Out Panto	3 7.45pm Acting Out Panto	4 3pm Queer Women's Skill Share 5pm Illuminate
5 11am Bards & Books 11am Positive West Midlands	6 11am Rainbow Bridge 7pm Journey Film Club	7	8 7pm Acting Out 7.30pm TranSpectrum 7.30pm BGLAD	9 11am Positive West Midlands 8pm LGBT Polska	10 3.30 TranSpectrum	11 10.30 Boot Women 5pm Illuminate
12 11am Positive West Midlands 6pm Married Men's Group	13 11am Rainbow Bridge 7.30pm Brum Bi Group	14	15 6pm Ageing Well Together: Focus Group 7pm Acting Out 7.30pm TranSpectrum	16 11am Positive West Midlands 1pm Journey Asylum Seekers' Social 6.30pm Brum Bi Group	17 3pm Rainbow Spirit	18 5pm Illuminate
19 11am Positive West Midlands	20 11am Rainbow Bridge 7pm Journey Film Club	21 7pm Pink Sou'westers	22 7pm Acting Out 7.30pm TranSpectrum 7.30pm BGLAD	23 11am Positive West Midlands	24 3.30 TranSpectrum 5pm Hidayah	25 1.30pm Brum Bi Group 5pm Illuminate
26 11am Positive West Midlands 6pm Married Men's Group	27 11am Rainbow Bridge: Focus Group	28				



Ageing With Pride Focus Groups

Ageing Well Together: Thursday 15th February, 6pm - 8pm

Rainbow Bridge: Tuesday 27th February, 11am - 1pm

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

Ageing Well Together and Rainbow Bridge invite all who are interested to attend an Ageing With Pride Focus Group meeting.

Ageing With Pride is part of a city wide project which aims to see Birmingham as the best place in which to live well in older age. Birmingham LGBT has secured funding to develop a city wide campaign which aims to:

- Change behaviour and attitudes and help older LGBT people prepare for ageing.
- Increase visibility of the older LGBT community by celebrating older LGBT people's lives and present positive images of LGBT ageing.
- Raise awareness and understanding of the issues and causes of social isolation amongst older LGBT people and the means of preventing it, and highlight positive human interest stories about coming out of isolation to encourage others to take the first step.
- Address ageism in the LGBT community.
- Promote positive messages about all members of the LGBT community and from all backgrounds and to challenge homophobia and stereotypes.

In developing this campaign we are looking for the views and experiences of people of a range of ages through market research focus groups. These are discussions lead by a moderator who will share ideas and ask you for your views and opinions.

The focus group will be audio recorded to capture all of the comments, which will then be transcribed and anonymised. Refreshments will be available.

If you are interested in attending one of these focus groups, or require more information, please contact Maria on 0121 643 0821 or mariahughes@blgbt.org



Acting Out Panto

1st, 2nd & 3rd February, doors 7.45pm

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

FREE for LGBT people of all ages

Feeling the Post Winter Holiday Blues? Well fear not... Acting Out can help whisk you away from dreary weather conditions of Tipton (and surrounding areas).

On February 1st / 2nd / 3rd at The Wellington Hotel in Birmingham City Centre, Acting Out will be performing their newest production entitled 'Fairy Tale'. It a story of a downtrodden young man who goes on a magical journey to find happiness, truth and himself.

So why don't you come along to The Wellington Hotel on Bristol Street for a night of silly, saucy, slapstick nonsense.

Doors open at 19:45. Curtain 20:00.

Best of all... entry is entirely FREE!!

We hope to see you all there and feel free to share with everyone you know!!



Acting Out

Thursdays 8th, 15th, 22nd February, 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 5th February, 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 February, we will be discussing "Portrait of the Artist as a Young Girl" by Grayson Perry.

In March, members will be invited to select one poem by Thomas Gunn to bring to the meeting.

Get in touch to find out more: bardsandbooks@gmail.com

NEW: BGLAD

Thursdays 8th & 22nd February, 7.30pm - 9pm

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

FREE for LGBT + allies of all ages

Birmingham Gays and Lesbians Against Depression is a friendly support and social group for those suffering from depression or other mental illness; all our members understand depression or other conditions like anxiety, OCD or stress. The group cannot offer counselling or individual support but can guide towards options, and is part of the MIND peer support network of groups across the country.

We meet on alternate Thursday evenings (the second and fourth Thursday each month) from 7.30 to 9pm. To contact BGLAD, phone 0121 301 1284.



Boot Women: Moseley Bog, Sarehole Mill & Shire Country Park

Sunday 11th February, from 10.30am

Wake Green Playing Fields, Yardley Wood Road, Birmingham B13 9JS

For Lesbians, Bi Women and Women Allies

Our February walk will be an easy six miles route from Moseley through the Shire Country Park up to the Ackers Trust where we will take a break.

After retracing our steps back to the car park we will have a drink at the pub a short drive away. Please note the walk is wet and muddy in places so please wear appropriate footwear.

Meet at Cannon Hill Park (Russell Road car park, B13 8RD) at 10.15 am for 10.30 am departure. Or go directly to the start of walk (see above) at 10.45 am for an 11 am start.

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.

Any enquiries or just to let us know you're on your way and/or running late, call or text the Boot Women phone on its NEW number: 07754 530 130 or email hello@bootwomen.org.uk. Our website is <http://www.bootwomen.org.uk/>



Brum Bi Group

Brum Bi Group: Networking Meetup

Tuesday 13th February, 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/>



Brum Bi Group: Brum Bi Coffee

Sunday 25th February, 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.



Brum Bi Group: Bisexuals & Boardgames

Fridays 2nd & 16th February, 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 from 6:30pm-9pm.

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

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. We are also on Meetup here: <https://www.meetup.com/Brum-Bi-Group-Meetup/>



Hidayah

Saturday 24th February, 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



Illuminate

Sundays 4th, 11th, 18th, 25th February, 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.



Journey Church Asylum Seekers Social

Friday 16th February, 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 for more details.



Journey Film Club

Tuesdays 6th & 20th February, 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.

6th February: **Any Day Now** (2012), Cert 15, 1hr 38 mins

"Just because we are different does not make us bad parents."

Any Day Now is a 2012 American drama film directed by Travis Fine who rewrote the original screenplay that George Arthur Bloom had written 30 years previously. In the 1970s, a gay

couple fights a biased legal system to keep custody of the abandoned mentally handicapped teenager that comes to live under their roof.

20th February: **The Fish Child/ El Niño Pez** (2009), 1 hr 36 mins

Celebrated Argentine director Lucia Puenzo (XXY) returns with this gripping tale of forbidden lesbian romance and a crime heist gone wrong. Lala is in love with Ailin, her family's 20-year-old Paraguayan maid (Mariela Vitale, aka Emme). The girls hatch a plan to rob Lala's family to fund their dream of living together in Paraguay, at the shores of lake Ypoá. But while Lala waits to be reunited with her lover in Ypoá, Ailin is detained in the outskirts of Buenos Aires for a crime she did not commit. Desperate to be with her girlfriend, Lala hatches a dangerous rescue plan to get her back.

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



LGBT Polska

Friday 9th February, from 8pm

Equator Bar, 123 Hurst St, Birmingham B5 6SE

For LGBT + allies of all ages, Polish and Polish-speaking

LGBT Polska is a social group for Polish LGBT community and friends in West Midlands. We meet every second Friday of the month at 8pm in different venues in Birmingham gay village. Everybody is welcome. For more information please visit our website <http://lgbtbham.prv.pl/>

**Birmingham
Married
Men's
Group**

Married Men's Group

Mondays 12th & 26th February, 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>.

NDQs

Dates to be announced

Venues to be announced

FREE for LGBT*QIA+ neuro-diverse people

NDOs 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). NDOs stands for Neuro Diverse Queers.

We are changing our meeting dates and an update will be available soon.

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



Pink Sou'westers: Queer Quiz

Wednesday 21st February, from 7pm

Penthouse (above Loft Lounge), Bromsgrove Street, Birmingham B5 6RG

For LGBT + allies of all ages - entry £4/ £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

For general information contact Lesley on 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 and follow the instruction to click reply when you receive an email inviting you to join.



Positive West Midlands

Mondays 5th, 12th, 19th, 26th February, 11am - 4pm

Fridays 2nd, 9th, 16th, 23rd February, 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 and also visit <https://www.facebook.com/positivewestmidlands/> for more details.



Queer Women's Skill Share

NEW DATE: Sunday 4th February, 3pm - 5pm

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

FREE for queer women + allies of all ages

The next meeting of QWSS is going to be a dance themed meet up! There will be some queer dance videos and songs to enjoy, and there also be an opportunity to try your hand at a bit of swing dance! No need to book - just turn up.

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



Rainbow Bridge

Tuesday 6th February, 11am - 1pm

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

Tuesdays 13th 20th February, 11am - 1pm

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

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 rainbowbridge1gbt@yahoo.com for more details, or join our Facebook group: <https://www.facebook.com/groups/787474638101615/>



Rainbow Spirit

Saturday 17th February, 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 invited to try out your acting skills - no experience necessary - Simon will be leading a session of improvisations around gay themes - his previous sessions have been great fun, and provided a lot of laughs. We will also be doing some singing - if you have a voice, you can sing! - again no experience necessary; the aim is fun, not perfection!

In addition, we will be asking you to discuss, in small groups, some of the questions commonly raised by gay men, and perhaps find some answers to them.

As always, also time to socialise, catch up with friends, and make new ones.

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



TranSpectrum: Safe Space Social

Thursdays 1st, 8th, 15th, 22nd February, 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 10th & 24th February, 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 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

See more event information overleaf

🌈 LGBT HUB SUPPORTED EVENTS 🌈



Activate: #FitFebBrum

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 is 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, email activate@blgbt.org or call the Birmingham LGBT Centre on 0121 643 0821.



LGBT History Festival

22nd - 25th February - various venues and times

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.

Taking place at venues across the city, film screenings, events, talks, and discussions 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. The programme launches on Thursday 22nd February with a special archive screening of *Even Solomon* (the first example of a transgender character on British TV) and will close on Sunday 25th February with a screening of the classic film *'Beautiful Thing'* followed by an exclusive Q&A discussion with its creator; playwright, author and screenwriter Jonathan Harvey.

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.

The full programme is now available on the SHOUT Festival website <http://shoutfestival.co.uk/news/birmingham-lgbt-history-festival-2018-programme-announced>