



Birmingham **LGBT**

News from the Ageing Better LGBT Hub

**February 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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Network Enabler

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**

# Birmingham LGBT Hub News

**We have a number of Ageing Better LGBT Hub events coming up.**

If you are interested in attending any of these, or would like to find out more, **please contact Maria** on **0121 643 0821** or [mariahughes@blgbt.org](mailto:mariahughes@blgbt.org)



## **Doing It Better With Ageing Better**

**Saturday 17<sup>th</sup> February, 11am – 2pm (with optional networking time)**

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

This friendly workshop and networking event is for any group organisers or group members who are involved in Ageing Better, or who are interested in becoming involved.

Discussion topics include:

- Top tips for running groups and activities
- Handling conflict in groups
- Ageing Better Fund and other resources
- Publicity and social media
- Support – from the LGBT Hub and each other
- Reaching out to isolated people

Lunch is included. Please contact us to attend, with dietary or any other requirements.

## **Ageing With Pride Focus Groups**



**Thursday 15<sup>th</sup> February, 6pm – 8pm, OR**

**Tuesday 27<sup>th</sup> February, 11am – 1pm**

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

We welcome members of the LGBT community, especially those who are aged 50 and over.

Ageing With Pride is part of a city-wide campaign which aims to see Birmingham as the best place in which to live well in older age, 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.

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



## **LGBT Ageing Better Groups 'Takeover Day'**

**Saturday 24<sup>th</sup> March, 1pm – 4pm**

**BMAG Gas Hall, 2 Margaret St, Birmingham B3 3BS**

As part of the 'Coming Out' Exhibition at Birmingham Museum & Art Gallery, Ageing Better LGBT Hub has been offered a whole afternoon's entertainment, especially for our Ageing Better groups!

This will include:

- **Free artist drop-in session** in the Forum – make art to take away
- **Regular guided tours** – 1pm, 2pm and 3pm where members can drop in to take part in any they choose
- **Drop-in object handling session** – real queer 1960s objects to handle, 1960s newsreel and music playing, tea and coffee to relax and share in the Gas Hall AV room.

We welcome interest from Ageing Better groups, but you are also welcome to come as an individual. Please register your interest.



## **'Spring Forward'**

**Monday 26<sup>th</sup> March, 10am – 2pm**

**Austin Court, 80 Cambridge St, Birmingham B1 2NP**

'Spring Forward' is an annual event planned and run by the Age of Experience group of Ageing Better in Birmingham. This event gives new participants the opportunity to try Ageing Better activities, and will also include 'showcasing' of groups who are involved with the programme. More details will follow.

If you are interested in highlighting the activities of your Ageing Better group, please get in touch.



## **Birmingham Pride 2018 Carnival Parade**

**Saturday 26<sup>th</sup> May, from midday**

As many of you know, last year we marched with an Ageing Better float in Birmingham Pride Carnival Parade.

We are discussing the possibility of having a float in 2018's Parade with the Ageing Better Programme Team. What we need to know: is your group interested in working with us to decorate and ride on the float and march with the float?

If you are interested, please let us know.

# **Community News & Events**

## **Fitness February**

Fitness February is in full swing! Our month-long programme offers more than 80 free activities, fitness classes and sport tasters - with something for you to try every single day.



Play Badminton . Go Running . Go Swimming . Try Swimming for Triathlon . Practice Yoga . Go Walking . Play Rugby . Play Water Polo . Do Ballet . Do Bollywood Dancing . Go Line Dancing . Play Football . Do Aerobics . Go Indoor Climbing . Get Fencing . Lift Kettlebells . Do Boxercise . Play Table Tennis . Join in Circuits . Try Pilates . Play Roller Derby

[blgbt.org/fitfeb/](http://blgbt.org/fitfeb/) | [@birminghamlgbt](https://twitter.com/birminghamlgbt) #FitFebBrum

## **Birmingham LGBT History Festival**

**22<sup>nd</sup> – 28<sup>th</sup> February**

**Various venues**



After the phenomenal success of the first Birmingham LGBT History Festival - held in 2017 to mark the 50th anniversary of the 1967 Sexual Offences Act – we are delighted to again present the Birmingham LGBT History Festival, exploring the histories of Lesbian, Gay, Bisexual, and Transgender communities in Britain.

Taking place at venues across the city, this year will see film screenings, events, talks, and discussions explore 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.

Join us for 4 days of exploration, discussion, and celebration this LGBT History Month. For details of the full programme, see [www.shoutfestival.co.uk](http://www.shoutfestival.co.uk).

### **A Conversation With Ayla Holdom – Trans Equality In The Armed Forces**

**Thursday, 15th February, 6pm – 8pm**

**The Loft, 143 Bromsgrove Street, B5 6RG**



As part of LGBT History Month, Birmingham LGBT invites you to join us in a relaxed and interactive conversation with the ever-so-pleasant Ayla Holdom.

Ayla served as a military helicopter pilot in the Royal Air Force, for 13 years and for 7 of

those was an extremely proud and commended member of the RAF Search and Rescue team.

Ayla draws deeply from her professional & personal experiences to work alongside many others towards the integrity, empowerment and inclusion of trans individuals, allies and organisations alike.

It will be a fun and informative evening, the event is free but booking is essential.

<https://www.eventbrite.co.uk/e/a-conversation-with-ayla-holdom-trans-equality-in-the-armed-forces-tickets-36650483583>

## **Drag and Draw – Life Drawing Special**

**Saturday 17<sup>th</sup> February, 12.00pm - 4.00pm**

**Birmingham Museum & Art Gallery Gas Hall, 2 Margaret St,  
Birmingham B3 3BS**



Join us for a truly memorable life drawing session with a difference studying drag artist Naz in all her finery. The art of drag continues to evolve, provoke and affect popular culture.

As well as being your life model, Naz will break from being stationary at set intervals to perform for you, both in the Gas Hall and Round Room.

Join other likeminded artists, sketchers and visitors to take part. Paper, pencils and boards are provided with easels and seats as required. Alternatively bring in your own sketchpad or just enjoy the performance and meet Naz.

<http://www.birminghammuseums.org.uk/bmag/whats-on/drag-and-draw-life-drawing-special>

## **Diamond Ring Presentation Tea Dance for Gilbert & Gordon: Then All The World Could See How In Love We Are**

**Saturday 24<sup>th</sup> February, 2pm – 6pm**



## The Oswestry Memorial Hall, Smithfield St, Oswestry SY11 2EG

Get your dancing shoes on, your hair up in victory rolls and join us for an afternoon of Tea, Swing dancing and celebrating Love in all its glorious forms.

No Pre-booking required, £3.00 (pay on the door)

For further information about Gilbert & Gordon's love letters and about this project visit Oswestry Town Museum and [www.KILNensemble.org](http://www.KILNensemble.org)

<https://www.shrewsburylgbthistory.org.uk/events/diamond-ring-presentation-tea-dance-for-gilbert-gordon-then-all-the-world-could-see-how-in-love-we-are>

## Birmingham Mental Health Mates Meetup

Sunday 4<sup>th</sup> March, 11am

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

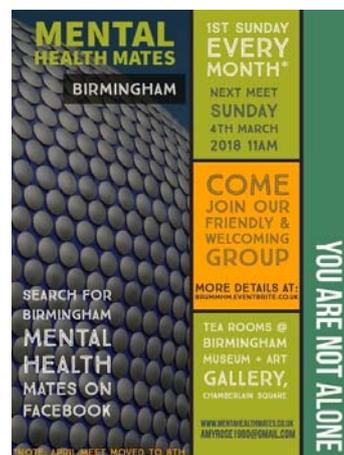
This group is for anyone affected by Mental Health Issues who wants to meet up with like minded people in a comfortable, welcoming and non-judgmental environment.

We usually meet on the 1st Sunday of every month in the lovely Tea Rooms at the Birmingham Museum & Art Gallery. There is no specific structure to our meets, just a relaxed meetup with no pressure to talk or get involved. Look out for the long table with a couple of balloons on.

If you do feel anxious or worried about attending, but would like to come, please don't hesitate to contact me on [amyrose1980@gmail.com](mailto:amyrose1980@gmail.com). If there is anything I can do to make it easier for you to attend, please let me know. We are more than happy to arrange to meet before if you don't want to walk in on your own.

So we can gauge how many people will attend, please do grab a free ticket. You don't need this to attend, but it means we can reserve a table for the right number:  
[brumhbm.eventbrite.co.uk](http://brumhbm.eventbrite.co.uk)

I really hope you can join us - Amy at [www.mentalhealthmates.co.uk](http://www.mentalhealthmates.co.uk)



## Offer for Trans Groups

**Kirsty Vinter** is a hairdresser who has contacted the LGBT Hub to offer free advice and haircuts/ styling to transgender community groups of all gender identities.

If you are interested, **please contact her directly** on **07708 932 672** or email

[kirstyvinter@icloud.com](mailto:kirstyvinter@icloud.com)

## Google Digital Garage Birmingham

**134B New Street, Birmingham, B2 4NS, Birmingham**

Google Digital Garage project is part of Google's commitment to provide free digital skills training to everyone across the UK. It is a place where anyone can come and learn how to harness the power of the internet to grow their business, develop new vocational skills or grow their confidence online.

Google Digital Garage offers a wide range of courses from beginner to intermediate levels meaning that anyone can come and take part. And it's all free!

<https://events.withgoogle.com/birmingham-digital-garage/>

***Do you have an idea for a group or activity, but you're not sure how to get it going?***

***Please get in touch with Maria on 0121 643 0821 or [mariahughes@blgbt.org](mailto:mariahughes@blgbt.org) for an informal, no obligations chat, or send your ideas to go in the newsletter.***

## Get Involved

### Tracing Lionel Strawbridge

In case you didn't see, from our last newsletter: Kathryn Strawbridge is tracing her family history and 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. Kathryn 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.

Please contact on [Kathryn.Strawbridge@hotmail.co.uk](mailto:Kathryn.Strawbridge@hotmail.co.uk).

## **Healthwatch Birmingham**

Healthwatch Birmingham is the independent champion for people who use health and social care in the city. We listen to what people think is good about services, and what could be improved. This could be about services like GPs, hospitals, dentists, opticians, pharmacists, care people receive in the community or nursing, care or residential homes. We use these experiences to drive improvement in local services.

You can feed back online, and also read other peoples' experiences of particular services:

<https://healthwatchbirmingham.co.uk/your-feedback/>

If you run a group and would like to invite someone from Healthwatch Birmingham to talk to your group and gain feedback on services, especially as they affect you as members of the LGBT communities, please contact **Maria** on **0121 643 0821** or [mariahughes@blgbt.org](mailto:mariahughes@blgbt.org). They are particularly interested in trans people's experiences of healthcare.

## **Alzheimer's Society**

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.

Their first session will be held on Monday 26<sup>th</sup> February at a location in Manchester 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](mailto:natasha.howard@alzheimers.org.uk)

# The last word . . .

**February 12 1940 - Park Grange**

*My own darling boy, There is nothing more than I desire in life but to have you with me constantly... ..I can see or I imagine I can see, what your mother and father's reaction would be... the rest of the world have no conception of what our love is - they do not know that it is love...*



<https://attitude.co.uk/article/13650/inspiring-story-of-forbidden-love-discovered-in-world-war-two-letters-between-two-men/>