



Ageing Better EVENTS

MARCH 2018



Promoting wellbeing in the LGBT community.

These events are welcoming for people aged 50 or over, and also people of all ages (unless otherwise stated)

Groups are listed in alphabetical order, overleaf.

			1 7pm Acting Out 7.30pm TranSpectrum	2 11am Positive West Midlands 6.30pm Brum Bi Group	3 2pm TranSpectrum	4 5pm Illuminate
5 11am Bards & Books 11am Positive West Midlands 6.30pm Trans Central	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	11 10.30 Boot Women 5pm Illuminate
12 11am Positive West Midlands 6pm Married Men's Group	13 11am Rainbow Bridge 1.30pm B'ham LGBT People's Housing Group 7.30pm Brum Bi Group	14	15 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 2pm TranSpectrum	18 3pm Queer Women's Skill Share 5pm Illuminate
19 11am Positive West Midlands 6pm A Rainbow Of Opinions	20 11am Rainbow Bridge 7pm Journey Film Club	21	22 7pm Acting Out 7.30pm TranSpectrum 7.30pm BGLAD	23 11am Positive West Midlands	24 1pm Ageing Well Together 7pm Rainbow Bridge	25 1.30pm Brum Bi Group 5pm Illuminate
26 <i>10am 'Spring Forward'</i> 11am Positive West Midlands 6pm Married Men's Group	27 11am Rainbow Bridge	28	29 7pm Acting Out 7.30pm TranSpectrum	30 11am Positive West Midlands	31 2pm TranSpectrum 5pm Hidayah	

🎪 FEATURED EVENTS 🎪



Ageing Well Together: 'Takeover Day'

Saturday 24th March, 1pm - 4pm

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

FREE for LGBT groups and people - some age restrictions

As part of the 'Coming Out' Exhibition at Birmingham Museum & Art Gallery, we have 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 with Maria on 0121 643 0821 or mariahughes@blgbt.org.



'Spring Forward'

Monday 26th March, 10am - 2pm

Austin Court, 80 Cambridge Street, Birmingham B1 2NP

FREE for people of all ages

You are invited to the Ageing Better 'Spring Forward' event, celebrating Ageing Better in Birmingham: a day of fun activities, with free lunch and refreshments. It's a chance to meet participants from across the Ageing Better in Birmingham programme.

This year, we will be showcasing Ageing Better groups, with demonstrations and exhibits, as well as offering a gentle exercise class and workshops on cooking and managing finances.

Places are limited, so please contact Maria on 0121 643 0821 or mariahughes@blgbt.org to book yours!

🌀 COMMUNITY GROUP EVENTS 🌀



A Rainbow of Opinions: The commercial 'gay scene' - is it still relevant?

Monday 19th March, 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:

Is the commercial 'gay scene' still relevant?

- Do younger LGBT people need the 'gay scene' any more?
- Are 'scene' venues still welcoming people over 40, over 50, over 60 . . . ?
- Are venues now just 'safe spaces' for hen nights?

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.



Acting Out

Thursdays 1st, 8th, 15th, 22nd, 29th March, 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 March, from 11am

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

For LGBT + allies of all ages

We are a friendly, welcoming group who read and discuss books of interest to the LGBT community. Tea and coffee provided (30p contributions welcome); lunch together afterwards is optional.

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

April's book will be: "Tragedy at Bawley Bay" by Elizabeth Cox

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



BGLAD

Thursdays 8th & 22nd March, 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.



Birmingham Older LGBT People's Housing Group

Tuesday 13th March, 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 and discuss how services can be more LGBT-affirmative.

Lunch will be provided between 12.30pm and 1.30pm.

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



Boot Women: Kingsford Forest Park

Sunday 11th March, from 10.30am

Kingsford Lane car park, Kingsford Lane, Kidderminster DY11 5SB

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 walks take place on the second Sunday of the month.

In March, we will be walking from Kingsford Forest Park, which is about a mile away from the well-known Kinver Edge. It is a 6 mile circular walk. There is a short steep section towards the start of the walk and a short section of quite sharp descent later on in the walk but you will be rewarded with a chance for a mid walk café stop and baby donkeys to see at Bodenham Arboretum!

We will then follow a delightful route through lanes and byways to Coldridge Wood before returning to the start via the aforesaid Bodenham Arboretum. The walk encompasses views of the local countryside and quiet lanes alongside and through fields. Several sections take you through woodland and past a couple of pools.

Please wear suitable footwear and bring something to eat. Paths will be very muddy in places.

Meet the walk leaders for shared lifts 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 at Kingsford Lane car park (DY11 5SB) for an 11.15 am start.

Remember to bring some lunch/drinks and something to sit on. Well behaved dogs are also welcome.

A fee of £1 is required to cover costs of admin.

Any enquiries or just to let us know you're on your way and/or running late, call or text the Boot Women phone: 07754 530 130.

Our website is <http://www.bootwomen.org.uk/>



Brum Bi Group: Networking Meetup

Tuesday 13th March, 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 March, 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 March, 6.30pm - 9pm

Holloway's Café, 38 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 Holloway's 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 31st March, 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 March, 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 March, 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 March, 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. You are welcome to just turn up, or contact journeyfilmclub@outlook.com or visit www.journeyfilmclub.co.uk for more details.

Tuesday 6th: **God's Own Country** (2017) 7pm Start, Cert 15, 1hr 44mins

Spring. Yorkshire. Young farmer Johnny Saxby numbs his daily frustrations with binge drinking and casual sex, until the arrival of a Romanian migrant worker for lambing season ignites an intense relationship that sets Johnny on a new path.

Tuesday 20th: **Hampstead** (2017) 7pm start, Cert 12A, 1hr 42mins

An American widow finds unexpected love with a man living wild on Hampstead Heath when they take on the developers who want to destroy his home.



LGBT Polska

Friday 9th March, 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. This month, we are meeting in Equator. 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 March, 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>.



Positive West Midlands

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

Fridays 2nd, 9th, 16th, 23rd, 30th March, 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

Sunday 18th March, 3pm - 5pm

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

FREE for queer women + allies of all ages

Queer Women's Skill Share (QWSS) is a group for women and allies which meets on the third Sunday of the month to do craft activities and drink tea!

This month, we'll be watching some lesbian/bi/trans short films and eating popcorn! Contact QWSS with suggestions or links of films you like or would like to see.

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

Tuesdays 6th, 13th, 20th 27th March, 11am - 1pm

Holloway's Café, 38 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. We meet at Holloway's which is the new café at Birmingham LGBT Centre.

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 Bridge 'After Dark'

Saturday 24th March, from 7pm

The Dragon Inn, Hurst St, Birmingham B5 4TD

For LGBT + allies aged 18+

Join Rainbow Bridge for a tour of the 'gay scene' meeting at the Dragon Inn, for a safe and fun night out. If you haven't been on the scene for a while, or not at all, you can check out the bars with a group of friends.



Rainbow Spirit

Saturday 17th March, 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.

Something for mind and body this month.

We seek to find answers (in small groups) to frequently asked questions about LGBT issues, raised by visitors to the 'coming out' exhibition in the Art Gallery, and respond to these on postcards - a chance to share ideas and experiences.

We look forward to some (clothed) head and shoulder or hand massage. Led by John Evans, these sessions have proved very popular in the past - using touch as an alternative / additional means of communication.

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**.



NEW: Trans Central

Monday 5th March, 6.30pm - 8.30pm

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

FREE for M-to-F trans people and allies

Trans Central is a (MTF), or Male to Female transgendered community support group; that meets in the Birmingham LGBT Centre in the West Midlands on the first Monday of each month at 6.30pm.

The group will aim to provide practical help and peer support to the local Trans community, while also creating the opportunity for individual members to take part in community programmes and events, which will work towards helping improve confidence, increase knowledge, and empowering Trans women, while in a relaxed, comfortable, safe and friendly environment.

Contact **Bobbi** for more details on **07908 319 439**.



TranSpectrum: Safe Space Social

Thursdays 1st, 8th, 15th, 22nd, 29th March, 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.

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 3rd, 17th & 31st March, 2pm - 4pm

Holloway's Café, 38 Holloway Circus, Birmingham B1 1EQ

For trans and questioning people

TranSpectrum Coffee & Cake fortnightly socials are moving to Holloway's (the brand new Cafe at the LGBT Centre!) and the dates for March and April have moved a week forward. 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