



Ageing Better EVENTS

APRIL 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.

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9 11am Bards & Books 11am Positive West Midlands 6pm Married Men's Group	10 11am Rainbow Bridge 7.30pm Brum Bi Group	11	12 7pm Acting Out 7.30pm BGLAD	13 11am Positive West Midlands 11.30am B'ham Older LGBT People's Housing Group <i>2pm Brum Cohousing</i> 8pm LGBT Polska	14 2pm TranSpectrum	15 2.30pm Queer Women's Skill Share 5pm Illuminate
16 11am Positive West Midlands 6pm A Rainbow Of Opinions	17 11am Rainbow Bridge 7pm Journey Film Club	18	19 7pm Acting Out	20 11am Positive West Midlands 1pm Journey Asylum Seekers' Social 6.30pm Brum Bi Group	21 2pm TranSpectrum 3pm Rainbow Spirit	22 1.30pm Brum Bi Group 5pm Illuminate
23 11am Positive West Midlands 6pm Married Men's Group	24 11am Rainbow Bridge	25	26 7pm Acting Out 7.30pm BGLAD	27 11am Positive West Midlands	28 2pm TranSpectrum 5pm Hidayah	29 5pm Illuminate
30 11am Positive West Midlands						



A Rainbow of Opinions: What have local councillors ever done for us?

Monday 16th April, 6pm - 8pm

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

FREE for LGBT + allies of all ages

'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.

With the local elections coming up, we are thinking about our local councillors: what we would like them to do for the LGBT community and how can they encourage the LGBT community to vote in elections - or even take part in them!

If you'd like to attend, or find out more, please contact **Maria** on **0121 643 0821** or mariahughes@blgbt.org.



Acting Out

Thursdays 5th, 12th, 19th 26th April, 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 9th April, 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. We meet on the first Monday of the month (second Monday, if the first is a bank holiday).

April's meeting will discuss "Tragedy at Bawley Bay" by Elizabeth Cox. We were approached last year by Elizabeth to see whether we would consider reading this book and the group agreed.

Elizabeth is able to attend the April meeting and is very keen to get feedback on it.... So, another “meet the author” session!

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



BGLAD

Thursdays 12th & 26th April, 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

Meeting - Friday 13th April, 11.30am - 1.00pm

Brum Co-housing Workshop - Friday 13th April, 2pm - 4pm

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

FREE for LGBT + allies of all ages

You are welcome to attend the next Housing Group meeting, where we will be receiving feedback on the **Stonewall Housing LGBT Quality Mark** pilot and meetings with **local housing and care providers**. We will also be starting to plan a **conference** for LGBT people and service providers to raise awareness of LGBT people's needs and what services are on offer.

Lunch will be provided between 1pm and 2pm.

After lunch, **Mike** from **Brum Cohousing** will hold a workshop for anyone interested in finding out more about what cohousing is, and Brum Cohousing's plan to build a warm, diverse community of 20 - 30 homes in Birmingham. This workshop is open to people of all ages, including non-LGBT people.

You are welcome to attend either or both of the sessions. Please contact **Maria** on **0121 643 0821** or mariahughes@blgbt.org so that we have an idea of numbers.



Boot Women: Leasowes Park

Sunday 8th April, from 10.30am

3 Leasowes Lane, near Halesowen B62 8DH

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.

Our April walk will be a trip to The Leasowes, a lovely wooded park with several ponds near Halesowen - a hidden gem in suburbia. The 5-mile walk has four quite steep inclines but no stiles. It could be muddy, so please wear appropriate footwear.

On the walk, we will find wild garlic and a watercress pond as well as hidden tree animals. Bring your binoculars, as we hope to spot wrens, grey wagtails, kingfishers, great tits (absolutely no pun intended), a noisy woodpecker and more.

For shared lifts, meet the walk leaders at Cannon Hill Park (Russell Road car park, B13 8RD) for 10.30 am departure. Or go directly to the start of walk at The Leasowes free car park (B62 8QF, A458 off Mucklow Hill) for an 11.00 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

Brum Bi Group: Networking Meetup

Tuesday 10th April, 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 Group: Brum Bi Coffee

Sunday 22nd April, 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 6th & 20th April, 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 28th April, 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 8th, 15th, 22nd 29th April, 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 20th April, 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 3rd & 17th April, 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 3rd: **Frankenweenie** (2012), Cert PG, 1h 27mins

When young Victor's pet dog Sparky (who stars in Victor's home-made monster movies) is hit by a car, Victor decides to bring him back to life the only way he knows how. But when the bolt-necked "monster" wreaks havoc and terror in the hearts of Victor's neighbours, he has to convince them (and his parents) that despite his appearance, Sparky's still the good loyal friend he's always been.

Tuesday 17th: **The Haunting** (1963) Cert 12, 1h 52min

A scientist doing research on the paranormal invites two women to a haunted mansion. One of the participants soon starts losing her mind . . .



Journey Film Club: Film Choice Meeting

Sunday 8th April, from 3pm

Boston Tea Party, 190 Coronation Street, Birmingham B4 6QD

Want to help us decide which films to screen next? Join us at our Film Choice Meeting. Can't attend? Send us a message or leave a comment, and we will consider your choice at the meeting.

<https://www.facebook.com/events/422968901478590/>



LGBT Polska

Friday 13th April, from 8pm

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

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 The Fox. Everybody is welcome. For more information please visit our website <http://lgbtbham.prv.pl/>



Married Men's Group

Mondays 9th & 23rd April, 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 9th, 16th, 23rd, 30th April, 11am - 4pm

Fridays 6th, 13th, 20th, 27th April, 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.

We are open on Good Friday, but not Easter Monday.

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 15th April, 2.30pm - 4.30pm

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 having another go at watching some lesbian/bi/trans short films and eating popcorn! (Last month: Snow stopped play!). 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 3rd, 10th, 17th 24th April, 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 rainbowbridgelgbt@yahoo.com for more details, or join our Facebook group: <https://www.facebook.com/groups/787474638101615/>



Rainbow Spirit

Saturday 21st April, 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.

The programme for today is rescheduled from the March meeting, and will be in two parts:

Phil will lead an illustrated workshop, inviting you to share what 'friendship' and 'intimacy' mean to you as a gay man. All our experiences are different, and this workshop gives you a chance to talk about your views and feelings and to hear those of others - stimulating and challenging.

John will offer a hands on workshop of head / shoulder (clothed) massage. In the past this has proved to be a very relaxing experience - highly recommended.

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**.



Trans Central

Tuesday 3rd April, 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 (Tuesday if the Monday is a bank holiday).

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: Coffee & Cake Social

Saturdays 7th, 14th, 21st, 28th April, 2pm - 4pm

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

For trans and questioning people 16+

A safe space drop-in every Saturday afternoon at Holloway's (the cafe at Birmingham LGBT centre) to socialise and access peer support within the Trans* community and enjoy the food and drink that is on offer! (vegetarian/vegan/gluten free/dairy free options available!)

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

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.

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.

If you would like to receive this information, together with the LGBT Hub Newsletter, every month electronically, please contact Maria.