



Ageing Better EVENTS

MAY 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 11am Rainbow Bridge 7pm Journey Film Club	2	3 7pm Acting Out	4 11am Positive West Midlands 6.30pm Brum Bi Group	5 7.30pm 'Fifty Shades of Tony'*	6 5pm Illuminate
7 Bank Holiday	8 11am Rainbow Bridge 6.30pm Trans Central 7.30pm Brum Bi Group	9	10 7pm Acting Out 7.30pm BGLAD	11 11am Positive West Midlands 6.30pm Brum Bi Group 8pm LGBT Polska	12	13 10.30am Boot Women 2.30pm Queer Women's Skill Share 5pm Illuminate
14 11am Bards & Books 11am Positive West Midlands 6pm Married Men's Group	15 11am Rainbow Bridge 7pm Journey Film Club	16	17 7pm Acting Out	18 11am Positive West Midlands 11am Rainbow Bridge 1pm Journey Asylum Seekers' Social	19 3pm Rainbow Spirit	20 11am OUTward Expressions 12pm Pride float workshop 5pm Illuminate
21 11am Positive West Midlands 6.30pm NDQs	22 11am Rainbow Bridge	23	24 7pm Acting Out 7.30pm BGLAD	25 11am Positive West Midlands	26 Birmingham Pride	27 Birmingham Pride 5pm Illuminate
28 Bank Holiday <i>Rainbow Rambles**</i>	29 11am Rainbow Bridge	30	31 7pm Acting Out			

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Sunday 20th May, 12pm - 5pm

Birmingham Pride Float Decoration Workshop

190 Corporation Street, B4 6QD

FREE for LGBT + allies of all ages



Come and join with Positive West Midlands and others to make Pride Parade banners and decorations for the Ageing Better Pride Float.

All materials will be supplied, and we are generously hosted by **Positive West Midlands** at their venue in Corporation Street, opposite the Magistrate Court (next door to Pizza Express). Light refreshments will be provided and you are welcome to bring your own lunch.

If you have any questions, please contact **Maria Hughes** on 0121 643 0821 or mariahughes@blgbt.org. See examples of Garry's work at <https://www.offfourrolleyarts.com/>

Walk With Pride! If you would like to join the Birmingham LGBT walking group at Birmingham Pride 2018, please meet us at **Victoria Square, 11.00am**

PRIDE ♥ WEEKEND
at **Birmingham LGBT Centre**
Sat 26 & Sun 27 May 2018
All activities are **FREE**

Birmingham LGBT Centre, 28-40
Holloway Circus, Birmingham B1
1EQ

Saturday
from 1pm
♥
Acoustic musician
line-up: Zara Sykes,
Faye Bagley, Esther Turner
Bake-off competition
in Holloways Café
Film screening:
Call Me by
Your Name
(4pm)
Pride day quiet space

Sunday
from 1pm
♥
LGBT Lit' Fest in-a-day
with writing sensation
Sophia Blackwell
Featuring: Scott Campbell,
RJ Arkhipov, and former Attitude
Magazine Editor-in-Chief
Matt Cain
Concluding with a spoken word
open-mic salon for local poets,
writers and performers
... just turn up!



Monday 28th May, from 11am

Rainbow Rambles: Pride Ramble

MAC, Cannon Hill Park, Birmingham B12 9QH

Rainbow Rambles host bi-monthly easy walks that are free, open to all members of the LGBT community, and a great way to get outdoors and meet people.

Starting at 11am by the bridge next to the MAC, the guided four-mile stroll in the surprisingly rural Rea Valley area is an ideal way to banish those post Birmingham Pride blues and celebrate Spring.

The walk goes ahead whatever the weather so appropriate footwear is recommended, and you can bring a packed lunch or head to the Mac café after the walk.

Further information can be found at blgbt.org/prideramble

COMMUNITY GROUP ACTIVITIES



Acting Out

Thursdays 3rd, 10th, 17th, 24th, 31st May 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.

Coming up in July: "The Fixer", 19th, 20th & 21st July at The Wellington. See Facebook for more details: <https://www.facebook.com/events/389511311513220/>



Bards & Books

Monday 14th May, 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).

Mays's meeting will discuss "Day's Without End" by Sebastian Barry.

June's meeting will discuss "Two Gentlemen Sharing" by William Corlett.

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



BGLAD

Thursdays 10th & 24th May, 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: Ironbridge

Sunday 13th May, from 10.30am

The Green Wood Café, The Green Wood Centre, Station Road, Coalbrookdale TF8 7DR

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 May walk takes us to Ironbridge and is 5-6 miles long. We start at Green Wood Café. From the café we walk along the side of the River Severn then cross the World Heritage Site Ironbridge where you'll be able to see the recent restoration work. We continue uphill then it flattens off across farmland and on to National Trust property Benthall Hall. We'll have a short snack / butty stop and then follow the Shropshire Way and old railway track which will return us across the famous bridge. Then along the Wharfage and back for tea / coffee and cake, or more at the café.

The walk is suitable for dogs but there could potentially be livestock in the fields at the time of the walk.

Something to sit on is advisable for our snack stop.

Please note appropriate footwear is needed as the paths will be muddy, even if there's a heatwave!

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 in the free car park at the Green Wood Café (Telford TF8 7DR) for an 11.30 am start.

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**.

We are still collecting for Women's Aid, and all donations you can make (women's or children's clothes, toys, cash) will be welcome.

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



Brum Bi Group: Networking Meetup

Tuesday 8th May, 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 27th May, 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

Friday 11th May, 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/>

Coming up in June: BiCamp - 1st - 3rd June. More details here:
<https://www.eventbrite.co.uk/e/bicamp-uk-2018-tickets-41570785338>



Hidayah at Pride

Saturday 26th May, 10.45am

Victoria Square

FREE for LGBT+ Muslims and friends

Join Hidayah celebrate Birmingham Pride Parade 2018. This year's theme is 'BE YOU' so express yourself and have some fun.

Dress Code - Be bright and colourful and most importantly BE YOU!

As a walking group, we will assemble in Victoria Square from 10.45am and will be added to the procession as its formed at the junction of Waterloo Street and Colmore Row. Please make sure you meet Naz a.k.a Seemaa as she will take you to your position in the parade. Contact Naz Gey on Facebook for more information: <https://www.facebook.com/hidayahlgbt/>

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 6th, 13th, 20th, 27th May, 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 18th May, 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 1st & 15th May, 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 1st: **The Theory of Everything** (2014) 2hr 3mins - 7pm start

The Theory of Everything is a 2014 British biographical romantic drama film which is set at Cambridge University and details the life of the theoretical physicist Stephen Hawking. It was directed by James Marsh, and adapted by Anthony McCarten from the memoir Travelling to Infinity: My Life with Stephen by Jane Hawking, which deals with her relationship with her ex-husband, theoretical physicist Stephen Hawking, his diagnosis of amyotrophic lateral sclerosis (ALS, also known as Lou Gehrig's disease or motor neurone disease), and his success in physics.

Tuesday 15th: **The Killing of Sister George** (1969) 2hr 18mins

The Killing of Sister George is a 1968 film directed by Robert Aldrich based on the 1964 play by Frank Marcus. In the film, an aging lesbian television actress, June "George" Buckridge (Beryl Reid, reprising her role from the stage play), simultaneously faces the loss of her popular television role and the breakdown of her long-term relationship with a younger woman (Susannah York). Although Marcus' play was a black comedy the film version was marketed as a "shocking drama"; it added explicit lesbian content that was not in the original play, and was presented as a serious treatment of lesbianism.

LGBT POLSKA

LGBT Polska

Friday 11th May, 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/>

**Birmingham
Married
Men's
Group**

Married Men's Group

Monday 14th May, 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: Grub Club

Monday 21st May, from 6.30pm

Not Dogs, LinkStreet, Bullring, Birmingham B5 4BS

For LGBT*QIA+ neuro-diverse people

NDQs is a 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're hosting a Grub Club on the third Monday evening of the month. Join our Grub Club on 21st May, at Not Dogs in the Bullring, between Grand Central & Debenhams.

To find out more about NDQs, contact **Louie** on **07518 152 064** or neurodiversequeers@gmail.com



OUTward Expressions: "From A Small Island"

Sunday 20th May, from 11am

Midlands Arts Centre Cannon Hill Park, Birmingham, B12 9QH

FREE for LGBT + allies of all ages

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.

On Sunday 20th May we will visit Midlands Art Centre to have a look at photographer Andrew Jackson's Exhibition "From a Small Island". This is showcasing his new series of work exploring identity, migration, memory and family. Following a visit to Jamaica in 2017, he investigates the identities of Jamaican Diaspora since post-war migration to Britain, and the lives of 2nd and 3rd generation migrants born here.

We will meet in the foyer by the cafe at 11am. Please contact **Jay** on **07983 353 584** or email **Paddy** at 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/>



Positive West Midlands

Mondays 14th & 21st May, 11am - 4pm

Fridays 4th, 11th, 18th, 25th May, 11am - 4pm

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 not open on the bank holiday Mondays in May.

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 13th May, 2.30pm - 4.30pm

Birmingham LGBT Centre, 38-40 Holloway Circus, Birmingham 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!

Join us on Sunday 13th May for some good old fashioned crafting! We will be making a banner representing LBT women in our community. We are inspired by the Birmingham Pride parade which takes place at the end of May! All welcome. Please bring any craft supplies you can spare.

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 1st, 8th, 15th, 22nd, 29th May, 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 Bridge: visit to Apsley House

Friday 18th May, 11am - 1pm

Apsley House, Wellington Street, Cradley Heath B64 5NF

FREE for LGBT + allies of all ages

Join Rainbow Bridge on the road! on 18th May we will visit Apsley House, which is an independent living centre for the over 55s managed by Black Country Housing Group. Free tea, coffee, cakes and a raffle prize on offer, and a chance to meet the residents and staff.

The X10 bus goes from Birmingham city centre to Old Hill Cross (4 minutes' walk away); there are trains to Cradley Heath station (then bus journey may be necessary). If you need more information on how to get there, contact rainbowbridgelgbt@yahoo.com or Maria on 0121 643 0821.



Rainbow Spirit

Saturday 19th May, 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. We are also on the Meetup website as **Birmingham Rainbow Spirit**.



Trans Central

Tuesday 8th May, 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**.



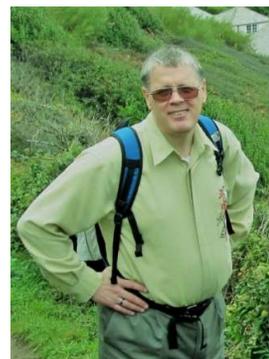
Tony Hammes - 5th June 1952 - 7th September 2017

50 Shades of Tony

Saturday 5th May, from 7.30pm

Foyle Studio, MAC, Cannon Hill Park, Birmingham B12 9QH

As many of Tony's friends know before his 'Final Countdown' Tony asked us to put on an event to celebrate 'Communication'. This will be for his friends, acquaintances, work colleagues, anyone who knew him, plus friends of the performing groups. Some of the performance will reflect Tony's wicked sense of humour and will probably not be suitable for children.



There will be no charge for tickets (but please let MAC know if you decide to cancel) and there will be a collection to support the groups performing.

The Groups: InteGreat Theatre, Bards and Books, Acting Out, Rainbow Voices.

Director: Shaun Aspinall

To book, phone MAC on **0121 446 3232** or book online:
<https://macbirmingham.co.uk/book?id=554148>



BSL Interpretation



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.