



Ageing Better Events JULY 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 3pm Journey Film Club 5pm Illuminate
2 11am Bards & Books 11am Positive West Midlands 6.30pm Trans Central	3 11am Rainbow Bridge 7pm Journey Film Club	4 5.30pm Looking Forward To Ageing	5 12pm Rainbow Bridge 7pm Acting Out	6 11am Positive West Midlands 12.30pm Older LGBT Housing Group 6.30pm Brum Bi Group	7	8 10.15am Boot Women 5pm Illuminate
9 11am Positive West Midlands 6pm Married Men's Group	10 11am Rainbow Bridge 7.30pm Brum Bi Group	11	12 12pm Rainbow Bridge 7pm Acting Out 7.30pm BGLAD	13 11am Positive West Midlands 8pm LGBT Polska	14	15 5pm Illuminate
16 11am Positive West Midlands 6.30pm NDQs	17 11am Rainbow Bridge 7pm Journey Film Club	18	19 12pm Rainbow Bridge 7pm Acting Out: <i>The Fixer</i>	20 11am Positive West Midlands 1pm Journey Asylum Seekers' Social 6.30pm Brum Bi Group 7pm Acting Out: <i>The Fixer</i>	21 3pm Rainbow Spirit 7pm Acting Out: <i>The Fixer</i>	22 1.30pm Brum Bi Group 5pm Illuminate
23 11am Positive West Midlands 6pm Married Men's Group	24 11am Rainbow Bridge	25	26 12pm Rainbow Bridge 7pm Acting Out 7.30pm BGLAD	27 11am Positive West Midlands	28 5pm Hidayah	29 5pm Illuminate
30 11am Positive West Midlands	31 11am Rainbow Bridge					

FEATURED EVENTS



Acting Out: *The Fixer*

19th, 20th 21st July, 7pm (doors)/ 7.15pm (performance)

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

FREE for LGBT people 18+

Our next production will be "The Fixer", and will be performed at the Wellington Hotel 19th, 20th and 21st of July.

You fix a lot of things when you're working with organised crime, usually with a few bullets and some smooth talking. But when mob fixer Mark meets regular guy Tom in a bar, neither seem an option. Suddenly stuck in the middle of his unexpected attraction to Tom and his relative comfort in his job, it's hard to make a relationship work with more jobs to kill and a mob war brewing on your doorstep. Funny characters with a dark side; ruthless gangsters, a barmaid with a bite, and the one man he never banked on meeting, Mark as The Fixer, for the first time in his life, is gonna need a hell of a lot more than a gun at his side...

<https://www.facebook.com/events/389511311513220/>



Looking Forward To Ageing

Wednesday 4th July, 5.30pm for a 6pm start - 8pm

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

FREE for LGBT - aimed at 50+ but places may be available for under 50s MUST BOOK



Beth Johnson Foundation has been developing training programmes to help people plan for the process of ageing and all that brings: looking forward to new opportunities and planning to make them happen.

We want to see if this is of interest to LGBT people who are thinking about their later life, getting used to the idea of ageing, or even trying to avoid thinking about it! We also want to test some of the workshop material to see if it is inclusive of LGBT life experiences.

Ageing Better and BJF are running a workshop/ focus group on 4th July, in the evening, to introduce the subject, try out a couple of the exercises from the existing training and gather ideas about further development. We hope to be able to offer a programme which Birmingham LGBT could deliver to LGBT community members in the future.

The workshop will start at 5.30pm with refreshments, then 6pm until 8pm at Birmingham LGBT Centre.

Places are limited, so if you are interested and want to find out more, please contact Maria on 0121 643 0821 or mariahughes@blgbt.org.

COMMUNITY EVENTS



Acting Out

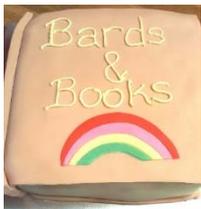
Thursdays 5th, 12th, 26th July, 7pm - 9pm

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 2nd July, 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).

July's meeting will discuss a selection of poems from "The World's Wife" by Carol Ann Duffy

August's meeting will discuss "The Gustav Sonata" by Rose Tremain.

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



BGLAD

Thursdays 12th & 26th July, 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

Friday 6th July, 12.30pm/ 1.30pm - 3.30pm

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

FREE for LGBT people and allies, and housing professionals

Birmingham Older LGBT People's Housing Group welcomes members of the LGBT community and professionals from housing and care providers, to discuss the needs of older LGBT people and support sensitive and appropriate services.

We will be receiving feedback on the **Stonewall Housing LGBT Quality Mark** and plans to support LGBT residents' groups and visit different facilities.

Lunch will be provided between 12.30pm and 1.30pm.

Please contact **Maria** on **0121 643 0821** or mariahughes@blgbt.org if you would like to attend.



Boot Women: Lickey Hills Country Park

Sunday 8th July, from 10.15am/ 11.15am

Lickey Hills Visitor Centre TOP car park, Warren Lane, B45 8ER

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.

Join us in July for a lovely walk through the Lickey Hills, a green flag award-winning 524 acre country park right on our door step.

Deciduous, spruce and pine trees line our 4.5 mile route along with over 380 types of flowering plants and ferns. There is wildlife in abundance with deer, badgers, birds and reptiles making the park their home.

As we head upwards on our leisurely walk, the only incline takes us to our lunch stop: the Toposcope on Beacon Hill, which offers breath-taking views of Birmingham and the surrounding areas.

Meet for shared lifts 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 visitor centre TOP car park, Warren Lane, B45 8ER for an 11.15 am start.

A fee of £1 is required to cover costs of admin. In addition, we are grateful to everyone who will give a further £1 as a donation to Women's Aid.

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: **07754 530 130**. Our website is <http://www.bootwomen.org.uk/>



Brum Bi Group

Brum Bi Group: Networking Meetup

Tuesday 10th July, 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 July, 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

Brum Bi Group: Bisexuals & Boardgames

Fridays 6th & 20th July, 6.30pm - 9pm

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

FREE for bisexual people and allies

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 July, 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 1st, 8th, 15th, 22nd, 29th July, 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 July, 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.



Sunday Afternoon Coffee, Cakes and Conversation

Sunday 1st July, 3pm

Java Coffee Lounge, 124 Colmore Row, Birmingham B3 3SD

If you want a few hours on a Sunday afternoon to cosy up to a latte, tuck into some cake and also digest some film natter then is a day you need to pencil in. That's right folks, our 'Coffee, Cakes and Conversation' afternoon is back, a chance to grab some yummy cake and meet some fantastic people!



Journey Film Club

Tuesdays 3rd & 17th July, 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: **Torch Song Trilogy** (1988) 2 hr (7pm start)

The film was directed by Paul Bogart and stars Fierstein as Arnold, Anne Bancroft as Ma Beckoff, Matthew Broderick as Alan, Brian Kerwin as Ed, and Eddie Castrodad as David. Executive Producer Ronald K. Fierstein is Harvey Fierstein's brother.

Arnold, a famous drag queen, tragically lost his lover Alan in a hate crime Alan tried to prevent. Arnold is now torn between his memories on Alan, his bisexual lover Ed, their new adopted teenage gay son David and Arnold's never quite satisfied mother.

Tuesday 17th: **Victoria and Abdul** (2017) 1 hr 5 min (7pm start)

The film tells the extraordinary true story of an unexpected friendship in the later years of Queen Victoria's remarkable rule. When Abdul Karim, a young clerk, travels from India to participate in the Queen's Golden Jubilee, he is surprised to find favor with the Queen herself. As the Queen questions the constrictions of her long-held position, the two forge an unlikely and devoted alliance with a loyalty to one another that her household and inner circle all attempt to destroy. As the friendship deepens, the Queen begins to see a changing world through new eyes and joyfully reclaims her humanity.

SAVE THE DATE: Sunday 5th August, 3pm

Film Choice Meeting at Second Cup, New Street Birmingham

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.

LGBT POLSKA

LGBT Polska

Friday 13th July, 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

Mondays 9th & 23rd July, 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 16th July from 6.30pm

Nando's, Five Ways Leisure Centre, Bishopsgate St,
Birmingham B15 1DA

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 16th July at Nando's in Broad Street, next to Cineworld.

To find out more about NDQs, contact neurodiversequeers@gmail.com



Positive West Midlands

Mondays 2nd, 9th, 16th, 23rd, 30th July, 11am - 4pm

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



Rainbow Bridge

Tuesdays 3rd, 10th, 17th, 24th, 31st July, 11am - 1pm

NEW: Thursdays 5th, 12th, 19th, 26th July, 12pm - 2pm

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

FREE 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 Jonathan at hadenshouse@hotmail.com for more details, or join our Facebook group: <https://www.facebook.com/groups/787474638101615/>

There will be a journalist from the Huffington Post at the meeting on 3rd July!

SAVE THE DATE: Rainbow Bridge 'Coffee at the Cube', Wednesday 8th August, 2pm - 4pm



Rainbow Spirit

Saturday 21st July, 3pm - 6pm

Birmingham LGBT, 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

Monday 2nd July, 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**.



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.



Ageing with Pride aims to tackle ageism within the LGBT community, increase visibility for members of the LGBT community who are 50+, and highlight the richness of wealth that exists within this group where lived experiences are concerned.

To help us prepare for the launch of this campaign, we are conducting some research to learn more about where LGBT people aged 50 and over get their news, entertainment and other forms of media.

We would be very grateful if you could spare us five minutes to complete the following survey. Please only start the survey if you are 50+.

<https://www.surveymonkey.co.uk/r/22ZL3MJ>

