



Ageing Better EVENTS JUNE 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 <i>Bi Camp*</i> 11am Positive West Midlands	2 <i>Bi Camp</i>	3 <i>Bi Camp</i> 5pm Illuminate
4 11am Bards & Books 11am Positive West Midlands 6.30pm Trans Central	5 11am Rainbow Bridge 7pm Journey Film Club	6	7 7pm Acting Out	8 11am Positive West Midlands 6.30pm Brum Bi Group 8pm LGBT Polska	9 <i>7pm Dance Your Socks Off**</i>	10 10.15am Boot Women 5pm Illuminate
11 11am Positive West Midlands 6pm Married Men's Group	12 11am Rainbow Bridge 7.30pm Brum Bi Group	13	14 7pm Acting Out 7.30pm BGLAD	15 11am Positive West Midlands 1pm Journey Asylum Seekers' Social	16 3pm Rainbow Spirit	17 5pm Illuminate
18 11am Positive West Midlands 6.30pm NDQs	19 11am Rainbow Bridge 7pm Journey Film Club	20	21 2pm Litha Art in the City 7pm Acting Out	22 11am Positive West Midlands 6.30pm Brum Bi Group	23	24 1.30pm Brum Bi Group 5pm Illuminate
25 11am Positive West Midlands 6pm Married Men's Group	26 11am Rainbow Bridge	27	28 7pm Acting Out 7.30pm BGLAD	29 11am Positive West Midlands 11am OUTward Expressions	30 5pm Hidayah	

**there is no Bisexuals & Boardgames this Friday, due to Bi Camp - the dates are changed for this month only*

***see last page for details*

FEATURED EVENT



Rainbow Bridge: Litha Art in the City

Thursday 21st June, 2pm - 9pm

190 Corporation Street, B4 6QD

FREE for LGBT people of all ages

Litha Art in the City. Mid Summer exhibition of a broad spectrum of Art forms from Cos Play to Sculpture from within and outside the LGBT+ community. Free and open to all ages.

A dream of Art on Mid Summers night. Rainbow Bridge is proud to present a much requested second Art Exhibition, kindly hosted by Positive West Midland at their Corporation street site.

We will have a varied mixed of Art on display, more classical painting, drawing and sculpture, live art, cosplay, poetry and much more. All of which will be FREE along with free light refreshments and soft drinks.

No booking required, but if you'd like more information contact rainbowbridgelgbt@yahoo.com or RSVP on the Facebook event:

<https://www.facebook.com/events/212410872870641/>

COMMUNITY EVENTS



Acting Out

Thursdays 7th, 14th, 21st, 28th June, 7pm - 9pm

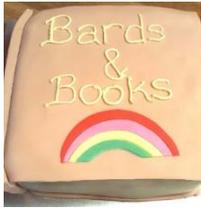
The Wellington Hotel, 72 Bristol St, Birmingham B5 7AH

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 4th June, 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).

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

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

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



BGLAD

Thursdays 14th & 28th June, 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: Cannock Chase

Sunday 10th June, from 10.15am/ 11.30am

Cannock Chase, ST17 0TP (see below)

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.

This is a lovely 8 mile walk, exploring Cannock Chase, an area of outstanding natural beauty.

The route is very varied, passing through deciduous woodland, coniferous plantations and open heathland with beautiful views across the Chase. There are three steep sections, but these are spaced well apart, so don't let this put you off. Although this is a slightly more challenging walk than usual, anyone of average fitness will be fine.

Meet for shared lifts at Cannon Hill Russell Road car park (B13 8RD) from 10.15 am for 10.30 am departure. Or go directly to the start of the walk for an 11.30 am start. The nearest postcode is ST17 0TP. This postcode takes you to All Saints Church in Brocton village. You need to proceed

beyond this for quite a way. Shortly after the red telephone box, take the right hand fork up the hill (beside the tiny "village green"). You will pass the "Black and White Cottage" on your right. Continue onto the unnamed Chase Road. This road is very long with speed bumps and many parking areas on each side. Our meeting place is the Glacial Boulder car park which is a long way down this road. On your way you will pass on your left Quarry car park, Coppice Hill car park and Dry Pits car park before coming to the Glacial Boulder car park, which is on your right. It is easy to miss, but it has a sign up to indicate you are in the right place, and also we will look out for you and wave if necessary!

Remember to bring some lunch/drinks and something to sit on.

Well behaved dogs are also welcome. But please note: There have been reports of dogs contracting Alabama rot after walking on Cannock Chase, so if you are considering bringing your dog, you may wish to seek further advice.

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.

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 12th June, 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 24th June, 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 8th & 22nd June, 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 30th June, 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 3rd, 10th, 17th, 24th June, 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 15th June, 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 5th & 19th June, 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 5th: **Victim** (1961) 1h 30min

The death of a young man leads to the discovery of a blackmail plot against a number of gay men in 1960s London.

Victim is a 1961 British suspense film directed by Basil Dearden, starring Dirk Bogarde and Sylvia Syms. It was the first English language film to use the word "homosexual".

Tuesday 19th: **The Man Who Fell to Earth** (1976) 7pm start, 2h 19min

The Man Who Fell to Earth is a 1976 British science fiction film directed by Nicolas Roeg and written by Paul Mayersberg, based on Walter Tevis' 1963 novel of the same name about an extraterrestrial who crash lands on Earth seeking a way to ship water to his planet, which is suffering from a severe drought. The film maintains a strong cult following for its use of surreal imagery and the performance by David Bowie (in his first starring film role)

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 Sunday 1st July 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! <https://www.facebook.com/events/237096103726949/>

LGBT POLSKA

LGBT Polska

Friday 8th June, 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 11th & 25th June, 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 18th June, from 6.30pm

The Dragon Inn, Hurst St, Birmingham B5 4TD

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 18th June at the Dragon Inn (Wetherspoon's) in Hurst Street.

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



OUTward Expressions: RBSA Friends Exhibition

Friday 29th June, from 11am

RBSA, 4 Brook St, Birmingham B3 1SA

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 Friday 29th June we will be visiting the RBSA (Royal Birmingham Society of Artists) Friends Exhibition: <http://www.rbsa.org.uk/whats-on/exhibitions/friends-exhibition-2018/>

RBSA is a gallery showing contemporary work over three floors (there is a lift). It's light and spacious and the standard of work is high. For those who would like refreshments there is a really good cafe nearby which we will visit.

If anyone would like a lift, please contact the organisers to can arrange car shares: **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 4th, 11th, 18th, 25th June, 11am - 4pm

Fridays 1st, 8th, 15th, 22nd, 29th June, 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 5th, 12th, 19th, 26th June, 11am - 1pm

Birmingham LGBT, 38-40 Holloway Circus, Birmingham 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.

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 16th June, 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 4th June, 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.



♪ Dance Your Socks Off ♪

In aid of Animal Free Research
and in memory of Wendy Hurst
(who had a passion for dancing)

www.facebook.com/AYearOfHurst

Join us for a night of
dancing to all kinds of
music (disco included!)
on **Saturday 9 June.**

Helga and Lynda, who
taught Wendy Latin and ballroom dancing, will
be there to show us how to do a dance or two.



Time and place? All Saints Centre, 2 Vicarage Road, Kings Heath, Birmingham B14 7JJ. There's easy wheelchair access and some disabled parking. Come along from 7pm, to dance 'til 11pm.

How much? A recommended donation of £5.

What to bring and what to wear? Bring alcoholic or non-alcoholic beverages (there is no paying bar) and nibbles to share, and dress to dance without a care.



To **buy tickets**, please post your donation at
www.justgiving.com/fundraising/jane-mckears,
stating your name/s and typing in the comments
box "**For Dance Your Socks Off 2018**".

Any queries, please message us via the Facebook
page: www.facebook.com/AYearOfHurst.