



Birmingham **LGBT**

News from the Ageing Better LGBT Hub

June 2018



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If you would like to receive these newsletters electronically, please get in touch and I will add you to the emailing list.

**Maria Hughes**

Network Enabler

Ageing Better LGBT Hub

0121 643 0821

[mariahughes@blgbt.org](mailto:mariahughes@blgbt.org)

**Ageing Better LGBT Hub is run by and from Birmingham LGBT.**

**The Ageing Better in Birmingham programme is managed by BVSC and funded by Big Lottery Fund**

# LGBT Hub News

## Looking Forward To Ageing

Wednesday 4th July, 5.30pm – 8pm

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



I have been working with Lynne Wealleans of Beth Johnson Foundation, to see if we could co-develop a training programme to help people plan for the process of ageing and all that brings: looking forward to new opportunities and planning to make them happen.

Lynne has run workshops for different groups of people, but not yet the LGBT community. 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.

To this end, Lynne and I will run 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.

If you are interested and want to find out more, please contact me (**Maria**) on **0121 643 0821** or **mariahughes@blgbt.org** The workshop will start at 5.30pm with refreshments, then 6pm until 8pm at Birmingham LGBT Centre.

## AGEING WITH PRIDE CASTING CALL

**Are you over 50 and LGBT?**

**Do you fancy being the face of a great new campaign?**

**Are you passionate about visibility for the community?**

**Then Birmingham LGBT wants to hear from you!**

We are about to launch our exciting new campaign, Ageing with Pride, which aims to increase visibility for members of the LGBT community aged 50 and over, empower LGBT people to become more involved in activities to fight isolation, and dismantle ageism in the community by sharing their stories and wisdom with younger LGBT people.

We are casting in Birmingham in June and looking for passionate, and expressive members of our community. It's really important to us that real faces from our community are represented, which is why we're asking you.

Please be aware that this is a city-wide campaign and materials will be shared with the public via social media and other marketing strategies such as bus advertising and billboards.

If you are interested in taking part please contact **Rico Johnson-Sinclair** at **RicoJohnson@blgbt.org** or call us on **0121 643 0821**.

**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>

## **Ageing Better Group Updates:**

### **Supporting LGBT Asylum seekers**

Barbara Platts works as a volunteer with the Journey Church asylum group that meets on the third Friday of the month. She's sending out a plea for more female volunteers:

The group meets at the LGBT Centre in Birmingham from 1pm till 3pm. We provide food, advice, support, and give those who attend the chance to have social interaction with others that are in similar situations to themselves.

Those that attend come from countries where to be LGBT is not allowed and is often punishable by imprisonment or death. Often families and their religion do not accept their sexuality. We try and make days at the LGBT Centre as welcoming as possible, providing food and transport back to their accommodation.

The asylum process is very long and drawn out, but we have been successful in quite a few cases, particularly in the last 12 months.

When I first started, in May 2015, the group was about 20 per meeting but now it has grown to around 50, and we have to use two rooms at the LGBT Centre. We have about 5 male volunteers, but I am the only woman volunteer that attends regularly. The group consists of roughly half men and women, and support for both men and women is essential, in particular for their mental wellbeing.

I try to have an individual meeting with each woman, helping to write letters and fill in forms. I need more women to help, my memory is not what it used to be and I often struggle being the only woman volunteer.

If you feel you could contribute, please email **Barbara: [barbara.platts8@gmail.com](mailto:barbara.platts8@gmail.com)**

(see also **Community News and Events**)

## **Rainbow Bridge – new drop-in sessions**

**Thursdays – starting from 5th July – between 12pm and 2pm**

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



Fancy popping into Birmingham LGBT Centre for a free tea or coffee, and a chat?  
Rainbow Bridge are extending their Tuesday morning drop-ins to lunchtime on a Thursday.  
So, if you're out and about – pop in and have a brew!

## **Rainbow Bridge Afternoon Tea**

**Wednesday 8th August, 2pm – 4pm**

**SRA, The Cube, 199 Wharfside Street, Birmingham B1 1RN**

The SRA (Solicitors Regulation Authority) has kindly invited Rainbow Bridge to an afternoon tea, and a tour of their impressive offices at The Cube.

Participants will also be able to find out about how the SRA works to ensure that solicitors and law firms offer high standards of legal advice to the public.

If you are interested in attending, please contact Jonathan on [hadenshouse@hotmail.com](mailto:hadenshouse@hotmail.com) (not the Rainbow Bridge email as previously listed) or Maria on [mariahughes@blgbt.org](mailto:mariahughes@blgbt.org) or 0121 643 0821. As The Cube is a steep uphill walk from Birmingham LGBT Centre, we can look at different forms of transport, or an alternative meeting point.

## **Birmingham Older LGBT People's Housing Group**

**Friday 6th July, 12.30pm (lunch)/ 1.30pm - 3.30pm**

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

You are welcome to attend the next meeting of the Older LGBT People's Housing Group. We will be discussing how to work with housing associations to raise awareness of the needs of LGBT residents, and encourage their LGBT residents to join our group or support their own groups.

We'll hear from representatives of Stonewall Housing and John Taylor Hospice, and we expect local housing providers to be there too.

If you need more information, or would like to attend, please contact **Maria** on **0121 643 0821** or [mariahughes@blgbt.org](mailto:mariahughes@blgbt.org). If you'd like to join us for lunch, let us know.

# Community News & Events

## Birmingham LGBT Vacancies

Birmingham LGBT are recruiting for two roles in our Sexual Health Services which are part of the Umbrella partnership.

The roles are for:

- **Sexual Health Outreach Worker (Lesbian, Bisexual and Queer Women)** – 28 hours per week.
- **Sexual Health Outreach Worker (Black African & African Caribbean Men who have sex with men)** – 18.5 hours per week.

Application packs are attached or can be downloaded via this link: [bit.ly/JobsLGBT](https://bit.ly/JobsLGBT)

If you need extra information about the roles, please contact **Matt López**, Sexual Health Services Manager on **0121 643 0821** or [mattlopez@blgbt.org](mailto:mattlopez@blgbt.org)

## Take part in the Final Fabulous Summer of Sport

<https://blgbt.org/summerofsport/>

Sports include



touchtennis, cycling and paddling.

And don't miss your chance to attend the fitness classes at the Birmingham LGBT Centre

<https://blgbt.org/fitness/>

## Birmingham Mental Health Mates: FREE Beginners Tai Chi session

**Sunday 1st July, 10am**

**City Centre Gardens, Cambridge Street, Birmingham B1 2NP (behind Library of Birmingham)**

Birmingham Mental Health Mates are partnering with ParkLives to run a free beginners Tai Chi session ahead of our normal monthly meetup. You will find us at City Gardens at 10am. This is behind the Library of Birmingham/Rep Theatre. Look out for the instructor in a ParkLives top.

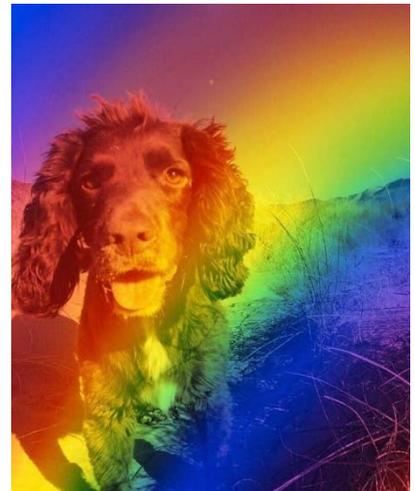
Everyone is welcome to join us even if you aren't able to attend the meetup afterwards. Also please feel free to bring friends or family. We are a friendly and welcoming group and offer a comfortable, safe and non-judgmental environment.

Contact [amyrose1980@gmail.com](mailto:amyrose1980@gmail.com) for more details, or look and book [taichibrummhm.eventbrite.co.uk](https://www.eventbrite.co.uk/taichibrummhm)

## Rainbow Pooch Pride

Rainbow Pooch Pride is a new group, set up for:

- Celebrating the LGBTQ (Lesbian, Gay, Bisexual, Transgender, Questioning) silent support service
- Raising awareness about the emotional support of our canine companions and the issues affecting LGBTQ lives.
- Valuing the unsung heroes of our rainbow clan



Animal companionship can make a big difference in the lives of people from the LGBTQ community. Often for a person identifying as LGBTQ having an animal friend goes far beyond just pet ownership. For some the animal companion may have been the first living being that an LGBTQ individual 'came out' to. For others they form an integral part of our 'alternate' families.

Rainbow Pooch Pride is dedicated to sharing our stories, a place to share pictures and videos that celebrate our Rainbow Pooch Warriors just as they are. Our monthly meet up (Rainbow Pooch in the Park), every second Sunday of the month, a chance for dog owners and dog lovers alike to walk together for a bit of Rainbow Pooch Pride...flag held high.

For more information, see [www.facebook/groups/rainbowpoochpride/](https://www.facebook/groups/rainbowpoochpride/) or <https://www.meetup.com/Rainbow-Pooch-Pride/>. The next walk will be on **Sunday 8<sup>th</sup> July** at **Highbury Park, Kings Heath**.

*We also hope that Rainbow Pooch Pride will become an Ageing Better group!*

## **Micro Rainbow International: Housing and Moving On Support for LGBTI Asylum Seekers and Refugees**



- Are you a lesbian, gay, bisexual, trans or intersex (LGBTI) Asylum Seeker or Refugee?
- Are you homeless, in need of housing or moving on support?
- Are you based in the Birmingham area?

If yes, come and see us!

MRI provides temporary, safe accommodation for LGBTI asylum seekers living in Birmingham and the West Midlands. We also offer support to LGBTI refugees to improve their employability, to access Universal Credit and to apply for National Insurance (NI) numbers.

We are open for face to face meetings from **2pm to 6pm** at **Birmingham LGBT Centre**, 38-40 Holloway Circus, Birmingham B1 1EQ, on the following dates:

- Monday 2nd July
- Monday 6th August
- Monday 3rd September
- Monday 1st October
- Monday 5th November
- Monday 3rd December

Feel free to drop in.

For further information, please contact our **helpline** on Wednesdays between 2.30pm and 6.30pm on **0203 096 7869** or email **Moud Goba: [mgoba@micro-rainbow.org](mailto:mgoba@micro-rainbow.org)**



## **FREE South Asian LGBTI Conference, 28th July 2018**

**British Asian LGBTI and Finding A Voice** are proud to announce the first ever South Asian LGBTI

Conference at the Queen Elizabeth Hospital in Birmingham. We will present a range of speakers including the first openly gay Prince in India, a charity tackling religious homophobia, and a range of speakers who have a passion about highlighting issues which affect the South Asians LGBTQI+ Diaspora, breaking the silence about representation and visibility on the themes listed below.

The event is open to South Asians, LGBTQI+ and Allies (those who do not identify as LGBTQI+ but support those who are). All are welcome!!

To book a place, please email Khakan Qureshi on [khakanqureshi@gmail.com](mailto:khakanqureshi@gmail.com) or book online at <https://www.eventbrite.co.uk/e/south-asian-lgbti-conference-tickets-44860389633>

### **Out2gether – Well Dressing in Malvern**

Out2gether is an LGBT+ community group based in and around Worcestershire.

Every year in Malvern there is a well dressing competition, and Out2gether's fabulous design won the Silver award this year. Nicola tells us more:

This Spring Bank Holiday saw Out2gether's second year of Well Dressing. No, it's not about maintaining style and a fashionable appearance, it's actually a modern revival of an ancient Spring festival. Our ancestors showed their appreciation for the supply of pure water from the many springs around the Malvern Hills and the coming of Spring by decorating the water sources with flowers and fresh green foliage and holding ceremonies of thanksgiving.



This year's theme was, '2018 - Year of the Woman' allowing a broad interpretation. Some groups focussed on the 100 year anniversary of some women becoming able to vote, some chose a woman who they admired, some illustrated how women's lives have changed over the last 100 years. Out2gether took a slightly different approach and chose to show how diverse women can be. We wanted to involve our members and give everyone a chance to participate so we hosted two 'craft' sessions where we all made collages of different representations of women. Some chose themes like 'strong', 'scientists', 'musicians' or 'sport', some told a story, some celebrated the not traditionally feminine, some the beauty of black or older women. We were keen that trans and non-binary members of our community were included too.

The collages were laminated and were displayed along the driveway up to our well which was decorated simply with flowers, pebbles painted with letters spelling 'Out2gether' were submerged in the well, visible through the pure clear water.

We took part because we are part of this wider community in Malvern and for us it's important to be visible and reach sections of the community that an LGBT social group wouldn't normally have the chance to. We won a silver rosette for our Well Dressing - a great result and acknowledgement of everyone's contribution, and of course another chance to be visible at the award ceremony where I picked up the award from the Mayor!

July's events include a garden party and a visit to an all-male production of Iolanthe. If you want to find out more, contact **Nicola** on [out2gether.worcs@gmail.com](mailto:out2gether.worcs@gmail.com)

## Ageing Better Fund

### **Forthcoming deadlines for applications to the Ageing Better Fund**

Tuesday 10th July

Monday 13th August

Wednesday 12th September

Friday 12th October

I am available to help you discuss what you need and complete the application form. We can arrange an informal chat and I am also available to attend group discussions: please email [mariahughes@blgbt.org](mailto:mariahughes@blgbt.org) or call **0121 643 0821** to arrange.

You can also find out more about the Ageing Better Fund here:

<https://www.ageingbetterinbirmingham.co.uk/fund>, where you can also view a video made by people who have set up their own activities.

## Get Involved

### Multiple-gender-attraction and bisexuality research

I am conducting oral history research for a PhD at the University of Birmingham, analysing multiple-gender-attraction and bisexuality in 1970s and 1980s Britain. I would like to conduct face-to-face interviews with you if you have memories of this time, and you fulfil one or more of the following criteria:

- Identify as bisexual or pansexual
- Identified as bisexual or pansexual in the past
- Have had relationships with people of multiple genders
- Have been attracted to people of multiple genders

In collecting oral testimonies, I want to understand your feelings about what it meant to be attracted to more than one gender. I am also interested in finding out more about the following topics:

- How did people identify in ways beyond 'gay' and 'straight'?
- How was bisexuality or attraction to more than one gender part of (or excluded from) the gay liberation movement at this time?
- How do people reflect back on their past identities and experiences?

By taking part in this project, you will allow for individual perspectives on these subjects to be recognised and made visible in the historical record. Complete confidentiality is guaranteed for all participants, if desired.

For more information and if you are interested in taking part in this project, please email **Martha Robinson Rhodes** on **MXR701@bham.ac.uk** to arrange an informal conversation prior to interview.

## **Hearing loss and loneliness research**

- Are you a man 65 years and over?
- Are you affected by hearing loss?
- How do you stay connected to others?
- How do you keep friendships in later life?

*What advice could you give to other men about tackling loneliness?*

We'd like to hear from you if you are interested in talking to us about loneliness and staying connected to others in later life. We are seeking to interview men (65+) who have experienced hearing loss – this could be any degree of hearing loss which you feel has affected your day-to-day life.

If you are interested in taking part in a one-off research interview please contact us. We can travel to you and meet at a time convenient to you. We offer a £20 store voucher to say thanks.

Please contact for us for more information:

By phone: **0117 3310 640** (to speak to **Paul**) **01179546773** (to speak to **Alex**)

By email: **omam-project@bristol.ac.uk** or **alex.vickery@bristol.ac.uk**

By post: **Paul Willis c/o OMAM project, 8 Priory Road Bristol BS8 1TZ**

## The last word . . .



It takes no compromising to give people their rights.

It takes no money to respect the individual.

It takes no survey to remove repressions.

**Harvey Milk**

[https://www.brainyquote.com/quotes/harvey\\_milk\\_471583](https://www.brainyquote.com/quotes/harvey_milk_471583)