



Birmingham **LGBT**

**News from the Ageing Better LGBT Hub
May 2018**



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The last word . . .

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

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Ageing Better LGBT Hub

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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

Ageing With Pride

Ageing with Pride is our new, year long campaign.

There are three main objectives:

- to dismantle Ageism within the LGBTQ+ community
- to empower elderly members of the LGBTQ+ community to create their own social enterprises and get involved in activity available for them (as well as support provided by Ageing Better LGBT Hub)
- to raise awareness that elderly LGBTQ people exist, and the things they've experienced and the issues that they may face now.



Hi! I'm Rico Johnson-Sinclair, the new Campaign Manager for Ageing with Pride.

I have worked in Birmingham's LGBT community for a couple of years, working on my own queer film community cinema named CineQ and working for the internationally renowned Flatpack Film Festival.

Previous to that I worked with London360, a daily show on the freeview Community Channel. This involved going out in to the community and finding stories of things affecting local neighbourhoods to try and increase visibility through the show and the online platform.

Keep your eyes peeled for more information coming very soon.





Birmingham Pride 2018

Ageing Better LGBT Hub and Birmingham LGBT are pleased to welcome you to take part in FREE activities around Birmingham Pride.

Ageing Better Pride Float Decoration Workshop

Sunday 20th May, 12pm - 2pm

190 Corporation Street, B4 6QD

Come and join Positive West Midlands and make float decorations with Garry Jones, of Off Our Trolley Arts. You will also have the opportunity to make your own banners - all groups and individuals welcome.

All materials will be provided, but if you have anything you'd like to use you are welcome to bring it along.

There will be some drinks, but please bring your own and something to eat - there are many shops and cafes nearby.

Birmingham Pride Float Dressing

Thursday 24th May, from 2pm

Gallan Parking Ltd, Hurst Street, Birmingham B5 6RY

Come and help Garry and the gang dress the Ageing Better float.

Walk With Pride!

Saturday 26th May, from 11am

Victoria Square, Birmingham B1

If you would like to join the Birmingham LGBT walking group at Birmingham Pride 2018, please meet us at Victoria Square, 11.00am. You will find us by the Ageing Better float - please register with us before you walk.

Pride Weekend Activities

Saturday 26th & Sunday 27th May, from 1pm

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

Join us on Saturday for a fine acoustic lineup, including Zara Sykes, Faye Bagley and Esther Turner.

We will also be screening "Call Me By Your Name" at 4pm.

Quiet space available.

On Sunday we will be holding the LGBT Lit' Fest in a day, with Sophia Blackwell, Scott Campbell, RJ Arkhipov and Matt Cain.

This is followed by a spoken word 'open mic' salon for poets, writers and performers – just turn up!

Contact **0121 643 0821** or email jameswharton@blgbt.org if you have any questions about our Pride activities. See also **Community News & Events** section for more Pride-related activities.

What is GDPR?

The General Data Protection Regulations are a new set of rules which update the current Data Protection Act, and which come into force on 25th May 2018.

They have been set up to offer more rights and protection to individuals whose personal data is collected, stored and used by another agency or group. This includes any community groups who hold a mailing list, or a list of their members.

As you receive this newsletter, you will be contacted separately by the Ageing Better LGBT Hub to renew your membership of this mailing list. If you want to stay informed on news, groups and activities, please look out for this email and respond to it. If we don't hear back from you, we will have to take you off the mailing list.

At the LGBT Hub, we are looking at ways we can support groups who are dealing with the new regulations. In the meantime, you can find out more on the website of the Information Commissioner's Office here: <https://ico.org.uk/for-organisations/guide-to-the-general-data-protection-regulation-gdpr/> There is also a dedicated adviceline for small businesses and charities: call **0303 123 1113** and select **option 4** (but please note you may be in a queue for a while).

My 50 years of Gay (But most of it was spent deep in the closet)

“OK, in retrospect I’ve probably been gay for more than 50 years, but it was around 1967, when I was at the tender age of 13, that I began to see my friends in a new light, and it dawned on me that some of them were rather good-looking.”

This is how Michael* starts his fascinating life history, which takes us through his life of experiencing being gay but feeling the pressure to live a straight life. He talks about missed opportunities to ‘come out’ – *“I’ve spent the rest of my life wondering how different my life could have been if I’d just entered that room and talked with someone who was openly gay, at such an influential time of my life.”* – conforming to a ‘traditional’ family life, and how finding the support of others in his situation – Married Men’s Group – has made a difference to his life.

“It was an immense relief to find other people who had gone through the same problems that I had, and it helped me realise who I really am.”

Michael’s is the first in a new series of blogposts by people who are involved, in some way, with Ageing Better LGBT Hub. You can read the full blogpost here:

<https://blgbt.org/my-50-years-of-gay-but-most-of-it-was-spent-deep-in-the-closet/> or contact **Maria** on **0121 643 0821** if you don’t have access to the internet, for a printed copy.

Do you have a story you'd like to tell? Contact **Maria** on **0121 643 0821** or email mariahughes@blgbt.org to tell us more.

Looking Forward To Ageing

Wednesday 4th July, 6pm – 8pm

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

- What do you think about planning for your future?
- Have you thought about what you will do when you retire?
- How will you carry on doing the things you like to do, when you're older?

The LGBT Hub is working with Beth Johnson Foundation to pilot a fun, interactive workshop with members of the LGBT community, about looking forward to ageing and planning for a happy future. We are inviting you to join us on 4th July to take part in an evening workshop where your feedback on the content will be very valuable.

If you are interested and want to find out more, please contact **Maria** on **0121 643 0821** or mariahughes@blgbt.org

Holloway's Café

We are sorry to report that Holloway's Café has now closed. However, **Rainbow Bridge** will continue to meet in the café space on Tuesday mornings at 11am, and they will and provide hot and cold drinks - please bring and share your own food.

Community News & Events

Final Fabulous Summer of Sport

Activate's Fabulous Summer of Sport is on its way. The Birmingham LGBT Centre's four-year Sport England-funded sport and fitness programme comes to an end in July and we're finishing with some brilliant free events for you!



Look out for...

- The Day of Dance with the Birmingham Royal Ballet: your chance to try ballroom, ballet, contemporary and commercial dance on 17th June.
- Watersports days at Edgbaston Reservoir: four ways to paddle with pride on 15th and 28th July.
- Cycling and touch tennis sessions in June and July to get you started with these fun activities.

...alongside our continuing programme of fitness classes and activities at the Birmingham LGBT centre; plus badminton, rugby, football, swimming and water polo, running and walking with the city's fantastic LGBT sports groups.

activate@blgbt.org | blgbt.org/fitness

Emotional Wellbeing Workshops

According to the Mental Health Foundation, 16 million people experience a mental health problem each year and stress is a key factor in this.



As a commitment to improving mental health outcomes for members of our community, Birmingham LGBT will be hosting a series of mental health workshops in the coming months. These will be varied in approach as different things work for different people.

Mental Health First Aid Workshops

- 7th June
- 6th September
- 29th November

<https://www.eventbrite.co.uk/myevent?eid=45291260379>

Mindfulness & Wellbeing Workshops

- Stop Worrying, Start Living
- Dealing with Negative Self-Talk
- Goal setting workshop

- Uplevel Your Social Skills
- Introduction to Public Speaking / Presentation Skills

Please call **0121643 0821** or email eventscoordinator@blgbt.org for specific dates and times for these workshops

Birmingham LGBTQ Pride Service

Sunday 20th May, 4pm – 5.30pm

Carrs Lane Conference Centre, Carrs Lane, Birmingham B4 7SX



Join us for a special all-community service for LGBTQ+ and straight folks alike, to celebrate radical inclusion before the beginning of Birmingham Pride.

Co-hosted by Birmingham LGBT and New Inclusive Church:

- with music led by Eeek, the all-women acoustic soul band from the Midlands.
- featuring diverse spiritual stories from folks across the human spectrum.
- with a fabulous (and free) selection of cakes and coffees afterwards.

<https://www.facebook.com/events/2036508163271771/>

Ageing Well in Birmingham

Thursday 24th May, 9.30am to 2pm

Birmingham City Football Club, Cattell Road, Birmingham B9 4RL

Birmingham City Council in partnership with Birmingham and Solihull Clinical Commissioning Group (CCG) invite you to an engagement event about the development of a new Birmingham Ageing Well Strategy.

This Ageing Well event has two main aims, and they are:

- To provide citizens with the opportunity to hear about the work currently taking place in relation to adult social care and health;
- To provide citizens with the opportunity to feedback experiences as well as understanding your views in relation to adult social care and health services.

A light lunch and refreshments will be provided, please let us know if you have any specific dietary requirements that we would need to be aware of. Although the event commences at 10.15am you are welcome to join us at any time during the event. Please note that this event is targeted at adults aged 55 years or over and their friends, family and carers.

Book tickets here: <https://www.eventbrite.com/e/ageing-well-in-birmingham-tickets-44834693776>



Birmingham Mental Health Mates

Sunday 3rd June, from 11am

**Birmingham Museum & Art Gallery, Chamberlain Square,
Birmingham B3 3DH**

Come and join Mental Health Mates, a friendly group which meets once a month for a cuppa and chat. The group will meet at the Edwardian Tea Rooms at 11am on Sunday 3rd June.

Mental Health Mates are also holding a **free Tai Chi** event on **Sunday 1st July**.

Contact amyrose1980@gmail.com for more information.

Senior Benefits

Google Digital Garage

**Learn how to use our digital tools
when travelling by bus.**

Become a 'tech savvy' senior or an overall 'bus genius' and discover how to use our mobile apps and website to help make traveling by bus as easy as possible.

Friday 1st June 2018 & Friday 15th June 2018 - 2.30pm - 3.30pm

**Google Garage - 134B New St, Birmingham B2 4NS
(opposite the old Primark)**

To book a place, please contact 0121 254 7251

nxbus.co.uk/seniors





♪ 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.

Ageing Better Fund

Any group, whether new or pre-existing, can apply, provided they meet the Ageing Better Principles, which include:

- Involving people aged 50 and over in the planning of activities
- Organising groups and activities which are welcoming to people aged 50 and over, but which can include all age groups
- Reaching out to isolated people – especially those aged 50 and over – to encourage them to join, make new friends and get better connected.

Unlike the requirements of a lot of other small funds, the group doesn't need to be 'formally constituted' or have a bank account. What it does need is a good idea which is costed out and the support of three or four people aged 50 or over who agree they would take part in the funded events.

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 or call **0121 643 0821** to arrange.

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

- Thursday 10th May
- Wednesday 13th June
- Monday 13th August

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

Birmingham 68 Volunteers

Although the curtains have closed on the 12th edition of Flatpack Festival, the story is only just beginning for Birmingham 68 - a project that will provide an in-depth look at some of the changes happening in the second city around that time.

However you slice it, Birmingham was a melting pot of new ideas and upheaval in that period, from the Arts Lab - an experimental arts centre and artist collective set up in Newtown that year - to the Double Zero, a motorcycle club created in the late sixties by the Rev. Dave Collyer and named because in the eyes of society they were worth less than nothing.

If you're a dedicated individual with a passion for this city's history, then we want to hear from you! Flatpack are recruiting a small team of volunteers from across Birmingham to help map out our city fifty years ago, and explore the connections between then and now. This opportunity will include oral history training, advice on podcasting and research, as well as a chance to work in a team to deliver an event or screening. Participants will lead themselves on an adventure in their local communities, discovering and sharing untold stories.

Find out more here: <https://2018.flatpackfestival.org.uk/news/birmingham-68-volunteers/>

The last word . . .

Birmingham Pride 2018: Be You . . .



“ Be yourself; everyone else is already taken.”

– Oscar Wilde