



Ageing Better Events AUGUST 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.

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13 11am Positive West Midlands 6pm Married Men's Group	14 11am Rainbow Bridge 7.30pm Brum Bi Group	15	16 12pm Rainbow Bridge 7pm Acting Out	17 11am Positive West Midlands 1pm Journey Asylum Seekers' Social 6.30pm Brum Bi Group	18 3pm Rainbow Spirit	19 5pm Illuminate
20 11am Positive West Midlands 6.30pm NDQs	21 11am Rainbow Bridge 7pm Journey Film Club	22	23 12pm Rainbow Bridge 7pm Acting Out 7.30pm BGLAD	24 11am Positive West Midlands	25	26 1.30pm Brum Bi Group 5pm Illuminate
27 <i>Bank holiday</i>	28 11am Rainbow Bridge	29	30 12pm Rainbow Bridge 7pm Acting Out	31 11am Positive West Midlands		

COMMUNITY EVENTS



Acting Out

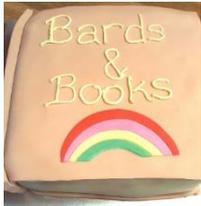
Thursdays 2nd, 9th, 16th, 23rd, 30th August, 7pm - 9pm

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 6th August, 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).

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

September's meeting will discuss "Logical Family - A Memoir" by Armistead Maupin.

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



BGLAD

Thursdays 9th & 23rd August, 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: Clent Hills

Sunday 12th August, from 10.15am/ 11.15am

St Kenelms Pass Car Park, Clent, near Stourbridge DY9 9PE

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.

Clent Hills is a stunning countryside haven in the heart of the West Midlands. This beauty spot will take us through approximately 4 miles of stunning scenery, wooded areas, offering panoramic views of the Cotswolds, Welsh Borders and the Shropshire Hills.

The walk is moderate to hard due to the nature of the terrain as there are a few hills and a few stiles to negotiate. The toposcope and the four stones will be our final points where walkers can truly take in the views of the surrounding area before we make our way to the Nimmings Café for a well-earned tea break!

Please note this walk is slightly harder than usual Boot Women walks. It is not extremely difficult, therefore anyone of average fitness should be fine, but it is not completely flat due to the hills and is more strenuous than some previous walks. We strongly recommend that walking boots/shoes are worn for this route.

Meet us for shared lifts at Cannon Hill Park (Russell Road car park, B13 8RD) for 10.30am departure. Or go directly to the start of walk at St Kenelms Pass Car Park, DY9 9PE (free car park just past the T-Junction of St Kenelms Pass, Chapel Lane and Walton Hill Road) for an 11.15am 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, but please be mindful that for approximately 1 mile near the start of the walk we pass an electric fence where dogs will need to be kept on a lead.

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 14th August, 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 26th August, 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 10th & 17th August, 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.

Please note: we are meeting on 10th August, not 3rd, as many members are attending Bicon.

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/>



Illuminate

Sundays 5th, 12th, 19th, 26th August, 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 17th August, 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: Film Choice Meeting

Sunday 5th August, 3pm

Second Cup Coffee Company, 64 New St, Birmingham B2 4DU

For LGBT + allies of all ages

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.



Journey Film Club

Tuesdays 7th & 21st August, 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 7th: **Stonewall** (2015), 2hr 9min

The drama is set in and around the 1969 Stonewall riots, a violent clash with police that sparked the gay liberation movement in New York City.

Tuesday 21st: **Flight** (2012), 2hr 18min

Flight is a 2012 American drama film directed by Robert Zemeckis. The film stars Denzel Washington as William "Whip" Whitaker Sr., an airline pilot who miraculously crash-lands his plane after it suffers an in-flight mechanical failure, saving nearly everyone on board. Immediately following the crash, he is hailed a hero, but an investigation soon leads to questions that put the captain in a different light.

LGBT POLSKA

LGBT Polska

Friday 10th August, 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 13th August, 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 20th August from 6.30pm

Wagamama, Waters Edge, 66 Broad Street, Birmingham B1 2HL

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 20th August at Wagamama in Brindley Place.

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



OUTward Expressions

Sunday 5th August, from 11am

Birmingham Museum and Art Gallery, Chamberlain Square Birmingham B3 3DH

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 5th August we will be visiting **Body Image, The Everyday and Extraordinary and Inspire 2018**.

The **Body Image** exhibition is the second to take place in the Story Lab gallery. This space invites visitors to help shape the future of the museum. What stories should the museum tell?

The Everyday and Extraordinary explores the potential of objects to be transformed and seen in new and insightful ways.

Now in its third year, **Inspire 2018** is a youth art competition for 5-19 year olds, this year taking its inspiration from colour. Entrants were challenged to demonstrate how they were inspired by colour or what colour meant to them.

Meet in the foyer by the shop at 11am. and will no doubt visit the Edwardian Tea Rooms for refreshments afterwards. No need to book but it would be helpful if you could let us know if you are coming. Contact Paddy at paddy.broughton@btinternet.com or Jay on 07983 353 584.

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 6th, 13th, 20th August, 11am - 4pm

Fridays 3rd, 10th, 17th, 24th, 31st August, 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 7th, 14th, 21st 28th Aug, 11am - 1pm

Thursdays 2nd 9th, 16th, 23rd 30th Aug, 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/>



Rainbow Bridge 'Coffee at the Cube'

Wednesday 8th August, 2pm - 4pm

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

FREE for LGBT + allies of all ages

The Solicitors Regulation Authority (SRA) has invited Rainbow Bridge to an afternoon tea and tour of their headquarters at the iconic Cube building. We will meet at Birmingham LGBT Centre at 1pm and then walk to the Cube. If you would like to go straight there, please meet us in the Cube reception area at 1.45pm - the entrance is in Commercial Street.

We do need to know numbers, so if you're interested in going, please email **Jonathan** on hadenshouse@hotmail.com or call **Maria** on **0121 643 0821**.



Rainbow Spirit

Saturday 18th August, 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 6th August, 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.



COMING UP NEXT MONTH . . .

7 th September	Ageing Better LGBT Housing Group meeting
8 th September	Doing It Better With Ageing Better 2
10 th September	Rainbow Bridge Information Fair (see over)
15 th September	Pink Picnic



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.



Information Fair

for the Lesbian, Gay, Bi & Trans communities

Monday 10th September, 2pm – 7pm

**The Penthouse
above Loft Lounge, 143 Bromsgrove Street,
Birmingham B5 6RG**

Come along and find out about:

- **LGBT community groups and activities**
- **LGBT events**
- **LGBT-only services**
- **LGBT-friendly services**

*No need to book: pop in at any time.
Refreshments provided.*

If your organisation would like to exhibit, and for more information, please contact **Rainbow Bridge**: hadenshouse@hotmail.com or **Birmingham LGBT**: mariahughes@blgbt.org



NATIONAL
LOTTERY FUNDED



AGEING
BETTER IN
BIRMINGHAM



Birmingham LGBT