

News from the Ageing Better LGBT Hub

July 2018



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LGBT Hub News

Save the date: “Doing It Better With Ageing Better . . . 2”

Saturday 8th September, 10am – 2pm

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

In February this year, James and I ran a workshop for group organisers as a forum for sharing skills and resources, discussing the benefits and difficulties of running a community group and information about the progress of the Ageing Better in Birmingham programme.

Following on from our this, James and I will be running another event in September.

This will be part information-sharing and discussion and part consultation, covering subjects including:

- Fundraising: including a presentation from Big Lottery on applying for Awards For All
- Marketing and social media: with the emphasis on reaching out to isolated people
- Group codes of conduct and dealing with conflict: sharing what groups have developed to help handle difficult situations.

The agenda is not fixed, and we are happy to receive suggestions of subjects that groups would find useful to cover, and sharing of any resources groups have found useful.

One of our aims is to work towards developing training and support resources for the Ageing Better programme, in a way which encourages groups to support each other. Because of this, the event will be open to organisers of groups who are both active and currently involved with the Ageing Better programme. If you're eligible but can't make the date, you can nominate an active member of your group.



Please register your interest with me by calling **0121 643 0821** or emailing mariahughes@blgbt.org.

Ageing With Pride

‘Ageing With Pride’ Ambassadors

In August, Birmingham LGBT will launch a new city-wide campaign aimed at increasing the visibility of LGBT people over the age of fifty, tackling ageism and highlighting the rich lived experiences of older LGBT people.

If you’re a dedicated individual with a passion for equality and community, then we want to hear from you!

Birmingham LGBT is recruiting a small team of volunteers from across Birmingham, to act as **ambassadors** for the campaign to help spread the message and get involved in activity on the ground. Whether that be launch and other relevant events, interventions, or visiting care homes and nursing homes to deliver the message that people over 50 years old are not alone. It should also be really enjoyable, offering a unique opportunity to meet and work with a wide range of people from across the city.

No particular experience is required, though we would love to hear from people from a variety of age ranges but especially those over 50. The time commitment we ask from you as an ambassador is about 2 days (16 hours) a month.

If this is something that you think you would like to be involved in please email **Rico Johnson-Sinclair** at ricjohnson@blgbt.org, or call **0121 643 0821**.

Ageing Better Groups Updates

New group: Rainbow Pooch Pride

We are very pleased that the recently-formed group Rainbow Pooch Pride will become part of the Ageing Better LGBT family.

Rainbow Pooch pride was 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 – takes place every second Sunday of the month and is a chance to walk together for a bit of Rainbow Pooch Pride...flag held high Dog owners and dog lovers alike.

Next walk: **Sunday 9th September** – details to be confirmed.

<https://www.facebook.com/groups/RainbowPoochPride/>

<https://www.meetup.com/Rainbow-Pooch-Pride/>

Save the date: Rainbow

Bridge Information Fair

Monday 10th September, 2pm – 7pm

Penthouse (above Loft Lounge), 143 Bromsgrove St, Birmingham B5 6RG

Rainbow Bridge has been awarded funding from Ageing Better to put on an LGBT Information Fair, to share information about all groups and agencies who provide support, social activities and services to the LGBT communities.



Rainbow Bridge will be hosting a number of groups, services and people in order to bridge the gap between the LGBT+ and wider community. They are also going to hold their first annual awards.

More details will follow. If you would like your group or agency to be represented at the event, please contact **Jonathan Haden** at hadenshouse@hotmail.com.

Brum Bi Group: Bi Camp 2018 – Feedback

77 members of Brum Bi Group and their friends and allies attended the first Bi Camp in June this year. Participants were able to take part in a range of activities suited to all ages and abilities, facilitated by volunteers; activities included archery, bat watch, climbing and abseiling, arts and crafts, boardgames, bushcraft, stick whittling, woodland walks, campfire activities, storytelling, yoga, massage and wildlife observation.



Communal meals and tents were provided by Brum Bi Group; cabins were available for those who didn't wish to camp. Participants were also offered the option of assisted travel. The weekend was a great success, with overwhelmingly positive feedback, given via a feedback survey. Of the ones who fed back: there is interest in attending a similar event next year, and enthusiasm for volunteering to facilitate activities.

Participants felt comfortable being themselves and making new friends; they enjoyed the activities and made suggestions for new ones.

When asked: What was your favourite part of Bi Camp?, comments included:

- Spending time in a space where I felt safe to be me. I felt like I belonged somewhere.
- The Sunday, when I had relaxed enough to talk to strangers more and to stop feeling self conscious and awkward.
- The location! Incredible.

Others commented:

- What a wonderful achievement!!
- This was a truly special weekend where I felt I was amongst friends.

*This event was made possible by funding by the Ageing Better Fund. Find out more in the **Ageing Better Fund** section.*



Rainbow Bridge: Litha Art in the City – Feedback

26 people attended this exhibition of art, live cosplay and poetry, kindly hosted by Positive West Midlands. Here's what people had to say about the event:

- Fantastic range and quality of works. Great chance to network.
- I visited this event and was VERY pleasantly surprised by the variety and quality of the exhibits. A thoroughly enjoyable day.
- Lots of different people turned up. It was very enjoyable meeting. Such a mixture of people and the artwork was fantastic.
- Thank you for including me in this event. A wonderful way to meet new people.
- Super venue, execution of art.

*This event was made possible by funding by the Ageing Better Fund. Find out more in the **Ageing Better Fund** section.*

Birmingham Older LGBT People's Housing Group is now: Ageing Better LGBT Housing Group!

The Ageing Better LGBT Housing Group is a group of people who are interested in the housing and housing-related support options for LGBT people, especially if they require further support due to age, illness, mobility or other needs. Thanks to promotion from Birmingham Social Housing Partnership, this group is now gaining more interest from social housing providers – aka housing associations – than ever before. This gives the housing providers the opportunity to learn first hand how to ensure their services are LGBT-friendly, and give the LGBT community members more confidence in accessing these services.

Our meeting in July included representatives from Anchor Housing, WM Housing, Home Group and John Taylor Hospice, as well as Tina from Stonewall Housing and Nicola from Out2Gether, a community group from Worcester & Malvern. We have also had interest from Optivo, Black Country Housing, Hanover Housing, Friendship Care & Housing and Bournville Village Trust.

We discussed arranging visits to facilities, possibly in partnership with Rainbow Bridge, and offering LGBT tenants the opportunity to attend social and peer support sessions at the LGBT Centre. We also had updates on Stonewall Housing's Quality Mark, which is an LGBT-friendly quality award scheme pilot.

The next meeting will be on Friday 7th September. If you need more information, or would like to attend, please contact **Maria** on **0121 643 0821** or **mariahughes@blgbt.org**.

Are you involved with a community group? If you'd like to see how you can benefit from being part of the Ageing Better programme, please get in touch!

Ageing Better Fund

If you've got a great idea for a group or events, why not get in touch to see if you can get support from the Ageing Better Fund?

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.

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.

Forthcoming deadlines for applications to the Ageing Better Fund

Monday 13th August

Wednesday 12th September

Friday 12th October

You don't have to apply to the Fund to become an Ageing Better group. The LGBT Hub also offers practical support, so get in touch to find out more.

Age of Experience Group

The Age of Experience Group is a group of people over 50, from all walks of life, who are consulted by the Ageing Better in Birmingham programme.

The members of the Age of Experience group have all experienced isolation first hand, and are now taking action to help isolated people over 50 in Birmingham. The group members help the Ageing Better team make decisions and steer the direction of the programme; for example, with training and support they have sat on recruitment and funding panels, designed marketing campaigns and given media interviews. They also act as champions for people over 50 in Birmingham and help spread the word of the programme, so that more people can benefit from it across the city.

Here is what some of the current members have said about their experiences:

I enjoy being involved in the age of experience group because it has enabled me to contribute my experiences of growing older for the greater good

I like belonging to the Ageing Better group because I enjoy meeting with people and hearing their varying points of view and seeing how much we connect in many ways. I want to know how to help raise awareness and respect for older people in this community.

Has made me feel that my opinions are listened to and that I can influence things to help older people in Birmingham. I have gained confidence in myself.

I am more optimistic about the future for me and my community.

If you're interested in becoming a member and would like to find out more, please contact Maria on 0121 643 0821 or mariahughes@blgbt.org. You can also see the website here: <https://www.ageingbetterinbirmingham.co.uk/about/age-of-experience>

Community News & Events

Free Opera Music Workshop

Saturday 28th July, 2pm – 4pm

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

Birmingham LGBT and Birmingham Opera Company are excited to announce a FREE Opera Music Workshop & live performance from professional opera singers this July!



Birmingham Opera Company seeks to build bridges between the diverse communities in Birmingham through music and performance. Open to all aged 16+; join us as we explore movement, voice work, and storytelling.

No experience necessary, all training will be provided by leading artists and there will be a free performance afterwards.

Book your FREE tickets here <https://www.eventbrite.co.uk/e/free-opera-music-workshop-tickets-47956030779>

Climbing Out Birmingham

Get involved with the new LGBT+ indoor climbing group, Climbing Out Birmingham, which launched in the city this month. To give the group a great start, Birmingham LGBT are funding entry to all group sessions during July, including special taster sessions on Sunday afternoons for new climbers. <https://blgbt.org/climbingout/>



Rainbow Rambles

Rainbow Rambles

Saturday 11th August, from 10.10am

Hamstead Railway Station, Rocky Lane entrance,
Birmingham B42 1NJ

The Rainbow Rambles' summer walk takes place in Perry Barr and all are welcome. Meet the group outside the Rocky Lane entrance to Hamstead rail station from 10.30am ready to start walking at 11am, whatever the weather!

The walk is around four miles and goes along the River Tame into green landscapes, on to the site of the next Commonwealth Games and then along the Birmingham and Fazeley Canal and finally back to the start point. Please bring a packed lunch and wear comfortable footwear.

<https://blgbt.org/directory/rainbow-rambles/>

<https://facebook.com/RainbowRambles>

In memory of Wendy Hurst

In aid of Animal Free Research

The Fabulous Jam Tarts Reunion Band Gig

Saturday 18th August, 7pm (doors), £5

Red Lion, Vicarage Rd, Birmingham B14 7LY



Join us for an evening of song, music, comedy and stories in memory of Wendy Hurst, who played in the original Fabulous Jam Tarts band. The support act will be Kate Findlay, also a good friend of Wendy's, who has released five CDs and is an international professional singer. Cakes and hot snacks will be available on arrival and during the interval, provided by our own caterer. All performances except for that of the stand-up comedian will be signed.

To book tickets, go to <http://www.justgiving.com/jane-mckears> and post £5 for each ticket. In the comments box add **For Jam Tarts gig**.

Alexandra Bork and Nick Bonadies

Monday 30th July, 6pm

Symphony Hall Level 3 Foyer, The International Convention Centre, Broad Street, Birmingham B1 2EA

THSH & FLUID Festival is excited to present a **FREE** pre-show performance as part of Symphony Hall's foyer events programme ahead of the main hall concert by Bianca Del Rio. Soprano Alexandra Bork and pianist Nick Bonadies have joined a growing circle of queer classical musicians in the U.K. who smash down walls between its classical concert halls and queer performance spaces.

<https://www.thsh.co.uk/event/alexandra-bork-and-nick-bonadies>

LGBT Consortium membership

The LGBT Consortium is a national membership organisation focusing on the development and support of LGBT groups, projects and organisations; so they can deliver direct services and campaign for individual rights.

As a member of LGBT Consortium, you will receive support for setting up and running an LGBT group, as well as help in finding and applying for funding, writing policies,



consortium
of lesbian, gay, bisexual & transgender
voluntary and community organisations

assistance with governance issues, and the opportunity to be a part of specialist networks.

Members can also access one-to-one support from our Engagement team and a wide range of members-only resources, tools, and videos, as well as discounted tailored insurance from our insurance-broker partner.

Membership is FREE for any group whose annual income is under £10,000.

You can also access the full list of benefits through the following link:

<http://www.lgbtconsortium.org.uk/benefits-full-membership>

Birmingham City Council: Library Services at Home (LSAH)

If you love reading but age, disability or caring responsibilities stop you from visiting the library, then let us come to you.

Library Services at Home (LSAH) is free and has enabled Birmingham residents to continue reading since 1981. We support people of all ages who have difficulty accessing the library. The service is provided by dedicated and trained library staff. We are happy to correspond with a nominated person of your choice if this would be easier for you.

We provide:

- free regular scheduled visits
- library loans delivered direct to your home
- free reservation service
- longer / flexible loan period
- no fines or charges
- a citywide service to Birmingham residents

from Monday to Friday, 8:30am until 4:15pm.

Staff from LSAH will be coming to Rainbow Bridge coffee mornings on on 31st July and 14th August, from 11am at Birmingham LGBT Centre.

For more information on LSAH, call **0121 464 1118**, email **library.services.at.home@birmingham.gov.uk** or see the website: **<https://www.birmingham.gov.uk/lisah>**

Get Involved

Trans service needs assessment

Birmingham LGBT would like to expand the services we offer to the trans community in Birmingham and the wider West Midlands. In order to do this we are planning to bid to Big Lottery Reaching Communities to develop a trans wellbeing support project. The project would aim to provide trans wellbeing support and to work with mainstream services, e.g. health providers, to be more trans inclusive. In order to be able to do this we need to evidence the need for the project.

Please could you help us by taking a few moments to complete this short survey. Thank you. <https://www.surveymonkey.co.uk/r/6YLD8C7>

Groundwork Community Awards

Do you know a community group that deserves special recognition for making your local area a better place to live? If so, then we would like you to nominate them to receive a Groundwork Community Award.

Groundwork Community Awards honour the small local community groups making a big difference to everyone's quality of life.

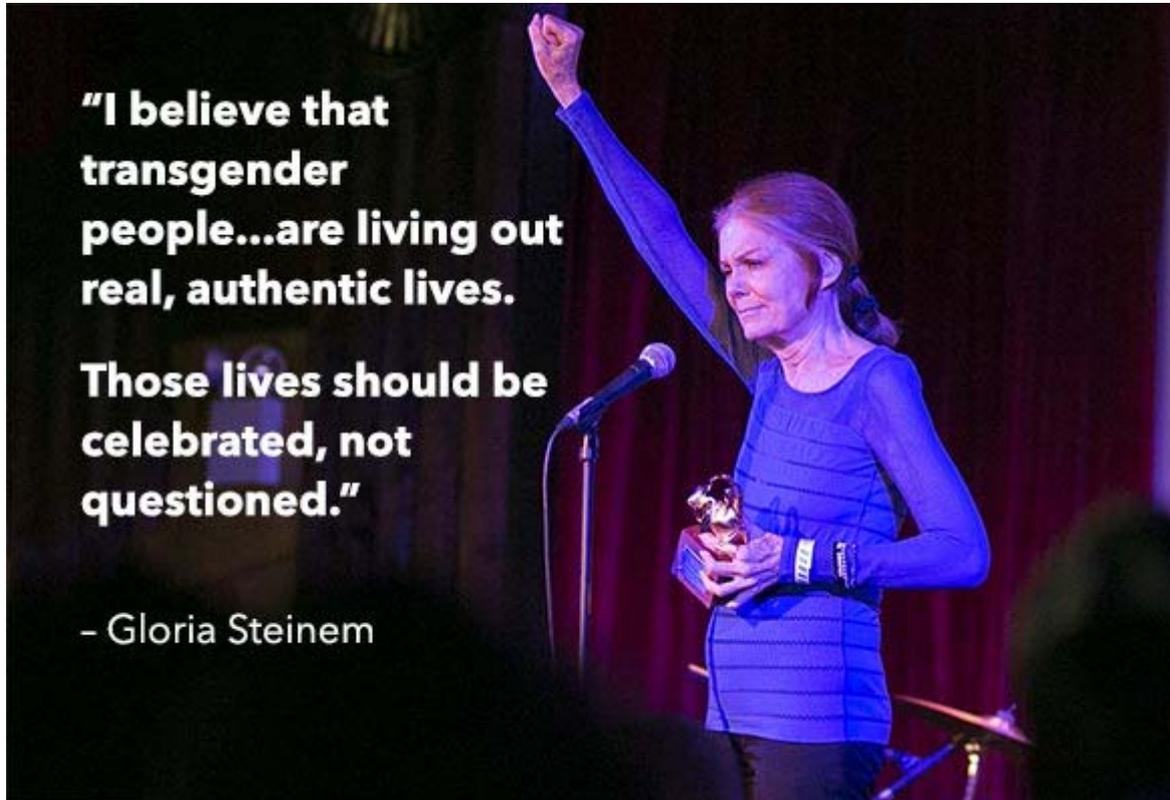
The awards are simple to enter, via an online system where community groups can highlight their own achievements, or can be nominated to receive an award in one of 10 categories that reflect the huge diversity of projects and services being delivered by community volunteers.

For further information and categories, follow this link:

<https://www.groundwork.org.uk/Sites/communityawards/Pages/nominate-a-project-aw>

The deadline for nominations is 22nd July.

The Last Word . . .



"I believe that transgender people...are living out real, authentic lives.

Those lives should be celebrated, not questioned."

- Gloria Steinem

<https://www.plannedparenthoodaction.org/blog/gloria-steinem-just-turned-81-and-her-words-still-shake-things>

The Ageing Better LGBT Hub newsletter is produced by Maria Hughes. If you would like to receive these newsletters electronically, please get in touch and I will add you to the emailing list. 0121 643 0821 mariahughes@blgbt.org



Birmingham LGBT

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

Ageing Better in Birmingham is managed by BVSC and funded by Big Lottery