



# Ageing Better Events SEPTEMBER 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	2 12pm OUTward Expressions  5pm Illuminate
3 11am Bards & Books  6.30pm Trans Central	4 11am Rainbow Bridge  7pm Journey Film Club	5	6 12pm Rainbow Bridge  7pm Acting Out	7 11am Positive West Midlands  12.30pm Ageing Better LGBT Housing Group	8	9 10.30am Boot Women  2pm Rainbow Pooch Pride  5pm Illuminate
10 11am Positive West Midlands  2pm Rainbow Bridge Information Fair  6pm Married Men's Group	11 11am Rainbow Bridge  7.30pm Brum Bi Group	12	13 12pm Rainbow Bridge  7pm Acting Out  7.30pm BGLAD	14 11am Positive West Midlands  6.30pm Brum Bi Group  8pm LGBT Polska	15 1pm Pink Picnic  3pm Rainbow Spirit	16 5pm Illuminate
17 11am Positive West Midlands	18 11am Rainbow Bridge  7pm Journey Film Club	19	20 12pm Rainbow Bridge  7pm Acting Out	21 11am Positive West Midlands  1pm Journey Asylum Seekers Group	22 7.30pm Brum Bi Group Bi Visibility Day	23 1.30pm Brum Bi Group  5pm Illuminate
24 11am Positive West Midlands  6pm Married Men's Group	25 11am Rainbow Bridge	26	27 12pm Rainbow Bridge  7pm Acting Out  7.30pm BGLAD	28 11am Positive West Midlands  6.30pm Brum Bi Group	29 5pm Imaan	30 5pm Illuminate

## FEATURED EVENTS



Saturday 22<sup>nd</sup> September

Brum Bi Group:

### Bi Visibility Day!

We are starting our Bi Visibility Day celebration with our traditional Pub Crawl through the "Gay" Village.

Let's reclaim the space rightfully ours! Please bring your flags, silly headgear, glowsticks and whatever else you think will make us as visible as possible.

We will be sticking to free to enter venues but please bring money for drinks and late night chippy visits. We will be doing a countdown to the start of the worldwide Bi Vis day at midnight :) The plan so far is to meet at the Dragon for a quick bite to eat and some cheap drinkies, then head to the Fox Pub from 9pm, and finish at The Village 12am-late.

## COMMUNITY EVENTS



### Acting Out

Thursdays 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> September, 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](mailto:actingoutchair@gmail.com) and we will arrange to meet and greet you.



### Ageing Better LGBT Housing Group

Friday 7<sup>th</sup> September 2018, 12.30pm (lunch)/ 1.30pm - 3.30pm

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

FREE for LGBT + allies

Ageing Better LGBT Housing Group welcomes members of the LGBT community and professionals from housing and care providers, to discuss the needs of older LGBT people and support sensitive and appropriate services.

There will be a presentation on 'Shared Lives', as well as updates and discussion on housing options and plans for peer-support groups.

Please contact Maria on 0121 643 0821 or [mariahughes@blgbt.org](mailto:mariahughes@blgbt.org) if you would like to attend.



## **Bards & Books**

**Monday 3<sup>rd</sup> September, 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).

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

October's meeting will discuss "New Boy" by William Sutcliffe

Get in touch to find out more: [bardsandbooks@gmail.com](mailto:bardsandbooks@gmail.com)



## **BGLAD**

**Thursdays 13<sup>th</sup> & 27<sup>th</sup> September, 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: South Staffordshire Railway**

**Sunday 9<sup>th</sup> September, from 10.30am/ 11.30am**

**24 Bridgnorth Rd, Wolverhampton WV6 8AA**

**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.

Our September walk will take us to the South Staffordshire Railway Walk and contains approximately 8.5 miles of level walking, leading us through wooded areas of maintained paths

and along canal side paths. Starting at Compton, we'll set off on the old Railway line for the first 3.5 miles.

We will stop alongside The Railway Café near Bratch Locks to eat the snack you've brought with you or you can purchase food and drink from the café if you wish.

The remaining 5 miles will take us on the return route along the canal. There are no stiles or livestock to negotiate and dogs are welcome.

Meet us for shared lifts at Cannon Hill Park (Russell Road car park, B13 8RD) from 10.15 am for 10.30 am departure. Or go directly to the start of the walk at the Sainsbury's Local car park (24 Bridgnorth Rd, WV6 8AA) for an 11.30 am 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.

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 11<sup>th</sup> September, 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](mailto:brumbicoffeegroup@gmail.com). We are also on Meetup here: <https://www.meetup.com/Brum-Bi-Group-Meetup/>



**Brum Bi Group**

## **Brum Bi Group: Bisexuals & Boardgames**

**Fridays 14<sup>th</sup> & 28<sup>th</sup> September, 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.

Next month, we are back to 1<sup>st</sup> and 3<sup>rd</sup> Fridays of the month.

You are welcome to just turn up, or contact [brumbicoffeegroup@gmail.com](mailto:brumbicoffeegroup@gmail.com). We are also on Meetup here: <https://www.meetup.com/Brum-Bi-Group-Meetup/>



## Brum Bi Group: Brum Bi Coffee

Sunday 23<sup>rd</sup> September, 1.30pm - 4.30pm

Damascena, Portman House, 5-7 Temple Row West, Birmingham B2 5NY

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. In September, we will be trying out Damascena Coffee House in Temple Row.

Look out for a small purple unicorn named 'Xena' on one of the tables to find us.



## Illuminate

Sundays 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> September, 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](mailto:lbradley1990@outlook.com) for more details.



## NEW: Imaan

Saturday 29<sup>th</sup> September, 5pm - 7pm

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

FREE for LGBT+ Muslims and friends

Imaan is a charity that supports LGBTQI Muslims. Founded in London in 1999, we campaign to ensure that no LGBTQI Muslim person in Britain feels excluded from their family, their faith or their communities.

Imaan is a small, volunteer-led charity, led by and working for LGBTQI Muslims; we aim to represent the breadth of the Islamic faith and the range of identities and narratives of the LGBTQ community and our allies. Our Birmingham group meets on the last Saturday of the month at Birmingham LGBT Centre.

For further information please email: [info@imaan.org.uk](mailto:info@imaan.org.uk) website: <http://www.imaan.org.uk>

Social media: Twitter @ImaanLGBTQ Facebook Imaan - Muslim LGBTQI Support



## Journey Asylum Seekers Group

Friday 21<sup>st</sup> September, 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 0121 453 9207 or [philhoar@btinternet.com](mailto:philhoar@btinternet.com) for more details.



## Journey Film Club

Tuesdays 4<sup>th</sup> & 18<sup>th</sup> September, 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](mailto:journeyfilmclub@outlook.com) or visit [www.journeyfilmclub.co.uk](http://www.journeyfilmclub.co.uk) for more details.

Tuesday 4<sup>th</sup>: **The Greatest Showman** (2017), 1hr 45min (7pm start)

Inspired by the imagination of PT Barnum, *The Greatest Showman* is an original musical that celebrates the birth of show business & tells of a visionary who rose from nothing to create a spectacle that became a worldwide sensation.

Tuesday 18<sup>th</sup>: **I am Divine** (2013), 1hr 30min

*I Am Divine* is a 2013 American documentary film. The documentary focuses on the American actor, singer and drag performer Divine (October 19, 1945 - March 7, 1988), born Harris Glenn Milstead, a lifelong friend and collaborator of filmmaker John Waters.

The film features extensive contemporary interviews with Waters, as well as Divine's mother Frances Milstead, and surviving members of the Dreamlanders.

# LGBT POLSKA

## LGBT Polska

Friday 14<sup>th</sup> September, 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 10<sup>th</sup> & 24<sup>th</sup> September, 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](mailto:mmgbham@hotmail.com) for more details, or visit <http://mmgbham.wix.com/marriedmensgroup>.



### OUTward Expressions

Sunday 2<sup>nd</sup> September, from 12pm

The New Walsall Art Gallery, Gallery Square, Walsall WS2 8LG

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 2<sup>nd</sup> September, we will be visiting **Andrew Tift: Immortalise** exhibition.

Andrew Tift is a figurative artist specialising in portraiture. Having grown up in Walsall, where he still lives, Andrew has continued to find inspiration through the Gallery's collections and exhibitions. Regular visitors will be familiar with many of his works including his extraordinary portraits of Kitty Garman.

Meet in the foyer at 12pm. If anyone would like a lift to the gallery, then please email Paddy (see below).

For more information, contact Paddy at [paddy.broughton@btinternet.com](mailto: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 10<sup>th</sup> 17<sup>th</sup> 24<sup>th</sup> September (not 3<sup>rd</sup>), 11am - 4pm

Fridays 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> September, 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](mailto:info@positivewestmidlands.co.uk) and also visit <https://www.facebook.com/positivewestmidlands/> for more details.



## Rainbow Bridge

Tuesdays 4<sup>th</sup> 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> Sept, 11am - 1pm

Thursdays 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> Sept, 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 [rainbowbridgelgbtq@hotmail.com](mailto:rainbowbridgelgbtq@hotmail.com) for more details, or join our Facebook group: <https://www.facebook.com/groups/787474638101615/>



## Rainbow Spirit

Saturday 15<sup>th</sup> September, 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](mailto:jonghomer@hotmail.com). We are also on the Meetup website as **Birmingham Rainbow Spirit**.



## Trans Central

Monday 3<sup>rd</sup> September, 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**.

## STOP PRESS: Join Rainbow Pooch Pride for a dog walk!

Lickey Hills Country Park (meet at the main car park), Warren Ln, Rednal B45 8ER

Sunday 9th September, from 2pm.



*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@lgbt.org](mailto:mariahughes@lgbt.org).

*If you would like to receive this information, together with the LGBT Hub Newsletter, every month electronically, please contact Maria.*