



Ageing Better Events NOVEMBER 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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5 11am Bards & Books 11am Positive West Midlands 6.30pm Trans Central	6 11am Rainbow Bridge 7pm Journey Film Club	7	8 12pm Rainbow Bridge 7pm Acting Out 7.30pm BGLAD	9 11am Positive West Midlands	10 8pm LGBT Polska	11 10.30am Boot Women 11am Rainbow Pooch Pride 5pm Illuminate
12 11am Positive West Midlands 6pm Married Men's Group	13 11am Rainbow Bridge 7.30pm Brum Bi Group	14	15 12pm Rainbow Bridge 7pm Acting Out	16 11am Positive West Midlands 1pm Journey Asylum Seekers Group 6.30pm Brum Bi Group	17 3pm Rainbow Spirit	18 12pm SHOUT OUT Community Day 2pm OUTward Expressions 5pm Illuminate
19 11am Positive West Midlands	20 11am Rainbow Bridge 7pm Journey Film Club	21	22 12pm Rainbow Bridge 7pm Acting Out 7.30pm BGLAD	23 11am Positive West Midlands	24 5pm Imaan	25 12pm Bi Fest 5pm Illuminate
26 11am Positive West Midlands 6pm Married Men's Group	27 11am Rainbow Bridge 7.30pm Journey Film Club	28	29 12pm Rainbow Bridge 6.30pm LGBTQ & the Armed Forces 7pm Acting Out	30 11am Positive West Midlands		

FEATURED EVENTS



Ageing with Pride Community Launch

Thursday 1st November, 6.30pm - 9pm

The Loft, 143 Bromsgrove St, Birmingham B5 6RG

FREE for LGBT people 18+

Ageing with Pride, a 12 month campaign from Birmingham LGBT, has launched.

Ageing with Pride seeks to bring visibility to older LGBT people and tackle some of the issues that we face as we grow older. An important part of the campaign is also encouraging member of the younger and older community to bridge the gap between them by reaching out to the older community.

These are the people that created our community, don't let them fade into the background!

Come and celebrate with us at The Loft, with great music, food and conversation. Best of all, this event is totally free!

To RSVP, please email us on info@ageingwithpride.co.uk.



SHOUT OUT Community Day

Sunday 18th November, 12pm - 6pm

mac, Cannon Hill Park, Birmingham B12 9QH

FREE for LGBT people of all ages

Join us for this year's SHOUT OUT Community Day, as we once again take over the public spaces at mac Birmingham with a whole day of free arts, performances, workshops, talks, and films for all ages.

Join LGBTQIA+ community members from all over the city for live music performances from Urban Cellar and the Birmingham Gay Symphony Orchestra, an illustrated talk on the history of lesbian painter Gluck from Pink Sou'Westers, a textile making workshop with Nadim Choudry, photography sessions with Ming DeNasty, and this year's SHOUT Short Films programming exploring queerness and dis/ability (15+), as well family arts and crafts and plenty of surprises throughout the day.

It's all free, and there's no need to book! Full line-up to be announced soon: check the website for details of this and other SHOUT events: <http://shoutfestival.co.uk/>.

Many of the SHOUT Festival events are free. For some of the ones with an admission fee, the SHOUT Festival organisers are very pleased to be able to offer free tickets to those on a low income, while stocks last. Contact shoutfestival@blgbt.org to book.



Bi Fest

Sunday 25th November, from 12pm

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

FREE for LGBT people 18+ (donations welcome)

Come and celebrate Brum Bi Group's 11th Anniversary with a lovely Bi Fest this autumn!

Fancy a day out in Birmingham with the a group of fabulous bisexuals? Then Brum BiFest is for YOU! There will be a huge range of activities and workshops to join in with!

The event is free but donations will be gratefully accepted - pay on the door what you wish. We suggest £3 - £5 to cover event costs.

All attendees will get a name badge with the option to put their own pronouns on. The venue is fully accessible and has disabled parking next door to the venue. Lunch will be *Bring and Share*. In similar fashion to Bi Visibility Day, there will be an after party downstairs hosted by The Loft, with access to the bar all day. The After-Party will be held downstairs in the Loft from 6pm until 10pm.

For more details and to RSVP, see <https://www.facebook.com/events/314085712499665/> or <https://www.meetup.com/Brum-Bi-Group-Meetup/events/254175977/> or contact Brum Bi Group on brumbicoffeegroup@gmail.com.



LGBTQ and the Armed Forces - A Brief History

Thursday 29th November, 6.30pm - 8.30pm

The Royal British Legion Pop-In Centre, 87 New Street, Birmingham B2 4BA

FREE for LGBTQ veterans and allies

With special guest James Wharton, one of Britain's first openly gay soldiers.

LGBTQ veterans are being invited to a free event to discuss and explore the history and experiences of LGBT people in the armed forces. If you know anyone who might be interested, please contact Maria on 0121 643 0821 or mariahughes@blgbt.org for further information.



PROUD BAGGIES
1968 CLUB

Introducing Proud Baggies' 1968 Club...

Proud Baggies are delighted to announce the '1968 Club', a new campaign in support of addressing social isolation and loneliness among LGBT+ over 50s.

We are inviting LGBT+ elders who suffer through isolation and loneliness the opportunity to join us before and during home games. We will provide free match tickets, travel costs and refreshments throughout the season (subject to availability). The 1968 Club is a fitting title since to be eligible you have to have been born before we won our 5th and most memorable FA Cup. For more information or to get in touch, please go to <http://proudbaggies.com/1968-club>, email us at info@proudbaggies.com or call/ text Neil on 07825 110 814.

COMMUNITY EVENTS



Acting Out

Thursdays 1st, 8th, 15th, 22nd, 29th November, 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 5th November, 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).

November's meeting will discuss "Maurice" by EM Foster.

In December, Bards & Books usually hosts a 'bring your own writing' session. As a change this year, members are being invited to 'tell a story', preferably with a gay or festive theme, for three minutes.

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



BGLAD

Thursdays 8th & 22nd November, 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: Wall (near Lichfield)

Sunday 11th November, from 10.30am/ 11.30am

Wall village car park on Watling Street, Wall WS14 0AN

For Lesbians, Bi Women and Women Allies

Boot Women is a walking group for women, primarily lesbians, based in Birmingham and the surrounding areas.

Join us on our "Wonderful Wall Roman Ramble": 5 easy flat miles with wonderful open field land and skylines. All arable with no livestock. We'll be starting with a 20-30 min exploration of the amazing Roman Baths site. The extent of the history of this site to what it is now is unbelievable. Come and walk in the footsteps of Legionnaires! Fittingly, we'll finish at the "Trooper" pub.

Meet the walk leaders for shared lifts at Cannon Hill Park (Russell Road car park, B13 8RD) at 10.15am for 10.30am departure. Or go directly to the start of walk from 11am for a prompt start at 11.30am.

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 sensible walking gear, including boots, some lunch/drinks and something to sit on. Well behaved dogs are also welcome.

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.



Brum Bi Group

Brum Bi Group: Networking Meetup

Tuesday 13th November, 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: Bisexuals & Boardgames

Fridays 2nd & 16th November, 6.30pm - 9pm

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

FREE for bisexual people and allies

Bisexuals and Boardgames is back!!! Join us for board and tabletop card games at Birmingham's LGBT Centre Café, 6:30pm-9pm. Feel free to bring your own games, use our own games supplied or just simply take part and watch.

Friday 2nd November: As this is the Halloween special please wear fancy dress and bring any creature themed games you have. We'll also be heading to the Fox around 10.30pm.

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 4th, 11th, 18th, 25th November, 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.



Imaan

Saturday 24th November, 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 website: <http://www.imaan.org.uk>

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



Journey Asylum Seekers Group

Friday 16th November, 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 for more details.



Journey Film Club

Tuesdays 6th & 20th November, 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 6th: **Darling** (1965), 2hr 8 mins

Beautiful but easily bored Diana Scott (Julie Christie) becomes a popular model and actress in London in the 1960s while toying with the affections of two older men, married television newsman Robert Gold (Dirk Bogarde) and public relations mastermind Miles Brand (Laurence Harvey). Although Diana is the toast of swinging London, the dark side of fame and fortune begins to take its toll, but it proves harder to escape the mod scene than she expects.

Tuesday 20th: **Female Trouble** (1974) 1 hr 29 Mins

Female Trouble is a 1974 dark comedy film co-composed, filmed, co-edited, written, produced, and directed by John Waters and starring Divine, David Lochary, Mary Vivian Pearce, Mink Stole, Edith Massey, Michael Potter, Cookie Mueller, and Susan Walsh.

An obese woman (Divine) gives birth to an obnoxious child and embarks upon a bizarre and violent life of crime.



Journey Film Club: Film Choice Meeting

Tuesday 27th November, 7.30pm - 9pm

Sidewalk, 125-127 Hurst St, Birmingham B5 6SE

For LGBT + allies of all ages

Want to help us decide which films to screen next? Join us at our Film Choice Meeting on Tuesday 27th November. Can't attend? Send us a message or leave a comment, and we will consider your choice at the meeting: journeyfilmclub@outlook.com
<https://www.facebook.com/events/1219927258148575/>

LGBT POLSKA

LGBT Polska

Saturday 10th November, from 8pm

Venue to be confirmed

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.

For more information please visit our website <http://lgbtbbham.prv.pl/> or join our Facebook page: <https://www.facebook.com/LGBTPolksaBirmingham/>

Birmingham Married Men's Group

Married Men's Group

Mondays 12th & 26th October, 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>.



OUTward Expressions

Sunday 18th November, from 2pm

mac, Cannon Hill Park, Birmingham B12 9QH

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. It doesn't matter if you are experienced, just starting out or anywhere in between, we are encouraging, helpful and share tips and our experiences - the only thing you need is an interest in the subjects.

In November we thought that we would visit the SHOUT Festival event: SHOUT OUT Community Day, to attend the illustrated presentation on the life and art of the acclaimed lesbian artist 'Gluck', given by Jan Smith from Pink Sou'westers.

Gluck was born Hannah Gluckstein in 1895 into a wealthy Jewish family and she refused to be defined by her class, religion or gender. She cropped her hair, dressed as a man, smoked a pipe, loved women and defied anyone who dared call her anything but GLUCK. What else will Jan tell us about the fascinating life of this renegade lesbian artist?! Come along and find out! If you've been at one of Jan's art talks before then you know that you're in for a treat.

We will meet in the foyer at 1.30pm to attend this talk, however, there are lots of other performances, activities and short films on the day at this free event, between 12pm and 6pm.

For further information, please contact Jay on 07983 353 584 or email Paddy at paddy.broughton@btinternet.com, and see <http://shoutfestival.co.uk/whats-on/all-shows/shout-18-shout-out/>.

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 5th, 12th, 19th, 26th November, 11am - 4pm

Fridays 2nd, 9th, 16th, 23rd, 30th November, 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.

SAVE THE DATE: Positive West Midlands is organising an event to commemorate World AIDS Day on 1st December. More details to follow.



Rainbow Bridge coffee mornings

Tuesdays 6th, 13th, 20th, 27th Nov, 11am - 1pm

Thursdays 1st, 8th, 15th, 22nd, 29th Nov, 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 for more details, or join our Facebook group: <https://www.facebook.com/groups/787474638101615/>

On Thursday 6th, there will be a presentation on Energy Advice & Smart Meter Awareness. Please see 'Featured Events' for more details.



Rainbow Pooch Pride

Sunday 11th November, from 2pm

Moseley Bog, Yardley Wood Rd, Moseley, Birmingham B13 9JX

FREE for LGBT dog walkers of all ages.

Rainbow Pooch Pride:

- 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

Join us for some Rainbow Pooch Pride and take a Sunday stroll through Moseley. Welcoming all Rainbow Pooches with LGBT+ owners and fans. Meet at the entrance on Yardley Wood Road.

Join the Facebook group here: <https://www.facebook.com/groups/RainbowPoochPride/>



Rainbow Spirit

Saturday 17th November, 3pm - 6pm

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

FREE for gay men of all ages (donations welcome)

Rainbow Spirit is a community of men attracted to men who meet to develop personal empowerment, friendship and support. We aim to do this by exploring our sexuality, deriving strength and support from each other in the face of continued homophobia. We embrace mind, body, and spirit through a diversity of activities, discussions, and sharing of our different experiences.

Our previous activities have included:

- Drama improvisation
- Mindfulness and meditation
- Gay icons: discussion about our heroes e.g. Benjamin Britten; Alan Turing.
- Singing
- Sharing our solidarity with our brothers who have faced oppression abroad.
- Head, neck and, shoulder massage

During our Saturday meeting, as well as our specific activities, we always make time for a chat together over tea and biscuits. We ask for a small donation of £3 during the meeting. This goes towards to our Hardship Fund, which means, for example, that we can give bus fares to the asylum seekers who attend.

Occasionally, we arrange additional social events where we might go for a walk, watch a film, visit the theatre or just enjoy a coffee together.

Please feel free to join us from 3pm -6pm on the third Saturday of the month. You will be warmly welcomed. For more details, contact **Jon** on **07974 477206**, e-mail jonghomer@hotmail.com. We are also on the Meetup website as **Rainbow Spirit Bham - celebrating our lives as gay / bi men - mind/body/spirit**.



Trans Central

Monday 5th November, 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 IN DECEMBER

World AIDS Day 30th Anniversary: Remember, Educate & Celebrate with Positive West Midlands

Saturday 1st December 2018, 4pm - 8pm

190 Corporation Street, B4 6QD

FREE for LGBT + allies

Join Positive West Midlands at an event full of discussion, information, commemoration, celebration and entertainment. The programme is currently being finalised and will be advertised very soon, but if you want to find out more now, please contact info@positivewestmidlands.co.uk.



BGSO Christmas Concert

Saturday 15th December 2018, 3pm (doors open 2.30pm)

St Paul's Church, St Paul's Square, Birmingham B3 1QZ

Tickets: £5 each for Ageing Better participants

Join Birmingham's friendliest orchestra for an afternoon of family-friendly Christmas cheer sprinkled with orchestra favourites from the ballet stage. From the sumptuous Swan Lake and Sleeping Beauty, to swinging Sleigh Ride and a chorus of carols. BGSO will have you dancing in the aisles just in time for Santa's visit.

To support Ageing Better, BGSO has offered the LGBT Hub tickets for Ageing Better group members, at the special price of £5 each. To find out more or purchase, contact Maria on 0121 643 0821 or email mariahughes@blgbt.org.

<http://www.bgso.org.uk/christmas-at-the-ballet-2018>





Ageing Better works with communities to bring people together with fun social activities, and help to make connections 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.