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LGBT Hub News Roundup



LGBT Hub Update

Well, it's been a very busy time lately. I have been going to meetings and events to connect with agencies who can support the work of the LGBT Hub and its groups, and get more resources on important issues such as dementia, housing and healthcare.

I have also been working with the Network Enablers of the other Ageing Better Hubs to improve the way we communicate with and support each other.

The LGBT Hub will continue to support groups which need to meet in 'safe space' venues, but we are also looking for opportunities to encourage groups to start up in different parts of Birmingham, away from the city centre, Gay Village and LGBT Centre. If you have any suggestions - for instance you know a welcoming local venue or you know a group of LGBT+ people and allies who live locally to you - we'd be very glad to hear from you.

Don't forget: we still have low-cost tickets for the **BGSO Christmas Concert** available; Saturday 15th December, doors open 2.30pm, St Paul's Church in the Jewellery Quarter. If you are involved with an Ageing Better group or event and you are interested, please contact me. Tickets are £5. Contact Maria on 0121 643 0821 or mariahughes@blgbt.org.



Ageing Better Groups Updates



New group: Sprung

'Sprung' is the name of a new LGBT dance group currently being developed and funded by the Ageing Better Fund.

Sprung aims:

- To empower adults of different age and gender groups to enjoy dance movements so people of mixed abilities can buddy up for peer-to-peer learning, be it through sit-ins, classes and/or discussions at the venue or attending social trips outside.
- To enable the formation of new friendships and social connections and overcome ageing stereotype and isolation.
- To showcase end result to communities, such as care homes, so that they can also enjoy the benefits of dance.

The group organisers recognise that older people often feel isolated due to their reducing mobility and illnesses. Some spend a lot of time frequenting hospital and it would boost self-esteem to revisit old hobbies together. One may be in the closet and lead a double life due to their upbringing in their generation. Being negative about learning a new skill as one lacks of confidence in ability, agility or physique. The proposed dance club is a springboard for doing other physical and social activities. It will be a channel to for participants meet people at other events.

The free dance sessions - a mixture of different styles - are due to start in January 2019, more details to follow. To register your interest, please contact sprungdancers@gmail.com.



PROUD BAGGIES
1968 CLUB

Proud Baggies launch the "1968 Club"

**A campaign to help reduce
loneliness amongst the older
LGBT+ population**

Proud Baggies, West Bromwich Albion's official Supporter Group for LGBT+ fans has launched a campaign in support of reducing social isolation amongst LGBT+ elders.

In association with Ageing Better Birmingham and with support from Birmingham LGBT's Ageing with Pride programme, The '1968 Club' will offer free tickets, travel and refreshments at all WBA home games throughout the season for LGBT+ people over 50 who find themselves isolated from the community.

Piero Zizzi, Proud Baggies founder says "we have a unique opportunity to support older and socially isolated LGBT+ people who otherwise would not engage with other LGBT+ people, by offering a safe environment to attend football matches accompanied by members of our group. 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".

Research shows that older LGBT+ people are especially vulnerable to loneliness and social isolation as they are more likely to be single, live alone and have lower levels of contact with relatives. They are also less likely to engage with local services with a recent survey finding that four fifths of older LGBT+ people do not trust professionals to understand their culture or lifestyle.

Older LGBT+ people tend not to socialise in 'usual' LGBT+ communities, which tend to be focused around bars and clubs and target younger audiences as a result. The macho/ aggressive and often homophobic nature of football has also been shown as a barrier to LGBT+ people attending games, particularly among older generations who may have lost touch with fellow supporters as a result of lengthy absences from matches.

Proud Baggies are the official WBA LGBT+ Supporters Group, founded in 2017 to improve the football experience for LGBT+ fans at and around WBA Football Club and helping to make The Hawthorns stadium a more welcoming and inclusive environment

for all. Their work has recently been rewarded with a nomination for the 'Best Club and Supporter Group Relationship' award at the prestigious National Football Business Awards.

For more details please contact Piero Zizzi on 07545 584 689 or info@proudbaggies.com.

Positive West Midlands: World AIDS Day 30th Anniversary

Saturday 1st December 2018, 4pm - 8pm

Apaches Bar, 190 Corporation Street, Birmingham B4 6QD

Positive West Midlands invites you to join us to *Remember, Educate and Celebrate!*

Contact info@positivewestmidlands.co.uk or see <https://www.facebook.com/positivewestmidlands/>



Acting Out: A Nightmare on Bristol Street

Acting Out's production for Halloween - A Nightmare on Bristol Street - was an entertaining, clever and thought-provoking set of self-penned sketches for the season. The pieces ranged from the Victorian era (and earlier) to the modern day, taking in Jekyll & Hyde and Macbeth, séances and veganism, and a cast of monsters

from the supernatural to the all-too-human. Each of the eight pieces were written, directed and performed by different combinations of the Acting Out membership and included innovative film, sound and staging productions.

The performances were funny, thought-provoking and very, very original. Acting Out works in a way to encourage all members to take part in whatever capacity they choose, so that all of their talents are appreciated.

Acting Out meets every Thursday at the Wellington Hotel on the corner of Bromsgrove Street and Bristol Street, from 7pm to 9pm. You are welcome to pop along, or contact actingoutchair@gmail.com to arrange meet and greet.

Focus on: Journey Asylum Seekers Group

Taken from the Annual report 2018

The purpose of the group continues to be to provide a safe space and a social group for LGBT asylum seekers, with an encouragement for welcome to newcomers, mutual support, and signposting to other sources of information and help. Our great thanks go

to members of the group who cook hot food and those who arrange the transportation. Offers will be greatly appreciated! While we emphasise that we are not experts, when possible leaders also offer one to one support on sensitive issues or requests for letters of support/ hearings.

This year there has been opportunity for some further networking with other user groups in the LGBT Centre; with the local Franciscans and Micro Rainbow providing accommodation for LGBT asylum seekers. We have also welcomed three researchers gathering information on the experiences of LGBT asylum seekers and hope this will feed into an improvement in the fairness of the process, especially in the regulatory framework and the interviewing process.

The group seems to answer a need for people from a widening area including Birmingham and the West Midlands, but also Stoke, Nottingham, etc.

Our future plans include applying for *Awards for All* funding, formalising induction and training, developing group support sessions and addressing language barriers in conjunction with the LGBT Centre. We still urgently need the help of someone experienced in fundraising.

If you want to get in touch, please contact **Phil Hoar** on 0121 453 9207 or philhoar@btinternet.com for more details.

Ageing With Pride



New Ageing with Pride billboards

We're loving our new billboards that have gone up at Holloway Circus!

Want to see the video? Follow **Ageing with Pride** on Twitter: [@AgeingWithPride](https://twitter.com/AgeingWithPride).

You can also see **Keep Your Rainbow**, one of a series of videos made to encourage conversation and raise awareness, here:

<https://www.youtube.com/watch?v=Cr1OWRK6BXM>

But **Ageing with Pride** isn't just about public perceptions; it's about community-based activity and facilitating change on the ground. If you'd like to be a part of that, get in touch with **Rico** on 0121 643 0821 or info@ageingwithpride.co.uk, or see our webpage: <https://blgbt.org/ageing-with-pride/>.

Ageing Better Programme News

Older people should never feel isolated for who they love or who they are

This is a lovely article about Rainbow Bridge, posted on the Ageing Better in Birmingham website and featuring in the Ageing Better Autumn Community Newsletter.

<https://www.ageingbetterinbirmingham.co.uk/latest-news/older-people-should-never-feel-isolated-for-who-they-love-or-who-they-are>.

Ageing Together Week



Ageing Together Week is an annual event organised by Ageing Better in Birmingham to help raise awareness of social isolation and loneliness and showcase the groups and activities who can help combat them.

Did you know that by 2020, almost 57,000 people aged 65+ will be living alone in Birmingham, which is 37% of the age group?

Did you know that one in eight of Birmingham's residents are carers (around 105,000 people) and many experience isolation, anxiety and stress arising from their unremitting care responsibilities?

Did you know that LGBT people face additional problems of discrimination and cultural isolation when they become isolated due to the death of a partner or ill health; some may feel compelled to 'go back into the closet' in a retirement or care home?

We want to spread the message that isolation isn't inevitable, that people from all walks of life can have the opportunity to make new friends and take up new activities, as well as continuing to enjoy their current ones.

I will be getting in touch with groups who meet that week to see if they want to take part in the publicity campaign and/ or plan any special activity around Ageing Together Week.

If you have any ideas of how we can take this campaign forward, please get in touch with Maria on 0121 643 0821 or mariahughes@blgbt.org.

Community News & Events

National HIV Testing Week 2018 17th - 23rd November



November brings around National HIV Testing Week (NHTW), starting Saturday 17th.

NHTW is an annual campaign to promote regular HIV testing to reduce the risks associated with late diagnosis or remaining undiagnosed and challenging the stigma still associated with the virus.

Throughout the whole month of November Birmingham LGBT will be carrying out HIV testing at varied venues on Birmingham's gay scene and also selected universities and colleges in Birmingham and Solihull with their campaign #PRICKTESTRESULT

Testing is also available as always 7 days a week at the LGBT Centre.

After the success of 2017's campaign we hope to spread the word further among the LGBT community and encourage more people to think more about their HIV status and keep up with regular testing.



Birmingham LGBT Annual General Meeting

Birmingham LGBT invites you to attend this year's AGM, which is taking place on Tuesday 20th November 2018, 7.30pm - 9pm, at Birmingham LGBT Centre.

The agenda is as follows:

- Welcome, introductions and apologies
- Minutes and matters arising - 2017 AGM
- Chair's report
- Director's report
- Treasurer's report and adoption of accounts
- Update Ageing with Pride campaign
- Election of board members
- Chair
- Vice Chair
- Company Secretary
- Treasurer
- Trustees

- Any other business and questions
- AGM close

We are grateful for your attendance, thank you.

Hello from John Taylor Hospice!

John Taylor Hospice's mission is specialist end of life care for people living with a terminal illness and their families. We believe in a compassionate, pain-free and dignified death for all.

Our support is 'Taylor-made' for each person, ensuring they receive the very best care at home or in the hospice. Our staff and volunteers are dedicated to making every moment matter for everyone we care for, and today more than 600 people and their families will receive the care they need from us.

We have some exciting news that we'd like to share with you:

New Charity Shops

We opened our very first charity shop in Erdington in April 2018, and have now opened a second shop in Wylde Green, with a further shop opening in Castle Bromwich in December.

There are so many ways you can help make our new retail business a success:

- Donate - Our stores depend on you donating good quality items which we can sell to raise money to provide care. You can drop off goods at the shops during our opening hours or at our hospice reception.
- Volunteer - Our dedicated teams of volunteers help ensure our shops are welcoming and friendly. To find out more about how you can join the team click [here](#).
- Shop - Pop into any of our stores and find lots of fantastic high quality goods at value-for-money prices. We stock clothes and accessories, household goods, ornaments, books, CDs, DVDs and so much more.



To find out more our shops, visit our website

<https://www.johntaylorhospice.org.uk/shops>. If you would be interested in

volunteering with us, call our Volunteer Coordinator, Paddy Breen, on 0121 728 6738 or email volunteer@johnaylorhospice.org.uk.

Light up a Life

Sunday 9th December, 6pm, Hollyfields Centre, Woodacre Road, Birmingham B24 0JT

Christmas can be a special time for friends and families but it can be even more poignant for those who have been affected by terminal illness.

John Taylor Hospice's annual **Light up a Life** is a chance for us to celebrate or remember our loved ones together whilst lighting up the lives of others.

We would love you to be part of this year's Light up a Life by dedicating a light to someone you love and joining us for our celebration event. This could be in memory of someone who has died, in honour of someone currently being cared for by John Taylor Hospice or simply to celebrate this special occasion.

Lasting roughly half an hour, Light up a Life features readings, songs performed by local choir Vivat!, and some time for reflection in which a tree filled with lights is illuminated. The event is free and open to anyone to attend. It takes place outside so please wrap up warm.

For any queries on **Light up a Life** please contact our **Fundraising Team** on 0121 728 6739 or email fundraising@johntaylorhospice.org.uk.

Times are changing for GP surgeries

Patients registered with a GP within the Birmingham and Solihull CCG area, can access a variety of primary care appointments (GP, nurse, healthcare assistant) in the weekdays up until 8pm, weekends and bank holidays, from extended access hubs. To book an evening or weekend appointment, please contact your GP practice.

Details of all of the extended access hubs are here: <https://bit.ly/2CtGnfx>.

Focus on: Dementia

Dementia Friends

Alzheimer's Society's
Dementia Friends

programme is the biggest

ever initiative to change people's perceptions of dementia. It aims to transform the way the nation thinks, acts and talks about the condition.

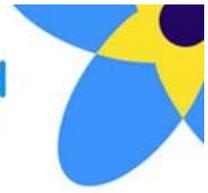
Whether you attend a face-to-face Information Session or watch the online video, Dementia Friends is about learning more about dementia and the small ways you can help. From telling friends about the Dementia Friends programme to visiting someone you know living with dementia, every action counts.

There are over 10,000 volunteer **Dementia Friends Champions** encouraging people to learn a little bit more about dementia. Champions are trained and supported by us to run Information Sessions in their community and help inspire others to help those living with dementia live well.

We work with all types of organisations from large to small across the private, public and third sector and support them to roll out Dementia Friends to their workforce.



I'm a Dementia Friend
Join me at dementiafriends.org.uk



To find out more about Dementia Friends, visit <https://www.dementiafriends.org.uk/>.

*The Alzheimer's Society is currently working on a new campaign and work programme of improvement: **Bring Dementia Out**, which aims to ensure that LGBT+ people affected by dementia feel more comfortable and have less fear in coming forward to access help, information and support around dementia. The LGBT Hub is monitoring the progress of this work and we will bring you more information soon.*

Get Involved

Living Well: Birmingham LGBT

Request for feedback on the Birmingham LGBT Living Well Project

Birmingham LGBT has delivered the 'Living Well' project, (Wellbeing support and events) a Lottery funded programme of activity over the last three years. The project was designed to improve wellbeing and reduce isolation amongst LGBT individuals.

We would very much appreciate if you can please take a moment of your time to fill out a short survey regarding your experiences of the wellbeing services.

<https://www.surveymonkey.co.uk/r/HT5K7FX>

We need to report back to our funders about the impact that our work is having. Therefore, your feedback is invaluable for us.

This information will also help us to shape future services and ensure we deliver the most appropriate and effective services to the lesbian, gay, bisexual and trans community.

Mental Health: Healthwatch Birmingham

What are your experiences of support from your General Practice?

Healthwatch Birmingham is encouraging people across the city to share your experiences of the quality of mental health support you get from Birmingham General Practices (GPs). We are particularly interested to hear from those living with mental health needs, a learning disability, autism or dementia to understand whether services provide the support and referrals you need to manage your condition.

You can share your experiences anonymously and confidentially in the following ways:

Online - visit our website <http://www.healthwatchbirmingham.co.uk>, search for the name of your General Practice and complete the short feedback form.

Telephone - call 0800 652 5278 or 0121 636 0990, tell us that you would like to share your feedback about General Practices as part of our mental health study.

Face-to-face conversations - we will be attending various community group sessions across the city. Contact us to find out where we will be attending over the next couple of weeks on 0800 652 5278 or 0121 636 0990 or complete the form here: <https://healthwatchbirmingham.co.uk/contact-us/>.

Please share your experiences by end of November 2018.

National LGBT+ study: King's College London

Looking for participants to improve communication between health and social care professionals and LGBT+ patients with serious illness



The ACCESSCare team at King's College London has launched a major piece of research to understand and improve health and social care professionals' communication with LGBT+ people with serious illness.

Good communication with health and social care professionals is particularly important for people facing serious illnesses, and for their significant others. In previous work, the ACCESSCare team found that LGBT people described experiences of discrimination, and lacking sensitivity from health and social care professionals.

The study is currently looking for LGBT+ people, 18 years old or above, who are facing a serious illness (such as cancer, organ failure, neurological conditions or other conditions that impact significantly on quality of life), as well as their partners, friends and relatives, for participation in a brief interview.

The study findings will be used to develop evidence-based guidance for health and social care professionals to improve their communication with LGBT+ patients and their significant others.

If you are interested in participating, email debbie.braybrook@kcl.ac.uk or visit www.csi.kcl.ac.uk/accesscare/c for more information.

News & Research

LGBT people avoid health checks 'because of discrimination fears'

More than half of lesbian, gay, bisexual and transgender (LGBT) people have experienced depression or anxiety in the past year, with many uncomfortable seeking professional advice through fears of discrimination.

<https://www.personneltoday.com/hr/lgbt-health-checks-discrimination-fears/>

https://www.stonewall.org.uk/sites/default/files/lgbt_in_britain_health.pdf

The Last Word . . .



Magic Johnson

“Everyone thought I was going to die like a year later, they didn't know. So I helped educate sports, and then the world, that a man living with HIV can play basketball. He's not going to give it to anybody by playing basketball.”

“The gay community has taken care of their issues and problems in terms of HIV/AIDS. They have done an incredible job. We as heterosexuals need to learn from the gay community because they have rallied together. They have sent a lot of information out there. They go get tested.”



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: call 0121 643 0821 or email 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