



Ageing Better Events DECEMBER 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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3 11am Bards & Books 11am Positive West Midlands 6.30pm Trans Central	4 11am Rainbow Bridge: <i>Memory Health Workshop</i> 7pm Journey Film Club	5	6 12.30pm Rainbow Bridge Art Class 7pm Acting Out	7 11am Positive West Midlands 6.30pm Brum Bi Group	8 7.30pm <i>Rainbow Voices Christmas Concert</i> 8pm LGBT Polska	9 11.15am Boot Women 12pm Rainbow Pooch Pride 5pm Illuminate
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FEATURED EVENTS



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!***

- ❖ World AIDS Day Wishing Tree and Memorial Quilt to decorate
- ❖ Live music entertainment from **Folk Club** and **Dan Hartland**
- ❖ Free HIV & STI testing and information
- ❖ Personal stories from people living with HIV
- ❖ Tarot reading
- ❖ Candle-lit vigil and reflection period, with Celebrant: **Jess May**
- ❖ Guest speaker: **Dr Steve Taylor FRCP PhD**, Lead HIV Consultant at Heartlands Hospital
- ❖ Special guest star: **La Queefa**



Light refreshments included

The celebrations and socialising will continue at **Missing Bar, Hurst Street Birmingham** from 8pm

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

**Birmingham
Heartlands
HIV Service**
HIVbirmingham.nhs.uk

**SAVING
LIVES**
UK.COM



Memory Health Workshop

Tuesday 4th December, 11am - 1pm

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

FREE

Finding it more difficult to remember faces names and dates?

Come along to Rainbow Bridge Coffee Morning at Birmingham LGBT Centre for a free Memory Health Workshop for older LGBT people.

After completing an online memory test, you will be given a personalised report which will include a science-based brain health score.

Basic computer skills are required.

Email or call Birmingham LGBT to book your place: eventscoordinator@blgbt.org or 0121 643 0821.

Rainbow Voices Christmas Concert

Saturday 8th December, from 7pm

Longbridge Retirement Village, Austin Avenue, Rednal, Birmingham B45 8TD

Only £4 on the door - no need to book.

Mental Health Mates Birmingham

Sunday 2nd December, 10.30am

Edwardian Tea Rooms, Birmingham Museum & Art Gallery, Chamberlain Square, Birmingham B3 3DH

Come and join this friendly and welcoming group on the first Sunday of every month. For more information, contact amyrose1980@gmail.com.



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

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.

Birmingham LGBT Christmas Party

Tuesday 25th December, 4pm - 7pm

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



Birmingham LGBT

FREE for LGBT people

Once again, Birmingham LGBT will be laying on a free party with music, gifts and a buffet. If you'd like to attend, please call 0121 643 0821 or email cecilystevenson@blgbt.org.

Please donate to our fundraiser for the party:

<https://mydonate.bt.com/events/christmasday/478843>.

Rainbow Ramble - Christmas Fun!

Saturday 29th December, from 10.30am

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

FREE for LGBT people

This is our Christmas fun event! Like all Rainbow Rambles it is free. We will meet at the LGBT Centre on Saturday 29th December from 10.30am for a hot drink, leave at 11am and return to the Centre for a bring-and-share lunch at about 12.30pm; please bring food to share.

We will divide up into teams and, following clues, head off around town on foot to see which team can solve the puzzle and win a prize! It's all very light-hearted so come along and make new friends.

For more information, contact Andrew on 07779 379 578, email

RainbowRamblesUK@gmail.com or visit <https://facebook.com/RainbowRambles>.



COMMUNITY EVENTS



Acting Out

Thursday 6th December, 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.

Acting Out is back after Christmas, from 10th January.



Ageing Better LGBT Housing Group

Thursday 13th December, 1pm (lunch)/ 1.30pm - 4pm

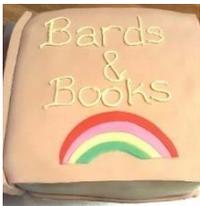
Birmingham LGBT Centre, 38-40 Holloway Circus, Birmingham B1 1EQ

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.

This meeting, we will discuss our "Top 10 Priorities" to put forward to Birmingham City Council and Birmingham's social housing providers; design an LGBT housing conference to take place in February next year; and make plans to widen the group sessions.

Please contact Maria on 0121 643 0821 or mariahughes@lgbt.org if you would like to attend.



Bards & Books

Monday 3rd December, 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).

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

Bards & Books is back after Christmas on 7th January.



BGLAD

Thursday 27th December, 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.

On 13th December, BGLAD members will be joining the Positive Mental Health Group for their Christmas event, so will not be meeting at the Centre.



Boot Women: Birmingham Canals and Christmas Market

Sunday 9th December, from 11.15am

Mailbox, 7 Commercial St, Birmingham B1 1RS

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 last walk of the year will be a relaxing exploration of the canals around Birmingham city centre. The walk will take a maximum of 2 hours and will finish at the Christmas Market where you will be able to enjoy a glass of mulled wine courtesy of Boot Women.

To join us, meet us on the padlock bridge behind the Cube/Mailbox to start our walk at 11.15 am. From there we will walk along the canal under the city. Towpaths might be a bit slippery so ensure you wear appropriate footwear.

Please note that there will be no shared lifts from Cannon Hill for this walk.

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.



Brum Bi Group

Brum Bi Group: Networking Meetup

Tuesday 11th December, 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 7th & 14th December, 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.

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 16th December, 12pm - 4.30pm

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

FREE for bisexual people and 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 12 pm till 4:30 pm, at Damascena, on Temple Row. Look out for a small purple unicorn named 'Xena' on one of the tables to find us.

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 2nd, 9th, 16th, 23rd December, 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 Asylum Seekers Group

Friday 21st December, 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 4th & 18th December, 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 4th: **Paris Is Burning** (1990), 1 hr 11 mins

This documentary focuses on drag queens living in New York City and their "house" culture, which provides a sense of community and support for the flamboyant and often socially shunned performers. Groups from each house compete in elaborate balls that take cues from the world of fashion. Also touching on issues of racism and poverty, the film features interviews with a number of renowned drag queens, including Willi Ninja, Pepper LaBeija and Dorian Corey.

Tuesday 18th: **Home Alone** (1990), 1 hr 43 mins

When bratty 8-year-old Kevin McCallister (Macaulay Culkin) acts out the night before a family trip to Paris, his mother (Catherine O'Hara) makes him sleep in the attic. After the McCallisters mistakenly leave for the airport without Kevin, he awakens to an empty house and assumes his wish to have no family has come true. But his excitement sours when he realizes that two con men (Joe Pesci, Daniel Stern) plan to rob the McCallister residence, and that he alone must protect the family home.

LGBT POLSKA

LGBT Polska

Saturday 8th December, from 8pm

Green Room, 70 Hurst Street, B'ham B5 4ST

For LGBT + allies 18+, Polish and Polish-speaking

LGBT Polska is a social group for Polish LGBT community and friends in West Midlands. We meet every second Saturday of the month at 8pm in different venues in Birmingham gay village.

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

Birmingham Married Men's Group

Married Men's Group

There will be no further meetings of the Married Men's Group for the foreseeable future. If you'd like some support or information, please contact mmgbham@hotmail.com or visit <http://mmgbham.wix.com/marriedmensgroup>.



Positive West Midlands

Saturday 1st, December, 4pm - 8pm: World AIDS Day

Mondays 3rd, 10th, 17th December, 11am - 4pm

Fridays 7th, 14th, 21st December, 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.

You are welcome to just turn up, contact info@positivewestmidlands.co.uk and also visit <https://www.facebook.com/positivewestmidlands/> for more details.

Positive West Midlands is back after Christmas on 4th January.



Rainbow Bridge coffee mornings

Tuesdays 4th, 11th, 18th December, 11am - 1pm

Thursdays 6th & 13th December, 12.30pm - 2.30pm

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 Jonathanatrainbowbridgelgbtq@hotmail.com for more details, or join our Facebook group: <https://www.facebook.com/groups/787474638101615/>.

On Tuesday 4th, there will be a Memory Health Workshop - book with eventscoordinator@blgbt.org.

On Thursday 6th, there will be the next Amaryllis Beginners Art Class - NO PLACES LEFT

On Tuesday 18th, there will be the Rainbow Bridge Yule Party.



Rainbow Pooch Pride

Sunday 9th December, 12pm - 2pm

Woodgate Valley Country Park, Clapgate Lane, Birmingham B32 3DS

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

Woodgate Valley Country Park is a 450 acre area of countryside in the centre of Bartley Green and Quinton. There are many mixed, mature hedgerows, meadows, woodland, and small ponds. The Bourn Brook runs through the park.

The park is designated as a country park and a Local Nature Reserve.

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



Rainbow Spirit

Saturday 15th December, 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 3rd December, 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**.

Trans Central will be back after Christmas on 7th January.



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.