



# Ageing Better EVENTS

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

*Promoting wellbeing in the LGBT community*

**JANUARY  
2019**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4 11am Positive West Midlands  6.30pm Brum Bi Group	5 12.30pm Proud Baggies	6 5pm Illuminate
7 11am Bards & Books  11am Positive West Midlands  6.30pm Trans Central	8 11am Rainbow Bridge   7.30pm Brum Bi Group	9	10 12.30pm Rainbow Bridge  7pm Acting Out  7.30pm BGLAD	11 11am Positive West Midlands	12 3pm Proud Baggies	13 10.30am Boot Women  12pm Rainbow Pooch Pride  5pm Illuminate
14 11am Positive West Midlands	15 11am Rainbow Bridge  6.30pm Sprung  7pm Journey Film Club	16	17 12.30pm Rainbow Bridge  7pm Acting Out	18 11am Positive West Midlands  12.30pm Journey Asylum Seekers Group  6.30pm Brum Bi Group	19 3pm Rainbow Spirit	20 5pm Illuminate
<b>Ageing Together Week</b>						
21 11am Positive West Midlands	22 11am Rainbow Bridge: First Aid training  6.30pm Sprung	23	24 12.30pm Rainbow Bridge  7pm Acting Out  7.30pm BGLAD: First Aid training	25 11am Positive West Midlands  12.30pm Ageing Better LGBT Housing Group	26 5pm Imaan	27 12pm Brum Bi Group  12pm Rainbow Pooch Pride  5pm Illuminate
28 11am Positive West Midlands	29 11am Rainbow Bridge  6.30pm Sprung  <i>7.30pm Northfield LGBT</i>	30	31 12.30pm Rainbow Bridge  7pm Acting Out			



# AGEING TOGETHER WEEK

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## 21-27 JANUARY 2019



### Community First Aid Training

Join us for a free workshop - and receive a free first aid pocket guide!

By building helping us build a network of local community champions, you will gain access to first aid knowledge and skills; having the confidence to take action and help others and meet new people!

- Tuesday 22<sup>nd</sup> January, 11am at Rainbow Bridge
- Thursday 24<sup>th</sup> January, 7.30pm at BGLAD

If you'd like to attend either session, please contact Maria on 0121 643 0821 or [mariahughes@blgbt.org](mailto:mariahughes@blgbt.org) so we have an idea of numbers, thank you.



## FEATURED EVENTS

### Winter Pinks Not Winter Blues!

LGBT+ living in or near Northfield?

Keep out the January cold at our first Northfield LGBT Social!

Tuesday 29th January, 7.30pm

**Allegro Lounge Café Bar, 768 Bristol Road South, Northfield, Birmingham, B31 2NN**

We're inviting local lesbian, gay, bi, trans and queer people and allies to get to know each other, at a cosy venue right on your doorstep.

Come and find Maria and John at the back of the Allegro Lounge - look out for Abib the bear!

If you don't want to go it alone, you can meet John at 7pm at Northfield Community Partnership - just a few minutes away - at 693 Bristol Rd South.

This event is supported by Northfield Community Partnership and Ageing Better LGBT Hub. For further information, please contact Maria on 0121 643 0821 or [mariahughes@blgbt.org](mailto:mariahughes@blgbt.org).



## COMMUNITY EVENTS



### Acting Out

Thursdays 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup> January, 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 25<sup>th</sup> January, 1.30pm - 3.30pm

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

FREE for LGBT + allies + housing & care professionals

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

In our previous meetings we've discussed everything from LGBT-only retirement facilities to the needs of young people made homeless by their families after 'coming out'. We are planning an LGBT housing conference and peer-support sessions, amongst other developments. We welcome new members who have an interest in these issues and/ or who work for housing and related services.

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



### Bards & Books

Monday 7<sup>th</sup> January, from 11am

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

FREE 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 January, we will be reading "The Line of Beauty" by Alan Hollinghurst.

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



## **BGLAD**

**Thursdays 10<sup>th</sup> & 24<sup>th</sup> January, 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 24<sup>th</sup> January, we will be hosting Community First Aid training, provided by St John Ambulance.*



## **Boot Women: Hatton Locks**

**Sunday 13<sup>th</sup> January, from 10.30am**

The Hatton Arms, Birmingham Road, Hatton, Warwick, CV35 7JJ

**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 in January for a gentle walk of about 5 miles which takes in part of the canal at Hatton locks. There will be a small amount of walking on quiet roads as part of the walk.

The terrain is not challenging but it will be muddy, so please wear appropriate walking shoes/boots. The walk should take around 2 hours, and afterwards we can enjoy either a cuppa at the canal cafe or a pint in the pub.

Meet for shared lifts at Cannon Hill Park (Russell Road car park, B13 8RD) for 10.30am departure. Or go directly to the start of walk at The Hatton Arms (Birmingham Rd, Hatton, Warwick, CV35 7JJ) for an 11.30am 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.

Remember to bring 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: Networking Meetup**

**Tuesday 8<sup>th</sup> January, 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 4<sup>th</sup> & 18<sup>th</sup> January, 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, on the first and third Friday of the month. 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](mailto: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 27<sup>th</sup> January, 12pm - 4pm**

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

**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 fourth Sunday of the month, from 12pm till 4pm, 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](mailto:brumbicoffeegroup@gmail.com). We are also on Meetup here: <https://www.meetup.com/Brum-Bi-Group-Meetup/>.



## **Imaan**

**Saturday 26<sup>th</sup> January, 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 LGBTQI 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.



## **Illuminate**

**Sundays 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> January, 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, with sacred and secular music playing. We observe silence 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.



## **Journey Asylum Seekers Group**

**Friday 18<sup>th</sup> January, 12.30pm - 4pm**

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

**FREE for LGBT + allies of all ages, including asylum seekers**

The Journey Asylum Seekers Group 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**

**Tuesday 15<sup>th</sup> January, 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.

15<sup>th</sup> January: **Call Me By Your Name** (7pm Start)

It's the summer of 1983, and precocious 17-year-old Elio Perlman is spending the days with his family at their 17th-century villa in Lombardy, Italy. He soon meets Oliver, a handsome doctoral student who's working as an intern for Elio's father. Amid the sun-drenched splendour of their surroundings, Elio and Oliver discover the heady beauty of awakening desire over the course of a summer that will alter their lives forever.



## Positive West Midlands

Mondays 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> January, 11am - 4pm

Fridays 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> January, 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](mailto:info@positivewestmidlands.co.uk) and also visit <https://www.facebook.com/positivewestmidlands/> for more details.



**PROUD BAGGIES**  
1968 CLUB

## NEW: Proud Baggies 1968 Club

Saturday 5<sup>th</sup> January, kick-off 12.30pm  
(vs Wigan Athletic)

Saturday 12<sup>th</sup> January, kick-off 3pm (vs  
Norwich City)

The Hawthorns, 9 Birmingham Road, West Bromwich B71 4LF

**FREE** to 50+ LGBT supporters

Proud Baggies, West Bromwich Albion's official Supporter Group for LGBT+ fans has launched a campaign to reach out to the over 50 LGBT+ community and in particular those who, for whatever reason, may have lost touch with their community. There is also the opportunity to participate in additional social events throughout the year.

The 1968 Club is open to anyone over 50 who identifies as LGBT+. The Ageing Better Fund will cover the cost of your matchday ticket, a drink and a snack, and travel expenses if you need them. You don't need to be a West Brom fan or even a football fan! If you're interested in joining us for a game or want to find out more, please email [info@proudbaggies.com](mailto:info@proudbaggies.com) or call/ text Neil on 07825 110 814.

Anyone else, of course, can still join us for games and/or become a member of Proud Baggies by joining online: <https://proudbaggies.com/become-a-member>.



## Rainbow Bridge coffee mornings

Tuesdays 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> 29<sup>th</sup> January, 11am - 1pm

Thursdays 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup> January, 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 Jonathan at [rainbowbridgelgbtq@hotmail.com](mailto:rainbowbridgelgbtq@hotmail.com) for more details, or join our Facebook group: <https://www.facebook.com/groups/787474638101615/>.

*On 15<sup>th</sup> January, we are inviting Janice Connolly and Hannah Graham from Women & Theatre to join us.*

*On 22<sup>nd</sup> January, we will be hosting Community First Aid training, provided by St John Ambulance.*



## Rainbow Pooch Pride

Sunday 13<sup>th</sup> January, 12pm - 2pm

Highbury Park, Shutlock Lane, Kings Heath, Birmingham B13 8NZ

Sunday 27<sup>th</sup> January, 12pm - 2pm

**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

Highbury Park includes the estate of Joseph Chamberlain, former Lord Mayor of the Birmingham. He left the park to the people of the city on his death in 1914.

When the Chamberlin family left the house it became an auxiliary military hospital. Most of the grounds became a public park in 1930.

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



## Rainbow Spirit

Saturday 19<sup>th</sup> January, 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 January meetings is an afternoon of painting and acting (no experience of either necessary!)

Come along and discover how creative you really can be and have fun at the same time.

Explore with Will the colours of the rainbow and their significance to us. You will have the chance to experiment with the range of colours..... and.....

Try out / discover your acting and improvisation skills in small groups, as Simon introduces some brief sketches on gay related themes for us to act out.

As always, there will also be plenty of time to socialise with friends old and new.

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 7<sup>th</sup> January, 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 FEBRUARY



### LGBT+ Quaker get-together

20th Feb 2019, 6.30pm - 8pm

Peace Hub, 41 Bull Street, Birmingham B18 5NB

FREE for LGBT+ Quakers and allies

The Peace Hub is holding a social get-together for LGBT+ members of the Quaker community in Central England, and allies, during LGBT History Month.

We'll have a discussion to explore the acceptance of LGBT+ people within Quakers, and to find out how Ageing Better in Birmingham can support groups and activities to increase connections between people. We hope that this event will be the start of an ongoing conversation: where exactly this goes is up to the people who participate.

This event is jointly organised by Ageing Better LGBT Hub (Birmingham LGBT) and Peace Hub (Central England Quakers).

Open to:

- LGBT+ people and allies
- people of any age
- members and attenders of Quaker meetings in Central England, and to people who are interested in finding out more about Quakers.

For more information, please contact [office@peacehub.org.uk](mailto:office@peacehub.org.uk) or 0121 238 2869.



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

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