



COMMUNITY EVENTS

These events are welcoming for people aged 50 or over, and also people of all ages (unless otherwise stated), supported by Ageing Better LGBT Hub.

FEBRUARY 2019

Promoting wellbeing in the LGBT community

Groups are listed in alphabetical order, overleaf.

includes *LGBT HISTORY MONTH EVENTS*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 11am Positive West Midlands 6.30pm Brum Bi Group	2 <i>1pm Are You Fem Dear?</i> 3pm Proud Baggies	3 5pm Illuminate
4 11am Bards & Books 11am Positive West Midlands 6.30pm Trans Central	5 11am Rainbow Bridge 7pm Journey Film Club	6 <i>7pm Pink Sou'westers Queer Quiz</i>	7 12.30pm Rainbow Bridge 7pm Acting Out	8 11am Positive West Midlands	9 <i>Women Power Protest: 11am Bespoke Tour</i> <i>12pm Mindful Art Workshop</i> <i>6pm Gay Birmingham Remembered Revival</i>	10 10.30am Boot Women 12pm Rainbow Pooch Pride 5pm Illuminate
11 11am Positive West Midlands	12 11am Rainbow Bridge 7.30pm Brum Bi Group 8pm Proud Baggies	13	14 12.30pm Rainbow Bridge <i>4.30pm LGBT History Month Event</i> 7pm Acting Out 7.30pm BGLAD	15 11am Positive West Midlands 12.30pm Journey Asylum Seekers Group 6.30pm Brum Bi Group	16 3pm Rainbow Spirit	17 5pm Illuminate
18 11am Positive West Midlands	19 11am Rainbow Bridge <i>7pm Journey Film Club</i>	20 <i>6.30pm LGBT+ Quaker get-together</i>	21 12.30pm Rainbow Bridge <i>6.30pm Veterans' LGBTQ+ Monthly Meet</i> 7pm Acting Out 7pm TranSpectrum <i>7.30pm SHOUT</i>	22 11am Positive West Midlands 1pm Ageing Better LGBT Housing Group <i>7.30pm SHOUT</i>	23 <i>9.30am LGBTQ+, Intersectionality and Islam Conference</i> <i>2pm SHOUT</i> 3pm Proud Baggies 5pm Imaan	24 12pm Brum Bi Group <i>2.30pm SHOUT</i> 5pm Illuminate
25 11am Positive West Midlands	26 11am Rainbow Bridge	27	28 12.30pm Rainbow Bridge 7pm Acting Out 7.30pm BGLAD			

LGBT HISTORY MONTH EVENTS



“Are you Fem dear?” LGBTQ History Month Art Tour

Saturday 2nd February, 1pm - 3pm

Birmingham Museum & Art Gallery, Chamberlain Square, Birmingham B3 3DH

FREE - drop in, no need to book

Celebrating LGBT history month we explore the idea of femininity and to be fem as seen through our world class art collection.

Join Lacey Lou - local drag icon, activist and artist - as she takes you on a queer tour around the historical artworks at Birmingham Museum and Art Gallery and the contemporary collection in our exhibitions *Women Power Protest* and *Too Cute!*, looking at how artists have addressed conversations around being fem.

<http://www.birminghammuseums.org.uk/bmag/whats-on/are-you-fem-dear-lgbtq-history-month-art-tour>.



Pink Sou'westers: Queer Quiz

Wednesday 6th February, 7pm

Penthouse, above Loft Lounge, Bromsgrove Street, Birmingham B5 6RG

FREE for LGBT+ people and allies

The Pink Sou'westers' tenth Queer Quiz for LGBT History month will be on Wednesday 6th February, and the great news is, because they're celebrating their tenth anniversary, entry is completely FREE. But there will still be all the same fabulous prizes for teams and individuals!

There are questions on a wide range of topics but they're all LGBT! And everyone will know the answers to some of them, and everyone will also learn something, so don't be shy! They will find you team mates if you come on your own, and it's all good fun.

Prompt arrival for 7pm please, at the Penthouse Suite, above the Loft - spread the word! No need to book. More information from swbgroup@blueyonder.co.uk.



'Women Power Protest' Bespoke Tour

Saturday 9th February, 11am - 12pm

Birmingham Museum & Art Gallery, Chamberlain Square,
Birmingham B3 3DH (Gas Hall)

FREE for LGBT+ people and allies

As part of LGBT History Month 2019 and presented as part of Ageing with Pride and Ageing Better in Birmingham, Birmingham Museum and Art Gallery presents a bespoke tour of *Women Power Protest* specifically catered towards LGBT+ people. During the tour, participants will explore the LGBTQ+ themes in the exhibition.

This event is for anyone but was specifically created to celebrate older LGBT people.

Admission is free. <https://www.facebook.com/events/220518158897435/>.



'Women Power Protest' Mindful Art Workshop

Saturday 9th February, 12pm - 1pm

Birmingham Museum & Art Gallery, Chamberlain Square, Birmingham B3 3DH (Gas Hall)

FREE for LGBT+ people + allies

After Women Power Protest Bespoke Tour, join us in some mindful art workshops to celebrate LGBT History Month and the queer themes in the Women Power Protest exhibition.

Workshop themes will include collage, responding to the exhibition, feminist slogans and vintage erotica. Anyone can attend, however this workshop was planned for older LGBT people living in Birmingham by Birmingham LGBT's Ageing with Pride and Ageing Better in Birmingham.

Admission is free. <https://www.facebook.com/events/298368220721601/>.



Gay Birmingham Remembered Revival

Saturday 9th February, 6pm - 8.30pm

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

FREE for LGBT + allies

Join us for the revival of 'Gay Birmingham Remembered', an exhibition which was originally displayed at the Symphony Hall 10 years ago. The piece is a visual representation of a research project which was funded by the Heritage Lottery Fund. It explores Birmingham's LGBT social, cultural and political heritage and incorporates 'A portrait of Gay Birmingham 2008'.

Admission is free and refreshments will be available.

<https://www.facebook.com/events/292035571669723/>.

After the exhibition re-launch event, the display will remain in the centre for the rest of LGBT History Month.



LGBT History Month Event

Thursday 14th February 2019, 4.30pm - 7pm

The H Suite, 100 Icknield Port Road, Birmingham B16 0AA

FREE for LGBT + allies

The LGBT+ Staff Network are delighted to invite you to our LGBT History Month Event, which includes a performance by Faye Bagley the popular LGBT singer/songwriter, and

"Looking Back Moving Forward" is a specially commissioned production by Women and Theatre, celebrating the lives of older LGBT+ people, and reflecting on how the experience of LGBT+ people is changing.

This is a free event - refreshments and free parking available. There is no need to book, but if you need more information, please contact chris.jordan1@nhs.net or 07583 565 254.





LGBT+ Quaker get-together

Wednesday 20th February, 6.30pm - 8pm

Peace Hub, 41 Bull Street, Birmingham B18 5NB

FREE for LGBT+ people and allies



A social get-together for LGBT+ members of the Quaker community in Central England, and allies, this 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), and is 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 or 0121 238 2869.



Veterans' LGBTQ+ Monthly Meet

Thursday 21st February, 6.30pm - 8pm

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

FREE to LGBTQ+ veterans and allies



Drop in for a cuppa and a chat! Royal British Legion and Ageing Better LGBT Hub are organising a monthly meetup for LGBTQ+ veterans and, to catch up with old friends and make some new ones.

You are welcome to drop in, or RSVP westmidlands@britishlegion.org.uk.



LGBTIQ+, Intersectionality and Islam Conference

Saturday 23rd February, 9.30am - 4pm

Queen Elizabeth Hospital, Mindelsohn Way, Birmingham B15 2GW

FREE - MUST BOOK, only a few places left

This is a conference organised by Hidayah, London Queer Muslims and Khakan Qureshi; featuring keynote speakers and a range of workshops.

Lunch is included, and the programme includes times for prayers.

<https://www.eventbrite.co.uk/e/lgbtiq-intersectionality-and-islam-conference-tickets-54527847259>.

The logo for the Birmingham LGBT History Festival 2019. It features the text 'BIRMINGHAM LGBT HISTORY FESTIVAL' in bold, black, uppercase letters, with 'FEBRUARY 21-24, 2019' in a smaller font below it. The text is set against a light blue square background, which is itself centered within a larger teal square.

**BIRMINGHAM
LGBT
HISTORY
FESTIVAL**
FEBRUARY 21-24, 2019

SHOUT: Birmingham LGBT History Festival

Thursday 21st February - Sunday 24th February

Back for a third year, the Birmingham LGBT History Festival explores the often untold histories of Lesbian, Gay, Bisexual, Transgender, and Queer Communities to coincide with LGBT History Month.

2019 marks a double anniversary year for our communities. June 28th will mark 50 years since of a pivotal moment in the international civil rights movement, The Stonewall Riots: an uprising in New York City that would be the catalyst for the formation of gay rights groups in the USA and the marches and solidarity rallies which formed the first Prides. Here in Birmingham the Nightingale Club will also celebrate its 50th anniversary as Birmingham's first Gay Bar.

This programme of film screenings and talks explores the changing faces of LGBTQ+ identities over the last fifty years looking back the histories of our communities both locally and internationally. Between Feb 21st-24th we invite you to join us to celebrate, reflect, and come together in looking back at LGBTQ+ History in Birmingham and beyond.

TO BOOK ONLINE: <http://shoutfestival.co.uk/news/birmingham-lgbt-history-festival-2019-programme-announced> or call SHOUT on 0121 643 0821.

TALK: 'The past, present and future of the world's most beautiful beings... non-binary people'

Thursday 21st February, 7.30pm

Birmingham Hippodrome, Hurst Street, Birmingham B5 4TB

FREE

We are delighted to welcome writer, model, and activist Jamie Windust to Birmingham with their talk on the histories, lives, and futures of non-binary people. Jamie Windust is an award-winning editor in chief of FRUITCAKE Magazine, writer, speaker and model. They are a prominent voice in the UK on non-binary life and have written for publications such as British GQ, The Independent, Gay Times, Dazed and many more.

TALK: The Stonewall Riots, Marsha P. Johnson, & Happy Birthday Marsha Screening.

Friday 22nd February, 7.30pm

Birmingham Hippodrome, Hurst Street, Birmingham B5 4TB

FREE

Celebrating the 50th anniversary of the Stonewall Riots - an uprising in New York City that would be the catalyst for the American LGBT Civil Rights Movement and inspiration for the rallies and marches that became the first Prides. This event will look at the roles and the roles of women and people of colour at Stonewall as well as the life and work of activist and trans pioneer Marsha P. Johnson.

EVENT: Remembering 50 Years of the Nightingale

Saturday 23rd February, 2pm - 4.30pm

Loft Lounge, Bromsgrove Street, Birmingham B5 6RG

FREE

This informal event will look back over 50 years of the Nightingale, Birmingham's first gay-bar. Join us for a chance to look through archive posters, flyers, and photos of the Gale, hear from people involved in the early days of the Nightingale, and to share your own memories of the iconic Birmingham venue.

SCREENING: Invisible Women + Q&A

Sunday 24th February, 2.30pm

Birmingham Museum & Art Gallery, Chamberlain Square, Birmingham B3 3DH

£3 (free tickets available to anyone on a low income)

The festival will finish with unforgettable documentary 'Invisible Women' exploring the untold histories of Angela and Luchia, two pioneers of the women's movement and lesbian activists. Back by popular demand after 2 sell-out screenings at SHOUT 2018, this repeat screening will also include an Q&A with Angela and Luchia as they discuss setting up the Gay Liberation Front in the north, rocking with the Northern Women's Rock Liberation Band to taking on Margaret Thatcher and Section 28.

COMMUNITY EVENTS



Acting Out

Thursdays 7th, 14th, 21st 28th February, 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.



Ageing Better LGBT Housing Group

Friday 22nd February, 1pm - 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. 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 if you would like to attend.



Bards & Books

Monday 4th February, 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 **February**, we will be discussing "Her Shadow" by Sally Xerri-Brooks.

In **March**, we will be discussing "The Charioteer" by Mary Renault.

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



BGLAD

Thursdays 14th & 28th February, 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: Pattingham Circular

Sunday 10th February, from 10.30am

Pattingham, Staffordshire; contact for details of start of walk

For Lesbians, Bi Women and Women Allies

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

February's walk is a 5 to 6 mile circular walk from the pretty village of Pattingham, Staffordshire (roughly seven miles from both Wolverhampton and Bridgnorth).

The walk starts in Pattingham village, follows roads for a short distance before heading past fields and woodland. The walk offers lots of views of the surrounding countryside and Wolverhampton can be seen on a clear day!!

The walk is quite flat with very shallow gradients and is an easy going walk. There are half a dozen stiles to navigate, but some can be avoided. The roads are mainly quiet, but some are lacking in pavements, so we will need to take care.

The walk will be suitable for (well-behaved) dogs and it is actually known for being popular amongst dog walkers and twitchers, too.

Some parts are likely to be muddy/overgrown so as always appropriate footwear is necessary.

Remember to bring some lunch/ drinks and something to sit on.

Meet at the usual place or contact us for details on how to go to the start of the walk:
hello@bootwomen.org.uk.

We are still collecting for Women's Aid, and optional donations of £1 (or more) will be 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 12th February, 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 1st & 15th February, 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. We are also on Meetup here: <https://www.meetup.com/Brum-Bi-Group-Meetup/>.



Brum Bi Group

Brum Bi Group: Brum Bi Coffee

Sunday 24th February, 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. We are also on Meetup here: <https://www.meetup.com/Brum-Bi-Group-Meetup/>.



Imaan

Saturday 23rd February, 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.



Illuminate

Sundays 3rd, 10th, 17th, 24th February, 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 for more details.



Journey Asylum Seekers Group

Friday 15th February, 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 for more details.



Journey Film Club

Tuesdays 5th & 19th February, 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 5th February: *The Happy Prince* (7pm Start)

The untold story of the last days in the tragic times of Oscar Wilde, a person who observes his own failure with ironic distance and regards the difficulties that beset his life with detachment and humour.

Tuesday 19th February: *120 BMP* (7pm Start)

Introduced by Ageing with Pride

Nathan is a young man who joins an AIDS activist group in 1990s Paris. As he attends the weekly meetings, he learns that some members prefer a more radical approach to their protests.



Positive West Midlands

Mondays 4th, 11th, 18th, 25th February, 11am - 4pm

Fridays 1st, 8th, 15th, 22nd February, 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.



PROUD BAGGIES
1968 CLUB

Proud Baggies 1968 Club

Saturday 2nd February, kick-off 3pm (vs Middlesbrough)

Tuesday 12th February, kick-off 8pm (vs Nottingham Forest)

Saturday 23rd February, kick-off 3pm (vs Sheffield United)

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 or call/text Neil on 07825 110814.

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 5th, 12th, 19th, 26th February,
11am - 1pm

Thursdays 7th, 14th, 21st, 28th February, 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 Jonathanarainbowbridgelgbtq@hotmail.com for more details, or join our Facebook group: <https://www.facebook.com/groups/787474638101615/>.



Rainbow Pooch Pride

Sunday 10th February, 12pm - 2pm

Cannon Hill Park, Russell Rd, Birmingham B13 8RD

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

Originally donated to the citizens of Birmingham by Louisa Ryland, Cannon Hill Park was opened to visitors in 1873, and was designed by TJ Gibson, who also designed Battersea Park in London.

The park itself includes 80 acres of formal parks, as well as 120 acres of conservation and woodland. It's a brilliant place to enjoy a walk, run or cycle, or just to sit and relax. There's also a natural amphitheatre with a beautiful listed Bandstand at its centre.

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



Rainbow Spirit

Saturday 16th February, 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.

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 4th February, 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.



TranSpectrum

Thursday 21st February, 7pm - 9pm

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

FREE for trans and questioning people of all ages

TranSpectrum is back, providing a relaxed social in the café space at the Birmingham LGBT Centre with refreshments (coffee, tea, soft drinks, biscuits, savoury snacks) provided.

Please let us know if you have any dietary needs beforehand so we can ensure to accommodate you.

For more information, please contact **Louie** on 07518 152 064, email transpectrum@outlook.com.

Facebook: <https://www.facebook.com/groups/300985690622343/>.



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.