



# COMMUNITY EVENTS

APRIL 2019

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. Groups are listed in alphabetical order, overleaf.

## *Promoting wellbeing in the LGBT community*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b> 11am Bards & Books 11am Positive West Midlands 6.30pm Trans Central	<b>2</b> 11am Rainbow Bridge 6.30pm LGBT Table Tennis Club 6.45pm Sprung 6.45pm Journey Film Club	<b>3</b>	<b>4</b> 12.30pm Rainbow Bridge 6.30pm LGBT Line Dancing 7pm Acting Out	<b>5</b> 11am Positive West Midlands 12.30pm Journey Asylum Seekers Group 6.30pm Brum Bi Group	<b>6</b>	<b>7</b> 11am OUTward Expressions 3pm Journey Film Club 5pm Illuminate
<b>8</b> 11am Positive West Midlands	<b>9</b> 11am Rainbow Bridge 6.30pm LGBT Table Tennis Club 6.45pm Sprung 7.30pm Brum Bi Group	<b>10</b> 7.30pm Pink Sou'westers	<b>11</b> 12.30pm Rainbow Bridge 6.30pm LGBT Line Dancing 7pm Acting Out 7.30pm BGLAD	<b>12</b> 11am Positive West Midlands 1.30pm ALBA 6.30pm Brum Bi Group	<b>13</b> 10.30am Rainbow Ramble 11am InteGreat Theatre 3pm Proud Baggies	<b>14</b> 10.30am Boot Women 1pm Rainbow Pooch Pride 5pm Illuminate
<b>15</b> 11am Positive West Midlands	<b>16</b> 11am Rainbow Bridge 1.30pm LGBT Focus Group 6.30pm LGBT Table Tennis Club 6.45pm Sprung 6.45pm Journey Film Club	<b>17</b>	<b>18</b> 12.30pm Rainbow Bridge 6.30pm LGBT Line Dancing 7pm Acting Out 7pm TranSpectrum	<b>19</b> 11am Positive West Midlands 3pm Proud Baggies 8pm Pool & Karaoke	<b>20</b> 3pm Rainbow Spirit	<b>21</b>
<b>22</b> 11am Positive West Midlands	<b>23</b> 11am Rainbow Bridge 6.30pm LGBT Table Tennis Club 6.45pm Sprung 7.30pm Northfield Rainbows	<b>24</b> 7.30pm LGBT+ Sutton Coldfield	<b>25</b> 12.30pm Rainbow Bridge 6.30pm LGBT Line Dancing 7pm Acting Out 7.30pm BGLAD	<b>26</b> 11am Positive West Midlands 1pm Ageing Better LGBT Housing Group	<b>27</b> 11am InteGreat Theatre 1pm OLN 3pm Proud Baggies 5pm Imaan	<b>28</b> 12pm Brum Bi Group 5pm Illuminate
<b>29</b> 11am Positive West Midlands	<b>30</b> 11am Rainbow Bridge 6.30pm LGBT Table Tennis Club 6pm Rainbow Bridge 6.45pm Sprung					

## FEATURED EVENTS



### Journey Film Club: Film Choice Meeting

Sunday 7<sup>th</sup> April, 3pm - 5pm

Starbucks, 125 Colmore Row, Birmingham B3 3SD

For LGBT + allies of all ages

*Want to help us decide which films to screen next?* Join us at our Film Choice Meeting on Sunday 7<sup>th</sup> April.

If you aren't able to attend, you can send us a message or leave a comment, and we will consider your choice at the meeting. Leave comments on Facebook here:

<https://www.facebook.com/events/2515178135177764/> or email to [journeyfilmclub@outlook.com](mailto:journeyfilmclub@outlook.com).



### Pink Sou'westers: 'Captain Flora Sandes'

Wednesday 10<sup>th</sup> April, 7.30pm

St Nicholas Place, 81 The Green, Kings Norton, Birmingham B38 8RU

For LGBT people + allies (£5 per ticket) - MUST BOOK

Pink Sou'westers LGBT social network invites you to join them on Wednesday 10<sup>th</sup> April 7.30pm, St Nicholas Place, Kings Norton for an illustrated talk on 'Captain Flora Sandes'.

Captain Flora Sandes was the only British woman combat soldier of the First World War. An extraordinary and very 'unladylike' woman! An illustrated talk on her fascinating and unusual life followed by questions, delivered by Wilma Hayes of [inthestickstalks.co.uk](http://inthestickstalks.co.uk).

Tickets cost £5 including light refreshments. Anyone wishing to continue socialising can reconvene in the pub next door afterwards.

You must book, by contacting Rob on [pinksw.bookings@gmail.com](mailto:pinksw.bookings@gmail.com).

Pink Sou'westers offer affordable, accessible, inclusive events and activities every month, open to all LGBTs regardless of age or area of residence. To join their e-mailing list write to [pinksouwesters-subscribe@yahoo.co.uk](mailto:pinksouwesters-subscribe@yahoo.co.uk) or for general enquiries about this event or anything else contact [swbgroup@blueyonder.co.uk](mailto:swbgroup@blueyonder.co.uk).



### Rainbow Ramble: Amazing Acocks Green

Saturday 13<sup>th</sup> April, 10.30am - 1pm

Acocks Green railway station, Yardley Rd, B27 6 Birmingham, United Kingdom

FREE for LGBT + allies of all ages

Our walk leader on this occasion is Joe who is taking us on a ramble that includes the Grand Union Canal towards Olton, the Millennium Green nature reserve, Fox Hollies Park, and finishes with a drink or coffee in Acocks Green and a view of the tulips for Britain in Bloom. Then there is the option of going back to Acocks Green station or going for food

This is an easy route that may be a bit muddy in parts and will include crossing some busy roads  
We meet at Acocks Green rail station from 10.30am and leave promptly at 11am. Please bring a snack to eat on the way

As always our Ramble is free and a great chance to meet new people.

Find out about Rainbow Rambles on Facebook: <https://www.facebook.com/rainbowrambles> and Meetup: <https://www.meetup.com/Birmingham-LGBT-Meetup/events/254736388/>.

## **healthwatch** Birmingham Healthwatch Birmingham LGBT Focus Group Tuesday 16<sup>th</sup> April, 1.30pm - 4pm

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

For LGBT+ people

*Have your say on how NHS services in Birmingham should improve*

Healthwatch Birmingham is inviting people from the LGBT community to share their views about how NHS services should improve locally and deliver services better for LGBT people.

These experiences will be used to influence local plans - people's views will be shared with the NHS and will be used to help develop the **NHS Long Term Plan** for your area.

The 'What would you do?' campaign to encourage people to share their ideas on how the NHS can support people to live healthier lives and what improvements they think could be made to help people access services quickly. It is really important that the views and needs of the LGBT community, particularly those over 50, are captured.

Join Healthwatch Birmingham for this free focus group. Lunch and refreshments will be provided.

To confirm your attendance, or if you have any questions about the focus group, please contact Healthwatch Birmingham on 0121 636 0990, [info@healthwatchbirmingham.co.uk](mailto:info@healthwatchbirmingham.co.uk) or online <https://healthwatchbirmingham.co.uk/contact-us/>.



## **LGBT+ living in or near Sutton Coldfield?**

Wednesday 24<sup>th</sup> April, from 7.30pm

Quinto Lounge, 21-23 Birmingham Road, Sutton Coldfield B72 1QA

For LGBT + allies

We met in March and it was a great success, so we're doing it again in April!

We are inviting lesbian, gay, bi, trans, queer people and allies to get to know each other in Sutton Coldfield, at a popular local venue.

Come and find Maria and Richard at the Quinto Lounge - last time, we sat round the corner near the back. Look out for a photo of Abib the bear in the menu holders - Abib is too wee to see!

Just turn up, or for more info, please contact Maria on 0121 643 0821 or [mariahughes@blgbt.org](mailto:mariahughes@blgbt.org).



## **Rainbow Bridge 'Pub Free Quiz'**

Tuesday 30<sup>th</sup> April, 6.30pm

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

**FREE for LGBT + allies of all ages**

A just-for-fun quiz with a prize for first place! The star of many a stage and astounding personality Marc Ryder will be on hand to give you the questions and your answer if you show him any lip! A date for the diary not to be missed. Teams of up to four or you can go solo.

To attend, contact Jonathan at [rainbowbridgelgbtq@hotmail.com](mailto:rainbowbridgelgbtq@hotmail.com) for more details, or join our Facebook group: <https://www.facebook.com/groups/787474638101615/>.

## COMMUNITY EVENTS



### **Acting Out: new venue!**

Thursdays 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> April, 7pm - 9pm

The Craven Arms, 47 Upper Gough St, Birmingham B1 1JL

**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 26<sup>th</sup> April, 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](mailto:mariahughes@blgbt.org) if you would like to attend.



### **NEW: ALBA**

Friday 12th April, 1.30pm - 3.30pm

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

**FREE for LBT women asylum seekers and refugees**

ALBA is a support group for women asylum seekers or refugees. If you are a lesbian, bisexual or transgender woman and have come to the UK to seek asylum, then you will be very welcome to come and join us at our monthly meetings.

At our meetings, we spend some of the time listening to anyone who wants to discuss their case and share ideas to overcome their challenges. We schedule a discussion time each month - we hope these will be enjoyable and will support the members with coping with life and managing their mental health. We also celebrate members' birthday with gifts and share donated toiletries, clothing and other items.

We can support our members further by accompanying them to LGBT and arts events, as well as to appointments such as those with doctors or solicitors. We may be able to support the costs of travel.

Alba meets on the second Friday of the month at Birmingham LGBT Centre. We look forward to meeting you. If you need any further information, please contact [albalbtwomen@gmail.com](mailto:albalbtwomen@gmail.com) or visit the website <https://albalbtwomen.wordpress.com/>.



## **Bards & Books**

**Monday 1<sup>st</sup> April, 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 April, we will be discussing "Against the Law" by Peter Wildeblood.

In May, we will be discussing "Kiss and Make Up" by Carl Stanley.

If you can't make a meeting, join the mailing list and you will be sent a review of the book, based on the group discussion.

To find out more, and join the mailing list: [bardsandbooks@gmail.com](mailto:bardsandbooks@gmail.com).



## **BGLAD**

**Thursdays 11<sup>th</sup> & 25<sup>th</sup> April, 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: Berkswell**

**Sunday 14<sup>th</sup> April, from 11.15am**

**Bear Inn, Berkswell, Coventry CV7 7BB**

**For Lesbians, Bi Women and Women Allies**

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

April's walk will be a 5 to 6 mile walk, starting from the village of Berkswell near Coventry.

The route takes in some attractive countryside and farmland. The walk is mostly flat with a few gentle slopes. You will need to negotiate several kissing gates and stiles. There may be livestock in some of the fields. The terrain is likely to be muddy so suitable footwear is required. The walk starts and ends at the Bear Inn in Berkswell. It's a really nice pub and some of you may want to join us for drinks after the walk.

Meet for shared lifts at Cannon Hill Park (Russell Road car park, B13 8RD) at 10.15 for 10.30 departure. Or go directly to the start of walk at the Bear Inn for an 11.15 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**

## **Brum Bi Group**

**Networking Meetup: Tuesday 9<sup>th</sup> April, 7.30pm - 9pm**

**Bisexuals & Boardgames: Fridays 5<sup>th</sup> & 12<sup>th</sup> April, 6.30pm - 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 also welcome to 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. We're meeting two Fridays in a row, to avoid Good Friday.

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 Coffee

Sunday 28<sup>th</sup> April, 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/>.



## Illuminate

Sundays 7<sup>th</sup> 14<sup>th</sup>, 28<sup>th</sup> April, 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.



## Imaan

Saturday 27<sup>th</sup> April, 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](mailto:info@imaan.org.uk). <http://www.imaan.org.uk>.



## NEW: InteGreat Theatre

Saturdays 13<sup>th</sup> & 27<sup>th</sup> April, 11am - 4pm

Custard Factory, Gibb Street, Birmingham B9 4AA

**FREE for LGBT + allies of all ages**

InteGreat Theatre is a Birmingham based community theatre company for deaf and hearing adults and is open to people of any age, race, sexuality or ability. Everybody is equal.

You do not need any previous experience of drama and you do not need to sign to join our group.

We meet every two weeks at the Custard Factory in Digbeth from 11am to 4pm and put on regular performances to the public. We are organising activities around our Birmingham Pride Parade float too.

If you would like to join us, volunteer with us or to find out more information please call or text Angela on 07957 166 364 or email [angela@integreattheatre.org.uk](mailto:angela@integreattheatre.org.uk). We are also on Facebook: <https://www.facebook.com/InteGreatTheatre/>.



## Journey Asylum Seekers Group

Friday 5<sup>th</sup> April, 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.

We're meeting on 5<sup>th</sup> this month, to avoid Good Friday.

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

Tuesdays 2<sup>nd</sup> & 16<sup>th</sup> April, 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.

### 2<sup>nd</sup> April: The Kids are Alright

Lesbian couple Nic and Jules have been together for twenty years, bringing up two children thanks to the contributions of a anonymous sperm donor. As 18-year-old daughter Joni prepares to leave for college, she and younger brother Laser get curious about their heritage. Making contact with

Paul, the laid-back restaurateur whose sperm bank deposit helped bring them into the world, the two set off a chain reaction.

### 16<sup>th</sup> April: The Servant

Tony (James Fox), a British aristocrat, hires the mysterious Hugo Barrett (Dirk Bogarde) as his household servant. The new employee soon begins to cause unrest in the household, and Tony is forced to send him away. But Barrett's influence extends further than Tony realises, and he finds himself entangled in an intense psychological war with his former valet. Servant and master square off in a battle that redefines each man's understanding of fear, desire and class.

*The next Journey Film Club Film Choice Meeting is on 7<sup>th</sup> April at Starbucks, Colmore Row, from 3pm.*



### LGBT Line Dancing

Thursdays 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> April, 6.30pm - 9pm

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

**FREE for LGBT+ allies of all ages and abilities**

Come along and join us for a fun night of line dancing with other LGBT people and their friends. Absolute beginners very welcome - dances are taught from scratch. We use a range of popular music to dance with (and some country music). No special dress required but wear shoes that don't have a grip. It's good fun, and you don't need a partner!

You are welcome to just turn up, but if you would like more information, please contact Dave on [davewaring73@googlemail.com](mailto:davewaring73@googlemail.com).



### LGBT Table Tennis

Tuesdays 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> April, 6.30pm - 8pm

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

**FREE for LGBT+ allies of all ages and abilities**

Table tennis clubs provide the best place to learn and play the sport, and you are welcome to come and play table tennis at the LGBT Centre. This fun, dynamic game is a cheap and accessible sport played by 2.4m people in the United Kingdom. It's a good way to stay in shape and a great social activity.

You can just turn up. If you need any more details, please contact Charity on 07510 694 033.



### Northfield Rainbows

Tuesday 23<sup>rd</sup> April, from 7.30pm

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

**For LGBT+ allies**

LGBT+ living in or near Northfield? Northfield Rainbows invites local lesbian, gay, bi, trans and queer people and allies to get to know each other, at a cosy venue right on your doorstep.

The Allegro Lounge provides food and hot and cold drinks as well as other beverages. Come when you can and stay as long as you like!

You can just turn up, but for more information, please contact Maria on 0121 643 0821 or [mariahughes@blgbt.org](mailto:mariahughes@blgbt.org), or RSVP on Meetup: <https://www.meetup.com/Birmingham-LGBT-Meetup/events/260078976/>.

## **NEW: OLN - Older Lesbian Network**

**Saturday 27<sup>th</sup> April, 1pm - 3.30pm**

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

**FREE for LBT women of all ages**

Older Lesbian Network meets every fourth Saturday of the month at 1pm at Birmingham LGBT Centre. Each meeting starts with a chat over shared food brought by the women attending and this is followed by a led discussion on a pre-arranged topic. Topics are decided by the group and usually planned about six months ahead. Sometimes group members with a special interest in a subject present ideas for discussion, other times we invite speakers with specialist knowledge. The group also meets socially from time to time for meals or theatre outings.

New members are always welcome. There is no set age limit; it is up to women who are considering attending to define 'older' as they wish. The focus of the group is, however, to support and value the lives of older lesbians.



## **OUTward Expressions**

**Sunday 7<sup>th</sup> April, from 11am**

Midlands Arts Centre, Cannon Hill Park, Birmingham B12 9QH

**FREE for LGBT + allies of all ages**

We are a friendly LGBT group of artists, photographers and people who enjoy visit to art galleries. We discuss art and take photos and sketch/ paint at places of mutual interest.

## **RPS International Photography Exhibition**

The Royal Photographic Society's International Photography Exhibition is the world's longest running photographic exhibition having been held almost every year since 1854 - the year after The Society was founded. Presenting 100 beautiful, strong and accomplished images by 54 contemporary photographers, the IPE 161 will tour the UK through 2019, with the showing at MAC the only opportunity to view the exhibition in the Midlands.

Meet by the café entrance 11am; the MAC has a cafe for those who would like a snack or a meal.

For further information, please contact Jay on 07983 353 584 or email Paddy at [paddy.broughton@btinternet.com](mailto:paddy.broughton@btinternet.com).

You can join the OUTward Expressions Facebook group and keep up-to-date with meetings and activities, here: <https://www.facebook.com/groups/outwardexpressions/>.



## NEW: Pool & Karaoke

Friday 19<sup>th</sup> April, from 8pm

The Fox, 17 Lower Essex Street, Birmingham B5 6SN

For LGBT + allies 18+

Come and meet Marie and the gang to play pool for a few hours, then join in with some fine karaoke courtesy of The Fox.

No need to book but you can RSVP on Meetup: <https://www.meetup.com/Birmingham-LGBT-Meetup/events/259938897/>.



## Positive West Midlands

Mondays 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> April, 11am - 4pm

Fridays 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> April, 11am - 4pm

190 Corporation Street, B4 6QD

FREE for LGBT + allies of all ages

Positive West Midlands is a support group for people living with HIV & our supporters & volunteers. Providing social support and sign-posting to other agencies. Come along, make new friends and share experiences over free tea, coffee and biscuits. We are even open during the Easter Bank Holidays!

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

## Proud Baggies 1968 Club

13<sup>th</sup>, 19<sup>th</sup>, 27<sup>th</sup> April

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!

Saturday 13<sup>th</sup> April, kick-off 3pm, vs Preston North End

Friday 19<sup>th</sup> April, kick-off 3pm, vs Hull City

Saturday 27<sup>th</sup> April, kick-off 3pm, vs Rotherham

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 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

Tues 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> April, 11am - 1pm

Thurs 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> April, 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!

## Rainbow Bridge 'Pub Free Quiz'

Tuesday 30<sup>th</sup> April, 6.30pm

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

**FREE for LGBT + allies of all ages**

A just-for-fun quiz with a prize for first place! The star of many a stage and astounding personality Marc Ryder will be on hand to give you the questions and your answer if you show him any lip! A date for the diary not to be missed. Teams of up to four or you can go solo.

To attend, contact Jonathan at [rainbowbridgelgbtq@hotmail.com](mailto:rainbowbridgelgbtq@hotmail.com) for more details, or join our Facebook group: <https://www.facebook.com/groups/787474638101615/>.



## Rainbow Pooch Pride

Sunday 14<sup>th</sup> April, 1pm - 3pm

Lickey Hills Country Park, Warren Lane, Rednal, Birmingham B45 8ER

**FREE for LGBT dog walkers of all ages**

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 and valuing the unsung heroes of our rainbow clan.

Lickey Hills Country Park is one of Birmingham's most varied and treasured parks. It covers 524 acres and is located just 10 miles south west of Birmingham.

The park offers different things to different people - it's a place for family days out, to spot wildlife, for sport, school trips, or maybe just for the views and a cup of tea.

Lickey Hills has a complex and interesting geology which has created a variety of habitats. These include woodlands, heathland and grassland, which are home to an incredible diversity of wildlife.

Lickey Hills has a Green Flag Award and is designated as a Country Park.

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



## Rainbow Spirit

Saturday 20<sup>th</sup> April, 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](mailto:jonghomer@hotmail.com). We are also on the Meetup website as Rainbow Spirit Bham - celebrating our lives as gay / bi men - mind/body/spirit.



## Sprung

Tuesdays 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> April, 6.45pm - 9pm

190 Corporation Street, B4 6QD

FREE for LGBT + allies 18+

Sprung dance sessions 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. We aim to enable the formation of new friendships and social connections and overcome ageing stereotype and isolation, and showcase end result to communities.

2<sup>nd</sup> April sessions covers tap and ballet, with jazz and fusion to come from 9<sup>th</sup> April. Places are limited, so please register your interest by [contactingsprungdancers@gmail.com](mailto:contactingsprungdancers@gmail.com).



## Trans Central

Monday 1<sup>st</sup> April, 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.

You are also welcome to use the changing facilities at Birmingham LGBT Centre.

Contact **Bobbi** for more details on **07908 319 439**.



## TranSpectrum

Thursday 18<sup>th</sup> April, 7pm - 9pm

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

**FREE** for trans and questioning people 16+

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

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