



COMMUNITY EVENTS JUNE 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
					1	2 5pm Illuminate
3 11am Bards & Books 11am Positive West Midlands 6.30 Trans Central	4 11am Rainbow Bridge 6.45pm Sprung 6.45pm Journey Film Club	5	6 12.30pm Rainbow Bridge 6.30pm LGBT Line Dancing 7pm Acting Out	7 11am Positive West Midlands 6.30pm Brum Bi Group	8 11am InteGreat Theatre 6.30pm Rainbow Swing	9 Boot Women Rainbow Pooch Pride 5pm Illuminate
10 11am Positive West Midlands	11 11am Rainbow Bridge 12pm LGBTQ+ Veterans 6.45pm Sprung 7.30pm Brum Bi Group	12	13 12.30pm Rainbow Bridge 6.30pm LGBT Line Dancing 7pm Acting Out 7.30pm BGLAD	14 11am Positive West Midlands 1.30pm ALBA	15 11am InteGreat Theatre 12.45pm Table Tennis 3pm Rainbow Spirit	16 5pm Illuminate 5pm & 7pm InteGreat Theatre
17 11am Positive West Midlands	18 11am Rainbow Bridge 6.45pm Sprung 7pm Journey Film Club	19	20 12.30pm Rainbow Bridge 6.30pm LGBT Line Dancing 7pm Acting Out 7.30pm BGLAD	21 11am Positive West Midlands 12.30pm Journey Asylum Seekers Group 6.30pm Brum Bi Group 7.30pm Pool & Karaoke	22 1pm OLN	23 12pm Brum Bi Group 5pm Illuminate
24 11am Positive West Midlands	25 11am Rainbow Bridge 6.45pm Sprung 7.30pm Northfield Rainbows	26 7pm Sutton Rainbow Social	27 12.30pm Rainbow Bridge 6.30pm LGBT Line Dancing 7pm Acting Out 7.30pm BGLAD	28 11am Positive West Midlands 1pm Ageing Better LGBT Housing Group	29 5pm Imaan	30 5pm Illuminate

Would you like this info by email? See last page for contact details.

FEATURED EVENTS



Rainbow Swing

Saturday 8th June, 6.30pm

Birmingham Museum & Art Gallery, Birmingham B3 3DH

For LGBTQ+ people 50+ - MUST BOOK (Tickets cost £10 - HALF PRICE to Ageing Better participants and LGBT Centre users)

Rainbow Swing is a liberation to celebrate love in all forms through this dance, in a less heteronormative environment. Gender will not be important, learn the lead and follow steps and come dressed however you fancy. Doors open at 6.30pm with an exclusive performance from the Suzy Qs at 7.00pm, followed by an introductory dance lesson. A bar will be available.

The event is aimed at those in the community 50+ but at the launch we would love for everyone who supports LGBTQ+ and fancies a night of dancing to come along, meet new people and celebrate with us. Please remember we have an inclusive, zero discrimination policy.

Book your tickets on Eventbrite here: <https://www.eventbrite.co.uk/e/rainbow-swing-tickets-60302052061>. If you are an Ageing Better participant and/or LGBT Centre user, you can contact Hannah Graham on hgraham88@hotmail.com to request your half-price ticket.

For more info on The Swing Era visit: www.theswingera.co.uk.



Ex-forces' LGBTQ+ Meet-up

Tuesday 11th June, from 12pm

Dragon Inn, Hurst Street, Birmingham B5 4TD

For LGBTQ+ veterans

We are inviting LGBTQ+ veterans from the British armed forces to join us for lunch at the popular Dragon Inn, Hurst Street - Arcadian Centre. Meet old friends and make new ones. Olivia from Royal British Legion and Maria from Ageing Better will be there to greet you - look out for the poppy pop-up. For more details, contact westmidlands@britishlegion.org.uk.

Table Tennis for beginners or advanced players

Saturday 15th June, 12.45pm - 3pm

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

FREE for LGBTQ+ of all ages

Come along for a bit of fun, meet friends and go for a coffee after the above event. RSVP via Meetup: <https://www.meetup.com/Birmingham-LGBT-Meetup/events/261893108/>



InteGreat Theatre: The InteGREATEST Show

Sunday 16th June, 5pm or 7pm (show lasts 60 minutes)

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

Tickets £8 (£4 for fathers: Fathers' Day Offer)

You've seen Mamma Mia, you've seen The Greatest Showman, well we bring you **The InteGREATEST Show**, a mixture of well known songs by well known famous singers that we are signing in British Sign Language and acting out to visually show the meaning of the songs and tell **OUR STORY!**

We are a community theatre group inclusive of Deaf and hearing adults based in Birmingham, we are a mixture of ages, races, sexualities and abilities, we work equally along side each other to create performances that are accessible to both Deaf and hearing audiences.

Please book online: <https://macbirmingham.co.uk/event/the-integreatest-show>, or contact mac on 0121 446 3232.

COMMUNITY EVENTS



Acting Out

Thursdays 6th 13th, 20th, 27th June, 7pm - 9pm

The Craven Arms, 47 Upper Gough Street, 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 and we will arrange to meet and greet you.



Ageing Better LGBT Housing Group

Friday 28th June, 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.



ALBA

Friday 14th June, 1.30pm - 3.30pm

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

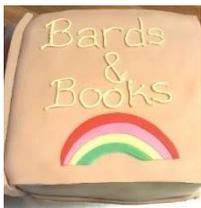
FREE for LBT women asylum seekers and refugees

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 on the second Friday of the month at Birmingham LGBT Centre.

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 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. We look forward to meeting you. If you would like to attend, or you are interesting in volunteering, please ring **07798 720 767** or email albalbtwomen@gmail.com. Further information at <https://albalbtwomen.wordpress.com/>.



Bards & Books

Monday 3rd June, 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 June, we will be discussing "The Paying Guests" by Sarah Waters.

In July, we will be discussing a selection of poetry by U A Fanthorpe.

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.



BGLAD

Thursdays 13th, & 27th June, 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 7.30pm to 9pm. To contact BGLAD, phone **0121 301 1284**.



Boot Women: Birmingham to Wolverhampton Canal Walk

Sunday 9th June, 10am

ICC, 36-37 Broad Street, Birmingham B1 2DY

For Lesbians, Bi Women and Women Allies

Boot Women is a walking group for women, primarily lesbians, based in Birmingham and the surrounding areas. We meet on the second Sunday of the month.

In June, we will follow the canal towpaths from Birmingham to Wolverhampton. At close to 15 miles, this will be longer than our normal walks. But there is the option at various points of the walk to leave us and take the train or bus back to Birmingham.

Bring a packed lunch and something to sit on. A fee of £1 is required to cover costs of admin. Additionally, donations for Women's Aid of £1 (or more) are 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**. For more information, see <http://www.bootwomen.org.uk/>.



Brum Bi Group

Brum Bi Group

Networking Meetup: Tuesday 11th June, 7.30pm - 9pm

Bisexuals & Boardgames: Fridays 7th & 21st June, 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 for a **Networking Meetup**, 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 **Bisexuals & Boardgames**, 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.

Brum Bi Group: Brum Bi Coffee

Sunday 23rd June, 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 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.

For more details, contact brumbicoffeegroup@gmail.com. We are also on Meetup here: <https://www.meetup.com/Brum-Bi-Group-Meetup/>.



Illuminate

Sundays 2nd, 9th, 16th, 23rd 30th June, 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.



Imaan

Saturday 29th June, 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 or visit <http://www.imaan.org.uk>.



InteGreat Theatre

Saturdays 8th & 15th June, 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.

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. We are also on Facebook: <https://www.facebook.com/InteGreatTheatre/>.

See our next performance on Sunday 16th June: *The InteGREATEST Show* (page 2 for details).



Journey Asylum Seekers' Group

Friday 17th May, 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 meet on the third Friday of the month.

You are welcome to just turn up, or contact **Phil Hoar** on **07484 837 773** or philhoar@btinternet.com for more details.



Journey Film Club

Tuesdays 4th & 18th June, 6.45pm - 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 June: **The Bubble** (Cert 12, 1 hr 57 mins)

Directed by Eytan Fox this follows a group of young friends in the city of Tel Aviv and is as much a love song to the city as it is an exploration of the claim that people in Tel Aviv are isolated from the rest of the country and the turmoil it's going through. The movie looks at young people's lives in Tel Aviv through the POVs of gays and straights, Jews and Arabs, men and women.

Tuesday 18th June: **Bohemian Rhapsody** (2 hrs 13 Mins, 7pm start)

Bohemian Rhapsody is a foot-stomping celebration of Queen, their music and their extraordinary lead singer Freddie Mercury. Freddie defied stereotypes and shattered convention to become one of the most beloved entertainers on the planet. The film traces the meteoric rise of the band through their iconic songs and revolutionary sound. They reach unparalleled success, but in an unexpected turn Freddie, surrounded by darker influences, shuns Queen in pursuit of his solo career. Having suffered greatly without the collaboration of Queen, Freddie manages to reunite with his bandmates just in time for Live Aid. While bravely facing a recent AIDS diagnosis, Freddie leads the band in one of the greatest performances in the history of rock music. Queen cements a legacy that continues to inspire outsiders, dreamers and music lovers to this day.



LGBT Line Dancing

Thursdays 6th, 13th, 20th, 27th June, 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.



Northfield Rainbows - in Kings Heath!

Tuesday 23rd April, from 7.30pm

Loco Lounge, 32-34 High Street, Kings Heath, Birmingham B14 7JT

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, but this time we're travelling four miles northeast to the Loco Lounge in Kings Heath.

The Loco Lounge provides food and hot and cold drinks. Come when you can and stay as long as you like! Look out for the picture of Abib the bear.

You can just turn up, but for more information, please contact **Maria** on **0121 643 0821** or mariahughes@blgbt.org, or RSVP on Meetup: <https://www.meetup.com/Birmingham-LGBT-Meetup/events/261866410/>.

OLN - Older Lesbian Network

Saturday 22nd June, 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.

Contact olnwestmidlands@gmail.com for more information.



Positive West Midlands

Mondays 3rd, 10th, 17th, 24th June, 11am - 4pm

Fridays 7th, 14th, 21st, 28th June, 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 bank holiday Monday on 6th May!

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



Rainbow Bridge coffee mornings

Tuesdays 4th, 11th, 18th, 25th June, 11am - 1pm

Thursdays 6th, 13th, 20th, 27th June, 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!

For more information, contact rainbowbridgelgbtq@hotmail.com, or join our Facebook group: <https://www.facebook.com/groups/787474638101615/>.



Rainbow Pooch Pride

Sunday 9th June

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.

For details of our June walk, see: <https://www.facebook.com/groups/RainbowPoochPride/>.



Rainbow Spirit

Saturday 15th June, 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**.



Sprung: jazz & fusion

Tuesdays 4th, 11th, 18th, 25th June, 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.

Places are limited, so please register your interest by contacting sprungdancers@gmail.com.



Sutton Rainbow Social

Wednesday 26th June, from 7pm

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

For LGBT + allies 18+

We are inviting lesbian, gay, bi, trans, queer people and allies from all over Sutton Coldfield - and surrounding areas - to get to know each other in cosy surroundings. Come and find Maria and Richard at the Quinto Lounge, near the back.

Just turn up, RSVP on Meetup <https://www.meetup.com/Birmingham-LGBT-Meetup/events/261866283/> or for more info, please contact **Maria** on **0121 643 0821** or mariahughes@blgbt.org.



Trans Central

Monday 3rd June, 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**.



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.