



COMMUNITY EVENTS MAY 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 12.30pm Rainbow Bridge 6.30pm LGBT Line Dancing 7pm Acting Out	3 11am Positive West Midlands 6pm Together in Pride North Birmingham 6.30pm Brum Bi Group	4	5 5pm Illuminate
6 BANK HOLIDAY 11am Positive West Midlands	7 11am Rainbow Bridge 6.30 Trans Central 6.30pm LGBT Table Tennis Club 6.45pm Sprung 6.45pm Journey Film Club	8 6.30pm F5 Foster Care 6.30pm Rainbow Bridge	9 12.30pm Rainbow Bridge 6.30pm LGBT Line Dancing 7pm Acting Out 7.30pm BGLAD	10 11am Positive West Midlands 1.30pm ALBA	11 11am InteGreat Theatre	12 11am OUTward Expressions 11.30am Boot Women 3.30pm Rainbow Pooch Pride 5pm Illuminate
13 11am Bards & Books 11am Positive West Midlands	14 11am Rainbow Bridge 12pm RBL LGBTQ+ Veterans 6.30pm LGBT Table Tennis Club 6.45pm Sprung 7.30pm Brum Bi Group	15 11.30am Rainbow Bridge & BrumYODO	16 12.30pm Rainbow Bridge 6.30pm LGBT Line Dancing 7pm Acting Out 7pm TranSpectrum	17 11am Positive West Midlands 12.30pm Journey Asylum Seekers Group 6pm IDAHOBiT event	18 11am InteGreat Theatre 3pm Rainbow Spirit	19 5pm Illuminate
20 11am Positive West Midlands	21 11am Rainbow Bridge 6.30pm LGBT Table Tennis Club 6.45pm Sprung 6.45pm Journey Film Club	22 7.30pm Sutton Rainbow Social	23 12.30pm Rainbow Bridge 6.30pm LGBT Line Dancing 7pm Acting Out 7.30pm BGLAD	24 11am Positive West Midlands 1pm Ageing Better LGBT Housing Group 6.30pm Brum Bi Group 7.30pm Pool & Karaoke	25 BIRMINGHAM PRIDE (see overleaf)	26 BIRMINGHAM PRIDE (see overleaf) 12pm Brum Bi Group
27 BANK HOLIDAY	28 11am Rainbow Bridge 6.30pm LGBT Table Tennis Club 6.45pm Sprung 7.30pm Northfield Rainbows	29	30 BiCAMP 2019 12.30pm Rainbow Bridge 6.30pm LGBT Line Dancing 7pm Acting Out	31 BiCAMP 2019 11am Positive West Midlands	1 BiCAMP 2019	2 BiCAMP 2019



BIRMINGHAM PRIDE 2019

25th & 26th May



Birmingham LGBT Pride Parade Walking Group - Saturday



Birmingham LGBT

All are welcome to join the Birmingham LGBT Walking Group for the Birmingham Pride Parade, so if you're not walking with your own group, come and join us. Meet Rico at Birmingham LGBT Centre at 11am or Maria at Victoria Square at 11.30am - you must register with one of them to be able to take part in the walk.

Grab your chance to help carry our giant rainbow flag.

Afternoon Tea with Ageing with Pride - Saturday

Fancy finding your sweet escape from the hustle and bustle of Birmingham Pride for a couple of hours? You're in luck. In partnership with Ageing with Pride, Birmingham LGBT presents afternoon tea at Quarter Horse Coffee Roasters, from 3pm.



With a whole host of tasty treats, soothing teas and energising coffees from around the world, this restorative afternoon feast is perfect for those wanting to take a small break from the busy day. It's also a great place for you to meet like-minded people and make new friends.

This event was made specifically for LGBT people aged over 50, so they will be given priority entry, however this event is open to everyone.

Limited ticket availability, so snap yours up quick: <https://www.eventbrite.co.uk/e/afternoon-tea-with-ageing-with-pride-tickets-60314858365>. If you don't have access to the internet, call 0121 643 0821 and ask for Rico.

Pride Weekend at Birmingham LGBT Centre - Saturday & Sunday

Join us for live music, film screenings, talks, keyring and badge making workshops, refreshments and chilling out at Birmingham LGBT Centre over Pride weekend. All events free.

Check out updates on Birmingham LGBT events calendar - <https://blgbt.org/events/> and the LGBT Hub Pride update, coming soon.



Brum Bi Group

Brum Bi Group presents AlternaPride 2019

Celebrate Birmingham Pride in style!

In a similar event to last year, we will be taking part in the Birmingham Pride Parade, followed by our own, free celebrations.

Following the parade there will be a free Queer picnic, titled the *Post-Parade Protest Picnic* at the Pagoda (Holloway Circus island). Please bring outdoor games and board games. In the evening there will be food and Karaoke. Once again this will be at Ming Moon on Hurst Street, from 7pm.

FEATURED EVENTS



Evening of Creativity Pride Special

Friday 3rd May, 6pm - 9pm

Spitfire House, 10 High Street, Castle Vale, Birmingham B35 7RP

FREE for LGBTQ+ and allies of all ages

Active Arts Castle Vale, in partnership with Together In Pride North Birmingham, presents an LGBTQ+ Evening of Creativity special. The same family friendly evening filled with live music, spoken word, crafts, food and drink. Plus the opportunity to ask any questions or get advice. No need to book, just come along!

<https://www.facebook.com/events/312420366093782/>.



Find out more about fostering - could you be an F5 Foster Carer?

Wednesday 8th May, 6.30pm

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

FREE to LGBT people interested in fostering

Come and join us at our information session; no need to book.



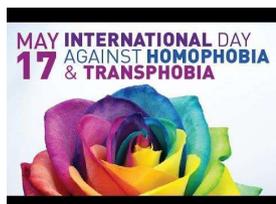
Royal British Legion LGBTQ+ Veterans' Social

Tuesday 14th May, 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 RBL and Maria from Ageing Better will be there to greet you - look out for the poppy pop-up.



IDAHOBiT at Birmingham LGBT with Rikki Beadle-Blair

Friday 17th May, 6pm - 10pm

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

FREE for LGBT + allies - MUST BOOK

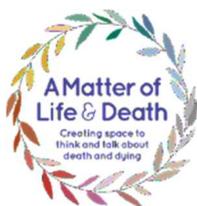
International Day Against Homophobia, Biphobia and Transphobia is a day we stand united against hate and discrimination that targets members of the LGBTQ+ community. It is a day that commemorates a win against bigotry, when the WHO (World Health Organisation) in 1990 stated that homosexuality was no longer considered a mental illness.

To pay homage to the day, we'll be hosting a range of people that are part of our community to speak and perform with special guest Rikki Beadle-Blair. Rikki Beadle Blair is a director and writer, known for KickOff (2011), Stonewall (1995) and Fit (2010).

The event will be catered so please join us for dinner. And in consideration of Ramadan, the Centre will remain open late so that our Muslim community friends can break fast with us.

Birmingham LGBT will also be unveiling their new flag.

Please book online on Facebook: <https://www.facebook.com/events/2423869754310916/>. If you're not able to book online, please call Rico on 0121 643 0821.



'Celebrating Life & Contemplating Death'

Wednesday 15th May, 11.30am - 1pm

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

FREE for LGBT + allies - MUST BOOK

You are invited to a café social to eat cake, drink tea, and discuss the big and broad subject that is literally 'life and death'.

BrumYODO and Rainbow Bridge invite you to join this festival event, and take part in an open, informal and friendly discussion group about death and dying with no agenda, objectives or themes. A chance to talk in a relaxed environment about what you would wish for yourself to commemorate your life, once it is over. Conversations will be gently encouraged by volunteers from BrumYODO. Please note that this will be a discussion group rather than a support or counselling session.

Places are free, but limited. Light refreshments will be provided.

Please book on: <https://www.eventbrite.co.uk/e/celebrating-life-contemplating-death-tickets-61093052966>. If you don't have access to the internet, contact Maria on 0121 643 0821.

BrumYODO

For more information about this year's "A Matter of Life & Death" Festival, visit <https://brumyodo.org.uk/> or pick up a leaflet from Birmingham LGBT Centre.



BiCAMP 2019

Thursday 30th May - Sunday 2nd June

Kinver Scout Camp, The Compa, Kinver DY7 6HR

Ticket prices vary - MUST BOOK

We are really excited about our second ever BiCamp and hope you are too.

BiCamp UK is run by Brum Bi Group, a social group aimed at connecting members of the bi community in Birmingham and the Midlands. It is a group where bi people can come together in a safe and friendly environment and welcomes those who may be questioning how they identify themselves.

BiCamp will have access to every aspect of Kinver Scout Camp, a total of 23 acres to roam in. Activities available will include: Archery, Bat Watch, Climbing and Abseiling, Arts and Crafts, Boardgames, Bushcraft, Stick Whittling, Woodland Walks, Campfire Activities, Storytelling, Yoga, Massage, Wildlife Observation.

We can't wait to see you there! Book on Eventbrite: <https://www.eventbrite.co.uk/e/bicamp-uk-2019-tickets-55863074961> or contact brumbicoffeegroup@gmail.com.

COMMUNITY EVENTS



Acting Out

Thursdays 2nd, 9th, 16th, 23rd 30th May, 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.

Acting Out are walking in the Pride Parade.



Ageing Better LGBT Housing Group

Friday 24th May, 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.

At this meeting, we will be discussing the outcomes of March's LGBT Housing conference.

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



ALBA

Friday 10th May, 1.30pm - 3.30pm

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

FREE for LBT women asylum seekers and refugees

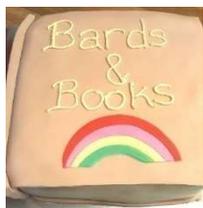
ALBA is a support group for women asylum seekers or refugees. If you are a lesbian, bisexual or transgender woman and have come to the UK to seek asylum, then you will be very welcome to come and join us at our monthly meetings.

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 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/>.

ALBA will be having a banner making session on 10th May, ready for walking in the Pride Parade.



Bards & Books

Monday 13th May, from 11am

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

FREE for LGBT + allies of all ages

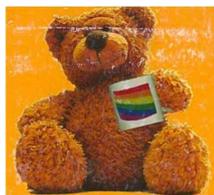
We are a friendly, welcoming group who read and discuss books of interest to the LGBT community. Tea and coffee provided (30p contributions welcome); lunch together afterwards is optional. We meet on the first Monday of the month (second Monday, if the first is a bank holiday).

In May, we will be discussing “**Kiss and Make Up**” by Carl Stanley.

In June, we will be discussing “The Paying Guests” by Sarah Waters.

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 9th & 23rd May, 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: Fradley Junction

Sunday 12th May, from 11.30am

Fradley Junction, Alrewas, Staffordshire DE13 7DN

For Lesbians, Bi Women and Women Allies

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

May's walk takes us to Fradley Junction, a popular and very pretty meeting spot between Fradley and Alrewas near Lichfield. There is an onsite car park, visitor centre and café.

The walk is 5 miles long and pretty easy-going. We will take in both the Coventry Canal and the Trent and Mersey Canal as well as exploring local countryside, including farmland and villages. There is plenty of wildlife to be seen along the way.

Meet for shared lifts at Cannon Hill Park (Russell Road car park, B13 8RD) for departure at 10.30 am or go directly to the start of the walk at Fradley Junction, DE13 7DN. We'll meet in the car park, which charges £2 for the day, so please bring change. (Alternatively, you may be lucky enough to find a free parking spot nearby.)

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**.

Boot Women are walking in Pride Parade. Meet at Victoria Square at 11.30am - look out for the green & white Boot Women banner.



Brum Bi Group

Brum Bi Group

Networking Meetup: Tuesday 14th May, 7.30pm - 9pm

Bisexuals & Boardgames: Fridays 3rd & 24th May (new date), 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 - ***THIS MONTH on fourth Friday!*** 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. We are also on Meetup here: <https://www.meetup.com/Brum-Bi-Group-Meetup/>.

Brum Bi Group are walking in the Pride Parade.

Brum Bi Group: Brum Bi Coffee

Sunday 26th May, 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/>.



Illuminate

Sundays 5th, 12th, 19th May, 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 are not meeting in May, but will be walking in the Pride Parade.



InteGreat Theatre Pride Parade

Saturdays 11th & 18th May, 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. We are also on Facebook: <https://www.facebook.com/InteGreatTheatre/>.

InteGreat Theatre will be appearing on their very own float, sign-singing from The Greatest Showman - look out for them.



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.

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

Journey Asylum Seekers' Group will be walking in the Pride Parade.



Journey Film Club

Tuesdays 7th & 21st May, 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 7th May: **The Adventures of Priscilla Queen of the Desert** (PG , 1 hr 30 mins)

Join us for a 25th year Anniversary showing of Priscilla Queen of the Desert

When drag queen Anthony (Hugo Weaving) agrees to take his act on the road, he invites fellow cross-dresser Adam (Guy Pearce) and transsexual Bernadette (Terence Stamp) to come along. In their colourful bus, named Priscilla, the three performers travel across the Australian desert performing for enthusiastic crowds and homophobic locals. But when the other two performers learn the truth about why Anthony took the job, it threatens their act and their friendship.

Tuesday 21st May: **Beautiful Thing** (Cert 15, 1 hr 30 mins)

Beautiful Thing is a 1996 British film directed by Hettie MacDonald and released by Channel 4 Films. The screenplay was written by Jonathan Harvey based on his own original play of the same name.

Shy Jamie (Glen Berry) and athletic Ste (Scott Neal) are teen boys who live near each other in the London projects. Both boys think they could be gay, and finally explore their feelings when Ste is allowed to stay over at Jamie's place after an incident with his abusive father. There, the boys grow close and open themselves up to the idea of homosexuality, while Jamie's caring mother, Sandra (Linda Henry), and quirky teen neighbor, Leah (Tameka Empson), offer much needed emotional support.



LGBT Line Dancing

Thursdays 2nd, 9th, 16th, 23rd 30th May, 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.



LGBT Table Tennis

Tuesdays 7th, 14th, 21st, 28th May, 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 28th May, 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, or RSVP on Meetup: <https://www.meetup.com/Birmingham-LGBT-Meetup/events/261134954/>.

OLN - Older Lesbian Network - will not be meeting in May. Back on 22nd June. Any enquiries to olnwestmidlands@gmail.com.



OUTward Expressions

Sunday 12th May, from 11am

Compton Verney Art Gallery & Park, Compton Verney, Warwickshire CV35 9HZ

For LGBT + allies of all ages (Cost £14.50/ £13.50)

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.

Set in Capability Brown's designed landscape, Compton Verney Art Gallery houses permanent collections of art, a well stocked shop and a cafe and a restaurant. If the weather is good it could be fun to take a picnic to eat in the lovely grounds, and maybe take a sketchbook and/or camera.

Meet in the main car park at 11am

Painting Childhood: From Holbein to Freud. This celebration of children, childhood and innocence brings together some of the most iconic paintings, sketches and sculptures of children produced in the past 500 years. **Childhood Now:** Furthering the conversation initiated in Painting Childhood, this sister-exhibition brings together the works of three contemporary figurative painters - Chantal Joffe, Mark Fairington and Matthew Krishanu.

Please contact Paddy if you would like a seat in a car share for this event

For further information, please contact Jay on 07983 353 584 or email Paddy at 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/>.



Pool & Karaoke

Friday 24th May, from 7.30pm

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

For LGBT + allies 18+ (£1.50 entry fee)

On 24th May, we are holding a pool 'Doubles Tournament' with a £30 Voucher prize!

Meet at Fox at 7.30pm, in the pool room your welcome to play pool or just chat and socialise, make new friends. Karaoke starts around 10pm till late.

No need to book but you can RSVP on Meetup: <https://www.meetup.com/Birmingham-LGBT-Meetup/events/260821346/>.



Positive West Midlands

Mondays 6th, 13th, 20th May, 11am - 4pm

Fridays 3rd, 10th, 17th, 24th, 31st May, 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.

Positive West Midlands will be walking in the Pride Parade.



PROUD BAGGIES
1968 CLUB

Proud Baggies will be walking in the Pride Parade.



Rainbow Bridge coffee mornings

Tuesdays 7th, 14th, 21st, 28th May, 11am - 1pm

Thursdays 2nd, 9th, 16th, 23rd, 30th May, 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!

16th May: coffee morning includes FREE mindfulness class

21st May: coffee morning attended by West Midlands Police

Rainbow Bridge NEW Monthly Pub Meetup

Wednesday 8th May, from 6.30pm

Missing, 48 Bromsgrove Street, Birmingham B5 6NU

For LGBT + allies 18+

A long held issue has been addressed that we don't have very many meetings in the evening. So we are going to start a once a month every second Wednesday evening get together. Meeting at Missing in the first instance we can chose what to do from there.



Rainbow Pooch Pride

Sunday 12th May, 3.30pm - 5.30pm

Moseley Bog, Yardley Wood Road, B13 9JX Birmingham

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.

Join us for some Rainbow Pooch Pride and take a Sunday stroll through Moseley Bog. Welcoming all Rainbow Pooches with lgbtqia+ owners and fans. Moseley Bog is a Local Nature Reserve, and area of ancient woodland close to Sarehole Mill.

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



Rainbow Spirit

Saturday 18th May, 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 7th, 14th, 21st, 28th May, 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.



NEW: Sutton Rainbow Social

Wednesday 22nd May, from 7.30pm

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/261134996/> or for more info, please contact Maria on 0121 643 0821 or mariahughes@blgbt.org.



Trans Central

Tuesday 7th May, 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.



TransSpectrum

Thursday 16th May, 7pm - 9pm

NEW VENUE: The Loft, 143 Bromsgrove St, Birmingham B5 6RG

For trans and questioning people 16+

TransSpectrum is a social and support group for people who do not identify as cisgender (the gender/sex assigned medically at birth) and those who are questioning their gender. A group for the whole spectrum of Trans and Non-Binary identities.

We meet on the third Thursday of the month. For more information, please contact Louie on 07518 152 064, email transpectrum@outlook.com.

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

COMING UP IN JUNE



Rainbow Swing

Saturday 8th June, 6.30pm

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

For LGBTQ+ people 50+ - MUST BOOK (Tickets cost £10 and include admission and dance lesson)

Hannah Graham, in partnership with The Swing Era and Birmingham Museum and Art Gallery, presents Rainbow Swing, a 1940s night of dancing with live music from the Rhythm Remedies and performances from the Suzy Qs

June 2019 marks 50 years since the Stonewall Riots in New York, marking the start of gay liberation. We have decided to mark this important anniversary with the launch of Rainbow Swing. Swing Dance originated in the 1940's, a time when same sex partners dancing together would have been non-existent. Being gay was still illegal for men and women also experienced terrible consequences for same sex love. It is because of this, 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.

NB: 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>.

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



Generation Workshop

Saturday 22nd June, 1pm - 4.30pm

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

FREE for LGBT+ adults of all ages - MUST BOOK

48% of LGBTQ+ adults aged between 18 -35 ignore issues around growing older completely. And sometimes this means ignoring older people entirely.

Ageism is an important issue within the LGBTQ+ community. And we want to start tackling it.

Ageing with Pride presents Generations: a workshop aimed at tackling issues that divide older and younger LGBT people in our community. Taking place on Wednesday 20th March from 1pm until 4.30pm, Generations will dive into the issues that older LGBT people face and listen to the voices of our young generation in order to bridge the gap.

This project is spearheaded by Ageing with Pride, a 12-month campaign that looks to increase visibility for LGBT people over the age of 50 in order to reduce isolation. Ageing with Pride also endeavours to shine a light on issues such as ageism in the wider LGBT community and homophobia amongst over 50's in Birmingham.

The workshop will be facilitated and lunch will be provided. There are 30 places available and we want the workshop to be as diverse and as representative of our community as possible. For tickets, please RSVP on Eventbrite: <https://www.eventbrite.co.uk/e/generations-workshop-tickets-59817838766>.

For more information, please email Rico Johnson-Sinclair at RicoJohnson@blgbt.org or call us on 0121 643 0821.



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.