



# COMMUNITY EVENTS JULY 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 6.30 Trans Central	<b>2</b> 6.45pm Journey Film Club	<b>3</b> 6.45pm Sprung	<b>4</b> 12.30pm Rainbow Bridge 6.30pm LGBT Line Dancing 7pm Acting Out	<b>5</b> 11am Positive West Midlands 6.30pm Brum Bi Group	<b>6</b>	<b>7</b> 5pm Illuminate
<b>8</b> 11am Positive West Midlands <i>6.30pm Ageing with Pride</i>	<b>9</b> 11am Rainbow Bridge 7.30pm Brum Bi Group	<b>10</b>	<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	<b>13</b>	<b>14</b> 11.30am Boot Women 5pm Illuminate
<b>15</b> 11am Positive West Midlands	<b>16</b> 11am Rainbow Bridge 7pm Journey Film Club	<b>17</b>	<b>18</b> 12.30pm Rainbow Bridge 6.30pm LGBT Line Dancing 7pm Acting Out	<b>19</b> 11am Positive West Midlands 12.30pm Journey Asylum Seekers Group 6.30pm Brum Bi Group 8pm Pool & Karaoke	<b>20</b> 3pm Rainbow Spirit <i>7pm Rainbow Voices</i>	<b>21</b> 5pm Illuminate
<b>22</b> 11am Positive West Midlands	<b>23</b> 11am Rainbow Bridge	<b>24</b>	<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	<b>27</b> 1pm OLN	<b>28</b> 12pm Brum Bi Group 5pm Illuminate
<b>29</b> 11am Positive West Midlands	<b>30</b> 11am Rainbow Bridge	<b>31</b> 7pm Sutton Rainbow Social				

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

## FEATURED EVENTS



### Ageing with Pride Closing Party

Monday 8<sup>th</sup> July, 6.30pm - 9.30pm

The Mockingbird Cinema & Kitchen, Mockingbird House The Custard Factory Gibb St, Birmingham B9 4AA

All welcome - MUST BOOK

Ageing with Pride, the 12 month campaign from Birmingham LGBT, is coming to an end. But its work increasing visibility for LGBT people over 50 and the specific issues they face, will live on.

To celebrate all that we've achieved, we take to The Mockingbird Cinema & Kitchen for food, entertainment and a very special screening of the Ageing with Pride short film, made by Nicola Prestage Tiger Features complete with an open discussion on Ageing with Pride and what it means to members of the community.

The event is free but please book so we can get an idea of numbers for catering. See <https://www.facebook.com/events/350914632241438/> or contact Rico on 0121 643 0821 or [ricojohnson@blgbt.org](mailto:ricojohnson@blgbt.org).



### Rainbow Voices Summer Concert

Saturday 20<sup>th</sup> July, 7pm (doors)

St John's & St Peter's Church, Darnley Road, Ladywood, Birmingham B16 8TF

All welcome - MUST BOOK

For only £8 (pre-booked else £10 on the door), you can come for a lovely evening and listen to Rainbow Voices choir sing some of your favourite songs. We have been learning a mixed repertoire of Pop, Folk, Classical and Gospel songs for your enjoyment. We will also have a raffle so a chance for you to win some prizes.

We are performing on 20th July at St John's and St Peter's Church (incorporating Ladywood ARC). The doors open at 7pm and our performance starts at 7.30pm.

Everyone welcome - come for a good night with your community choir. For more info see <https://www.facebook.com/events/1989922527785385/>.

## COMMUNITY EVENTS



### Acting Out

Thursdays 4<sup>th</sup>, 11<sup>th</sup> 18<sup>th</sup> 25<sup>th</sup> July, 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](mailto:actingoutchair@gmail.com) and we will arrange to meet and greet you.



## **ALBA**

**Friday 12<sup>th</sup> July, 1.30pm - 3.30pm**

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

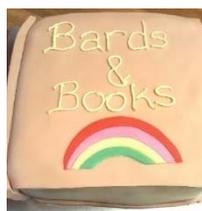
**FREE for LBT women asylum seekers and refugees**

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](mailto:albalbtwomen@gmail.com). Further information at <https://albalbtwomen.wordpress.com/>.



## **Bards & Books**

**Monday 1<sup>st</sup> July, from 11am**

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

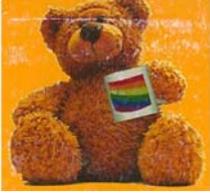
**FREE for LGBT + allies of all ages**

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

In August, we will be discussing "The Miseducation of Cameron Post" by Emily M Danforth.

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> July, 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: Cannock Chase

Sunday 14<sup>th</sup> July, 11.30am

Milford Common, Brocton Rd, Milford, Stafford ST17 0UH

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.

Join us for July's Boot Women walk: a five mile circular in the area of Milford Common and Cannock Chase. We'll be taking in the historical Shugborough Hall, home to the Earls of Lichfield, and the nearby impressive packhorse bridge which is the longest remaining of its kind in England.

We will start and finish at Milford Common car park. There is also a pub opposite for post walk refreshments. Contact us for details on how to go to the start of the walk.

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 9<sup>th</sup> July, 7.30pm - 9pm

Bisexuals & Boardgames: Fridays 5<sup>th</sup> & 19<sup>th</sup> July, 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 28<sup>th</sup> July, 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](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>, 21<sup>st</sup>, 28<sup>th</sup> July, 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

There is no Imaan meeting in July

For further information please email [info@imaan.org.uk](mailto:info@imaan.org.uk) or visit <http://www.imaan.org.uk>.



## Journey Asylum Seekers' Group

Friday 19<sup>th</sup> July, 12.30pm - 4pm

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

FREE for LGBT + allies 18+, 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 2<sup>nd</sup> & 16<sup>th</sup> July, 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](mailto:journeyfilmclub@outlook.com) or visit [www.journeyfilmclub.co.uk](http://www.journeyfilmclub.co.uk) for more details.

2<sup>nd</sup> July: Yossi 1 hr 30 mins

Yossi, a closeted gay doctor, has his quiet world turned upside down when a woman from his past shows up. Their emotionally charged reunion causes Yossi to leave Tel Aviv and he finally wants to awaken from his emotional slumber.

16<sup>th</sup> July: Mary Poppins Returns 7pm start

Decades after her original visit, the magical nanny returns to help the Banks siblings and Michael's children through a difficult time in their lives.



## LGBT Line Dancing

Thursdays 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> July, 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).



## OLN - Older Lesbian Network

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

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

FREE for older lesbians (self-defined)

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](mailto:olnwestmidlands@gmail.com) for more information.



## Pool & Karaoke

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

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

For LGBT + allies 18+

Meet at Fox at 8pm, 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/262536936/>.



## Positive West Midlands

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

Fridays 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> July, 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 6<sup>th</sup> May!

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.



## Rainbow Bridge coffee mornings

Tuesdays 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> July, 11am - 1pm

Thursdays 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> July, 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](mailto:rainbowbridgelgbtq@hotmail.com), or join our Facebook group: <https://www.facebook.com/groups/787474638101615/>.



## Rainbow Spirit

Saturday 20<sup>th</sup> July, 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: jazz & fusion

NEW DATE: Wednesday 3<sup>rd</sup> July, 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](mailto:sprungdancers@gmail.com).



## Sutton Rainbow Social

Wednesday 31<sup>st</sup> July, 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/262675616/> or for more info, please contact Maria on 0121 643 0821 or [mariahughes@blgbt.org](mailto:mariahughes@blgbt.org).



## Trans Central

Monday 1<sup>st</sup> July, 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](mailto:mariahughes@blgbt.org).

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