



LGBT Hub News

April - June 2019

LGBT Hub	All About Blogging
Ageing Better Group Updates	Birmingham Lgbtq+ Writers Lesbian Cycling Group
Ageing Better Programme	'Make Someone's Day!'
Community Offers	LGBTQ Summer Picnic Calling LBT women!
Focus on: Dementia & LGBT+ Community	Alzheimer's Society Birmingham and Solihull CCG Legal Decisions and Dementia: Research
Get Involved	LGBTQI+ Lives in England Everyday experiences of gender Are you LGBT+ and living with or affected by a serious illness?
In The News	<i>LGBT stories from around the UK (and the world)</i>
The Last Word	Bjork

Ageing Better in Birmingham aims to develop grass-roots community work and create opportunities for people of all ages to get involved with community-based activities and connect with each other.

The aim is to prevent people from becoming isolated as they get older and to encourage isolated people (aged 50+) to make contact and new friends, and enjoy activities again.

The LGBT Hub is the resource and support service for LGBT community groups to meet these aims. We can work with existing groups and help to set up new ones, encouraging people to use and develop their skills and knowledge, and increase their connections to other people, groups and agencies.

If you would like to receive these newsletters electronically, please get in touch: call Maria Hughes on 0121 643 0821 or emailmariahughes@lgbt.org.



Birmingham LGBT

Ageing Better LGBT Hub is run by and from Birmingham LGBT.

All About Blogging

A blog (short for 'weblog') is generally understood to be a kind of online diary, and a blogpost is a story written on a website or social media site, in a conversational style, about someone's 'day'. It's a great way to get people interested in what you are doing in your group, especially for people who are considering coming along but don't know what to expect. I've been looking at how different groups involved with Ageing Better go about this, which has been very interesting and entertaining.



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. They have a great weekly blogpost on their Facebook group, where different members take it in turns to describe what they have done at that particular session. To give a recent example:

"An interesting rehearsal for the An Ideal Husband cast - no director! We ran the blocking for Act One and worked as a team to make sure we knew where we were. Some useful questions were asked, and naturally we had a laugh! This is a really fun cast to work with, and I'm sure that's going to translate to our audience. How many weeks/months...?"

The film group had a great planning session by the sound of it, asking our members which Birmingham gay bar was their first and in what year, recalling the evocative music of that year. Back in 2000 for me..."

So, from just two paragraphs, you have learned that they are going to be performing Oscar Wilde's "An Ideal Husband" in the future, that they're working on ideas for making a film, and that it's really fun! So blogposts don't have to take a lot of time to write.

To read these posts, visit <https://www.facebook.com/ActingOutBirmingham/>.

Bards & Books meet monthly to discuss books, and sometimes poems and other stories, with an LGBT+ flavour. Not everyone can make every meeting, but they don't have to miss out, as one member produces a very detailed newsletter containing their discussions about the book in question, and where this leads:

"May's meeting was well attended and started with a round-up of anything recent that was memorable for people. These were very varied: setting the bacon on fire by using greaseproof paper instead of aluminium foil; reports of life in the Cameroons and how we are unaware of what is happening in many countries; a very interesting story involving a chapel in Wales that is a shrine to a missionary who was killed in Korea with pages from his Bible being used as wallpaper in local houses; learning that "bog-snorkelling" is a real thing and that British Rail sometimes exhibits a sense of humour; realising that suicide bombers can be educated and middle-class; the impressive but disturbing Knife Angel sculpture currently on display in Victoria Square; the greenness of Birmingham; the dressing-up of the Bullring Bull as a character from The Rocky Horror Show; the smell of mayflower as reminiscent of childhood cycle rides; the richness of the vegetation in Cannon Hill Park; the availability of a sexual health centre at the LGBT Centre; a very good performance of Jock Nights by the Old Joint Stock Company. What interesting lives we lead between us!!"

And that's all before they've even started on the book! The rest of the newsletter gave an overview of the book and members' comments on it - it's almost as good as being there. One former member, who now lives in Scotland, still receives the newsletter and finds it a good way to keep in contact.

If you want to join Bards & Books, and their mailing list, email bardsandbooks@gmail.com.

These blogs are engaging because they are written from the first-hand, personal experience of the writer, engaging with others and taking part in activities that make them feel fulfilled and part of a supportive social scene. The Ageing Better LGBT Hub will be working with group organisers to find out how to encourage their members to write and share, and we look forward to reading many more blogs in the future.

Maria Hughes, Ageing Better LGBT Hub

Ageing Better Groups Updates



NEW GROUP: Birmingham Lgbtq+ Writers

A new group has been set up to encourage creative writing for members of the LGBTQ+ community, supported by the Ageing Better LGBT Hub.

The first session will take place on Saturday 3rd August, 1pm - 3pm, at Birmingham LGBT Centre and will be free to LGBTQIA+ adults; and will focus on one of the cornerstones of writing - **character**.

How do writers develop characters? What makes them feel real? What characters pop up again and again in fiction, and what would you like to see represented more?

Everything is optional, there's no obligation to share or to stay for the whole thing, and if you want you can just turn up and write. This is a creative session, so the aim is to generate new ideas and get some writing done, rather than to critique work.

Basic refreshments will be available for a donation, & you're welcome to bring your own snacks.

No need to 'book' - you can just pop in. For more information, see <https://www.facebook.com/events/2293331757382302/>

New Group Idea: Lesbian Cycling Group

M would like to set up a lesbian cycling group: a very informal group which would meet up once a month initially for a group or individual led cycle around a local area in Birmingham at a steady pace where everyone can enjoy and stop off at a cafe or coffee shop en-route. Group members could take it in turns to arrange the different routes, which would be pleasant social rides.

If you are interested, please contact Maria on 0121 643 0821 or mariahughes@lgbt.org and I'll keep you updated.

Ageing Better Programme

Make Someone's Day

Ageing Better in Birmingham is launching a new campaign encouraging neighbourliness and conversations, to help make Birmingham a better place to grow older.



The campaign, called Make Someone's Day, encourages people of all ages to start conversations with older neighbours which can lead to future friendships and understanding for each other.

Be part of the campaign! Here are a few ways you can support it:

- Start a conversation with someone you don't already know: a neighbour or someone in the local shop, at the bus stop or sitting on a bench in the park. Comment on the weather, give a compliment, ask how their day has been - every conversation offers an opportunity to make someone's day
- Come to the launch on 14th August from noon - 3.30pm on Erdington High Street (by OIKOS café and Co-op)
- Visit, share and download materials from the campaign website:
<https://www.ageingbetterinbirmingham.co.uk/makesomeonesday>

Community Offers

LGBTQ Summer Picnic: Friday 26th July, 7pm - 9pm

Birmingham Buddhist Centre, 11 Park Road, Moseley, Birmingham B13 8AB

LGBTQ+ and Gender & Sexuality Diversity (GSD) Birmingham Buddhists' monthly meet on the final Friday of each month at Birmingham Buddhist Centre. Weather permitting, we will have a short meditation in the splendid gardens, followed by a bring-and-share picnic. Veggie and vegan foods only, please.

Come rain, we will retreat to our usual rooms at the back of the Centre for an indoor picnic. All welcome, especially newcomers and friends.

<https://www.facebook.com/events/318973625363202/>

Calling LBT women!

Birmingham LGBT is developing an innovative group programme for Lesbian, Bisexual & Trans (LBT) women who are survivors of domestic abuse.

The programme will help LGBT women to feel safer and have increased confidence and self-esteem. We will cover a range of interesting topics.

Come and be part of a programme that has never been done before!



Please get in touch to find out more about how to take part in the programme: call 0121 643 0821 or email idva@lgbt.org.

Focus on: Dementia & LGBT+ Community



Celebrating the work of LGBT+ people affected by dementia

People affected by dementia who are part of LGBT+ communities can face additional challenges that are specific to their sexual orientation or gender identity. They may experience stigma, and fear discrimination when sharing information with health and social care providers.

Find out more here: <https://www.alzheimers.org.uk/blog/celebrating-work-of-lgbt-people-affected-by-dementia-pride>



Have you been affected by dementia?

Birmingham and Solihull CCG are in the process of refreshing their current dementia strategy for Birmingham. Prior to updating the strategy, we need to hold some engagement events to inform the strategy going forward, which will be in the form of six focus groups to include patients, their families/carers and health and social care professionals.

A focus group has been set up for the LGBT+ community, which takes place on

Monday 29th July, 10am - 12pm

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

For more information or any queries please contact Avnika Patel on avnika.patel@nhs.net or 07920 418 269.

Please Note: Travel expenses will be reimbursed for participants.

Legal Decisions and Dementia: Research

- Do you or someone you know have early-stage dementia, or memory problems?
- Are you seeking legal advice, or have you sought legal advice about making a will or lasting power of attorney?
- Do you want to be part of research investigating dementia and the law?



UNIVERSITY OF
BIRMINGHAM

Chloe Waterman is carrying out research to understand how people with dementia and their families understand the legal system, and the information available to them. If you are interested, please see <https://blog.bham.ac.uk/legaldecisionmaking>

This project is approved by the University of Birmingham ethics committee.

Get Involved

LGBTQI+ LIVES IN ENGLAND CALL FOR PARTICIPANTS



Are you:

- ✓ Aged over 18?
- ✓ Living in England?
- ✓ Lesbian, Gay, Bisexual, Trans, Queer, Intersex or '+'?

How do LGBTQI+ people navigate life, work, education, healthcare, communities and relationships? What do different generations of LGBTQI+ people think about their lives and changes in society?

You are invited to take part in research about the lives of LGBTQI+ people who are 18 years of age or older and currently live in England. We are interviewing LGBTQI+ people of all ages across England to learn about your life, views and experiences, and any barriers and opportunities you have experienced during your lifetime.

Interviews will last approx. one to two hours and can take place at a mutually agreed location or via Skype.

To find out more information about the project and interviews and to register your interest in being interviewed, please visit our project website: <https://cilia.surrey.ac.uk>, email us: cilia@surrey.ac.uk or call or text our project phone: 07388 849 827.

Everyday experiences of gender

What should gender's future be? Should gender fade in significance, become a matter of personal choice, define new ways of living and being, or remain a category of domination and inequality? And what can law contribute to these changes?

As part of the Future of Legal Gender project, we are looking for volunteers to reflect on their understandings and experiences of gender in everyday life. We are recruiting a range of people who are over 18 and live in England or Wales, including parents.

For your participation in this part of the project, you will be asked to reflect on your gender experiences in everyday life through a face-to-face interview with one of our research team. This interview will aim to further explore your understandings and interpretations of gender. The interview will last for 60 to 90 minutes.

We are looking for a wide range of people to participate. If you are interested in participating and would like to find out more, please send an email to flag@lboro.ac.uk with 'Participate' in the subject line. Additional information can be found at: <https://futureoflegalgender.kcl.ac.uk/further-participation/>

Are you LGBT+ and living with or affected by a serious illness?

Or are you a partner, friend or relative of someone who is?

Our research team at King's College London would like to talk to you about your experiences, to find out how health care professionals' communication about sexual orientation and gender identity could be improved.

Good communication is particularly important for people facing serious illnesses, such as: cancer; kidney, liver, lung or heart disease; dementia; neurological conditions; diabetes with severe complications; or HIV alongside other conditions.

We are conducting interviews, which will last about an hour, and can be arranged at a time and location convenient to you. Findings from the interviews will be used to inform training and education for health and social care professionals.

For more information please contact debbie.braybrook@kcl.ac.uk or 020 7848 5627.

In The News



Marching with Pride

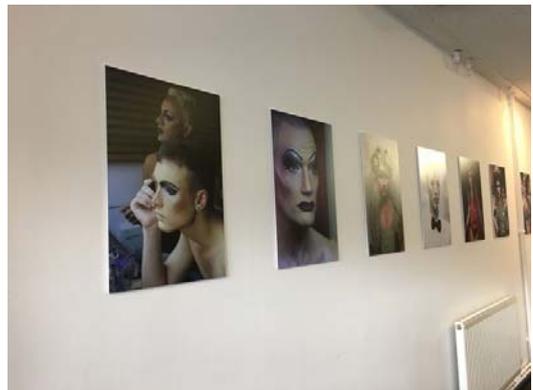
The LGBT community has come very far over recent years earning new-found respect. Few can say they have witnessed how times change than respected Birmingham doctor Dr Graham Beards . . .

<https://www.tsb.co.uk/local-pride/midlands/lgbt-birmingham/>

Meet the Birmingham photographer fascinated by using makeup to 'blend' genders

Photographer Nick Hynan created a whole collection of pieces that focus on the model's use of makeup to transform themselves

<https://www.birminghammail.co.uk/whats-on/whats-on-news/meet-birmingham-photographer-fascinated-using-16340358>



Addressing older men's experiences of loneliness and social isolation in later life

Little research has been undertaken into older men's experiences of loneliness and isolation. This two-year study aimed to develop understanding of the ways in which older men (65+ years) from different social backgrounds and circumstances stay socially connected with others and combat loneliness and social isolation in later life.

<http://www.bristol.ac.uk/policybristol/policy-briefings/omam/>

30 years of Stonewall: The fight for LGBT rights

From the repeal of Section 28 to equal marriage and the Gender Recognition Act reform plans, gay rights charity Stonewall has fought through it all. Set up in 1989, 20 years after the infamous Stonewall riots in New York, the charity has been at the forefront of Lesbian, Gay, Bisexual and Transgender rights campaigns across the UK and is the biggest lobby group of its kind in Europe.

<https://www.heraldscotland.com/news/17665293.30-years-of-stonewall-the-fight-for-lgbt-rights/>

Baby boomers 'de-gay' to survive life in Scottish care homes

Baby boomer LGBTQI people in care homes are "de-gaying" themselves to hide their sexual or gender identity for fear of bullying and discrimination from staff and other residents, a film maker has said.

<https://www.scotsman.com/news/politics/baby-boomers-de-gay-to-survive-life-in-scottish-care-homes-1-4907065>

The myths of growing old: how to plan for a positive later life

We can't know exactly what our later years will bring, but taking early action is possible - to save stress, upheaval and cost later on

<https://www.which.co.uk/news/2019/04/the-myths-of-growing-old-how-to-plan-for-a-positive-later-life/>

What patients' value: improving people's experiences of hospital waiting rooms

Independent champion, Healthwatch Birmingham has listened to over 480 local people's views, which reveals what it is like being in a hospital waiting room in the city. The reports include a range of recommendations to improve waiting rooms, including reviewing layouts and seating, signage, access to sign language interpreters and communication.

<https://healthwatchbirmingham.co.uk/wp-content/uploads/2019/05/HW-Birmingham-Hospital-Waiting-Room-Summary-Report-2019.pdf>

The Last Word



"Personally I think choosing between men and women is like choosing between cake and ice cream. You'd be daft not to try both when there are so many different flavors."

Bjork