



# COMMUNITY EVENTS

# SEPTEMBER 2019

All events listed are supported by Ageing Better in Birmingham LGBT Hub

*promoting wellbeing in the LGBT community*

Groups are listed in alphabetical order, overleaf.

Monday	Tuesday	Weds	Thursday	Friday	Saturday	Sunday
						1 5pm Illuminate
2 11 Bards & Books 11am Positive West Midlands 6.30pm Trans Central	3 11am Rainbow Bridge 7.30pm Journey Film Club	4	5 12.30pm Rainbow Bridge 6pm Roll-Out 6.30pm LGBT Line Dancing 7pm Acting Out	6 11am Positive West Midlands 6.30pm Brum Bi Group	7 11am InteGreat Theatre 1pm Birmingham Lgbtq+ Writers	8 11am Boot Women 5pm Illuminate
9 11am Positive West Midlands	10 11am Rainbow Bridge 7.30pm Brum Bi Group	11	12 12.30pm Rainbow Bridge 6.30pm LGBT Line Dancing 7pm Acting Out 7.30pm BGLAD	13 11am Positive West Midlands 1.30pm ALBA	14 12pm Acting Out	15 1pm PINK PICNIC 5pm Illuminate
16 11am Positive West Midlands 6.30pm TranSpectrum	17 11am Rainbow Bridge 7.30pm Journey Film Club	18	19 12.30pm Rainbow Bridge 6.30pm LGBT Line Dancing 7pm Acting Out	20 11am Positive West Midlands 12.30pm Journey Asylum Seekers Group 6.30pm Brum Bi Group 8pm Pool & Karaoke	21 11am InteGreat Theatre 3pm Rainbow Spirit 7.30pm Brum Bi Group	22 11am Wheels of Pride 12pm Proud Baggies 12pm Brum Bi Group 5pm Illuminate
23 11am Positive West Midlands	24 11am Rainbow Bridge 1pm Ageing Better LGBT Housing Group	25 7pm Sutton Rainbow Social	26 12.30pm Rainbow Bridge 6.30pm LGBT Line Dancing 7pm Acting Out 7.30pm BGLAD	27 11am Positive West Midlands	28	29 1pm Rainbow Pooch Pride 5pm Illuminate
30 11am Positive West Midlands			<i>See EVENTS EXTRA on the last page</i>			

## FEATURED EVENTS



### NEW: Roll-Out: an introduction to role-playing games

Thursday 5<sup>th</sup> September, 6pm - 9pm

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

FREE for LGBT+ people of all ages

- ✓ Ever fancied adventuring through sprawling caves filled with monsters and treasures?
- ✓ Thought what it would be like to stare down a dragon and tell it a joke?
- ✓ Well wonder no longer, and join us in a campaign of Dungeons & Dragons.

The most popular table-top role-playing game, Dungeons & Dragons features a vast array of excitement, challenges and fantastically fun role play. Create your character and set off on your adventure, growing and adapting on the fly, and sometimes flying... cause yeah that's a thing!

Open to all ages, absolutely anyone is welcome to join. You'll need just two things: imagination and a willingness to participate.

Session Zero will be on Thursday 5th September at 6pm. We will be running through basics rules, creating your characters and setting you on your way to a life of glory, fame and riches.

If you have any questions or enquiries please feel free to email me on [crittersfarmboi@gmail.com](mailto:crittersfarmboi@gmail.com) or send a **WhatsApp** message to **07835 528 826** with your name. I look forward to seeing you there, sincerely, your Dungeon Master **Ben Baker**.



### Acting Out: Sing Out for Mental Health

Saturday 14<sup>th</sup> September, 12pm - 4pm

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

£5 per person for LGBT+ and allies

Join us at the LGBT Centre on Saturday September 14<sup>th</sup> for an afternoon of singing and music to raise money for Acting Out, and LGBT non-profit theatre company.

For the people who say "I can't sing", we're "why not?" Everyone should be given space and opportunity to find their voice, which is why we have decided to provide an afternoon of singing for EVERYONE. We don't care if you can read music or sing like an angel at the Sing Out day, we want you to have fun, find your voice and expression, meet people and leave feeling better than when you arrived.

This is a zero-judgement, zero-pressure opportunity to spend the day making music with people from all backgrounds and experiences, to use singing as an expressive outlet for mental health, no matter how severe or how minor.

Entry fee to participate in the fundraising event will cost £5 per person; fundraising for Acting Out's upcoming production of 'An Ideal Husband'.

Twitter: @AO\_Brum Facebook: @ActingOutBirmingham <http://www.acting-out.org.uk>



## TranSpectrum is back at the LGBT Centre!

Monday 16<sup>th</sup> September, 6.30pm - 8.45pm

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

**FREE** for trans and NB people

TranSpectrum offers a supportive space for all people of non-cis-gendered identities with a Semi-Structured discussion and/or activity at each meeting surrounding gender identity as well as time to chat, network and have some tea. We meet every month on the third Monday.

You can just turn up, or email Lorna on [Doctorwhogfm@hotmail.co.uk](mailto:Doctorwhogfm@hotmail.co.uk) or text 07910 096 241.



## Pink Picnic

Sunday 15<sup>th</sup> September, 1pm - 5pm

Kings Heath Park, Vicarage Road, Birmingham B14 7TQ

**For ANYONE!** Calling all LGBTQIA+ folk, allies, families and friends

Join us for a family-friendly, dog-friendly picnic in Kings Heath Park, on Sunday 15th September.

We'll be spreading out our picnic blankets in the open space, near to the Tea Rooms. Look out for the giant rainbow flag, held up by obliging trees. Bring your kids, pets, games, food and drink. Come as a group or come on your own - we'll soon be making new friends. See you there!



**Brum Bi Group**

## Brum Bi Group: Bi Vis Day Pub Crawl

Saturday 21<sup>st</sup> September, from 7.30pm

Dragon Inn, Hurst Street, Birmingham B5 4TD

**For bisexual people and allies**

We will be celebrating bi visibility day with our annual pub crawl through the 'gay' village.

7.30 - Dragon Inn      9.30 - the Fox      11.30 - the Village

We will be bringing all the flags, hats and general bisexual regalia we have but please bring your own if you have. We are publicly inviting the most famous Bi Brummie, Joe Lycett to join the festivities.

**#xena4lycett**

<https://www.facebook.com/events/3022529407817823/>.



**RAINBOW POOCH PRIDE**

## NEW: Rainbow Pooch in the Park

Sunday 29<sup>th</sup> September, 1pm - 4pm

Car Park, Highbury Park, 20 Shutlock Lane, Kings Heath, Birmingham B13 8QE

**FREE** for LGBTQIA+ dog walkers of all ages

Rainbow Pooch in the Park meets on the second and last Sunday of every month. Join us out in nature for a social dog walk. The first hour is for dogs that prefer to walk on-lead and is followed by an off-lead walk thereafter. Come along to either or join us for both!

For more information, please contact Gina on [ginabiggs@gmail.com](mailto:ginabiggs@gmail.com) or message on **WhatsApp** on 07812 398 361.

## COMMUNITY EVENTS



### Acting Out

Thursdays 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> September, 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.

*Don't forget to book your tickets for "An Ideal Husband" by Oscar Wilde at Midland Arts Centre, Friday 1<sup>st</sup> November, 7pm; Saturday, 2<sup>nd</sup> November, 2pm and 7pm. Tickets cost from £7 and you can book online at <https://macbirmingham.co.uk/event/an-ideal-husband> or call MAC on 0121 446 3232, or buy at the MAC box office.*



### Ageing Better LGBT Housing Group

Tuesday 24<sup>th</sup> September, 1pm - 3.30pm

Castle Vale Community Housing, 11 High Street, Castle Vale B35 7PR

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.

You are welcome to come from 12.30pm and bring your lunch; tea and coffee is available.

Please contact Maria on 0121 643 0821 or [mariahughes@lgbt.org](mailto:mariahughes@lgbt.org) if you would like to attend.



### ALBA

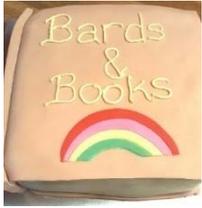
Friday 13<sup>th</sup> September, 1.30pm - 3.30pm

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.

To find out more, contact [albalbtwomenbirmingham@gmail.com](mailto:albalbtwomenbirmingham@gmail.com) or visit <https://albalbtwomenbirmingham.wordpress.com/>.



## Bards & Books

Monday 2<sup>nd</sup> September, 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 September, we will be discussing "The Argonauts" by Maggie Nelson.

In October, we will be discussing "A Very English Scandal" by John Preston.

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 12<sup>th</sup> & 26<sup>th</sup> September, 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.



## Birmingham Lgbtq+ Writers

Saturday 7<sup>th</sup> September, 1pm - 3pm

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

FREE to LGBTQIA+ adults

*What gives writing a sense of place? How do writers create worlds, and how does setting influence plot?* That's the topic for this month's meet - please bring along any favourite books or examples and we'll add them to the discussion!

We usually start with introductions and a bit of a discussion, do a writing prompt in the middle, and then end with tea and some optional sharing of work.

All parts are optional, and all levels of experience and genres of writing are welcome, including non-fiction, poetry and drama. This is peer-led so there is no 'teacher' although there will usually be some notes/quotes to jump off from. We're here to learn from each other!

Basic refreshments provided, feel free to bring your own snacks.

No need to book but you can RSVP here: <https://www.facebook.com/events/367235553958927/> or join the Meetup group: <https://www.meetup.com/Birmingham-lgbtq-writers/>.



## Boot Women: Warley Woods History Trail

Sunday 8<sup>th</sup> September, 11am

Warley Woods car park, 101 Lightwoods Hill, Smethwick B67 5ED

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 September, we will go on the Warley Woods History Trail and visit Lightwoods House. Warley Woods is a lovely green space, just 4 miles from Birmingham city centre, and consists of one third woodland, one third meadow and a nine-hole golf course. Our walk leader Barbara, who is one of the Warley Woods Trustees, will slowly take us along the 3-mile History Trail so that you can take in the information. When we return to the car park and café, we have the option of a trip to Lightwoods House and Park. There is a lovely Shakespeare garden at the back to walk around but no dogs are allowed.

A fee of £1 is required to cover costs of admin. Additionally, donations for Women's Aid of £1 (or more) are welcome. Remember to bring some lunch/drinks and something to sit on.

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/> or <https://www.meetup.com/Birmingham-LGBT-Meetup/events/qsrxqyzmb1b/>.



**Brum Bi Group**

### Brum Bi Group

Networking Meetup: Tuesday 10<sup>th</sup> September, 7.30pm - 9pm

Bisexuals & Boardgames: Fridays 6<sup>th</sup> & 20<sup>th</sup> September, 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 **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.

*Don't forget to join us for our Bi Vis Pub Crawl - see FEATURED EVENTS.*



**Brum Bi Group**

### Brum Bi Group: Brum Bi Coffee

Sunday 22<sup>nd</sup> September, 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 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> 22<sup>nd</sup> 29<sup>th</sup> September, 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.



## **InteGreat Theatre**

**Saturdays 7<sup>th</sup> & 21<sup>st</sup> September, 11am - 4pm**

Custard Factory, Gibb Street, Birmingham B9 4AA

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

Come and join us at InteGreat Theatre our Deaf and hearing theatre group. We're looking for new members, no experience needed.

We start back on Saturday 7<sup>th</sup> September to start rehearsals for our panto.

To apply for membership get in touch by emailing [contact@integreattheatre.org.uk](mailto:contact@integreattheatre.org.uk) OR text/ call/ FaceTime 07957 166 364.

More details on <http://www.facebook.com/InteGreatTheatre/> and <http://www.integreattheatre.org.uk>. Hope to see you soon . . .



## **Journey Asylum Seekers' Group**

**Friday 20<sup>th</sup> September, 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](mailto:philhoar@btinternet.com) for more details.



## Journey Film Club

Tuesdays 3<sup>rd</sup> & 17<sup>th</sup> September, 7.30pm - 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.

3<sup>rd</sup> September: **The Little Mermaid** (1989) - 7.30pm start (1hr 25)

In Disney's beguiling animated romp, rebellious 16-year-old mermaid Ariel is fascinated with life on land. On one of her visits to the surface, which are forbidden by her controlling father, King Triton, she falls for a human prince. Determined to be with her new love, Ariel makes a dangerous deal with the sea witch Ursula to become human for three days. But when plans go awry for the star-crossed lovers, the king must make the ultimate sacrifice for his daughter.

17<sup>th</sup> September: **Edward II** (1991) - 7.30pm start (1hr 31)

In this Derek Jarman version of Christopher Marlowe's Elizabethan drama, in modern costumes and settings, Plantagenet king Edward II hands the power-craving nobility the perfect excuse by taking as lover (besides his diplomatic wife, the French princess Isabel, not an acceptable lady at court) but the ambitious Piers Gaveston, who uses his favour in bed even to wield political influence. The stage is set for a palace revolt which sends the gay pair from the throne to a terminal torture dungeon.



## LGBT Line Dancing

Thursdays 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> 26<sup>th</sup> September, 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).



## Pool & Karaoke

Friday 20<sup>th</sup> September, 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/264382319/>.



## Positive West Midlands

Mondays 2<sup>nd</sup> 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> September, 11am - 4pm

Fridays 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> September, 11am - 4pm

'Apache', 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 meet every Monday and Friday at our own venue in Corporation Street, opposite the Magistrates' Court. There will be no event on August bank holiday.

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



**PROUD BAGGIES**  
1968 CLUB

## Proud Baggies 1968 Club

The Hawthorns, 9 Birmingham Road, West Bromwich B71 4LF

FREE to 50+ LGBT supporters

Sunday 22<sup>nd</sup> September, kick-off 12pm (vs Huddersfield Town)

Proud Baggies, West Bromwich Albion's official Supporter Group for LGBT+ fans has launched a campaign to reach out to the over 50 LGBT+ community and in particular those who, for whatever reason, may have lost touch with their community. There is also the opportunity to participate in additional social events throughout the year.

The 1968 Club is open to anyone over 50 who identifies as LGBT+. The Ageing Better Fund will cover the cost of your matchday ticket, a drink and a snack, and travel expenses if you need them. You don't need to be a West Brom fan or even a football fan! If you're interested in joining us for a game or want to find out more, please email [info@proudbaggies.com](mailto:info@proudbaggies.com) or call/ text Neil on 07825 110 814.

Anyone else, of course, can still join us for games and/or become a member of Proud Baggies by joining online: <https://proudbaggies.com/become-a-member>.



Rainbow Bridge LGBTQ Networking Group

Tuesday coffee mornings: 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> September, 11am - 1pm

Thursday coffee mornings: 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> September, 12.30pm - 2.30pm

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

FREE for LGBT + allies of all ages (donations welcome)

Rainbow Bridge is holding our regular Tuesday and Thursday Coffee Mornings in the old café space in the Birmingham LGBT Centre as part of the Ageing Better in Birmingham programme.

We welcome everyone for refreshments and a chance to meet and chat with other LGBTQAAI attendees. Our aim is to provide a non commercial space where for a few hours you can socialise and relax in good company.

There is no charge for the refreshments but any donations of snacks you enjoy or cash donations are welcome.

For more information, contact [rainbowbridgegbtq@hotmail.com](mailto:rainbowbridgegbtq@hotmail.com), join our Facebook group: <https://www.facebook.com/groups/787474638101615/> or find our events in the Birmingham LGBT Meetup group.



## Rainbow Spirit

Saturday 21<sup>st</sup> September, 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**.



## Sutton Rainbow Social

Wednesday 25<sup>th</sup> September, from 7pm

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

**For LGBT + allies**

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

Just turn up, or for more info, please contact Maria on [mariahughes@blgbt.org](mailto:mariahughes@blgbt.org). You can also RSVP on Meetup: <https://www.meetup.com/Birmingham-LGBT-Meetup/events/264182265/>.



## Trans Central

Monday 2<sup>nd</sup> September, 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.



## 'Wheels of Pride' lesbian cycling group

Sunday 22<sup>nd</sup> September from 11am

Pype Hayes Park, Chester Road, Birmingham B24 0NR

FREE for lesbians of all ages

Wheels of Pride is a group for lesbians who like to cycle.

In September, we'll be cycling from Pype Hayes Park car park, to New Hall Valley Country Park where there is a rainbow garden, then back again. We'll also be exploring the New Hall Water Mill Open Day. It's a steady five-mile ride, mostly on cycle paths, suitable for women who don't have a lot of confidence on the road, and there is the option of visiting The Digby Pub at the end.

Cyclists will need to bring their own cycles, water and possibly a snack. Wearing a helmet is recommended.

If you are interested, please contact **Amanda McAvoy** on 07806 828 818.



## EVENTS EXTRA

### CreateSpace - Arts for Wellbeing

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

£3 per session

Taking part in creative activities has been shown to improve your wellbeing, so we want to encourage everyone to make a little space for creativity in their lives.

Join us for our second series of art for wellbeing sessions at our city centre venue, Birmingham Museum & Art Gallery. Each session will be led by an artist from Birmingham's Juneau Project, and will

give you an opportunity to learn new skills and try new creative activities in a friendly supportive atmosphere.

No previous art experience is necessary and sessions are suitable for all abilities - if you've always said 'I'm not artistic!', come and surprise yourself!

All materials and refreshments are provided. Sessions are for adults only, and each session must be booked separately - spaces are limited. Feel free to join us for one activity or more!

**Pre-booking essential.** Book online here:

<https://tickets.birminghammuseums.org.uk/WebStore/shop/viewItems.aspx?CG=BMCS&C=BMCS>.

Sessions run on:

- Saturday 21st September
- Saturday 28th September
- Saturday 5th October
- Saturday 12th October
- Saturday 19th October

This project is part of a partnership with Creative Health CIC, Wolverhampton Art Gallery, New Art Gallery Walsall and Staffordshire Libraries, funded by the Arts Council England's Grants for the Arts programme. More arts for wellbeing activities will be taking place at partner venues over the next year.



*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.*