

COMMUNITY EVENTS

FEBRUARY 2020

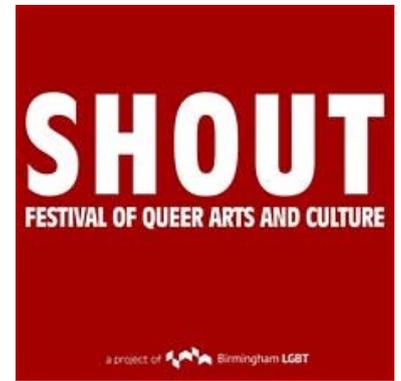
Promoting wellbeing in the LGBT community in LGBT History Month



Community Groups are listed in alphabetical order, overleaf, after *Featured Events*.

Monday	Tuesday	Weds	Thursday	Friday	Saturday	Sunday
					1 1pm Birmingham Lgbtq+ Writers 3pm Proud Baggies	2 5pm Illuminate
3 11 Bards & Books 11am Positive West Midlands 6.30pm Trans Central	4 11am Rainbow Bridge <i>7pm Tea With A Twist</i> 7.30pm Journey Film Club	5	6 12.30pm Rainbow Bridge 6pm Roll-Out 6.30pm LGBT Line Dancing 7pm Acting Out 7.30 PWM Dance	7 11am Positive West Midlands 6.30pm Brum Bi Group	8	9 11.15am Boot Women 5pm Illuminate
10 11am Positive West Midlands	11 11am Rainbow Bridge <i>6pm Rainbow Project</i> 7pm Brum Bi Group	12	13 12.30pm Rainbow Bridge 6.30pm LGBT Line Dancing 7pm Acting Out 7.30pm BGLAD 7.30 PWM Dance	14 11am Positive West Midlands 1.30pm ALBA	15 <i>2pm CineQ</i> 3pm Proud Baggies 3pm Rainbow Spirit	16 5pm Illuminate
17 11am Positive West Midlands 6.30pm TranSpectrum	18 11am Rainbow Bridge <i>6pm Rainbow Project</i> 7.30pm Journey Film Club	19 6.30pm I Remember When 7pm Sutton Rainbow Social	20 <i>12pm SHOUT Film Seminar</i> 12.30pm Rainbow Bridge 6pm Roll-Out 6.30pm LGBT Line Dancing 7pm Acting Out <i>7pm Faith in our Community</i> 7.30 PWM Dance	21 11am Positive West Midland 12.30pm Journey Asylum Seekers Group 6.30pm Brum Bi Group <i>7pm Party Monster</i> 8pm Pool & Karaoke	22 <i>12pm OUTing the Past</i> 1pm OLN	23 12pm Brum Bi Group <i>3pm Velvet Goldmine</i> 5pm Illuminate
24 11am Positive West Midlands	25 11am Rainbow Bridge 11am LGBT Housing Group <i>6pm Rainbow Project</i> 8pm Proud Baggies	26 <i>7pm Queer Quiz</i>	27 12.30pm Rainbow Bridge 6.30pm LGBT Line Dancing 7pm Acting Out 7.30pm BGLAD 7.30 PWM Dance	28 11am Positive West Midlands	29 <i>11am Rainbow Rambles</i> 3pm Proud Baggies	

SHOUT LGBT History Festival



SHOUT Film Seminar (£5 - £15)

Thursday 20th February, 12pm - 5pm

The Gas Hall, 2 Margaret Street, Birmingham B3 3BS

Join us for a film seminar on queer experience of activism through moving image. Includes Jose Arroyo's curated programme from Damian Sainz, a Cuban filmmaker; and Michele Aaron's "Out on Tuesday".

<https://www.eventbrite.co.uk/e/shout-film-seminar-tickets-90600461419>

"Faith in our Community" with Panel Discussion with SEEDS (FREE)

Thursday 20th February, 7pm - 10pm

Nightingale Club, 18 Kent Street, Birmingham B5 6RD

Enjoy a short film programme that looks at Faith and its intersection with the LGBT community. "Faith in our Community" is a short film looking at the complexities and simplicities of faith and religion in the LGBT community, followed by a panel discussion. <https://www.eventbrite.co.uk/e/faith-in-our-community-with-panel-discussion-with-seeds-tickets-90634043865>

"Party Monster" with Panel Discussion with Circle (FREE)

Friday 21st February, 7pm - 10pm

Nightingale Club, 18 Kent Street, Birmingham B5 6RD

Join Circle - Birmingham's Sober Social for a screening of Party Monster and a post-screening discussion. Party Monster is a film based on the true story exploring the rise of Club Kid legend Michael Alig. After the film there follows a panel discussion on the impact of mental health issues in the LGBTQ community and the effects of drug and alcohol abuse when paired with them. <https://www.eventbrite.co.uk/e/party-monster-with-panel-discussion-with-circle-tickets-90635823187>

OUTing the Past 2020 (£3)

Saturday 22nd February, 12pm - 5.30pm

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

Join us for an afternoon of talks, performances and film about the LGBTQ+ communities history: The Love that Dares to Speak its Name: Mary Whitehouse and her Shropshire girls; Forty Years Out: Performing The Archive; Gay Liberation: 50 years of history in the making; *and more to be confirmed.* <https://www.eventbrite.co.uk/e/outing-the-past-2020-tickets-90637654665>

Velvet Goldmine with Panel Discussion with Brum Bi Group (FREE)

Sunday 23rd February, 3pm - 6pm

Nightingale Club, 18 Kent Street, Birmingham B5 6RD

Join Brum Bi Group for a special screening of Velvet Goldmine. In the cult classic Velvet Goldmine glam rock star Brian Slade (Jonathan Rhys Myers) plays a character on stage named Maxwell Demon who predicts his death on stage; followed by a discussion with Brum Bi Group about bisexual representation. <https://www.eventbrite.co.uk/e/velvet-goldmine-with-panel-discussion-with-brum-bi-group-tickets-90639281531>

FEATURED EVENTS: LGBT HISTORY MONTH



Tea with a Twist presents Disco Tea Party

Tuesday 4th February, 7pm - 9pm

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

FREE but booking required

Join us for a special edition Tea with a Twist.

Take a seat at one of our golden tables for the most glamorous disco tea party ever. Hosted by some of Birmingham's finest disco divas expect interactive party games, live cabaret performances, cheesy prizes, and the usual Tea with a Twist refreshments with a few sparkling extras.

Dust off your sequins, get your glad rags on and head to the tea party dance floor for an evening of best-loved disco and Motown beats. Bring your friends, or come and make new ones - everyone is welcome.

<https://macbirmingham.co.uk/event/tea-with-a-twist-presents-disco-tea-party>



Pink Sou'westers: Queer Quiz

Wednesday 26th February, from 7pm

Kings Heath Cricket Club, 247 Alcester Road South, Birmingham B14 6DT

£5 / £3 (low income)

A Lesbian, Gay, Bi and Trans History Month Event

Explore, expand or show off your knowledge of all things lesbian, gay, bi and trans from past to present. Rounds include music, sport, entertainment, geography, politics & society, history, art & literature, and 'local'.

Come as a team of five max, or alone - we will find you team-mates. Fabulous Prizes! Pay Bar! Fully Accessible!

Contact swbgroup@blueyonder.co.uk or 07976 274 271, or find us on Facebook.



mac & CineQ present: Cloudburst

Saturday 15th February, 2pm - 4.30pm

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

FREE but booking required

This hilarious foul-mouthed, lesbian road movie co-stars Oscar winning actresses Brenda Fricker and Olympia Dukakis as Dot and Stella, a crackerjack lesbian couple on the run from a nursing home. You'll laugh so hard you'll cry.

This screening is in partnership with Marie Curie, John Taylor, St Giles and Birmingham St Mary's Hospices, where we'll discuss how hospices can be more accommodating for LGBTQ+ people and what specific needs LGBTQ+ people have when approaching end of life.

Reserve your ticket online <http://www.macbirmingham.co.uk/event/cineq-cloudburst>.



Rainbow Ramble: Leap Day Walk

Saturday 29th February, 10.30am for 11am - 2pm

Landywood Station, Great Wyrley, Walsall WS6 7AL

FREE for LGBT+ and allies

Simon B, Andrew M and Richard C are leading us on this walk that may well take you to parts of the West Midlands that you have never explored before! We gather from 10.30am at the exit from Platform 2 at Landywood rail station, on the Chase Line, and start the walk at 11.00am prompt, going into Cheslyn Hay and along part of the Wyrley and Essington Canal, before finally moving into Bloxwich, just north of Walsall, where the return rail station is. For those who wish there is the opportunity to have a drink in Bloxwich town centre.

It's going to be exciting so come and join in the fun and make new friends. No need to book, but you can find more details and RSVP on Meetup here: [https://www.meetup.com/Birmingham-LGBT-](https://www.meetup.com/Birmingham-LGBT-Meetup/events/264082097/)

[Meetup/events/264082097/](https://www.meetup.com/Birmingham-LGBT-Meetup/events/264082097/)

THE RAINBOW PROJECT GROUP WORK PROGRAMME

AN 8 WEEK GROUP WORK PROGRAMME FOR LESBIAN, BISEXUAL
AND TRANS WOMEN WHO ARE EXPERIENCING OR HAVE
EXPERIENCED DOMESTIC VIOLENCE OR ABUSE

Birmingham LGBT is launching the **Rainbow Project**, which is a culturally-competent group work programme for Lesbian, Bisexual and Trans (LBT) women who are experiencing, or have experienced domestic abuse.

This is a unique programme that will be an invaluable opportunity for LBT women to be inspired by each other's experiences, and also to discuss issues specific to LBT women. The curriculum covers a range of topics that will help promote wellbeing and will enable LBT women to understand their experiences of domestic abuse.

The programme will run for 8 weeks, and will start from Tuesday 11th February 2020 from 6pm - 8.15pm, at the Birmingham LGBT Centre.

To sign up and to get more information, get in touch with our domestic abuse team by calling us on 0121 643 0821 or emailing us on idva@blgbt.org.

COMMUNITY EVENTS



Acting Out

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

The Craven Arms, 47 Upper Gough Street, Birmingham B1 1JL

FREE for LGBT people of all ages

Acting Out is an open and diverse theatre and social group, based in Birmingham. We aim to provide the LGBT community and friends with a fun, relevant and interactive theatre experience. The group currently has around 40 full members who take part in all aspects of putting on productions, from writing scripts and directing to technical and performance.

If you would like to join us, but you're nervous about coming to the first meeting, please contact actingoutchair@gmail.com and we will arrange to meet and greet you.



Ageing Better LGBT Housing Group

Tuesday 25th February, 11.00am - 1.30pm NEW TIME

Midland Heart, 20 Bath Row, Birmingham B15 1LZ

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 meet monthly, alternating Birmingham LGBT with other venues.

Our next meeting will be hosted by Midland Heart.

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



ALBA

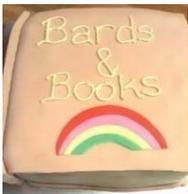
Friday 14th February, 1.30pm - 3.30pm

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 **Maria** on **0121 643 0821**.



Bards & Books

Monday 3rd February, 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).

At February's meeting we will be reading a collection of poems drawn from previous Bards & Books newsletters. March's meeting: "A Ladder to the Sky" by John Boyne.

If you can't make a meeting, join the mailing list and you will be sent a review of the book, based on the group discussion. To find out more, and join the mailing list: bardsandbooks@gmail.com.



BGLAD

Thursdays 13th & 27th February, 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 07713 711 502.



Birmingham Lgbtq+ Writers

Saturday 1st February, 1pm - 3pm

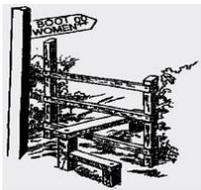
Birmingham LGBT Centre, 38-40 Holloway Circus, Birmingham B1 1EQ

FREE to LGBTQIA+ adults

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. Optional discussion topic will be on daily practice - how can we incorporate creativity and writing into our daily lives? What tools or techniques have helped you to get more writing done?

No need to book. See our Facebook page here: <https://www.facebook.com/blgbtqwriters/> or our Meetup group: <https://www.meetup.com/Birmingham-lgbtq-writers/>.



Boot Women walk: Hampton-in-Arden

Sunday 9th February, 11.15am - 3.30pm

Marsh Lane, Hampton-in-Arden B92 0AH

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 our February walk led by Sue. This is an easy walk of 4.5 miles length with a few stiles, likely to be boggy and muddy in some places, so please wear ankle-high boots.

The many highlights of the walk include: Lovely fieldscapes, great old trees, beautiful very old cottages in the hamlet, a Banksy unoriginal (!!) and a 15th century bridge (!!).

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. 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. For more information, see <http://www.bootwomen.org.uk/> or <https://www.meetup.com/Birmingham-LGBT-Meetup/events/111c1rybccbqb/>



Brum Bi Group

Networking Meetup: Tuesday 11th February, 7pm - 9pm

Bisexuals & Boardgames: Fridays 7th & 21st February, 6.30pm - 9pm

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

Brum Bi Coffee: Sunday 23rd February, 12pm - 2.30pm - NEW TIME & VENUE

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

FREE (at LGBT Centre) 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 holds a monthly **Networking Meeting**, 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.

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 - this month we're meeting at Birmingham LGBT for a shorter session before heading to the Nightingale for the SHOUT Festival event (see page 2).

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

See end pages for details of Bi Fest in March . . .



Illuminate

Sundays 2nd, 9th, 16th, 23rd February, 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.



I Remember When

Wednesday 19th February, 6.30pm - 8.30pm

Education Centre, Queen Elizabeth Hospital, Mindelsohn Way, Birmingham B15 2TH

FREE for LGBT+ people and allies

I Remember When is a social and creative group, where we would love to hear from LGBT+ people aged 50 and over but is open to everyone. We will be exploring what "I remember when . . ." means to you, looking back over the last 50 years which could include: the Stonewall Riots, the NHS changes in Birmingham or anything else that you would like to explore. We will be looking at creative ways to mark and celebrate these changes which could include: painting, drawing, poetry, photography, sculpting and much more. We will have guest creative speakers discussing different ways we could explore this and be holding an exhibition at the end of the year to celebrate what everyone has created.

The group will meet on the third Wednesday of every month from January until November 2020.

If you want to be involved or want to know more, then please contact inclusion@uhb.nhs.uk or call 0121 371 6572.



Journey Asylum Seekers' Group

Friday 21st February, 12.30pm - 4pm

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

FREE for LGBT + allies 18+, including asylum seekers

Journey Asylum Seekers' Group is a social and support group, meeting on the third Friday of each month from 1pm with food and help with travel costs.

If you would like more information or think you might like to help out contact **Phil** on 07484 837 773.



Journey Film Club

Tuesdays 4th & 18th February, 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 or visit <http://www.journeyfilmclub.co.uk> for more details.

4th February: *Vita and Virginia* (2018) - Cert 12A - 1hr 40mins - 7.30pm START

It's the fascinating true story about the love affair between socialite and popular author Vita Sackville-West and literary icon Virginia Woolf. <https://www.facebook.com/events/1422389997919814/>

18th February: *My Own Private Idaho* (1991) - Cert 15 - 1hr 42mins - 7.30pm START

Mike Waters lives on the street and befriends the somewhat older and streetwise Scott Favor who shows him what is necessary to survive. Waters suffers from narcolepsy and can fall asleep at any moment and in almost any circumstance. Favor comes from a rich family and is rebelling against his own background. They travel together extensively - Waters is driven by the need to find his biological mother - and spend time in Italy. Later in life however, Favor has joined mainstream society and has little time for his old friend.

<https://www.facebook.com/events/738861546593218/>



LGBT Line Dancing

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



OLN

Saturday 22nd February, 1pm - 3.30pm

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

FREE for LBT women of all ages

Older Lesbian Network meets every fourth Saturday of the month at 1pm at Birmingham LGBT Centre. Each meeting starts with a chat over shared food brought by the women attending and this is followed by a led discussion on a pre-arranged topic. Topics are decided by the group and usually planned about six months ahead. Sometimes group members with a special interest in a subject present ideas for discussion, other times we invite speakers with specialist knowledge. The group also meets socially from time to time for meals or theatre outings.

New members are always welcome. There is no set age limit; it is up to women who are considering attending to define 'older' as they wish. The focus of the group is, however, to support and value the lives of older lesbians.

Contact olnwestmidlands@gmail.com for more information.



Pool & Karaoke

Friday 21st February, from 8pm

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

For LGBT + allies 18+

Anyone is welcome to come to this event from the LGBT community. You don't have to play pool or sing just come along and meet new friends and join in with the fun.

No need to book but you can RSVP on Meetup: <https://www.meetup.com/Birmingham-LGBT-Meetup/events/268058338/>



Positive West Midlands

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

Thursdays DANCE sessions 6th, 13th, 20th, 27th February, 7.30pm - 9pm

Fridays 7th, 14th, 21st, 28th February, 11am - 4pm

'Apache', 190 Corporation Street, Birmingham B4 6QD

FREE for people living with HIV

Positive West Midlands is a support group for people living with HIV, supporters & volunteers, providing social support and sign-posting to other agencies. We have funded activities including watercolour painting and crafting lessons, as well as dance lessons for people of all abilities on Thursday evenings between 7.30 and 9.00pm, or just come along, make new friends and share experiences over free tea, coffee and biscuits at our regular meetings every Monday and Friday between 11am and 4pm at our own venue at the former Apaches Bar on Corporation Street, opposite the Magistrates' Court.

You are welcome to just turn up, contact 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

Saturday 1st February, vs Luton Town, kick-off 3pm

Saturday 15th February, vs Nottingham Forest, kick-off 3pm

Tuesday 25th February, vs Preston North End, kick-off 8pm

Saturday 29th February, vs Wigan Athletic, kick-off 3pm

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+. 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 or call/text Neil on 07825 110814.

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

Tuesdays: 4th, 11th, 18th, 25th Feb, 11am - 1pm

Thursdays: 6th, 13th, 20th, 27th Feb, 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 rainbowbridgelgbtq@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 15th February, 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 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.



Roll-Out

Thursdays 6th & 20th February, 6pm - 9pm

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

FREE for LGBT+ people of all ages

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. We meet twice a month on the first and third Thursday.

If you would like to attend please email me on crittersfarmboi@gmail.com or send a WhatsApp message to 07835 528 826 with your name so I can prepare a character with you beforehand, due to limited time at session to do this. I look forward to seeing you there, sincerely, your Dungeon Master Ben Baker.



Sutton Rainbow Social

Wednesday 19th February, 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 0121 643 0821 or mariahughes@blgbt.org. You can also RSVP on Meetup: <https://www.meetup.com/Birmingham-LGBT-Meetup/events/267964213/>



Trans Central

Monday 3rd February, 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.



TranSpectrum

Monday 17th February, 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 or text 07910 096 241.

COMING UP IN MARCH



Rainbow Optics focus groups

Wednesday 4th March, 6pm - 7.30pm

Thursday 5th March, 3pm - 4.30pm

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

LGBT+ Social Drinker? Aged 45 or over?

Call for focus group participants

Scene venues are under threat. A number of LGBT+ drinking establishments have closed across the country, often for commercial reasons but research has suggested there may also be less need of these spaces today.

The Rainbow OPTICS research study aims to find out more about older LGBT+ people's social drinking practices and how they have changed over time; not just as people have got older but as a result of wider social changes, such as the decline in number of venues and changes in societal attitudes.

The study is conducted by Frances Sanders, a PhD student at the University of Surrey, and she will be running two focus groups to hear different views about drinking in public places, including different sorts of venues that may be more, or less, LGBT+ welcoming, as well as places such as the home.

Participants will receive a £20 gift voucher in recognition of their participation in the focus group. For more information and to register your interest in taking part, please email Frances at f.a.sanders@surrey.ac.uk, or call/text her on 07950 347 357. Alternatively you can speak to Maria Hughes at Birmingham LGBT Centre.



BiFest

Saturday 21st March, 11.30am - 6pm

Warehouse and Warehouse Café, 54-57 Allison Street, Birmingham B5 5TH

FREE for Bi + allies from 18+

Did you go to BiCon UK this year and wish the next one was sooner? Can't wait til BiCamp 2020? Fancy a day out in Birmingham with the a group of fabulous bisexuals?

If you answered YES to any of these questions, then Brum BiFest is for YOU! There will be a huge range of activities and workshops to join in with!

The event is free but donations will be gratefully accepted - pay on the door what you wish. We suggest £3-5 to cover event costs. All attendees will get a name and pronouns badge.

The venue is fully accessible with street parking and the Moor Street car park next door. There is a lift to access upper meeting rooms and ramps to enter downstairs. The venue has an accessible toilet and none of the toilets are gendered.

Lunch and the After-Party will be hosted by the Warehouse Café, which is fully vegan. The sessions will take place in the three Warehouse meeting rooms, which are run by Friends of the Earth.

If you are interested in being a facilitator for a particular session or in running a stall, please do get in touch with Nairmi, Maddie or Rei, contact brumbicoffeegroup@gmail.com.

National Intergenerational Week

23rd - 29th March

Once upon a time, older generations were much more involved with younger people, and vice versa. But times change. Parents are having children later in life and living greater distances from their own parents. Not to mention that lives seem busier nowadays. Add to this the fact that our lives are becoming more segregated and accommodation for older people is, more often than not, set apart from where younger generations live.

All these things can drive a wedge between different generations. Isolation can begin to creep in. Along with a poorer understanding and awareness of each other. It's a downward spiral where negative stereotypes and attitudes can take hold all too easily. We think it's about time we change the way we do things. It's time to say no to the age gap.

National Intergenerational Week is all about celebrating those moments and places where different age groups come together for shared benefit. Join us on [#IntergenerationalWeek](https://www.awarenessdays.com/awareness-days-calendar/national-intergenerational-week-2020/) as we say no to the age gap.

<https://www.awarenessdays.com/awareness-days-calendar/national-intergenerational-week-2020/>



We make every endeavour to ensure this information in this monthly listings is correct and up-to-date.



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.