

# Sage



Holiday Special 2017

**For LGBT people aged 50 + in Leeds**



**Sage is a Time To Shine project focused on reducing the social isolation faced by older LGBT people.**

**Sage offers activities, events, opportunities for volunteering and training.**

**Contact Jude Woods to find out more:**

Mobile: 07736151 895 Landline: 0113 244 4209 Email: [j.woods@mesmac.co.uk](mailto:j.woods@mesmac.co.uk)

Mail: 22/23 Blayds Yard, Leeds, LS1 4AD Facebook: Search for Jude Mesmac  
[www.mesmac.co.uk](http://www.mesmac.co.uk) [www.ageuk.org.uk/leeds/](http://www.ageuk.org.uk/leeds/) [www.timetoshineleeds.org/](http://www.timetoshineleeds.org/)



(LGBT: Lesbian, Gay, Bisexual, Trans)



# Sage Holiday Drop IN Social 21/12/17

12.30 - 4

at **MESMAC**

(22/23 Blayds Yard LS1 4AD)

Bring food and drinks  
to share (only if you  
would like to).

Older LGBT people, volunteers  
and allies are all welcome to  
join us.



Contact Jude if you need some help to come  
along: [j.woods@mesmac.co.uk](mailto:j.woods@mesmac.co.uk) 07736 151895



Please note: there is no Sage Drop IN on the first  
Thursday or third Saturday of the month in  
December.





# Drop-IN

First Thursday of the month  
**AND** third Saturday of the month (except December)

MESMAC Leeds

12.30—4



5/10/17 & 21/10/17, 2/11/17 & 18/11/17 Christmas Social: 21/12/17



Sage offers a twice monthly Drop-IN social for older LGBT people, drop by anytime between 12.30 and 4pm for a cuppa and a chat. Meet other older people, Sage volunteers and the Community Development Worker (Jude Woods) and find out more about the project.

Mobile: 07736151 895 Landline: 0113 244 4209

MESMAC: 22/23 Blayds Yard, Leeds, LS1 4AD

j.woods@mesmac.co.uk Facebook: Search for Jude Mesmac

[www.mesmac.co.uk](http://www.mesmac.co.uk) [www.ageuk.org.uk/leeds/](http://www.ageuk.org.uk/leeds/) [www.timetoshineleeds.org/](http://www.timetoshineleeds.org/)



LOTTERY FUNDED



(LGBT: Lesbian, Gay, Bisexual, Trans)

# Friends of Dorothy

We are delighted to inform you the official launch of  
**Friends of Dorothy**

Every last Thursday of the month

**Midday until 2:00pm**  
**The Wardrobe, Leeds, LS9 8AH**

Supporting the older LGBT+ community.

With a great programme of events planned to  
"inform, educate and entertain", in line with  
Local Authority and National Charity  
research into the needs of  
the older LGBT+ community.

We want to create a safe space and are currently looking for funding.

**RSVP: [hello@friends-of-dorothy.co.uk](mailto:hello@friends-of-dorothy.co.uk)**

# Plus 25

This is the first social  
and support group  
meeting for Trans &  
Non-Binary people  
aged 25 and over.

**13 Nov 7.30-9.30**

at MESMAC

(22/23 Blayds Yard LS1 4AD)

Contact: Jamie

[Jamie.fletcher1@nhs.net](mailto:Jamie.fletcher1@nhs.net)



## We are looking for Focus Group Participants

We are collecting information about the Time to Shine programme, and as part of this, would like to talk to people who are involved in the Sage project.

We are running a focus group at the Harrison Room, Age UK (Bradbury Building, Mark Lane, LS2 8JA) on **Thursday 30<sup>th</sup> November** between 10.30 and 12am.

The focus group will be informal, offering an opportunity for you to talk about how you are involved with Sage. A £10 LovetoShop voucher will be given as a thank you for taking part.

Light refreshments will be provided, please let us know if you have any particular dietary requirements.

If you would like to take part, or have any questions, please get in touch with Jim Garside at the Time to Shine team on 0113 244 1697 or email Ann Clark: [a.f.clark@sheffield.ac.uk](mailto:a.f.clark@sheffield.ac.uk)

Time to  
Shine



**LOSE YOUR HEART TO A STARSHIP TROOPER**

presents a

# SPANGLE

on

*Saturday 9th December 2017*

7.30pm 'til late

at

*Victoria Hall, Saltaire*

*with bar, classes, dj, cafe and live orchestra.*



## A QUEER SPACE AGE DISCO

60's KITCH  
70's DISCO  
80's Hi-NRG  
90's INDIE POP  
& HOUSE ANTHEMS

**SPACE AGE  
OUTFITS  
WIN PRIZES!**

**SPANGLES**  
Saturday 4 Nov 2017  
7.30pm till 11.30pm  
£3 - arrive early for added Space Credits

**Inkwell**  
**31 Potternewton lane**  
**Chapel Allerton**  
**Leeds LS7 3LW**

*Tickets are £15 full and £8 concession.*

Visit [www.thelavcafe.co.uk](http://www.thelavcafe.co.uk) to purchase your tickets.

*An event for LGBTQ people and our friends. Please be over 18.*



<https://www.facebook.com/events/167289840495131>



# Events

and activities for LGBT people (50+):



## Out in Leeds



A monthly social group for older (50+) Lesbian, Gay, Bisexual and Trans people . The group meets at Age UK Leeds in the Harrison Room: <http://www.ageuk.org.uk/leeds/the-arch-cafe/> 11am—1

20/11/17: Age UK Harrison Room: Tell a story time..

Participants are invited to tell a story or poem (real or made up) or bring a story or poem to share. Come along with a contribution or just to enjoy listening to the stories.

14/12/17: Opening of exhibition of the groups painting at LGL (details to come) followed by a seasonal get together at the Cuthbert Brodrick in Millennium Square at 12.30 (99 Portland Cres, Leeds LS1 3HJ ).

15/1/18: Age UK Harrison Room: LGBTQ+ Leeds Co-Housing Project  
Come and find out more and feedback your ideas about this new project which will provide housing and community space for older LGBTQ+ people and younger people too.

19/2/18: Age UK Harrison Room: LGBT History Month Film

Get in touch with Sarah if you have any questions or if you want to contact the group:

[Sarah.Prescott@ageukleeds.org.uk](mailto:Sarah.Prescott@ageukleeds.org.uk) 07983 216339

# LGBT support and social groups



The **MESMAC** website lists LGBT support and social groups here:

<http://www.mesmac.co.uk/find-help/support-groups>

Lots of groups (LGBT and more) use the **Meet Up** website to publicise their groups: look for 'Leeds Gay Men'; 'Lesbian Socials'; 'Out in Faith'; and Gay Outdoor Club (GOC) <http://www.meetup.com/>

**Leeds Survivor Support Group:** for trans men, Cis men and non-binary individuals who have experienced sexual abuse. Meets on Mondays fortnightly 6.30—8.30 at MESMAC Leeds. Contact: [ls1mssg@gmail.com](mailto:ls1mssg@gmail.com)

**Equity Partnership in Bradford** have a lot of groups and activities:

<http://www.equitypartnership.org.uk/> and a Meet up:

<https://www.meetup.com/Bradford-LGBT-Equity-Partnership-Meetup/>

**Leeds LGBT+ Mapping Project:** <https://www.facebook.com/MapLGBTLeeds/>

**LGB&T Agenda:** <https://www.facebook.com/TheLGBTAgendaLeeds/>

**Gay Leeds:** <https://www.facebook.com/GayLeeds/>

**Non- Binary social/support group:** Monthly at MESMAC 6.30

29/11/17 Search for Non-Binary Leeds on Facebook or contact Jamie for more information: [Jamie.fletcher1@nhs.net](mailto:Jamie.fletcher1@nhs.net)

**Leeds Gay Community:** is a social group for Gay and Bisexual men of all ages; their aim is to provide a space where Gay people can meet and be themselves. It is mainly non-scene, offering discussions, presentations, and social outings, they meet on Fridays at the Leeds MESMAC office or at city centre locations, they are welcoming to older men and have a lively programme of activities which can be seen on the MESMAC website:

<http://www.mesmac.co.uk/find-help/support-groups/leeds-gay-community> Contact Raymond for more information: 0113 255 9973 or 07986 615912 [lqc@mesmac.co.uk](mailto:lqc@mesmac.co.uk)



# Events

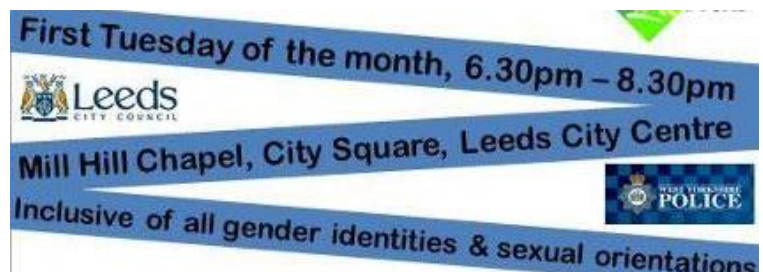
## LGBT Community Meetings:

## LGB&T\* Equality Hub Meetings:

28/11/17 Cosmopolitan Hotel (LS1 4AE)

5.00 for refreshments meeting starts at 5.30 <https://www.facebook.com/TheLGBTAgendaLeeds/?fref=nf>

LGBT Sports: [leedslgbsport.weebly.com](http://leedslgbsport.weebly.com)



## Prism

Mental health peer support for people who identify as LGBT+

**Five Ways to Wellbeing** Thurs 9th Nov, 18:00 - 20:00

\* Discover your unique understanding of wellbeing and look at the "Five Ways" model as a way of thinking positively about your sense of wellbeing.

**Building Confidence** Fri 17th Nov, 10:00 - 12:00

\* Explore what confidence means to you and share ways of building confidence with others.

**Looking After Myself** Mon 20th Nov, 18:00 - 20:00

\* Understand your 'needs' and how to satisfy them by learning practical coping strategies and mindfulness.

**Managing Anxiety** Thurs 30th Nov, 18:00 - 20:00

\* Explore anxiety, its meaning to you and how you can overcome it with positive strategies.

**Understanding Emotions** Thurs 7th Dec, 18:00 - 20:00

\* Discover the effect emotions have on your life whilst also sharing healthier ways of managing difficult emotions.

**Coping With Christmas** Fri 15th Dec, 10:00 - 14:00

\* Christmas is experienced by many to be a difficult time of year. This workshop will focus on challenges and difficulties that you may face at Christmas and look at ways of coping through this period.



## Prism

Mental health peer support for people who identify as LGBT+

**Introduction to Group Work** Various dates

Attendance to an 'Introduction to Group Work' session is essential before attendance to any workshop on this programme.

CORE LEEDS MIND SESSIONS (OPEN TO ALL)	PRISM SPECIFIC SESSIONS (OPEN TO PEOPLE WHO IDENTIFY AS LGBT+)
Mon 23 October; 18:00—20:00	Wed 25 October; 17:30—19:30
Fri 27 October; 10:30—12:30	Mon 30 October; 10:30—12:30
Mon 30 October; 10:30—12:30	
Wed 1 November; 13:30—15:30	
Wed 1 November; 18:00—20:00	

Venues for workshop and introduction sessions will be across Leeds City Centre & Horsforth.

*"It has really reduced my isolation and was a way to express to others with similar histories, similar and painful experiences. There was a great deal of insight into how we see things and how to better manage our lives"*

For more information or to book contact Leeds Mind Peer Support: 0113 305 5803 • [peersupport@leedsmind.org.uk](mailto:peersupport@leedsmind.org.uk) • [leedsmind.org.uk](http://leedsmind.org.uk)







## Beat the Christmas Blues with Christine

**Tuesday 12th December 6 – 8pm**  
**In the Equity Offices, 82 Grattan Road**

**All LGBT people are welcome**  
the Equity Partnership wants to make our  
activities & events more accessible; please telephone in advance  
to discuss your access needs

For more information & to book a place contact **01274 727759, 07914 921 610** or email **rachel@equitypartnership.org.uk**



Equity Partnership is the operational name of Bradford LGBT Strategic Partnership. Registered Charity No 1115525. Working with, and for, Bradford's lesbian, gay, bisexual and trans communities

## Relaxation & Mindfulness Sessions for LGBT People

**Tuesdays 7th, 14th & 21st November  
2017**

**6 – 8pm**

**In the Equity Offices, 82 Grattan Road**

Workshop sessions designed to increase  
your understanding of the mind & body link in order to  
improve your physical and mental wellbeing.

Each session will include how to deal with negative  
emotions, self-awareness exercises and self-help  
techniques for relaxation, meditation and mindfulness.

**All LGBT people are welcome**  
the Equity Partnership wants to make our  
activities & events more accessible; please telephone in advance  
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For more information & to book a place contact **01274 727759, 07914 921 610** or email **rachel@equitypartnership.org.uk**



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**STEAMCOMPLEX.COM - GAY & BI MALE**  
**SAUNA / SOCIAL / EVENTS**  
**STEAM BIG RELAUNCH**  
**SAT 4TH NOV 2017**  
**3 FLOORS - 200+ LOCKERS - 80+ FREE CAR SPACES**  
**FULL DETAILS TO BE ANNOUNCED**  
**FOR DISCOUNTS JOIN OUR FREE VIP CLUB ON OUR WEBSITE**

**UNIT 2 / LEDGARD WAY / ARMLEY /  
LEEDS / LS12 2ND**

**(WE ARE 2 MINUTES FROM OUR OLD LOCATION)**

**2.2 MILES OUTSIDE LEEDS CITY CENTER**

**OPEN 7 DAYS A WEEK, PHASE ONE:**

**MON: 10AM TO 7PM**

**TUE: 10AM TO 7PM**

**WED: 10AM TO 7PM**

**THU: 10AM TO 7PM**

**FRI: 10AM TO 7PM**

**SAT: 10AM TO 7PM**

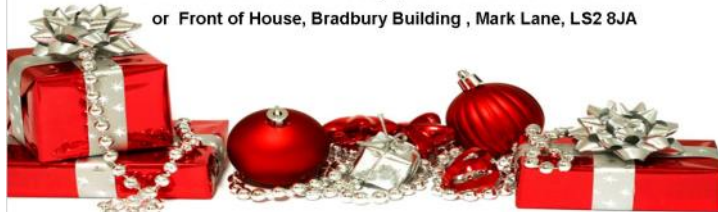
**SUN: 10AM TO 5PM**



**STEAMCOMPLEX.COM**

**Leeds  
ageUK**  
**Carol Concert**  
**Saturday 2nd December at 3pm**  
St John's Church  
New Briggate, Leeds, LS2 8JD  
Live choir performances & carols  
With special guest, Harry Gratton  
**All Tickets £5 each**  
Adult tickets include hot drink & mince pie  
Children's tickets include juice, biscuits & gift from Santa

To book call 0113 389 3000 or pop in to see us at The Arch Café  
or Front of House, Bradbury Building, Mark Lane, LS2 8JA







Where? Bramley Baths, Broad Lane, LS13 3DF

When? Sunday Evenings

7.30pm – 8.45pm Meet and Greet / Sunday Social & Support – join us in the studio

7.30pm – 8.30pm Free use of the gym during public opening hours

(A gym induction must be completed before you can have access to this)

8.45pm – 10.00pm Making Waves – From 8.45pm-10:00pm we have full and exclusive access for Trans & Non-Binary people to use the pool and steam room.

Start Date: Sunday 5<sup>th</sup> November 2017

What shall I wear? Practical clothing for swimming that doesn't restrict your movement. We want you to be comfortable and relaxed and our only concern will be your safety. Lycra and polyester clothing is ideal as it doesn't get heavier in the water.

How much does it cost? It is free. The sessions are funded by the NHS. We don't want cost to be an additional barrier to you being able to exercise.

How old do I have to be? The sessions are open to anyone aged 18 or over. We welcome adults of all

Do I need to be able to swim? No. We want to encourage as many people to come along and enjoy the other people in the community in a warm and welcoming safe space. You can enjoy a relaxing steam bath of a swim or just meet for a cuppa beforehand. We don't want you missing out on this gem of a pool though and encourage you to wade in at the shallow end - we're convinced with time you'll want to learn! Swim aids such as floats and armbands are available for beginners. If there is sufficient demand lessons could become available in the future too.

Where can I change? Whenever you feel most comfortable. There are individual non-gendered changing cubicles directly on poolside as well as non-gendered changing facilities in the steam room area. There are also two large open standard changing rooms with Ladies or Gents signage on entry to them.

Who are the staff in charge? Jamie, one of the LGIS Gender Outreach Workers leads the sessions. Jai Trans herself and is very welcoming and supportive. The other lifeguards and staff on hand may or may not have all had Trans & Non-Binary training.

If you have any questions or would like any further info please contact Jamie:

Jamie.Fletcher@nhs.uk or 07980 970025

Alternatively you can contact Bramley Baths directly: 0113 256 0949 or hello@bramleybaths.com



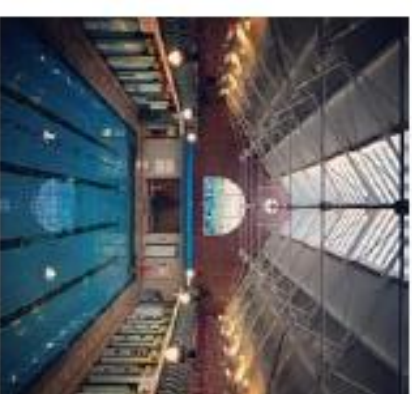
Leeds and York Partnership NHS Foundation Trust

#### About Bramley Baths:

Bramley Baths is a community-led, not-for-profit centre which houses a public gym, swimming pool, steam room and space for community events, meetings and fitness classes.

Bramley Baths Board and Staff are committed to improving health and wellbeing for all and are delighted to be able to work in partnership with the NHS Leeds & York Partnership Trust and Leeds Gender Identity Services to provide a safe space for the Trans and Non-binary community to regularly meet, gym, swim and steam.

Access: The swimming pool, steam room and gym are all situated on the ground floor and are all accessible and wheelchair friendly. There is also a disabled toilet and changing facilities. The studio is wheelchair accessible, but some help may be needed with doors. There is a hoist for the pool, and staff are available to support and help wherever possible. We recommend that you contact us in advance of your visit if you have any access needs or questions. You can do this by calling Bramley Baths directly 0113 256 0949 or hello@bramleybaths.com



#### Full list of dates for Making Waves Trans & Non-Binary Only Swim & Steam Sessions:

November 2017 – 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>  
 December 2017 – 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>  
 January 2018 – 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>  
 February 2018 – 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>  
 March 2018 – 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>



Leeds and York Partnership NHS Foundation Trust