

# Sage



Newsletter April 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)



# Drop-IN

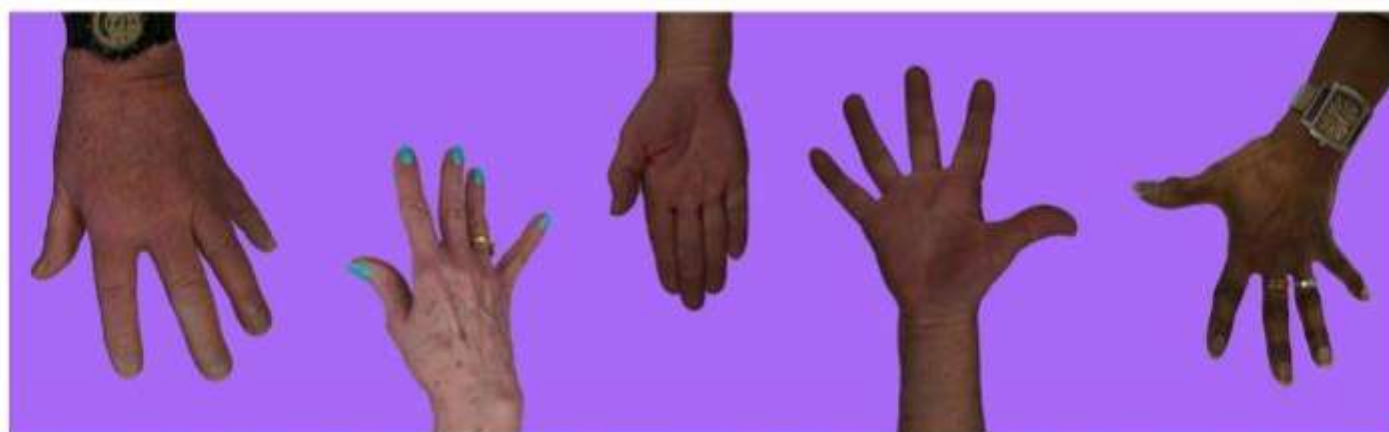
First Thursday of the month

MESMAC Leeds

12.30—4



4/5/17, 1/6/17, 6/7/17, 3/8/17, 7/9/17, 5/10/17, 2/11/17



Sage is offering a new 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/)



(LGBT: Lesbian, Gay, Bisexual, Trans)

# Sage Events

and activities for LGBT people (50+):



Book Clubs: These clubs welcome people of any age:



May 3 5.45—6.45

Leeds Central Library

<https://www.facebook.com/LeedsLGBTbooks/>

Contact Jude  
if you want a  
Sage  
book club.

Bradford Literature Festival (June 30—July 9) has a great line up which includes LGBT content: <https://www.bradfordlitfest.co.uk/>

April 25 7.30—9.30pm

Wharf Chambers

23 - 25 Wharf Street, LS2 7EQ

<https://www.facebook.com/groups/160511037786078/>



## Community Speakers

One of the Sage volunteer roles for older LGBT people is to become a Community Speaker. This involves sharing stories of LGBT experience and answering questions about this testimony in training sessions, talks and presentations. The Community Speakers group will be meeting at MESMAC over the next year:

18 May 4—6 Planning

13 June 4—6 Skills

12 Sept 4—6 Meeting

8 Feb 4—6 Meeting



Contact Jude to find out more and get involved. (Details on front page)



# August 5 – 6

We already planning our Sage mellow space at Pride this year and more activities:

Visibility on the parade: There's general agreement that Pride is a great way to promote the inclusion of older LGBT people . We need some older LGBT people to help us do this by joining the parade with others and the Sage banner. You can opt to walk or ride we will make it accessible if you are willing to look proud with your seasoned good looks!

Need some help? Sage Pride Buddies will be offering practical help to get to and from our Sage space so get in touch if you want some support to come and join in.

Pride Buddies: Get in touch if you can volunteer a few hours on 6th August and get to our induction and training on July 22 10.30—4.30

Contact Jude to get involved, keep an eye on the Pride website for ongoing updates: <http://www.leedspride.com>



May 27

12—6

Free

Join us on 27th May at Bradford Bulls Stadium from 12pm then across Bradford's LGBT venues for Bradford Pride!

Acts to be announced! <https://www.facebook.com/events/1363890763678046/>

# LGBT

## Social History Events

### Journey to Pride

Keep an eye out for some films to mark the 50th anniversary of the partial decriminalisation of homosexuality in Leeds this July.

The Queer Stories project is progressing well and a more detailed update will be sent out soon.



## Wakefield's Rainbow Trail



This August Wakefield Museum is its first ever LGBTQ+ exhibition called *The Rainbow Trail*.

This exhibition will feature a series of museum artefacts that tell a story about LGBTQ+ people and themes from the district. Visitors will be given a Pride style lanyard and attached map to navigate round the museum and library finding out fascinating and sometimes hidden LGBTQ+ histories.

# LGBT

## Social History Events



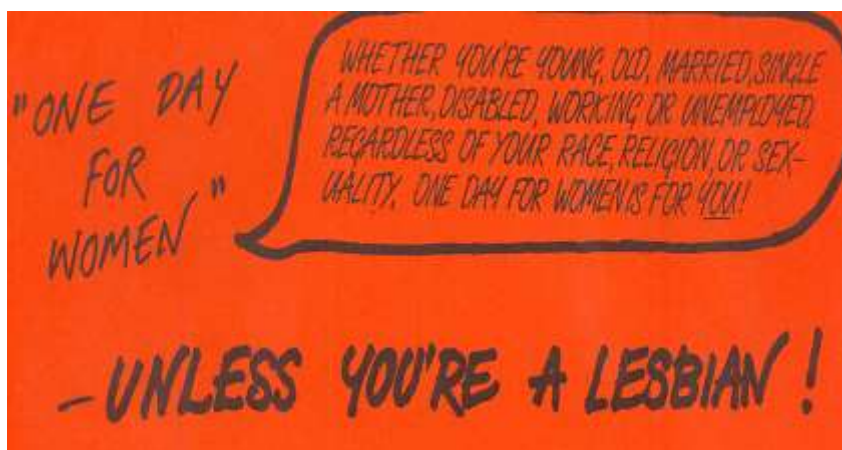
The Rainbow Trail will officially launch on Saturday the 12th of August at Wakefield Museum in the Wakefield One Building. There will be a series of launch activities on the day, this will also be the weekend of Wakefield Pride planned for Sunday 13th August.

If anyone is interested in telling a LGBTQ+ story about life in Wakefield, if you have an interesting object to share (big or small), or simply want to find more out more about The Rainbow Trail then please do get in touch with Wakefield Museums. At the moment, the museum are particularly missing stories relating to the trans community. Please contact Steven Skelley:

[sskelley@wakefield.gov.uk](mailto:sskelley@wakefield.gov.uk)

Wakefield Museums, Wakefield Council, PO Box 700, Wakefield One, Burton Street, Wakefield, WF1 2EB.

The Trail will also run for several months – no need to book just pop down to see this anytime from August 12th 2017.

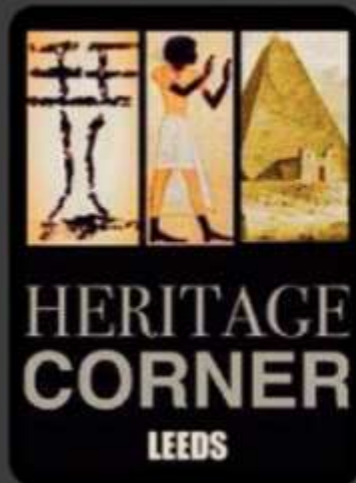


# LGBT

## Social History Events

New 2017 dates for Joe Williams's

fantastic Leeds Black History Walk, highly recommended for people who are interested in social history and the struggle for equality.



CONTACT US: [heritagecornerleeds@gmail.com](mailto:heritagecornerleeds@gmail.com)  
[www.heritagecornerleeds.wix.com/heritage-corner](http://www.heritagecornerleeds.wix.com/heritage-corner)  
[@HeritageWalker](https://twitter.com/HeritageWalker)

- arts projects and events
- education
- community
- research



## THE LEEDS BLACK HISTORY WALK

African stories in Yorkshire history

the first Saturday of the month between April and October **2017**

**April 1st > May 6th > June 3rd > July 1st > Aug 5th > Sept 2nd > Oct 7th**

- ~ takes place on the scenic central campus of Leeds University
- ~ meet on the Parkinson Steps, Woodhouse Lane
- ~ depart 11am and return 1pm.
- ~ no booking required.
- ~ email for any queries or to let us know to expect you
- ~ wheelchair accessible
- ~ wear suitable attire for weather & walking, please also consider bringing drinking water

### FREE

donations  
welcomed

**Family friendly**

[heritagecornerleeds@gmail.com](mailto:heritagecornerleeds@gmail.com)

# Dying Matters - A Community Display at Leeds City Museum

16 Dec - 30 July 2017

The exhibition is part of the national Dying Matters initiative which promotes public awareness of dying, death and bereavement.

<http://www.leeds.gov.uk/museumsandgalleries/Pages/leedscitymuseum/Dying-Matters.aspx> <http://dyingmattersleeds.org/>

## Lunchtime talks:

26 April 12 – 1

Advance Decisions

Prof Celia Kitzingery

24 May 12 – 1

Grief Demystified

Caroline Lloyd

2 June 10.30– 12

Sociable History Club -  
Victorian Folk Funerary  
Customs

Helen Frisby

28 June 12 – 1

### **'This Grieving Man'**

Ian Leech talks about his  
bereavement experi-  
ence

19 July 12 – 1

### **'We were in a partnership that wasn't recognised'**

Steven Piatczany  
examining the effects of  
Male Gay Partner  
Bereavement,  
Masculinity and Identity.

**Plan for tomorrow  
Live for today**

**Leeds CITY COUNCIL** **NHS**

**Everything  
you wanted  
to know about  
death but were  
afraid to ask**

Book your free ticket:  
[dmids17.eventbrite.co.uk](http://dmids17.eventbrite.co.uk)

**A Dying Matters  
In Leeds free event**

**10.45am – 3pm  
on Tuesday 9 May  
at Leeds City Museum**

**What can you do?**  
Watch a film, have a cuppa at  
the Death Cafe, join a free talk  
on wills, estate planning, lasting  
powers of attorney and end of life  
planning, colour a coffin, listen to  
a New Orleans Jazz Band, see an  
eco-hearse, visit one of the many  
advice and information stalls.

**www.dyingmattersleeds.org**  
**email: [agefriendly@leeds.gov.uk](mailto:agefriendly@leeds.gov.uk)**  
**or call: 0113 378 3828**

**Dying  
Matters  
in Leeds**

*'Let's talk  
about it'*

Sage participants Roy and John also feature in the film which accompanies this display as well as featuring in this Yorkshire Evening Post article:

## **A queer story of life and love: Leeds couple's hopes and fears for the 'grey and gay' generation**

Big thanks to John and Roy who have done a great job speaking up for older LGBT people and helping us to promote our projects.



Read more at: <http://www.yorkshireeveningpost.co.uk/news/a-queer-story-of-life-and-love-leeds-couple-s-hopes-and-fears-for-the-grey-and-gay-generation-1-8437235>

## **Behind the Scenes Tour of the Museum Store**

Step inside the state-of-the-art museum storage facility, home to over one million fascinating museum objects. From elephant skulls to a medieval logboat, mummy bandages and meteorites.

Enjoy a FREE tour held every Thursday at 11am and 2pm.

[discovery.centre@leeds.gov.uk](mailto:discovery.centre@leeds.gov.uk) or call 0113 378 2100



# WE ARE MANY

film screening at **LEFT BANK LEEDS** Cardigan Road, Leeds, LS6 1LJ

Thursday 27th April



Come early (6pm onwards) and bring your own protest banners to

## OCCUPY LEFT BANK LEEDS

or make your own: banner making from 6pm, film at 7.30pm



**Film  
Fringe**  
Have projector, will travel.



LEEDS  
BECKETT  
UNIVERSITY



## The DisrUPt! Series in Leeds presents WE ARE MANY

Film screening and discussion at Left Bank Leeds on **Thursday 27<sup>th</sup> April at 7.00pm**

The disrUPt! project is a new urban research project interested in how protest can be expressed through creative means, rather than just demonstrations and marches in the street. Since 2016, a team of academics from Leeds Beckett University have been examining how protests and protest events have shaped the history and urban spaces of Leeds.

Now they are using films to connect more widely with people. Dr Lamond, lead academic, explained: "We have worked closely with a number of organisations, arts groups and activists to devise a programme that we hope will generate dialogue with the general public".

Tickets for this screening are £5.00 (£4.00 concessions), pay on the door or book online [here](#).



### About the film:

We Are Many is the story of the biggest protest in history, and how it changed the world. On February 15th, 2003, millions of people marched through the streets of 800 cities around the world to try to avert the war against Iraq. Many were protesting for the first time ever. This bold documentary charts the birth and growth of the new people power movement

"Up until then" says director Amir Amirani, "people still had a faith in politics: that there would come a point at which the politicians would have to listen. The realisation that this was not the case was a huge moment."

The film features testimony from a unique cast of participants, including organizers, activists, high-profile figures, and of course the public.



Film  
Pottery



LEEDS  
BECKETT  
UNIVERSITY



Director: Amir Amirani / UK / 2014 / 110 minutes / certificate 12

**Doors open at at 7pm / film starts at 7.30pm - £5.00 (£4.00 concessions) in advance or on the door.**

### Before the screening

Come along early (6pm onwards) and OCCUPY LEFT BANK LEEDS with **The Commoners Choir!**

The disrUPt project invites you to take part in a live exhibition of protest banners, which will take place on the grass at the front of Left Bank Leeds. Bring a banner that you have marched with previously, or use the materials provided make your own!

'People power' pays dividends too: anyone who brings a sign or banner that they have made for a previous protest, or makes their own banner before the start of the event, will be able to watch the film for free!

The commoners choir will be performing some of their own protest songs before the screening.

# 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

15/5/17: Age UK Harrison Room: Talk about lasting Powers of Attorney

19/6/17: Trip in Leeds

17/7/17: Age UK Harrison Room: Talk or activity

21/8/17: Trip to the seaside

18/9/17: Age UK Harrison Room: Talk or activity

16/10/17: Trip out

20/11/17: Age UK Harrison Room: Talk or activity

18/12/17: Age UK Harrison Room: Holiday Social

Get in touch with Jude if you have any questions or if you want to contact the group.

# Events

LGB&T\* Equality Hub Meetings:

23/5/17, 15/8/17, 28/11/17



This is a regular opportunity to work with Leeds City Council to make Leeds a better place for LGBT communities.

Cosmopolitan Hotel (LS1 4AE) 5.00 for refreshments meeting starts at 5.30

<https://www.facebook.com/TheLGBTAgendaLeeds/?fref=nf>

## International Day Against Homophobia, Transphobia & Biphobia

Come and join us to mark this year's IDAHOBIT on Wednesday 17th May starting at 6pm with the raising of the rainbow and Trans flags in Centenary Square



For more information and to book a place contact 01274 727759, 07914 921 610 or email [rachel@equitypartnership.org.uk](mailto:rachel@equitypartnership.org.uk)

Equity Partnership is the operational name of Bradford LGB&T Strategic Partnership. Registered charity No 1115525. Working with, and for, Bradford's lesbian, gay, bisexual and trans communities.



## Leeds Rally Against Homophobia in Chechnya

22 April 3pm Victoria Gardens (in front of the art gallery)

<https://www.facebook.com/events/1000731283390867/>

Gay Abandon is looking for new singers, particularly basses and sopranos.

If you can hold and tune, why not get in touch, and try us out?!



We're a really fun bunch, and we will be starting on new repertoire for our 20th anniversary concert in the new year, so now is the perfect time to join!

[newmembers@gayabandon.org.uk](mailto:newmembers@gayabandon.org.uk) <https://gayabandon.org.uk/>

(No phone number available contact Jude if you need help to access the information.)

A poster for the LGBT+ BAME/Faith Sub Group. The top half features a collage of diverse people. The bottom half has a blue background with yellow and white text. The text reads: "LGBT\* BAME/Faith Sub Group", "Cosmopolitan Hotel Leeds", "5:30pm – 7pm (refreshments from 5pm)", "Tuesday 28<sup>th</sup> March 2017", "Tuesday 27<sup>th</sup> June 2017", "Tuesday 26<sup>th</sup> September 2017", and "Tuesday 12<sup>th</sup> December 2017". At the bottom left is the Leeds LGBT Hub logo, and at the bottom right is the text "'Making Leeds a LGBT\* friendly City'".

**LGBT\* BAME/Faith Sub Group**  
**Cosmopolitan Hotel Leeds**  
5:30pm – 7pm  
(refreshments from 5pm)  
Tuesday 28<sup>th</sup> March 2017  
Tuesday 27<sup>th</sup> June 2017  
Tuesday 26<sup>th</sup> September 2017  
Tuesday 12<sup>th</sup> December 2017

Leeds LGBT Hub  
'Making Leeds a LGBT\* friendly City'



14—20 May Harrogate

Events, arts, culture, faith, sports, activism, Pride parade and parties.

<https://www.facebook.com/pg/PrideinDiversityHG/events/>

<https://www.justgiving.com/crowdfunding/pidhg1>

(Contact Jude if you need help to access the information.)

# Rituals for Change

Coming to Leeds in June



'None of us is yet a robot' is an ongoing project exploring gender and transition through a series of live performance events which include Emma Frankland's radical performance 'Rituals for Change'.

"This is a private, beautiful, evocative piece of theatre. It is storytelling at its simplest and bravest." Liz Allum, British Theatre Guide

'a wonderful, warm contemplation on change' Lyn Gardner

<http://notyetarobot.co.uk/portfolio-item/rituals-for-change/>

<https://www.theguardian.com/stage/theatreblog/2015/mar/25/transgender-woman-play-hamlet-language-camden-peoples-theatre>



## Dancing Bear

original cast  
recording now  
available to like and  
download:

<https://jamiefletcherandcompany.bandcamp.com/>

## 2 Jun 7:30pm Yorkshire Dance *curated by Amy Bell*

Dancing gender, sexuality and queerness skew-whiff. A night of subversively wonky dance that sets queerness in motion. The programme looks to warp expectations, send stereotypes askance and clear space for vibrant ambiguity.



## Hull UK City of Culture 2017 & Yorkshire Dance invite you

### *Into The Light* celebrating 50 queer years

by award-winning  
choreographer Gary  
Clarke

We are looking for people  
aged 14+ to be involved in  
an exciting performance in  
Hull on Saturday 29 July.

*Into The Light* is part of  
LGBT 50, marking fifty  
years since the partial de-  
criminalisation of homo-  
sexuality in the UK.

get involved...

- share your stories & help shape the performance
- drop in to a workshop and see if you'd like to join us
- be in the performance

Find out how YOU can join  
in: [https://yorkshiredance.com/  
opportunity/into-the-light-at-lgbt50-hull/](https://yorkshiredance.com/opportunity/into-the-light-at-lgbt50-hull/)



## ROTOR DISCURSIVE DOCUMENTS

**Exhibition:** 11 February - 6 May 2017

Huddersfield Art Gallery, Princess Alexandra Walk, Huddersfield, HD1 2SU

**Open Dance Workshop:** Thursday April 27, 2-4.30pm

Exploring new ways of looking at, interacting with and responding to art with movement

**Closing Event Dance Performance:** Thursday May 4, 6pm

The Turveyworld dancers will respond to the themes and imagery of the photographic art works to create a performance. They invite you to come and be surprised and touched by the work, with a short discussion with the dancers following the performance.

The rehearsal period in the gallery - 10.30am-4.30pm, 2nd-4th May - will also be open to the public, please feel free to come and watch or draw, and enter into discussion with the dancers.

All events are FREE, but please contact Gerry Turvey to book onto the workshop at: [turveyworld2@yahoo.com](mailto:turveyworld2@yahoo.com). Find out more about the exhibition, events and talks at: [www.hud.ac.uk/schools/artdesignandarchitecture/research/rotor/discursivedocuments](http://www.hud.ac.uk/schools/artdesignandarchitecture/research/rotor/discursivedocuments)

ROTOR

University of  
HUDDERSFIELD

Kirklees  
COUNCIL

Let's  
talk

Turvey World Dance  
International Public Space

L Fest July 21-24

Loughborough



music, arts, cinema, workshops, sports, cabaret , comedy and camping

<http://www.lfest.co.uk/>

## Food for Thought

A project exploring food & memory with The Real Junk Food Project for adults aged 55+

FREE workshops: 25 April, 30 May, 27 June 4.00pm – 6.30pm

Armley Junk-tion Café, Chapel Lane, Leeds, LS12 2DJ



Book in advance 0113 243 8765 <https://yorkshiredance.com/project/young-at-arts/>

Young At Arts is a partnership project addressing social isolation of older adults through engagement with culture and the arts.



10th – 13th August  
Leeds Beckett University

BiCon is a weekend-long educational and social gathering for bi people, their friends, partners, and others with a supportive interest in bisexuality. We don't all use the labels "bi" or "bisexual" or even agree on what it means to be bi, but bisexuality is the common theme. BiCon has been held in a different parts of the UK each year since 1984. We expect several hundred attendees, with around 25% attending for the first time.

<https://2017.bicon.org.uk/> (No phone number available contact Jude if you need help to access the information.)

# LGBT support and social groups



## Leeds Survivor Support Group

for trans men, cis men and non-binary individuals who have experienced sexual abuse

**Mondays Fortnightly 6:30PM - 8:30PM**  
at MESMAC Leeds, 22/23 Blayds Yard, LS1 4AD

## New monthly LGBT\* “dry drop-in”

This monthly social gathering is being hosted for members of the LGB T\* communities (and those questioning their sexuality/gender identity) to provide a dry (alcohol-free) safe space for socialising, meeting new people and finding out about other social events and groups across the city.

**Every first Tuesday of the month, 6.30pm – 8.30pm Next one: May 2nd**  
**at Mill Hill Chapel, City Square, Leeds LS1 5EB.**

Under 18's welcome.

Leeds LGB T\* Community Hub is facilitated by Leeds City Council, and engaging with all members of the community. [LeedsLGBT@Leeds.gov.uk](mailto:LeedsLGBT@Leeds.gov.uk) [www.leeds.gov.uk/equality](http://www.leeds.gov.uk/equality)

**LEEDS BI GROUP**

<http://bicommunitynews.co.uk/>



Talky space: 2nd Wednesday of every month, 7-9pm at: Leeds Mesmac

Pub meet up: 1st Tuesday of every month, 7.30-10pm at: Wharf Chambers  
(23-25 Wharf Street, LS2 7EQ)

Cafe meet up with Trans Leeds on Sunday 30th April, 12.30-14.30 at the  
Tiled Hall in Leeds Art Gallery.

# LGBT support and social groups

## Meet Up



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/>



It's time for annual get together. This is a great opportunity to reconnect with your LGM mates and meet our new members. Everyone welcome, even if you aren't yet a Leeds Gay Man. There will be no loud music so it will be easy to chat and we have some fun events lined up make this an evening to remember.

Free 8—10.30

## Coming Soon Sage Meet Up group contact

Jude to find out more or come along to the Sage monthly Drop IN if you want to learn more about how to use the Meet Up website

# LGBT support and social groups



The MESMAC website lists LGBT support and social groups here:

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

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 and Gay Yorkshire: <https://www.facebook.com/GayLeeds/> <https://www.gayyorkshire.com/>

Freedom Quarter this new website promotes everything LGBT and more in the Lower Briggate area: <http://www.freedomquarter.com/>

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

Non-Binary social/support group: Monthly at MESMAC 6.30—8.30ish

2017: 31/5/17, 21/6/17, 19/7/17, 30/8/17, 20/9/17, 18/10/17, 29/11/17

Search for Non-Binary Leeds on Facebook or contact Jude.

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 [lgc@mesmac.co.uk](mailto:lgc@mesmac.co.uk)

# **LGBT\* (Rainbow) Wellbeing**

**Members of the LGBT\* community are more likely to experience a mental health problem than the wider population. This is because they are likely to have experienced bullying, rejection, stigma and discrimination – all leading to low self-esteem, anxiety, depression and isolation.**

The way we think about things affects the way we handle situations and relationships and this can impact negatively on our mental and physical health.

The monthly sessions will be an opportunity to discuss issues that commonly affect LGBT\* people and during the sessions we will introduce techniques and strategies which can be effectively utilised to deal with setbacks and to build and reinforce our emotional resilience.

Sessions will be flexible and 'tailored' to those attending but will include:

- Mindfulness and Meditation
- Breathing techniques to relieve stress and anxiety
- Exploring and understanding the impact that our thoughts and beliefs can have on our general wellbeing – for good and bad
- The origins and use of positive affirmation and power of the mind
- An introduction to visualisation and mental rehearsal for change, confidence and empowerment

Please tel: 077719 313 27 if you have any queries. This will be a small group of people meeting each month (with confidentiality assured).

*Our wellbeing sessions are co facilitated by Christine Blessing who as well as being the Counselling Co-Ordinator for Yorkshire Mesmac is a counsellor, trainer and practitioner in her own right, and Lisa Lee the chair person of Trans Mission; a trans and gender variant support organisation and a devotee of mindfulness. Lisa is also one of Yorkshire Mesmac's sessional workers involved with a number of projects. Wellbeing sessions are also supported by peer mentors from the community who share their experiences and their coping mechanisms for building emotional resilience.*

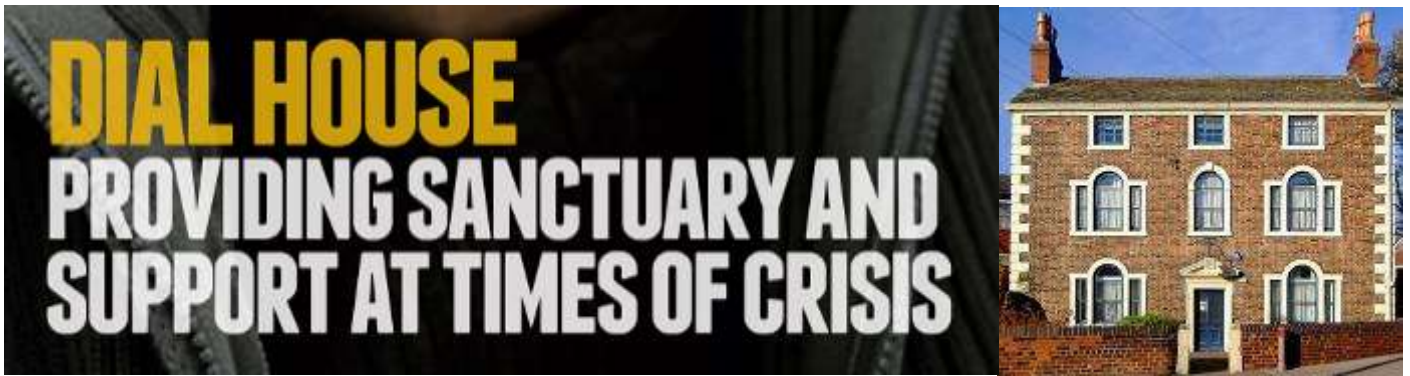
**The sessions are free and will usually be held on the 4<sup>th</sup> Thursday of each month.**

*Thursday 27<sup>th</sup> April, Thursday 25<sup>th</sup> May, Thursday 29<sup>th</sup> June, Thursday 27<sup>th</sup> July.*

**6.00pm - 8.00pm**

**Yorkshire MESMAC (basement room), 28 Chapel Street, Bradford, BD1 5DN**





Dial House (12 Chapel Street, Leeds, LS15 7RW) offers support:

Friday at 11-2 (LGBT Group) and 2-4 (Trans Group)

For LGBT and Trans people experiencing mental health difficulties, especially those who are in a period of crisis. The groups provide person centred, non-directive, peer-led group support and safe space to socialise for LGBT and Trans people.

To attend contact Sole to arrange a chat:

[sole.scuderi@slcs.org.uk](mailto:sole.scuderi@slcs.org.uk) 0113 260 9328



## A twice-monthly social group for LGBT people experiencing mental health difficulties

**2nd Thursday of the month:** We meet in the evening at Yorkshire Mesmac for tea, coffee, chats and board games or films in a safe and supportive space

**4th Thursday of the month:** We go out and about to do activities chosen by the group, there is usually some funding to help subsidise these trips.

To find out more and to arrange to join the group contact Leeds Mind Peer Support on 0113 305 5803 or [peersupport@leedsmind.org.uk](mailto:peersupport@leedsmind.org.uk)



**Carers  
Leeds**

Working together to support carers

  
**carerstrust**  
a Network Partner

carers advice line  
**0113 380 4300**

# LGBTQ Carers Support Group



# LGBTQ

Lesbian, Gay, Bisexual, Transgender and Questioning

# Carer



This support group welcomes  
carers who identify as Lesbian, Gay, Bisexual,  
Transgender and Questioning.

We meet on the 3rd Monday of every month  
between 1-3pm starting on 19th June 2017

Please contact us on  
0113 246 8338 for more information.

The group is held at Carers Leeds,  
6-8 The Headrow, Leeds LS1 6PT  
Light refreshments will be provided.



# Prism

**A new project developing mental health peer support for people who identify as LGBT+**

Sessions for people who identify as LGBT+:

**5 Ways to Wellbeing:** Mon 24th April, 17:00-19:00

**Managing Anxiety:** Thurs 27th April, 17:30-20:00

**Managing Stress:** Thurs 11th May, 17:00-19:15

**Managing Depression:** Wed 24th May, 17:00-19:30

Sessions for people who identify as trans or non-binary:

**Managing Stress:** Wed 3rd May, 17:00-19:15

**5 Ways to Wellbeing:** Wed 7th June, 17:00-19:00

All sessions taking place in Leeds city centre.

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)



# **WE'D LIKE TO INVITE YOU**

## **Loss, Grief and Bereavement**

**06 June 2017 Leeds**

**05 October 2017 Durham**

Arrival from 9.30am, 10am start. Finish 4pm.

### **What is it for?**

This course is aimed at service users, volunteers and support group members and will help participants develop techniques to support these individuals within the context of their current role.

- Recognise that loss is experienced by everyone at points throughout life.
- Develop a greater awareness that grief may be anticipatory i.e. is apparent before a significant loss, and normally follows a significant loss.
- Recognise that bereavement is normal for all members of society faced with a significant loss.
- Develop essential skills to allow them to offer appropriate support to individuals experiencing grief and bereavement within the remit of their roles.
- To understand their personal and role limits when offering support to individuals experiencing grief and bereavement and to know when and where to appropriately signpost such individuals who require more in depth support.
- To examine the way in which they can apply their learning, knowledge and skills to their particular client group.

### **Limited places available**

To book a place, please contact:

**Jonathan Fuller**  
**Learning & Development Administrator**

**[NorthLearning@macmillan.org.uk](mailto:NorthLearning@macmillan.org.uk)**

Please include details of this course, your name, role and contact details.

Alternatively, call:  
**01904 756 459**



# WE'D LIKE TO INVITE YOU

## Mindfulness (1 Day Course)

21 June 2017 Leeds

18 September 2017 Durham

Arrival from 9.30am, 10am start. Finish 5pm.

### What is it for?

This course is aimed at people who has been affected by cancer, service users, volunteers and support group members. Mindfulness can help us enjoy life more and understand ourselves better. Mindfulness can often help with mental wellbeing and developing emotional resilience techniques.

This course will help you to:

- look at up-to-date science of mindfulness and self-compassion with a variety of teachings;
- learn and practice some simple meditations that can help us to develop these aspects of ourselves;
- take part in a variety of practical and creative ways of working with our own experiences;
- share individual and group reflections of our experiences.

### Limited places available

To book a place, please contact:

**Jonathan Fuller**  
Learning & Development Administrator

[NorthLearning@macmillan.org.uk](mailto:NorthLearning@macmillan.org.uk)

Please include details of this course, your name, role and contact details.

Alternatively, call:

**01904 756 459**



# Digital Angels

**Come and join our new App Club!**

Are you over 50, living in South Leeds and interested in getting more from your tablet or smart phone? Then come along and join our brand new App Club!

We'll be getting together **every Thursday at BITMO GATE** to share apps that we use and find out about new ones from others. Come along to our first session on **6th April at 1pm** to find out more.



**Call: 0113 389 3017**

**Email: [digital.angels@ageukleeds.org.uk](mailto:digital.angels@ageukleeds.org.uk)**



## Silver Surfers digital inclusion at Age UK Leeds

- Are you 55 or over?
- Baffled by computers, tablets, smartphones or the Internet?
- Like to learn more in a stress-free environment?

Call us on 0113 389 3000 to find out more about low cost courses.

<http://www.ageuk.org.uk/leeds/our-services/digital-inclusion/>



11 May 2-4pm

Free

John Lewis Community Room

Victoria Gate

Leeds LS2 7AR

[awocleeds@gmail.com](mailto:awocleeds@gmail.com)

07851 835 845

## Ageing Without Children: Legal Questions

Wills, powers of attorney, and other issues of concern to people without children.

Ask a Blacks solicitor your questions and hear about how others are making plans.



## Singing and Set Building Opportunity!

'Generation Squad', a friendly community drama group based in Stainbeck (LS7), are looking for people of all ages to join their choir and help build sets.



To get involved

contact Sarah:

07341254967

[fipdrama@gmail.com](mailto:fipdrama@gmail.com)

# FREE LGBT HOUSING ADVICE SURGERY

Yorkshire MESMAC + Leeds Housing Options are working together to provide a confidential housing advice surgery for the LGBT community.

As well as offering specialist advice and service referrals, you can speak to us about a range of issues affecting your housing, including:

- Issues regarding homelessness or threats of homelessness
- Sofa surfing -Domestic Violence -Family mediation -Hate Crime
- Negotiation with your landlord -Council house application

**Find us at 22-23 Blayds Yard, Leeds, LS1 4AD**

To register interest or book an appointment, get in touch:

EMAIL: [p.hands@mesmac.co.uk](mailto:p.hands@mesmac.co.uk) CALL: 01132444209 TEXT: 07767668428



Trans and non-binary people welcome, Your Sexuality and Gender Identity will be respected

## TRANS SEXUAL HEALTH DROP-IN

3<sup>RD</sup> THURSDAY OF THE MONTH

6-8pm Yorkshire MESMAC Leeds

(22-23 Blayds Yard, Leeds, LS1 4AD)



Yorkshire MESMAC + TransLeeds are working together to provide a safe & confidential sexual health service for Trans communities

- Not linked to medical records -Identify how you wish.
- Gender neutral bathroom facilities. - Access to free condoms & lube.
- Fast track access to sexual health services for sex-working people.
- Free, fast & confidential HIV testing + full non-gendered chlamydia + gonorrhoea screening.
- TransLeeds will be offering a safe social space – You can attend the social space sexual health drop in or both.

To find out more get in touch: [transleedscontact@gmail.com](mailto:transleedscontact@gmail.com)

MESMAC: 0113 2444209 07810 550530



# Consultation Corner



Organisations, journalists and researchers are getting in touch asking to speak to older LGBT people. Many of these requests are opportunities to get participate in consultation which will influence services and your city. This could involve giving your views in one off interviews, surveys and focus groups or joining on-going advisory groups. This listing gives basic information and you can choose to follow any that interest you.

Age UK Leeds have an Older People's Engagement (OPE) Group and are looking for representatives to link with our services and clients then give feedback and suggestions. The role requires commitment and attendance at OPE group meetings and meetings with the delivery teams and clients. contact Simon Copland: [simon.copland19@gmail.com](mailto:simon.copland19@gmail.com) or Hilary Brockway: [hilary.brockway@ageukleeds.org.uk](mailto:hilary.brockway@ageukleeds.org.uk) or call 0113 203 1116

Leeds teaching hospitals are striving to improve our services for all communities including the LGBT community:

<https://www.surveymonkey.co.uk/r/7BBYCC7>

All responses will be anonymous. The results of this questionnaire will be used to support our Trust in identifying where there may be inequalities.

LGBT+ Community and Culture Event 27th April 6-7:30pm

Martha's Meeting Room, Yorkshire Dance, 3 St Peter's Buildings, LS9 8AH

This meeting will be the start of an exciting process to develop a new partnership between Leeds City Council, the LGBT+ community, and the culture sector in Leeds.

Please let us know you are attending by using this Eventbrite link - : <https://www.eventbrite.co.uk/e/lgbt-community-and-culture-event-tickets-33519614068>

# **The experiences and wishes of older LGBT people regarding home-based care:**

## **An Invitation to participate in a research project**

**Workshop June 8**

**Equity Partnership Bradford**

More Details to come...



Are you an older lesbian, gay, bisexual or transgender person?

Are you receiving any health or social care support at home, or considering this for the future?

Are you caring for /supporting an older LGBT person receiving care at home?

Would you be willing to spare about one hour to take part in a research interview of about your experiences or future wishes?

Kate Karban & Anita Sargeant from the University of Bradford are working with the Equity Partnership and the Sage Project to undertake a research project that aims to develop a greater understanding of the wishes and experiences of older LGBT people regarding care provided in their own homes in order to inform future services. Interviews will be arranged at a mutually convenient time and will usually take place at either the University of Bradford, the Equity Partnership (Bradford) , Age UK Leeds or MESMAC.

All personal information will be treated confidentially. Travel expenses within West Yorkshire can be reimbursed. If you are interested please contact

Anita [a.r.sargeant@bradford.ac.uk](mailto:a.r.sargeant@bradford.ac.uk) or Kate [k.karban@bradford.ac.uk](mailto:k.karban@bradford.ac.uk)

Phone: 01274 235994 or fill in the slip below and return to:

Kate Karban, Division of Social Work and Social Care, Faculty of Social Sciences, University of Bradford, Richmond Road, Bradford BD7 1DP

### **The experiences and wishes of older LGBT people regarding home-based care**

I would be interested in taking part in an interview:

Name:

Tel:

## trans survivors SWITCHBOARD

01273 204050

📞 01273 204050  
🌐 [www.facebook.com/transsurvivorsswitchboard](http://www.facebook.com/transsurvivorsswitchboard)  
🌐 [switchboard.org.uk/projects/helpline](http://switchboard.org.uk/projects/helpline)

Open: Sundays  
1-5 pm

**We are a helpline** which offers support to trans people including those who are non-binary and questioning who have experienced sexual violence at any point in their lifetime.

We offer non-judgemental emotional support and signposting to other organisations who may also be able to offer support. We are a confidential service and can be accessed anonymously via phone, web chat or email. The service is staffed by trans volunteers and is jointly run by Survivors Network and LGBT Switchboard.

This is the first service of its kind in the UK to offer specialist support for trans survivors. We are sex worker affirmative, LGBT affirmative and are skilled in working with people in vulnerable situations, such as those who are homeless or living with domestic abuse.

trans survivors  
SWITCHBOARD

01273 204050