

Sage



New Year 2018

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

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



(LGBT: Lesbian, Gay, Bisexual, Trans)



Drop-IN

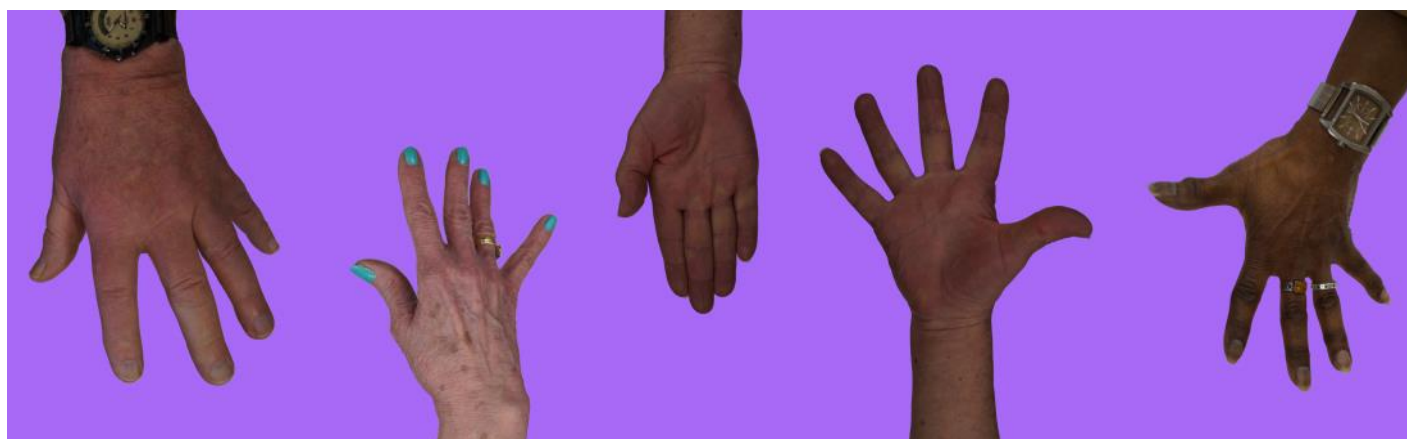
First Thursday of the month
AND third Saturday of the month

MESMAC Leeds

12.30—4



4/1/18, 20/1/18, 1/2/18, 17/2/18, 1/3/18, 17/3/18, 5/4/18, 18/4/18



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 and find out more about the project.

Mobile: 07736151 895 Landline: 0113 244 4209

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LGBT support and social groups



Friends of Dorothy: Next meeting is 22 Feb (there is no meeting in January). Social group for older LGBT people, meets last Thursday of the month at the Wardrobe (St. Peter's Square LS9 8AH) 12 - 2
contact: hello@friends-of-dorothy.co.uk

Plus 25: Group for Trans & Non-Binary folk ages 25+ meets at MESMAC 8 - 9.30 next meetings: 15/1/18 and 12/2/18 contact Jamie for more information: Jamie.fletcher1@nhs.net

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

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/>

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

Search for Non-Binary Leeds on Facebook or contact Jamie for more information: Jamie.fletcher1@nhs.net

Leeds Gay Community: is a social group for Gay and Bisexual men of all ages; their 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

Sage

For LGBT people aged 50+ in Leeds



Creative Writing Workshop

With Matthew Bellwood

11—4 February 10 at MESMAC Lunch provided



Matthew Bellwood is a Leeds based writer and storyteller with a wealth of experience of working with community groups. www.somestories.co.uk

In the workshop we will explore the LGBT experience of loneliness and the impact of the Sage project on the volunteers and participants of the project.

The session is for Sage volunteers and participants who want to have a go at creative writing and/or storytelling, it will be easy to participate in this relaxed session. If you aren't keen on writing but you want to tell your story someone can help by listening and writing for you or with you. The main aim is to have an enjoyable day together and create a small collection of poems, stories and quotes to show the impacts of the project.

Come along to the workshop or send me your thoughts, poems, quotes, pictures or stories to be included in the final collection.

Get in touch with Jude (details on the front cover) if you can come and if you have any specific food preferences.



Death Cafe

March 10

MESMAC Leeds

2—3 Free

Everyone Welcome



Working in partnership with the Sage Project Leeds Bereavement Forum offers a Death Café for LGBTQ+ people of any age.

At a Death Café people, often strangers, gather to eat cake, drink tea and discuss death.



Death Cafés are an international movement dedicated to encouraging discussion about death and dying in a relaxed environment – a welcome opportunity to ask those awkward questions you always wanted to ask. Leeds Libraries will offer books for loan relating to death, dying and bereavement and free refreshments will be available.

For more information about Death Cafés visit deathcafe.com or contact Leeds Bereavement Forum

Mobile: 07736151 895 Landline: 0113 244 4209

MESMAC: 22/23 Blayds Yard, Leeds, LS1 4AD j.woods@mesmac.co.uk

www.mesmac.co.uk www.ageuk.org.uk/leeds/ www.timetoshineleeds.org/



LEEDS
BEREAVEMENT
FORUM



(LGBTQ+: Lesbian, Gay, Bisexual, Trans, Queer or Questioning)

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 (Mark Lane LS2 8JA) in the Harrison Room: 11am - 1

<http://www.ageuk.org.uk/leeds/the-arch-cafe/>

15/1/18: Age UK Harrison Room:

'Freedom Housing' 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 if you have any questions or if you want to contact the group: oilageuk@gmail.com or phone 0113 3893000

<http://www.leedsbigroup.org.uk/>

Our final social of 2017 will be a relaxed affair for those who are around Leeds between Christmas and New Year. We will meet at Mrs Atha's in Leeds city centre from 1pm to 3pm on Saturday 30th December to enjoy hot chocolate and a chat.

Leeds Bi Group meets for a talky space on the 2nd Wednesday of every month, 7-9pm at: Leeds Mesmac (22/23 Blayds Yard LS1 4AD) **and** a pub meet takes place on the 1st Tuesday of every month, 7.30-10pm at: Wharf Chambers (23-25 Wharf Street, LS2 7EQ)

Our first meeting in 2018 will be a talkie space at MESMAC on Wednesday 10th January.

The BBC's BAFTA-award winning Victoria Derbyshire programme is researching the issue of homophobia in elderly care.



We're keen to hear from people who have felt they've had to go "back in the closet" or received homophobic treatment when getting home visits for elderly care or when in a care home.

If this sounds like you or someone you know, please email Jo at Josephine.mcdermott@bbc.co.uk or call 020 3614 3111.

As Pink News award winners we have a reputation for handling LGBT stories sensitively and exposing discrimination so please do get in touch.



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 5th November 2017

What shall I wear? Practical clothing for swimming that doesn't restrict your movement. We want you to feel 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 ages

Do I need to be able to swim? No. We want to encourage as many people to come along and enjoy meet other people in the community in a warm and welcoming safe space. You can enjoy a relaxing steam instead 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! Swimming 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. Jamie Trans herself and is very welcoming and supportive. The other lifeguards and staff on hand may or may not Trans but have all had Trans & Non-Binary training.

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

Jamie Fletcher@nhs.net or 07980 970026

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



Leeds and York Partnership NHS

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 whenever 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 – 5th, 12th, 19th, 26th

December 2017 – 3rd, 10th, 17th

January 2018 – 14th, 21st, 28th

February 2018 – 4th, 11th, 18th, 25th

March 2018 – 4th, 11th, 18th, 25th



Leeds and York Partnership NHS

NHS Foundation Trust

Did you find that last page difficult to read because everything went sideways?

If you are looking at this in a PDF you can rotate the document by pressing Ctrl (bottom left hand corner) and Shift (button above with an arrow) at the same time then press the Minus button (top right near the numbers) on the keyboard. You can also click on 'View' which can be found on the top left hand side of your screen and then click on 'Rotate View' and click on 'Counterclockwise'.

Have you used any of MESMAC services? (including reading this newsletter) Please can you take a few minutes to complete the online survey:

<http://sgiz.eu/s3/Yorkshire-MESMAC-Annual-Survey>

Contact Jude if you want to do a paper version.



LEEDS



BOOK CLUB

Wednesday, 3 January 2018 at 18:00–18:45

Leeds LGBT+ Book Club meets in the Portal Room on the 2nd floor of Leeds Central Library, LS1 3AB. This months book is Saleem Haddad's Guapa.

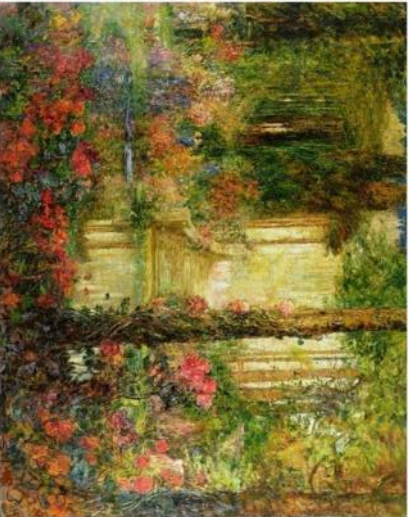
<https://www.facebook.com/LeedsLGBTbooks/>



At Wharf Chambers 23 - 25 Wharf Street, Leeds LS2 7EQ

LGBT History Month is around the corner and we will send out the links for the events listings in January but in the meantime here are a few things to wet your appetite....

Art Queries



The Garden of Enchantment (1914) by Thomas Edwin Mostyn

Cartwright Hall 3 Feb 12.30-3.30

Lister Park, Bradford BD9 4NS

Come and join us for a free queering workshop in the gallery

Queering an artwork involves sharing and creating new interpretations revealing LGBTQ+ stories and exploring gender, the body, identity and power.

Jude Woods will facilitate the workshop then using the groups contributions create some alternative labels which will be on display from 27 February.

Everyone is welcome: The workshop is for anyone who is interested in queer culture and the visual arts, previous knowledge of art is not needed but the enjoyment of looking and talking about art is essential (no booking required).

Contact: cartwright.hall@bradford.gov.uk



Section 28

1988 - 2018

Mapping Protest
Against LGBTQ+
Discrimination

Feb 4th 2018 A day of discussion

Kirkstall Abbey Visitors Centre, Leeds

10.30 - 3.30

2018 is the 30th anniversary of the passing of the local government censorship law Section 28. How far have we come in achieving LGBTQ+ equality since 1988? How much progress has been made for young people and teachers in schools? How did Section 28 effect LGBTQ+ families? Explore these questions, the objects which tell the story of the Section 28 protests and the Abbey House Museum display 'Protest'. Find out more about the **West Yorkshire Queer Stories** project and how you can get involved.

The event is free but booking is essential, email j.woods@mesmac.co.uk or phone 07736 151895





Tim Parry · Johnathan Ball
PEACE FOUNDATION

Are you a woman? Do you live in Leeds? Would you like to build peace in your community?

Women for Peace

Women for Peace will run from January to March 2018 in Leeds. The course is **FREE** to attend, and participants will receive a Level 2 qualification on completion of the course.

Come along to find out more at our taster session on 5th December, 5:30pm-8:30pm at the Leeds Jewish Welfare Board, 311 Stonegate Rd, Leeds LS17 6AZ.

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If interested, please contact Hannah Larn at the Tim Parry Johnathan Ball Peace Foundation. Email: Hannah.Larn@foundation4peace.org
Telephone: 07572 975949

Women for Peace

Women play a vital role in society so we believe that women's participation is critical if lasting peace is to prevail. Women for Peace is an interactive leadership programme for women exploring conflict and extremism at a local, national and international level.

What will you gain?

- Level 2 Open Awards Peace Foundation accreditation
- Enhanced skills in conflict resolution and problem solving
- Increased understanding to respond to local issues and participate in social action
- Strengthened capacity to be an active peacebuilder

We are looking for:

- Women who are Leeds based
- Keen to improve peacebuilding and leadership skills
- Want to make positive changes at home and in the community

Course aims

- The course covers the following topics:
- Critical thinking skills
 - Self-awareness and identity
 - Conflict resolution skills
 - Understanding extremism
 - Confidence and ability to share opinions and experiences

Structure

Sessions will take place 5:30-8:30pm at the Leeds Jewish Welfare Board, 311 Stonegate Rd, Leeds LS17 6AZ.
9th; 16th; 23rd-30th January
6th; 20th; 27th February
6th; 13th; 20th March

A meal will be provided at each session, and a crèche if required.

About our work

The Tim Parry Johnathan Ball Peace Foundation, a Warrington based charity founded in memory of two boys, Tim Parry and Johnathan Ball, who were tragically killed in the IRA's bombing of the town in March 1993. We are an independent charity with no political or religious affiliations. The Foundation works nationally and internationally for peace and non-violent conflict resolution.

For more information

To find out more, or to ask any questions please reach out to **Hannah Larn** at the Foundation for Peace. Email: hannah.larn@foundation4peace.org
Telephone: 07572 975949

www.peace-foundation.org



Tim Parry · Johnathan Ball
PEACE FOUNDATION

The Tim Parry Johnathan Ball Peace Foundation, The Peace Centre,
Peace Drive, Warrington, Cheshire WA5 1HQ. Telephone: 0925 581 231
Email: info@foundation4peace.org · www.foundation4peace.org
Registered Charity No. 104390 · Company No. 3042409

LEEDS' LGBT+ HUB'S

WORLD RELIGION DAY CELEBRATION

MONDAY 22ND JANUARY 2018

5:00-7:30 PM

COSMOPOLITAN HOTEL, LEEDS, LS1 4AE

Come and join us for a roundtable discussion focusing on LGBT+ people of faith and the two intersecting identities!

We will cover:

- The challenges for LGBT+ people of faith
- The collaborative action needed to overcome these challenges
- The opportunities for the agenda going forward
- How we can create a city that is fully inclusive for LGBT+ faith communities

We will also be launching our 2018 Action Plan to shape our work over the coming 12 months. We would love you to get involved!

If you would like to attend, please book via Eventbrite:

<https://www.eventbrite.co.uk/e/lgbt-faith-world-religion-day-tickets-41389835111>



'Working to make Leeds a LGBT+ inclusive city'

LeedsLGBT@leeds.gov.uk

 /TheLGBTAgendaLeeds

 /LeedsCC_LGBT

