

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

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)



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 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 www.ageuk.org.uk/leeds/ 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

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

 CARE CONNECT

Time to
Shine

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 30th 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**

the Lavender Cafe Orchestra
presents a

Masquerade Ball

on
Saturday 9th December 2017
7.30pm 'til late

at
Victoria Hall, Saltire
with bar, classes, dj, cafe and live orchestra.



Tickets are £15 full and £8 concession.
Visit www.thelavcafe.co.uk to purchase your tickets.
An event for LGBTQ people and our friends. Please be over 18.

LOSE YOUR HEART TO A STARSHIP TROOPER

SPANGLER

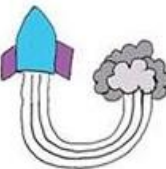
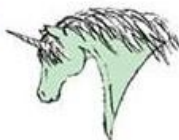
A QUEER SPACE AGE DISCO

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

SPACE AGE
OUTFITS
WIN PRIZES!

SPANGLER
Saturday 4 Nov 2017
7.30pm till 11.30pm
£3 - arrive early for added Space Credit

Inkwell
31 Potternewton lane
Chapel Allerton
Leeds LS7 3LW



QUEER SPACE

A QUEER MENTAL HEALTH PERFORMANCE NIGHT
18TH NOVEMBER 7:30PM-LATE
DUSK, YORK



<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 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

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

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

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: leedslgbtsport.weebly.com



Off The Scene
Social space for the Leeds
LGBT+ communities

First Tuesday of the month, 6.30pm – 8.30pm

Leeds
Mill Hill Chapel, City Square, Leeds City Centre

Inclusive of all gender identities & sexual orientations

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 • leedsmind.org.uk



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 be comfortable and relaxed and our only concern will be your safety. Lycra and polyester clothing is ideal as 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 the company of other people in the community in a warm and welcoming safe space. You can enjoy a relaxing steam in the pool 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 LGB+ Gender Outreach Workers leads the sessions. Jarvis is also Trans herself and is very welcoming and supportive. The other Illegals and staff on hand may or may not be 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 970025

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



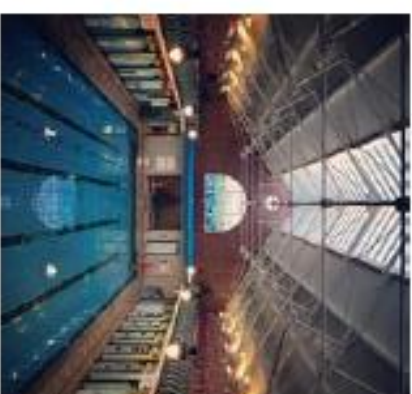
Leeds and York Partnership NHS Foundation Trust

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 – 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 Foundation Trust