

HELP

Nottingham Rape Crisis Centre

If you have been sexually assaulted and need help, information, or someone to talk to phone 0115 941 0440. Confidential, free and independent. Run by women for women

Notts LGBT Community Voice (formerly the LGB Forum)

All LGBT people welcome. Tel 0115 911 0545 for details or e-mail: chris@outhouse.org.uk

Women's Drug Service

Free and confidential service for women who use, have used or are at risk of using drugs. Tel: 01623 785 444

Outburst! is a group for lesbian, gay and bisexual young people up to 21.

Meet at the Health Shop, Hockley, Nottingham every Friday 6pm-8pm. A space to meet other lesbian, gay and bisexual people.

FLAME (Lesbians with ME support group). Social & support group for lesbians with ME/Chronic Fatigue

Syndrome meets monthly. For more details contact Morag on 0115 9162672 or email: morag-@ntlworld.com

Nottingham & Nottinghamshire Lesbian & Gay Switchboard

0115 934 8485 (7 pm—10 pm Mon—Fri)

WOMEN'S GROUPS

NON-BIRTH MOTHERS

Are you a non-birth mother who would like to meet other women in the same rather unique position?



You and your partner may have entered into the parenting arena together or you may have joined the throng of gay parents quite by accident!

Whatever way you have become a non-birth mother, would you like to meet up with other women to share stories, laughter and even a few childrearing tips over a drink or two? If so, please get in touch.

Contact
E-mail: lizi2910@yahoo.co.uk
Phone: 07780 725637

Look forward to hearing from you!



LOOKOUT!

Dec, Jan, Feb 2005

Issue 33



Out and About

Welcome to the Winter edition of Lookout!

We have recently experienced difficulties with our e-mail address which has resulted in everything being wiped off it. Please accept our apologies if you have sent us anything for inclusion.

The next issue of Lookout! will be out at the beginning of March so if you want anything including please let us have it by the 7th February.

Our contact details are:-
email: lookoutmag@hotmail.com
or post
Lookout!
c/o The Women's Centre,
30 Chaucer Street,
Nottingham, NG1 5LP

The Women's Ceilidh in October proved a great success and we understand that another one is

planned for early next year, we will let you know details as soon as we get.

Hidden Talents, which is held at The Maze (entrance via The Forest Tavern on Mansfield Road), was a great success in November. Altogether there were four acts - 2 bands, 1 solo singer and an amazing accapella group. We haven't got the date for the next hidden talents yet but if you are interested please e-mail us and we will let you know as soon as we get.

BROKEN RAINBOW LGBT DOMESTIC VIOLENCE SERVICE (UK)

As mentioned in the last issue, the launch of the national LGBT help line was imminent. The line is now operational for supporting agencies and survivors of domestic violence.

Helpline Number (Survivors)
020 8539 9507

Office Number (Agencies)
020 8558 8674

Hours: Monday to Friday from 9.00 am -1.00 pm and 2.00 pm - 5.00 pm.

Email address:
lgbt-dv@btpopenworld.com

Website: www.lgbt-dv.org

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WALKING GROUPS

HYKING DYKES

This is a walking group for female born lesbians only. They walk every month, usually the third Sunday, over 6 to 8 miles often in Derbyshire, but also Leicestershire and Nottinghamshire.

Full details of walks are on

www.nottinghamhd.homestead.com

All walks are a 10.30am prompt start

Forthcoming walks are

19th December

Meet at the Red Lion public house in East Bridgford for a walk along and above the River Trent (GR693435).

16th January

Meet at the bus stop on the junction of Nottingham Road/Waterloo Lane near Trowell for a linear walk back into Nottingham city centre along the last 7.8 miles of the Robin Hood Way. You can catch the 10.05 am Rainbow 2 bus from Victoria Bus

station out to the starting point.

20th February

Meet at Osmaston, south of Ashbourne for an easy 8 or 4 mile walk. Park near the church.

20th March

7 mile walk in Dimmings Dale near Alton Towers. From Alton follow signs for Alton Towers, At bottom of steep hill turn off the main road and follow River Churnet down the Red Road. The Ramblers Retreat car park is 0.5 miles on the left.

SHEFFIELD HIKING DYKES

This is a walking group for lesbians and women questioning their heterosexuality.

Most of the walks are in Derbyshire and vary from short walks plus social to 12 miles!

Further details are available from Deena tel: 0114 2686409 and Kate tel: 0114 2218426.

The web site www.hikingdykes.co.uk gives further information on other local walking groups.

All walks start at 10.30am unless otherwise stated.

Forthcoming walks are

5th December

Elton 8 miles. Park in village and meet by the church GR223610. Dale End, through Gratton Dale and back to Elton on field paths.

19th December

Dronfield walk and social. 11 am start GR378396. Park cars at civic centre in the middle of Dronfield, bottom car park reached via Gosforth Lane - follow signs to sports centre. 5 mile walk followed by bring and share meal at Jan's house.

2nd January

Chatsworth 5 miles. Meet at Calton Lees car park GR261703. Chatsworth Park, Beeley, Burnt Wood, Beeley Hilltop. A non-strenuous walk, to clear any remaining New Year hangovers, through fields, meadows and a moorland track.

6th February

Meet at Longshaw car park for a 7 mile walk, see web site for details nearer the date.

SPORT

BADMINTON

This friendly, long running group meets twice weekly at Victoria Leisure Centre, nr Sneinton Market at the bottom of Hockley,

Nottingham. All skill levels are welcome and we are currently looking for new players to join us on Thursdays at 9 pm and/or Saturdays at 9 am

Very reasonable fee, only payable on day of play. Contact Rachel on 0115 982 6952

EVENTS/SERVICES

The Midlands best all womens night!

eternity

Exclusively for women with women in mind

EVERY LAST SATURDAY OF THE MONTH

@The Rotunda Cafe Bar, Standard Hill, Nottingham

Forthcoming Dates:

NOV 27th 2004

JAN 29th 2005

FEB 26th 2005



And our wicked Eternity members will provide an electric party atmosphere. They never fail to get the party started!

For more info and Membership please visit our website: WWW.ETERNITYFORWOMEN.CO.UK or call 07976 820249



Queen of Spades
GARDEN MAINTENANCE

CONTACT CHRIS WOLF FOR A FAIR DEAL

REGULAR BORDER MAINTENANCE

GARDEN DESIGN ADVICE

DRY STONE WALL REPAIRS

CLEARANCE OF OVERGROWN LAND



Tel: 0115 854 2819 (Sawley)

Mobile: 07906 668817

Email: chriswolf@amserve.com

VEGA

SOCIAL GROUP

For lesbian, gay and bisexual vegetarians and vegans.

Group is Nottingham Based

Visitors Welcome

For more details contact 07947 644147

WOMEN'S CAFE



Women's café at George's Wine Bar.

Want a relaxing evening out? - why not try Nottingham's Women's Café.

We take over the bar on the 2nd Tuesday of each month from 7.00—10.30 pm.

George's is situated opposite the Broadway Cinema on Broad Street, Nottingham.

Future dates are

14th December
11th January

George's lease is up at the end of February so watch out for information on the new venue. Phone Lesbian & Gay Switchboard for details.