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LOOKOUT!

Dec 2006 Jan Feb 2007

Issue 41

Editorial

As I write I vacillate between "Disappointed of a Derbyshire village" and my all too familiar "grumpy old woman" persona(s). The cause of my angst? Well, imagine my delight at receiving advance notice of an L of an evening's entertainment to be held in Nottingham at the Playhouse on February 24th. I eagerly scanned the advert and at £18 a ticket was mentally totting up the enormous bill I'd be faced with if I bought up a bunch of tickets for all my mates who would be bound to want to go too. But, what the heck - Clair Summerskill (seen her before - hilarious!) and Sue Perkins (seen her too, on tv anyway) and Al Start (singer/songwriter) and a 4 piece acoustic band called Greymatter, so at least there'd be value for money.

Being fully in touch with my techno side I duly clicked on the ticket buying link.

Ah, not £18 at all but FROM £18, ok, so they're £20. Well, that's not such a big deal. Hang on, what does this mean?

"There is a £1 charge for P&P and a £1 charge for processing on each ticket sold"

So that's at least £1 per ticket more or it could even be interpreted as 2 lots of £1 per ticket more.

Cue the handset! Dial the Playhouse box office! Buy the tickets direct and pay a one off handling fee of £1 for all the tickets and 50p if I wanted them posting.

I'm sure it'll be a fantastic evening made all the more of a thrill because the Playhouse is likely to be stuffed to the gunwhales with hundreds of happy women.

If anyone has a view contrary to mine and would care to write in with an explanation of these all too common additional charges then maybe we could generate some sort of debate. At a time when I find not only myself but all my friends at some time or another either angry or at the least, disappointed with everyday services from banks, building societies, mobile phone providers, internet providers, gas & electricity providers, insurance companies, the list is endless; although possibly not as long as the list of moans!

OK, OK, enough of all that - I guess not all Lookout readers are of an age to even remotely understand what I'm going on about, having been born after the inception of the dreaded automated menu that Call Centres use. In the olden days there were quirky things called telephone operators whose sole task it was to connect you with the right person to vent your spleen on whilst you hid behind the long dead adage "the customer is always right". I may now have my rose tinted spectacles on but I don't actually remember there being that much to complain about though - but then a bad memory is another sign of a GOW.

HAVE YOUR SAY Nottingham Pride 2007

Nottingham Pride Committee will be having a fantabulous get together to which everyone is welcome. They'll be showing films and photos of the last 4 Nottingham Prides and talking about how you can have a say in what gets included for 2007.

If you get a hankering after the glamorous life, you can even sit on the committee yourself. Come along and enjoy the evening!

Thursday January 18th at the City Trent University Site

Log on to NottinghamPride.com for more details or to send an email to the committee.

LOOKOUT! Is sponsored by CAMPIONS SOLICITORS

WOMEN'S REGULAR EVENTS & SPECIAL ACTIVITIES

"Women's Café" night to be held in Derby
Friday 15th December from 7pm

Relax in the comfort of an elegant, sumptuous salon.

Catch up with friends or dance the night away.

Drinks, including coffee, from the chic trendy bar.

If you would like more details about the venue, car parking and/or any other details please email lookoutmag@hotmail.com or phone 07886 225624

We've been told that food will be available but please phone if you want to check what's on the menu and price

Shades Café & Co, Green Lane, Derby (nr Debenhams)
01332 360653 & ask for Ady or Jenni

L A F S

Lesbians in Ashfield Friendship & Support

Would you like to meet other women who are lesbian, bisexual or uncertain of their sexuality? Come along to this informal group run by lesbians, for a confidential chat, gain information/ support, make new friends and have fun.

Meet last Wednesday of each month 7.00pm—9.00pm

At Ashfield Womens Centre, Diamond Avenue, Kirkby in Ashfield

In a safe, accessible, women only space

To find out more details phone Cheryl or Alison on 01623 473010 (Mon -Fri 9.30am—1.30pm)
Or leave your name & number confidentially on 07849 798802 & Alison or Cheryl will phone back

Nottingham Women's Centre
30 Chaucer Street



All sorts of everything

For more info
Phone 0115 924 0041
Or 0115 947 5212
Fax: 0115 947 6815

TED Pro-

ject@NottinghamWomensCentre.com
www.NottinghamWomensCentre.com

Creche/Childcare for 2—5 year olds available

Women only room hire for meetings, courses, community groups, parties, conferences etc
Reception service, refreshments, garden, library,

BADMINTON

TO SUIT ALL SKILL LEVELS
HELD IN NOTTINGHAM
AT VICTORIA LEISURE CENTRE
ADJACENT TO SNEINTON MARKET.
YOU CAN ENJOY A GAME ON
THURSDAY EVENING 9PM-10PM
&/or SATURDAY MORNING
9AM-11AM.

GOOD SOURCE OF EXERCISE
PLUS LOTS OF SPIN OFF
SOCIAL ACTIVITIES WITH
THIS FRIENDLY GROUP OF
WOMEN

For more details
Contact Cate on 07757 326633
or lookoutmag@hotmail.com



pink!

Nottingham's New Women Only Night

Upstairs @ The Canalhouse Bar,
Canal Street, Nottingham NG1 7EH
(Next to Via Fossa)

Saturday 3rd March 07
8pm - 1am

Disco starts at 9pm

£5 Entry

For further information please email pink-women@hotmail.co.uk



Notts DV Forum

are hosting a
WHITE RIBBON
campaign event on
9th December
At
The Maze
Mansfield Road
(through the Forest Tavern)
9pm until late
£3.50
4 punk bands
Benefit evening for
Women's Aid
For women with no recourse to
public funds

Due to pink! starting up in March the next event at Shades will be put back so we don't have 2 great social activities in the same month.

More great things in Nottingham



JOAN A
Tue 27th Feb
Royal
Concert
Hall
Nottingham



JOAN B
Wed 7th March
Nottingham
Royal Concert Hall

And coming up in Leicester

there's going to be a Breast Cancer benefit.....to be held at Abbey Sports Centre on 17th February £10 per ticket. Hopefully more details will be available nearer the time which we can then email to you all.

Remedial massage therapy

Liz Tomes

BA (hons) Dip RM

Using massage techniques to relieve pain and improve mobility from new or long-standing problems including:

- Back and neck pain
- Frozen shoulder
- Sports sprains and strains
- Arthritic pain
- Headaches
- Pain caused by deskwork
- Stress and tension

Or just for relaxation

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Caring, professional service in a relaxed environment at Matlock-based practice. Evening and weekend appointments available.

For more information or to book call:

01629 580359
07946 377 946



GHAP

Gay Health Alliance Project
Encouraging a healthy gay lifestyle
Come along to GHAP's
Nottingham Badminton Club
for the lesbian, gay and
bi-sexual community.

If you want to improve your fitness,
make new friends & develop your
badminton skills, come along to our
Tuesday badminton night at
Victoria Leisure Centre
from 6 to 7pm
Book a place by text or phone to
07790 077041

Straight mates
welcome who are
able to respect and
embrace
diverse lifestyles

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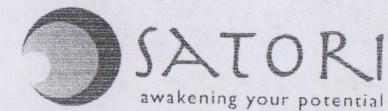
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Email: printcopydesign@aol.com

For the past few years the fantastic women at Print Copy Design have helped us enormously to get Lookout to you on time with maximum help and minimum fuss even when we've had to squeak in their door at the last minute. Friendly and helpful - it's a pleasure doing business with them.

Every kind of copying you can think of from basic to special papers; business cards; letterheads; compliment slips; flyers; basic T-shirt printing, screen printing or embroidery; labels, cards & invites; stationery & printer cartridges & copier toner; personalised invitations, cards, calendars, Christmas cards; and lots lots more.

Personalised Civil Partnership invitations are set to become a speciality.

News, articles, forthcoming events, sporting fixtures, clubs, groups and any miscellaneous items of interest for the next issue of Lookout to lookoutmag@hotmail.com by February 7th please



"Make Time For You"

How to keep yourself sane without feeling guilty!

Thursday 1st
February
2007

Realise your true potential with Master Practitioner NLP and Life Coach Pam Burrows



Pam helps you to unlock the 'secret code' to your mind's potential, giving you control over your thoughts and feelings in a way you may never have believed is possible.

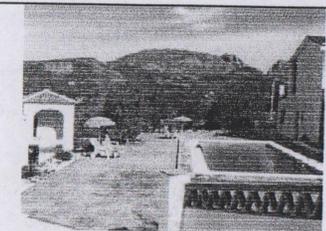
In this seminar she shows you how to

- Stop rushing
- Stop worrying
- Manage your tasks and time
- Manage other people
- Start taking care of You

Cost:
£20 including VAT
& Light Refreshments
7pm til 9.30pm

Venue:
Phoenix Park
Near M1 Junction 26
Nottingham

To book your place or for more information about this and the complete series of Satori seminars with Pam Burrows Call 07974 309442



Hotel Los Olivos

**Spanish Holidays for Women -
book now for Winter, Christmas and
New Year**

**A taste of Andalucia - the hotel just for
women in unspoilt Spain**

Easy access to this Spanish registered "Hotel Rural" close to delightful mountain village of Alcaucin. In beautiful surroundings, with olive groves, mountain and lake views, and directly adjacent to a National Park. Sun drenched terraces, luxury en-suite bedrooms, bar, and salt water swimming pool, all combine to offer women the perfect setting in an informal yet attentive environment. Hotel Los Olivos offers style and seclusion. Indulge yourself!

Hotel tel: (0034)951167120.
UK mobile: 07909522673

Website:
www.spanishholidaysforwomen.com

Enquiries:
enquiries@spanishholidaysforwomen.com

Cornwall Lesbian Line have come up with an interesting tweak to the popular charity calendar idea. Twelve local lovelies have recreated some iconic images to accompany the all important 2007 months of the year. Visit their web site to place an order at www.maid-in-cornwall.co.uk



"Heterosexism in Health & Social Care"
by Julie Fish

East Midlands lesbians took part in the research that forms some of the chapters in this book which explores LGB needs in relation to current social & health related issues.

For a free download of Chapter 1 follow this link

<http://www.palgrave.com/newsearch/Catalogue.aspx?is=1403941238>

Lovely 3 Double Bedroom

House to Rent

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- References and deposit required
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Walking Groups

NOTTINGHAM HIKING DYKES walk on the 3rd Sunday of the month.

17th December Meet at the Coach House tea shop, Lea nr Matlock GR 326575 for a 6 mile walk

Details of this and further walks from Lesbian and Gay Switchboard 0115 9348485 or www.nottinghamhd.homestead.com



Derby Walking Women

Sunday 3rd December Meet at Locko Corner on the A6096 @ 10:45 for 11:00 start for a short easy walk passing through Locko Park and Dale Abbey.

(Walks are normally on the first Sunday of the month, each walk is organised by volunteer(s) and full details are given out the month before. The overall co-ordinators can be contacted on 07786 803455 or email lookoutmag@hotmail.com)

North Nottinghamshire Walking Group

This is a friendly group open to all Lesbian and Bi-Sexual Women living in or near North Notts. Walks are held on the second Sunday of each month and are generally 4-8 miles long. The walk organiser suggests that all participants bring appropriate clothing, waterproofs & footwear, and refreshments for each walk.

Sunday 10th December meet at 11:00am at Rolleston church, between Southwell & Newark

Mostly flat with 10 stiles and one set of steep downhill steps. Contact below for further details.

Contact Julia 07961 847091 or Jenny 07950 84320 for further details.

No long term walk programme, but you can email nnwalkers@yahoo.co.uk for the latest info.

The Peak Ruffies

The Peak Ruffies hiking dyke group aims to provide walks in the Peak District over a good distance, at a steady pace, and over more challenging terrain. We usually walk 10 miles or more, preferably away from well-trodden paths, seeking the less visited parts of the Peak District. Walks are planned for January 27th, February 24th, and March 31st, and will start promptly at 10.00 am. For meeting points and more information, email: vivpointon@hotmail.com or jeanelle@degruchy.co.za and we'll put you on our contacts list.

PS: On 9th December we shall be joining the Rufty Tufty walking group at Gradbach Youth Hostel - they also have a walk planned for 26th for those who can/need to escape

SHEFFIELD HIKING DYKES

Sunday 3rd December Stanton Moor - an 8 mile walk to include the 9 Ladies stone circle. Meet in the Darley Bridge car park B5057 off the A6 north of Matlock GR 270625 for a 10:30 start.

Sunday 7th January Low Bradfield - a 7.5 mile walk

Sunday 21st January Grenoside Woods, Sheffield - a half day 4 mile walk

Sunday 4th February Eyam - 8 miles

For further details check out their website or Sheila (0114 2580211) or Deena (0114 2686409)



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

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! 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.

Nottingham Police LGBT Consultation Group.

Meets every 3 months (usually at the Adams Building in the Lace Market). Representatives from local lesbian/bi groups are welcome. Details via Switchboard or the GAi Project.

Broken Rainbow Helpline 020 8539 9507 for lesbians experiencing abuse from their partner.

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 916 2672 or email: morag-@ntlworld.com

Relate Nottinghamshire

The Relate counselling service is available to all adult couples experiencing problems in their central relationship, including gay and lesbian couples. Tel: 0115 950 7836.

Services include Family Counselling, Sex Therapy, Relationship Education and training courses

Nottingham LGBT Consultation Forum

(formerly Notts LGBT Community Voice) (and before that the LGB Forum)

meets every 3 months, and can be contacted via Switchboard (0115 934 8485), the GAi Project (0115 947 6868) or the City Council Action on Diversity Team (phone John Cowings on 0115 915 7244).

Domestic violence in same sex relationships

Roshni has been delivering services in Nottinghamshire over 22 years, supporting South Asian women and children to live free from violent and abusive relationships. domestic violence has been recognised in law since 2003.

We provide Outreach services to all women who are living in or have left an abusive partner, family member or relative and now recognise the impact of violence within the LGB community. Increasing research has demonstrated that partner abuse is as common and as severe among same sex couples as among heterosexual couples.

This is rarely acknowledged by social policy makers, lawyers, police or health care practitioners etc.

Difficulties still exist for LGB people to report incidents of domestic violence or feel protected by structures that exist

LGB people are less likely to talk about domestic violence if they are not out and do not feel able to disclose their sexuality due to the fear of discrimination.

More recently lesbians and bi-women have started to contact the project to ask for advice and assistance; if you feel you are living, have left or know someone who is experiencing domestic violence there are services that can provide support.

Roshni provides free independent, confidential and non-judgmental space for women who may need support and assistance.

Roshni 0115 988 1414

Stonewall 020 7593 1850

24 hour Freephone Domestic Violence help-line 0808 800 0340

08452 60 44 60

Broken Rainbow HELPLINE
Mondays to Fridays 9am-1pm and 2pm-5pm

Staffed by LGBT people.