

CAMPIONS SOLICITORS

Free advice on any Accident claim,
Family relationships and Child
Disputes, Debt Advice, Low Cost
Conveyancing and Legal Aid
available

Free Legal Advice
Free phone 0500 666 603
7 days, 8am-10pm

45-49 Mansfield Road
Nottingham, NG1 3FH

Free Car Parking available

LOOK OUT!

Mar Apr May 2007

Issue 42

Editorial

As many of you will be aware, Lookout still uses the Women's Centre as a post box although long gone are the days of holding lesbian disco events, social get togethers and a whole variety of meetings. We tend to just pop round there every so often to pick up the mail.....and there can be a surprising amount of it.

Sadly, every time Lookout is posted out there's a little pile of returned copies because former readers, in their exuberance of moving have forgotten to let us know that they're re-locating. Mostly, the kindly new incumbent has just put "not known at this address" but occasionally we get explicit instructions as to what we can do with our "utter filth".

And there's more.

Nottingham has lots of community projects going on all the time and many of them invite a representative of the Nottingham Lesbian Centre to join in with their latest venture. Often, the proposed meeting has been and gone before we can circulate the details but we can't help wondering if we're missing out in some way on an opportunity to both get involved and to further the cause of

integration and acceptance into the wider community. There is often separate correspondence to the Nottingham Bisexual Womens Group and Nottingham Black Lesbian Group.

My question is - does anyone out there have an interest in getting involved? At the most basic level it would entail collecting the relevant post from the Women's Centre and then it would be up to the individual(s) to assess whether attending any meetings would be of benefit to them or to wider lesbian interests in the Nottingham area.

We still receive copies of Lesbian Connections from America too and will happily pass these on to anyone who would like to send an A4 stamped, self addressed envelope.

Following on from my gripes in last quarter's issue, about the general malaise of living in today's hi-tech, hi-rise, hi-maintenance, hi-de-hi, modern, post-modern society, a fellow sufferer has pointed me in the direction of www.saynoto0870.com which tries to find you an ordinary land line number instead of a premium rate one. Yippee: worth a try!

Charity ride through Cuba in aid of Headway

Kirsty is going to cycle 391km across Cuba in 5 days to raise funds for Nottingham based charity Headway. Although Kirsty was wearing a cycle helmet at the time, she sustained a traumatic brain injury when knocked off her bike by a car. Headway has played a fundamental part in her ongoing rehabilitation and Kirsty's aim is to raise awareness about brain injury and to give something back to the Headway organisation. You can sponsor Kirsty by going to www.justgiving.com/kirstyanddom

LOOKOUT! Is sponsored by CAMPIONS SOLICITORS

WOMEN'S REGULAR EVENTS & SPECIAL ACTIVITIES

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

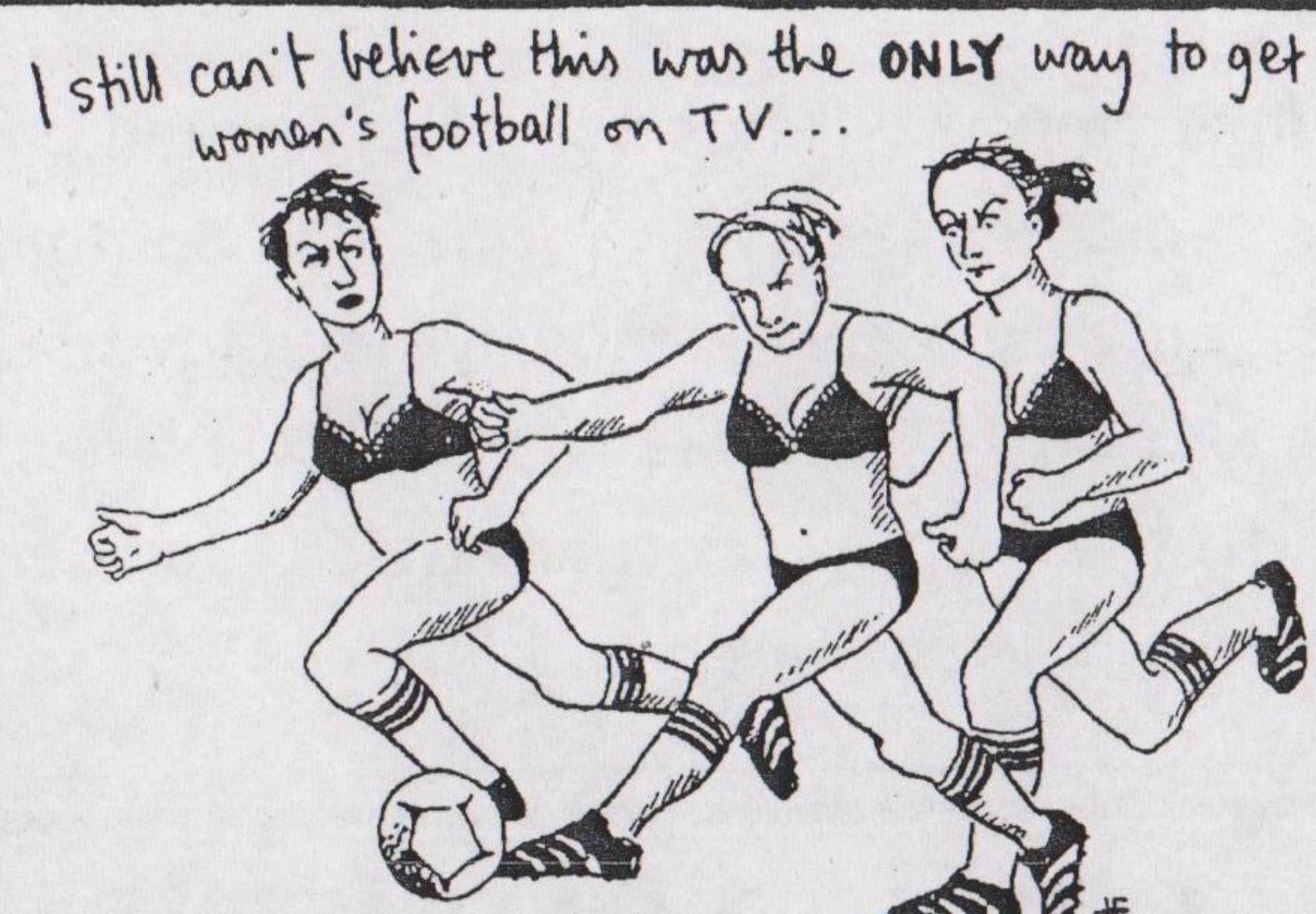
Please note this will be a non smoking event

Women's FA Cup Final
Nottingham Forest Ground
Bank holiday Monday 7th May 2007
Kick off 1pm

Tickets available from the ground or on-line, discounts for group bookings

There's a whole weekend of fun planned in the form of a Festival of Football to be held in the new Market Square.

The first time the final has been held outside the capital and, unlike the shamelessly stolen image below suggests, it will be shown LIVE on BBC.



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



Women's Cafe

Derby's
Women Only Night
Upstairs @ Shades,
Green Lane, Derby DE1 1RP
(Opposite the Mogul)

Saturday 21st April 2007

7pm - 1am

Good food available with a veggie option
Early evening background music to chat to
followed by music to dance to.

For further information please email
lookoutmag@hotmail.com

Non smoking in the main room but smoking allowed
near the bar

Health Issues

One of our readers has sent in the following article. Often an intensely private matter, our monthly cycles can be a complete pain....literally, but something that most of us endure stoically. However, sometimes it is better not to be too complacent.

Hyster Sisters

No, not the name of the latest funky band to hit our shores but a reference to what is an appropriately "swelling" group; even the future Queen?/Consort? Camilla will be privileged to join – the ladies who have had a hysterectomy.

After numerous "failed" smear tests, which I felt were in some way my fault, I began to wonder what was really the underlying cause. On a few occasions I'd had tests which had to be re-done, and usually on the day of the smear, the nurse had to have several attempts to gain the necessary cells.... often saying my womb must be tilted or twisted. The final straw for me came when once again the nurse and her colleague had tried 4 times to obtain their sample. This time my tolerance and pain threshold were at an all time low, and I was in danger of assaulting one or both of them.

By this time I'd even previously had a scan which had revealed I'd got three small fibroids, the largest of which was described as being "the size of a matchbox and therefore nothing to worry about".... So I didn't, I put it to the back of my mind and carried on as usual.

Weeks, maybe even months had passed before I discovered, around the time of my period, there was a strange painless area (not exactly a lump) that I could feel, present just above my groin but below my stomach. A visit to the Doctor's brought no explanation other than potential constipation – so I went again when it happened the following month. This time I had an internal examination. The look on the doctor's face said it all, accompanied by a serious sounding "Ohh".

Supplementary questions followed like "How heavy are your periods?", and I realised that I really didn't know the answer to that. How heavy? In comparison to what? In my experience periods are rarely a conversation piece even between close friends (especially at the dinner table) and as my monthly torment was the source of intense irritation, embarrassment and angst it was highly unlikely it would ever be raised by me as a subject of discussion at a social gathering.

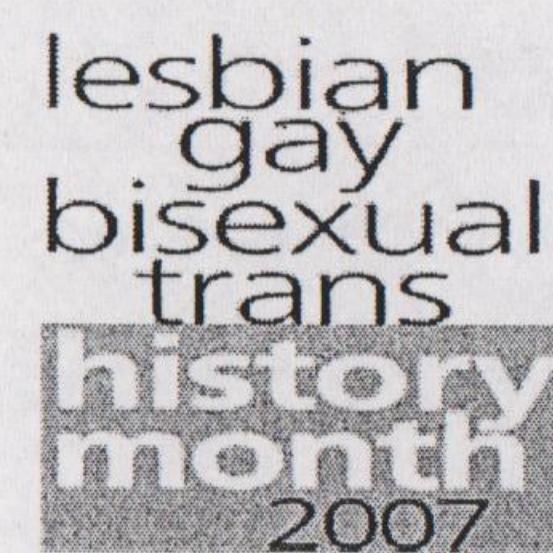
The questions I could answer relatively easily were, "Did I flood?" – Yes I did – far more frequently than I care to mention, and "Were there clots in the blood?" again - yes.

I was fortunate that through work I had private health cover so rapidly gained an appointment with a consultant. He complimented the firm muscle tone I'd developed – in spite of being post 40 – due to a lot of sports activity, so you can imagine my utter astonishment when he told me that beneath my flat abdomen lurked a fibroid the size of a MELON! No wonder it had begun to feel like I had a ball bobbling about inside me when I was running.

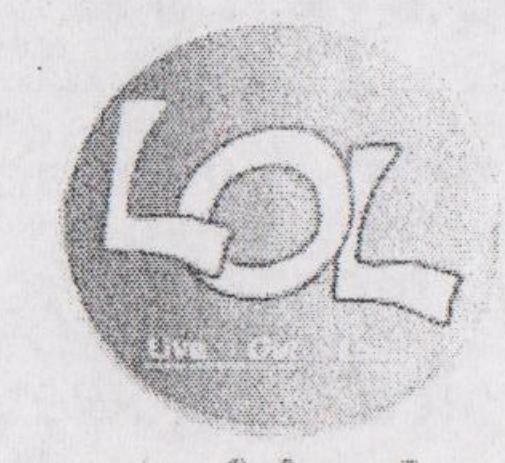
For me, my subsequent hysterectomy was totally the right decision, I have felt totally liberated since. I was no longer confined to wearing dark trousers to hide inevitable leakage. I'd either shy away from going out or be left feeling very uncomfortable when I did. Now, I can choose what I wear with impunity, I can dance or play sport without worrying whether the protection I had was going to be enough.

I had never realised that what I was experiencing was anything other than normal. Maybe you are experiencing some of the same problems I did, but don't feel inclined to do anything about it. You may have other more obvious symptoms like a swollen tummy, particularly pre-period. I implore you to go to your Doctor's and ask for a scan or internal examination, as neither is any worse than a smear test and the peace of mind is priceless.

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 May 7th please



Lesbian, Gay, Bisexual and Trans gender (LGBT) History Month at Castle College



LGBT HISTORY MONTH enjoyed a successful launch last week in Castle College. Displays of famous LGBT people and information about Gay History were put up around college sites including some eye-catching library displays at Beeston and Peoples campuses.

A group of enthusiastic students even gave up their lunchtime to hand out 'year cakes' in the canteen at Beeston on launch day. Each cake had an important date in LGBT History written in icing (for example: 2005 Scottish Parliament repeals 'Section 28' / the age of consent was lowered for gay men from 18 to 16). The cakes generated a lot of interest and most people were happy to find out more about **LGBT History month** whilst sampling the tasty treats.

Unfortunately the launch didn't go entirely smoothly. It was a sad example of the ignorance which exists in the college that the students who gave up their lunchtimes to hand out free cakes were forced to deal with some homophobic comments and hostile behaviour from some of their peers; some staff have been challenged as to why the month is important, and a member of staff from the LGBT Group, on their way home that evening, got drenched with a bottle of liquid from two males in a car, thought to be students from the Beeston campus.

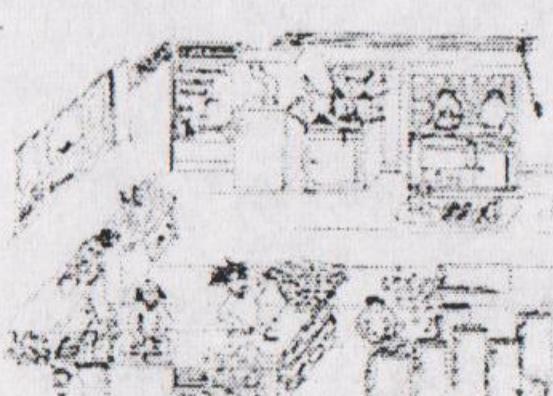
The sad thing is that a lot of us do not feel equipped to deal with homophobic comments and behaviour. Many of us do not feel confident enough to effectively challenge those individuals who oppose us and some staff and students are unsure of how we, as a college, should be dealing with such discrimination. It is hoped LGBT History Month will go some way towards helping us to address this so we can truly celebrate diversity in Castle College.

Lynn Sedgmore CBE for the Centre of Excellence in Leadership has been quoted as saying, "Homophobia has no place in the learning environment. Our research shows, however, that it is a feature of the daily lives of many of our learners and staff. The leadership challenge is to support the sector in ridding itself of this injustice, and to mobilise learners and staff of all sexual orientations to play their part in doing so".

THE SHOW MUST GO ON! Staff and students will continue are continuing to raise awareness. Music from LGBT artists will be played in the canteen throughout the month, there will be a film night, quizzes, a cross dressing day and much more. As well as facing hostility we are receiving a great deal of support, sometimes from the most unlikely sources. Wish us luck!

For more information or to offer any advice or support please contact Rachel Doyle at:

doyley76@hotmail.co.uk



The Women's Holiday Centre Horton-in-Ribblesdale North Yorkshire Worker(s) wanted



Women required to co-run this busy co-operative holiday centre for women & children in the beautiful Yorkshire Dales. Contract: Maximum of 3 years. This is a live-in post.

CLOSING DATE 24th March 2007

INTERVIEWS 15/16 April 2007

Please phone for an Application Pack: 01729 860 207

e-mail us at: whc.information@pop3.poptel.org.uk

see our website for more information: www.hortonwhc.org.uk

BAD WINE AND STUFFED MUSHROOMS By Pam Burrows

The washing was piled high and fresh from the garden. It smelt of comfort and safety and could make anyone break into a smile.

want to keep and what do you want to change? And what small joyful thing just happened that you nearly missed?

Sleek and black and the number one expert in just the right place to rest, she pawed at the clothes, purred and padded until she was finally satisfied that this was indeed as comfortable as it looked. Positioned right in the centre of heaven she drifted off to sleep. I could have sworn I saw a contented smile on her lips.

Could anyone feel stressed while watching a cat sleep? You've heard the phrase 'life is short, take time to smell the flowers', I've remembered that phrase and I think watching a cat can be a similar pointless and essential thing. I wonder how often we take that time.

Is life too short to stuff a mushroom? Maybe it's your favourite pastime and makes you feel life is worth living so the jury's still out on that one but life is definitely too short to drink bad wine. What is also true is that life is too short not to stop and catch up with where you are now and again, to be right there in that moment. Notice what you are noticing...sounds, smells, feelings and sights, and think about what you have got. What do you

Every moment is an opportunity to make it what you want it to be. But caution, this can result in us rushing to cram it all in and make every moment full to bursting. Unless we sometimes slow down enough to see what's happening, we'll miss the good stuff going on in the present moment whilst we're searching for it and planning for it somewhere up ahead in our future. Somewhere we never quite get to.

That pile of washing might need folding and putting away but a moment with your face pressed into it, breathing in the sweetness of the fresh air is one to treasure. And a few extra moments thinking about the joy of the little things can make every day one worth living.

Of course if you fancy going one step further and curl up in the washing for a nap is purely down to you. The cat might object, after all, she really was there first. There's a lot you can learn from a cat.

HOMOEOPATHY AWARENESS

The word 'homoeopathy' is derived from the Greek '*homoeos*', meaning similar, and '*pathos*', meaning suffering or disease. This name reflects its fundamental principle: like cures like.

Many people compare this idea to vaccinating against certain illnesses, but there are essential differences: vaccinations include not only massive doses of the specific, toxic substance that they are meant to be antedoting, but also the injection contains other chemical nasties such as formaldehyde and mercury. Further, one big vaccination dose fits all, age, weight, height etc notwithstanding. So no wonder many people suffer after their holiday travel vaccines and others feel considerably worse for maybe months after their flu jab.

Homoeopathy is a way of considering and gently healing the whole person in both physical and emotional terms, rather than just masking one or several symptoms. In other words, it is the individual who forms the focus of homoeopathic treatment, not their ailments.

HOW IT WORKS

Primarily, homoeopathy's healing process enables the body to stimulate its own energy to promote a return to good health and well-being, so that we are actually making use of our own innate healing powers. Any symptoms of illness are seen as a sign that something is out of kilter in what can be called our life force and homoeopathic medicines act by prompting our own body to correct this imbalance. Also, homoeopathy is frequently used on a constitutional basis to maintain our general physical and emotional good health, so you don't have to be 'sick' to benefit.

Homoeopathic remedies are usually derived from all manner of animal, vegetable, or mineral sources. The original substance is then subjected to successive dilutions and vigorous shaking up between each one. This procedure brings out the curative properties inherent in that substance ~ in other words, its energy. It's this energy that resonates with whatever symptoms you may be experiencing and thus promotes cure.

Sue Smith BA(Hons), LCHM MARH

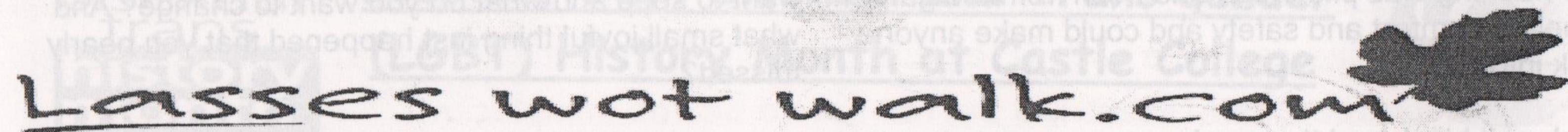
Licensed Homoeopathic Practitioner

email: healingsmith@ntlworld.com; healingsmith@madasafish.com

Full article available on request from lookoutmag@hotmail.com or contact Sue Smith direct by email.

Walking Groups

(check out the webi for cool outdoor gear by post)



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

- 18th March Meet in the middle of Oxton (GR635513). North of Nottingham off A6097. 10:30 start
 15th April Meet at Hallaton (just south of the A47 to the east of Leicester) on the village green with the butter cross and by the Bewicke Arms, not the green with the ducks. 10:30 start
 20th May Bleasby (South of Southwell but north side of river) (707499). Meet at Manor Farm tea shop, between Goerton and Bleasby. 11am start.
 17th June Meet in the car park above Milldale (near Alstonfield) GR136548. 11am start
 Details of these and further walks from Lesbian and Gay Switchboard 0115 9348485 or www.nottinghamhd.homestead.com

Derby Walking Women

Sunday 4th March Meet at Shobnall Leisure Complex, Shobnall Road, Burton-on-Trent @ 10:45 for 11:00 start for a mainly flat walk which begins with a fairly steep climb. (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. **Sun 11th March** meet at the Chequers pub Ranby GR 650812. 5 miles across flat countryside. Contact Julia 07961 847091 or Jenny 07950 84320 for further details. No long term walk programme, but you can email nwalkers@yahoo.co.uk for the latest info.

The Peak Rufties

The Peak Rufties 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 start promptly at 10.00am. For meeting points and more information, email: vivpointon@hotmail.com or jeanelle@degruchy.co.za and we'll put you on our contacts list.....sign up first to get details of walks planned for Sunday 31st March, 28th April, 26th May, 7th July, 4th Aug 2007.

SHEFFIELD HIKING DYKES

Sunday 4th March Shatto Moor 7.5 miles. Meet Hope railway station GR181832
Sunday 11th March Baslow figure of eight 6.75 + 6.25 miles. Meet Baslow GR 10 am
Weekend away Malham 23rd — 25th March January
Sunday 8th April Chatsworth & Curbar Edge 8 miles
Sunday 22nd April Wirksworth 8 miles
Sunday 13th May Yorkshire Sculpture Park 9 miles
 A full & varied programme of walks throughout the year, for further details check out their website or phone 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

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

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.

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).



Matlock house to rent for summer.

Do you fancy a change of scene or a retreat space?

Available from 23 April for 5 months or shorter 2 bed stone house above Matlock with stunning views Living kitchen, front room opening to south facing terrace on quiet street.

Plus Studio/summer house

Wooden cabin 3.5m x 4m a beautiful space, well lit, heated, looks out over pond & well stocked flower garden.

Rent £550 pcm

some flexibility on this amount possible Includes gas, electric, water rates, council tax, tv licence, phone.

Bond £500

Sorry no DSS

Cat in residence

Enquires 01629 57723

Mobile 07817 025910

Email gillbowry@uwclub.net

MORRIGAN HOUSING CO-OP

Morrigan is a lesbian housing co-op based in Nottingham. All the tenants are part of the management committee. We are currently renovating 2 two bedroomed houses in the Forest Fields area, and are looking for tenants who want to be in control of their own housing. If you want more details or an application form, then contact us on 0115 9422229 or e-mail morrigancoop@aol.com.

DIVERSITY FILM

I am making a film for Nottingham Social Services which will be used as part of their diversity training. The focus is on Lesbian and Gay men, and topics include being in or out to families, discrimination in the workplace, civil partnerships, being parents, fostering and adopting. I have interviewed a wide age range including children of lesbian or gay parents, but feel that most of the interviewees are predominantly white. I would like to redress this imbalance and am looking for interviewees that not only face or overcome discrimination because of their sexuality, but also because of their ethnicity.

If you would like to be part of this film, then contact me on 07739 404691 or e-mail me at grewvis@aol.com.