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resolution
first for family law

Community
Legal Service



LOOKOUT

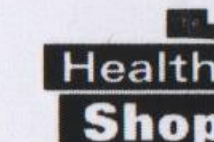
March April May 2013

Happy Easter

Issue 66



Health Shop



The Health Shop has temporarily moved to Heathcoat Street
You're only 1 minute away, we're just around the corner!
0115 947 5414

Editorial

Well, we've had plenty of opportunities to see old friends and make some new ones over the past 3 months and many of us have been lucky enough to get out & about to a variety of live entertainment. We've made it through the dark months and are about to emerge into Spring. There's lots coming up over the next 3 months so no more excuses!

News from the Nottingham Women's Centre

We celebrate International Women's Day in March so we've got lots of events coming up to tell you about:

- Monday 4th March: An evening performance of the Vagina Monologues by students from the University of Nottingham. The show starts at 7pm. Tickets £5 / £4 Nottingham Women's Centre members/students (this is a fundraising event)
- Friday 8th March: Our International Women's Day event from 10am - 3pm. Pop along to the Centre to find out about volunteering for us and other local organisations, enjoy holistic therapies, have a bite to eat in our cafe and pick up a bargain in our pop-up charity shop.
- Saturday 9th March: Million Women Rise - coach tickets available from us, picking up at the Centre and Loughborough.
- Sunday 10th March, 7pm: Women Stand Up! Comedy Fundraiser at the Maze, Mansfield Road. Join us for some women-only comedy (the comedienne not the audience) and help us raise money to hold a Women's Conference in Nottingham this September. Tickets £5 on the door, £4 in advance. And as it's Mother's Day bring your mum and get a quid off her ticket. Curious about the Women's Conference? See here for more: www.nottinghamwomensconference.wordpress.com.



ALSO ON INTERNATIONAL WOMEN'S DAY



International Women's Day

DERBY : Come along to our free event for International Women's Day on Saturday 9th March 2013 for Mothers Day ideas. Mums will enjoy some pampering treats in the Chill Out Zone. You can buy these cute handmade Mother & Baby rabbits made by the KNITsQUAD group; monies raised will be donated to Derby Women's Centre. You can also get crafty and make your own gift at our stalls with jewellery-making, card-making, calligraphy & more. Thank you to KNITsQUAD, Derby Museums, Derby Adult Learning Service & Children First for running these stalls at IWD!

Nottingham : check out <http://www.facebook.com/events/539349159409309/>

LOOKOUT! Is sponsored by CAMPIONS SOLICITORS

WOMEN'S REGULAR EVENTS & SPECIAL ACTIVITIES



Belper Women's Disco

2013 DATES

Saturday 15th June 2013
Saturday 12th October 2013

8pm til Midnight
(Dj from 9pm)
£5 Entrance on the door

Belper Town Football Club
Belper
DE56 1BA

Email djsixdegrees@googlemail.com for further info

JUICE

WAGED: £5
UNWAGED: £3

SATURDAY:
13TH APRIL
7TH SEPTEMBER
7TH DECEMBER
8PM-1AM

FREE PARKING
ACCESSIBLE

FEDERATION CLUB CLAREMONT ROAD
NOTTINGHAM NG5 1BH

(between Sherwood Rise and Hucknall Road)

For more info email:

juicenottingham@yahoo.co.uk or
join Facebook: [juicenottingham](https://www.facebook.com/juicenottingham)

Celebrate with derbyshireFRIEND

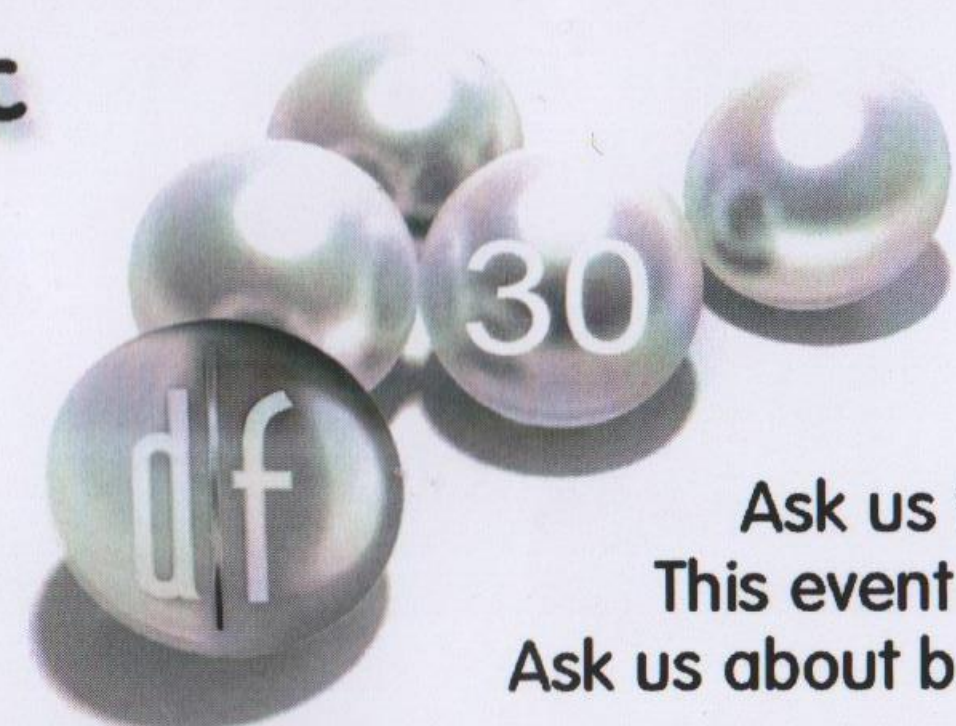
at our 30th Anniversary Party!

Live Music

Hot Buffet

Disco

The Spot
7pm - 12am
Fri 1st March



Ask us for your FREE ticket.
This event includes our AGM.
Ask us about becoming a Trustee!

Wow what a great night we all had Sat 16th Feb.....and after paying expenses we are sending £500 towards the costs of the national MWR march and rally on 9th March. We are also funding a number of coach seats for some women and children who can't afford to pay.thank you for your support and keep Saturday 5th October free for the next Get Up East Midlands Million Women Rise.

I reckon plans are already afoot for the next gig's live entertainment (Ed)

MY, WHAT I CALL, LIVE SHOW



MIRANDA LIVE TOUR IN 2014

Well hello to you and thanks for browsing my way. A pleasure to receive your mouse click (not a euphemism). Such fun. Welcome to my, what I call, website. I will be adding more photos, exclusive videos and other nonsense in due course so do pop back. But for now may I blatantly draw your attention to the shop where you can purchase DVDs and books plus to the Tour Dates page where you can buy tickets for the 2014 Live Tour if the desire takes you.

Extra date in Nottingham on account of being SOLD OUT!!

ODDS & ENDS

BITS & BOBS

Monday 18 March Glee Club, Birmingham

HEATHER PEACE

Hee hee hee, we've got tickets for her SOLD OUT gig. Watch out for the release of her album Fairytale, available from all your favourite outlets or check out Heather's web site.

Clare Teal touring all over the place inc DERBY 22nd March

From hosting her Radio 2 show to supporting Liza Minnelli, to perform at the BBC Proms Clare Teal can do it all, which is how her concerts can cover such a wide spectrum of sounds & genres so wonderfully.



CLARE SUMMERSKILL

WELL THAT EXPLAINS IT!

"ONE OF THE FUNNIEST WOMEN IN THE COUNTRY"

Other venues further afield

Fri 8th March West Bromwich part of SHOUT Festival - The Public - Tickets: 0121 533 7161
www.thepublic.com www.shoutfestival.co.uk
Fri 26th April Wolverhampton - Arena Theatre - Tickets: 01902 321 321 www.arenatheatre.info
Fri 3rd May Leicester - The Y Theatre - Tickets: 0116 255 7066 www.leicesterymca.co.uk
Sun 19th May Manchester - The Lowry - Tickets: 0843 208 6000 www.thelowry.com

THE Lesbian Music & Arts Festival



L Fest, the award-winning festival, is a weekend celebration of lesbian culture and community.

Live music, DJs, arts and authors, cinema, workshops, comedy, games, outdoor adventure, family area, solos and so much more - all included in your ticket price! Now in its third year, L Fest is renowned for its fun, friendly and relaxed atmosphere, with a warm welcome for all gay women and their friends.

69 hours of fun
From only £85
Inc 3 nights free camping!

Uttoxeter Racecourse.
Staffordshire. ST14 8BD

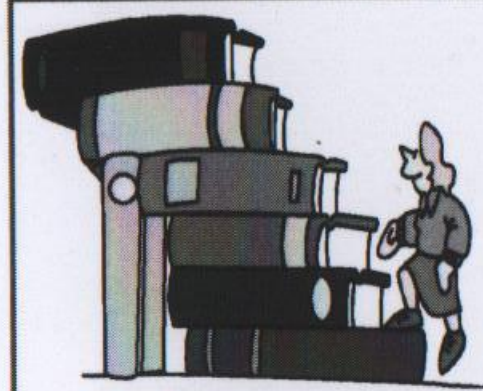
L Fest Events
TheLfestCrew

WWW.LFEST.CO.UK
July 19-22nd 2013

Book your tickets now!



Sports & Socialising



Midweek Book Group

Read a set book and then join in
with the discussion group

Meeting at 7:30 Canalhouse Bar

If you would like to join us please contact the group
co-ordinator by joining the yahoo discussion group:
from now on please check LinkNotts group email facility

13th March One day in the life of Ivan Denisovitch
Alexander Solzhenitsyn

24th April - Herland- Charlotte Perkins Gilman [audio book
free to download from librivox.org]

5th June - The Idea of Perfection- Kate Grenville

Sapphist Writers

Nottingham Based Women's
Writing Network

Meets Second Monday of Every Month, 7.15pm
For more info email sapphistwriters@yahoo.co.uk
<http://sapphistwriters.blogspot.com/>

Lesbians in Nottingham konnected:

An online community/ email group in
Nottinghamshire
for lesbians to keep in touch and informed
<http://groups.yahoo.com/group/linknotts>

**See You
Next
Tuesday!**
for girls who like girls

NEW VENUE

meet. chat. laugh.

Every 1st 3rd 5th Tuesday 8pm

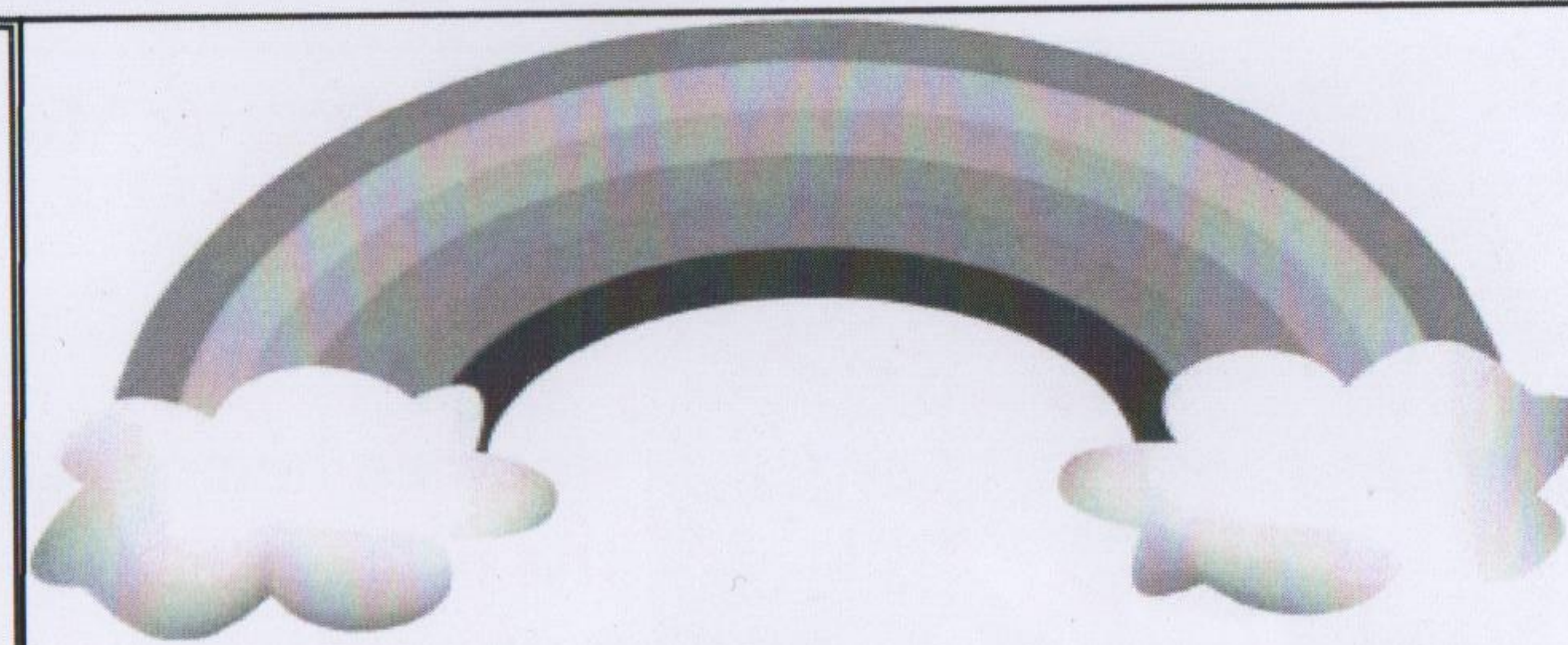
Broadway Media Centre

Broad Street, Nottingham

Try Lord Roberts if not there

[facebook.com/syntgirls](https://www.facebook.com/syntgirls)

syntgirls@hotmail.co.uk



Mansfield Rainbow Divas uk

Details can be found on facebook

Please note new email address:
mardivas@hotmail.co.uk

Lezzie Family Group

Meet on the second Sunday of the
month at Stonebridge city farm



Sherwood Ladies 5-a-side footie

Meet every Tuesday 6 - 7 at the
Forest Astro Turf (Goose Fair site)
Suits all levels of fitness & ability,
everyone welcome

More info Julie Bennett 07790 998205
or email joolzy_joolz@hotmail.co.uk



WOMEN'S BADMINTON

PORTLAND LEISURE CENTRE
Newcomers please check for details

THURSDAY EVENING or
possibility of SATURDAY MORNING
For details of either session contact
Ruth or Rachel on 0115 982 6952

Sunday Walking

NOTTINGHAM HIKING DYKES walk 3rd Sunday of the month at 10:30.

17th March Nanpantan meet at the sports ground in Nanpantan. 7 mile walk
7th April Winstan meet at the Market House. 6.5 mile walk taking in mystical Stanton Moor
21st April Eyam meet opposite the museum S32 5QP. 6-8 mile walk
19th May Hartington meet at the pond in village centre. 7 mile walk

See the brilliant new web site at www.nottinghamhd.org.uk

For full details of the various walks and camping events please make contact direct with the group
or www.peakhd.webs.com or ring Lesbian and Gay Switchboard 0115 9348485



Derby Walking Women

Walks are normally on the 1st Sunday of the month, meet at 10:45 for 11:00 start, each
walk is organised by volunteer(s) and full details are given out on the walk the month before
or check out the website <http://www.derbywomenswalkinggroup.webs.com>

Sun 3rd March

Baslow meet at the P&D car park adjacent to Cavendish Hotel

Walk to Pilsley village & Edensor (the model village that replaced the original "eyesore")

Afterwards we'll go to a pub or coffee shop depending on general consensus.

Details can also be obtained by contacting the overall co-ordinators on 07786 803455
(or an email can be sent on to them via lookoutmag@hotmail.com)

SHEFFIELD HIKING DYKES All Sunday walks start at 10:30 unless otherwise stated. Contact the group
direct for details of locations and other walks. A full & varied programme of walks throughout the year. Check
out their website <http://hikingdykes.webs.com/sheffield/> or email sheffield-hd@hotmail.com

Peak Ruffy walks: These walks are for women who like walking longer and faster and over more challenging
ground. Hikes are usually about 10 to 14 miles in the Peak District on the last Saturday of the month.

You can join this group by emailing: peakruffies-subscribe@yahogroups.com



<http://peakhd.webs.com/walks.htm> ALL the walking group dates in calendar format

Can we tempt you with a holiday at Europe's southernmost lesbian holiday destination?

"My partner and I run Bambú, an exclusively lesbian holiday resort in southern Spain. We've been up and
running now for some 3 years and Bambú is proving to be very popular. As far as we can tell there is only one
other similar place in Spain and virtually nothing anywhere else in Europe outside of the UK. There are many
more establishments for gay men, but almost nothing for women. What we offer is an opportunity for
lesbians to fully relax and be themselves whilst on holiday - and at the same time we are located in a beautiful
part of the world, fabulous for exploring the Andalucian coastline, mountain villages and some major Spanish
cities." Check out their great web site which also contains booking details.

<http://www.bambu-resort.com/>

from Catherine and Susanne @ Bambú!

Camping anyone? The 'under canvas' variety

Most of the Walking Groups seem to contain more than their fair share of hardy types prepared to brave
the vagaries of the British weather but did you know there's a more national group who meet up through-
out the what I call summer months. Not exactly organised as such but the venues & dates are booked
then it's up to you to do the rest. Contact details: christinegare@hotmail.com

You can send your own reviews, requests for further information, donations, adverts, articles and details of social events
(by 7th May please) to lookoutmag@hotmail.com or to
Lookout C/o The Women's Centre, 30 Chaucer Street, Nottingham NG1 5LP.

INTERESTING STUFF

Nottingham Women's History Group

Celebrate, promote and research the contribution of women to Nottingham's history

Saturday 9th March, 1pm

Notables, Nurses and Nuns £2 donation

Our International Women's Day Walk around the Ropewalk area

Meet at the Playhouse, Wellington Circus, Nottingham, NG1 5AF

Saturday 27th April 2pm £3 inc refreshment

Personal Politics: Women's Liberation in the UK & AGM

Speaker Dr Sarah Browne, University of Nottingham

An overview of the origins and development of the Women's Liberation Movement in the UK.

There will be an opportunity to share information and personal experiences of the Women's Liberation movement in Nottingham.

Venue - International Community Centre (ICC), 61b Mansfield Road, Nottingham, NG1 3FN

For further information contact

Nottingham Women's History Group

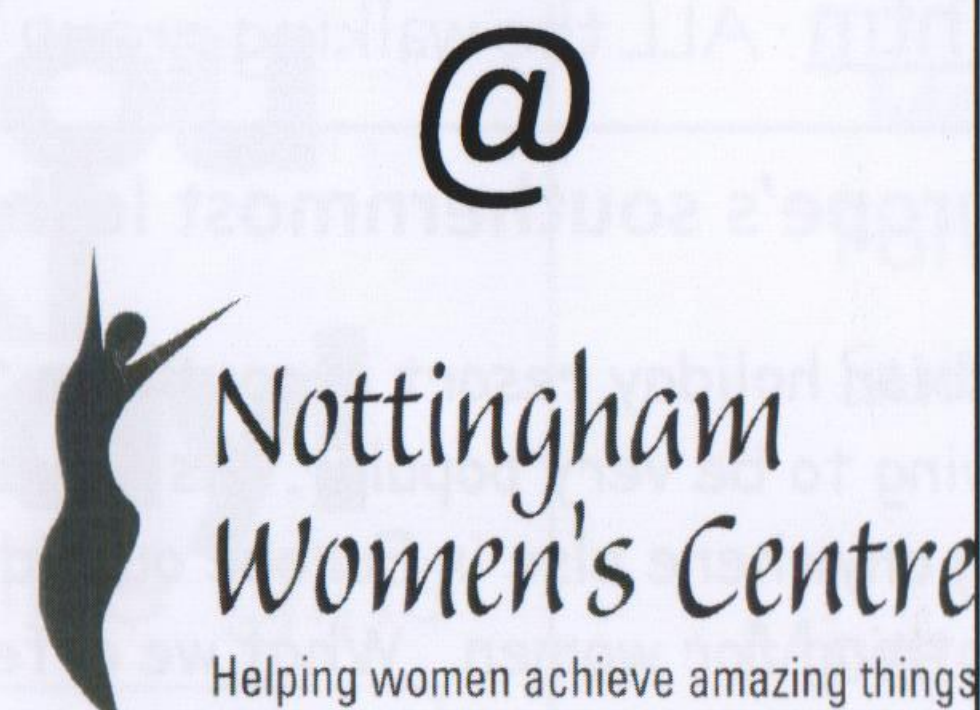
www.nottinghamwomenshistory.org.uk

E mail nttmwomenshistory@gmail.com

Tel Mo 07950 472022

Val 0115 962 4646

Lesbian/Bisexual Women's Cafe



Second Monday of each month 5:30 - 7:30 meet in a relaxed atmosphere & catch up with old friends, meet new people. Food & non-alcoholic drinks available for small donation.

Newcomers always made welcome.

Lezzie Family Group

We still meet on the second Sunday of the month about noon at the Stonebridge City Farm. It's a smallish group, usually just a few mums/grannies & their kids who tend to be from new born to about 10 now. We're open to suggestions about meeting someplace else if that's what women want. The farm is free (tho donations are always welcome), there's a cafe selling hot & cold food, small play area, animals to feed, fruit & veg garden and plant/veg sales. Women can ring Judi on 07888657916 if they want before they come or just turn up.

Did anyone else catch our very own Mo on tv recently on a programme about allotments? Have you ever fancied an allotment yourself?

St Anns Allotments

are 75 acres of green space on the border of St Anns and Mapperley in Nottingham. They are Grade 2* listed victorian detached gardens, with over 500 individual gardeners, community projects, wild life and visitor centre. Fancy being involved in this exciting project?

Opportunities for hands on work (cheaper than a gym - and much more fun), or helping out

at the new visitor centre, leading tours, giving presentations, baking cakes. Full training given. It's our oasis in the city!" Contact Mo on 0115 9110207,

mo_heritage@staa-allotments.org.uk,
www.facebook.com/staa.allotments,

www.staa-allotments.org.uk

MORRIGAN HOUSING CO-OP

'Morrigan is a housing co-op that provides safe, secure and affordable housing for lesbians. We currently have two vacancies in a very large Victorian house situated just outside Nottingham city centre, with access to the tram. It is a shared house with a maximum occupancy of 4.

The communal areas comprise of a very large kitchen, living area and a music room. It's centrally heated with coal fires in most of the rooms. It has WiFi & been digitally converted.

The two current tenants have lived there for a number of years and are lovely.

For more info go to

'morrighanhousingcoop.wordpress.com' where you can download an application form,

or contact us at:

morrighancoop@aol.com phone: 0115

HELP & SUPPORT — this hasn't been updated for a while

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! Is an LGBT group for young people aged 11 to 25. Meet at NGY Myplace every Wednesday from 6:00 to 8pm.

Contact details
info@outburst.org.uk
0115 952 5040

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 group) Support & social group for lesbians with ME (Chronic Fatigue Syndrome) contact Self Help Team, Ormiston House, 32-36 Pelham St. 0115 911 1661 or Morag on 0115 847 1544 or email: morag@ntlworld.com or nottslesbiancentre@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, SexTherapy, 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

Tipping the Velvet

Advice for women who have sex with women. Advice & help with sexual health, drug use, domestic violence, etc. Service is free & open to women of all ages. For more info contact Donna. The Health Shop, 12 Broad Street, Hockley, Nottingham NG1 3AL or 0115 947 5414 or healthshop@nottinghamcity-pct.nhs.uk

Nottingham & Nottinghamshire Lesbian & Gay Switchboard

Confidential info, advice & support from trained volunteers.

C/o VAC, 7 Mansfield Road, Nottingham NG1 3FB or e-mail notts@lgswitchboard.fsnet.co.uk

0115 934 8485 or 01623 621 515 Mon - Fri 7.00 - 9:30 pm

Domestic violence within Lesbian and Bisexual relationships

Roshni Community Outreach service for ALL women

0115 988 1414

Monday to Thursday: 9-5 pm

Friday: 9-4.30 pm

Broken Rainbow helpline

08452 60 44 60

Monday: 2 - 8pm Wednesday: 10 - 1pm Thursday: 2 - 8pm

Every Thursday Evening 6:30-7:30pm

At Self Help Nottingham
2nd Floor, Ormiston House
32-36 Pelham Street
Nottingham NG1 2EG

For more details contact the Self Help Nottingham Information Line on 0115 911 1661 (9am-1pm Mon-Fri) or email info@selfhelp.org.uk

This group is supported by The Recovery Network at Self Help Nottingham. For more information about finding, joining or starting a self help group contact: 0115 911 1662 therecoverynetwork@selfhelp.org.uk



We can help you break free
Confidential help - 24 hours a day
7 days a week, 365 days a year
Freephone **0808 800 0340**
Textphone **0808 800 0341**
Office **0115 947 5257**

www.wais.org.uk