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LOOKOUT

Jun Jul Aug 2014

Issue 71

News from the Nottingham Women's Centre

As usual we're keeping ourselves busy at Nottingham Women's Centre - lots on!

Our RENEW project is now in full swing. RENEW is all about improving mental health - supporting women with low self esteem, depression and anxiety. As well as being able to access one-to-one counselling through RENEW you can also access a wide range of group activities - everything from our popular Women's Empowerment Group, to singing and creative arts. We also have a regular coffee morning on Wednesdays. If you're interested and want to find out more, email renew@nottinghamwomenscentre.com or give us a call and ask for the RENEW team. You can also find out more at our summer BBQ on Wednesday 16th July.

As well as RENEW we've got our usual range of courses on offer - everything from maths, IT and English to Women and Psychology! We'll be enrolling again for courses in September - come to our Course Information Day on Tuesday 16th September, 10am-2pm to find out more.

Our Lesbian/Bi-women's cafe continues to run on the second Monday of each month, 5.30pm - 7.30pm. There is no set structure to the evening but if you do have an ideas for a theme/event for a future cafe evening or if you would like to showcase your culinary talents, please get in touch.

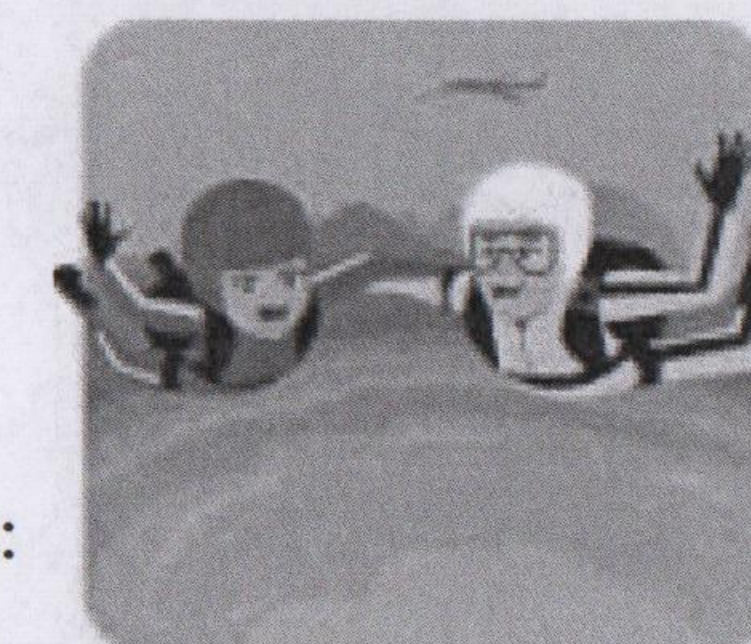
We were sad to see our year-long women's history project WoLAN come to an end in May. Although the project is over, you can still access information from the WoLAN website: <http://wolannottingham.wordpress.com> (which we still hope to add to) and from Nottingham Central Library and Nottinghamshire Archives. If you contributed to the project in anyway, thank you!

One last thing - we're doing a big fundraising push this autumn and challenging women to challenge themselves by doing something daring to raise money for us. We're planning a women only firewalk on 25th October - and there is still time to join! Email: fundraising@nottinghamwomenscentre.com to sign up or for more information. Our Centre Manager, Mel is doing a sponsored skydive on 6th September and really needs your support to hit her target. Can you help? <http://localgiving.com/fundraising/meljeffs>

For more information on any of the above contact:

Nottingham Women's Centre, 30 Chaucer Street, Nottingham, NG1 5LP

Tel: 0115 941 1475, E-mail: admin@nottinghamwomenscentre.com or visit:
www.nottinghamwomenscentre.com



LOOKOUT! Is sponsored by CAMPIONS SOLICITORS

WOMEN'S REGULAR EVENTS & SPECIAL ACTIVITIES

JUICE 2014

WOMEN ONLY DANCE NIGHT

SATURDAY
29TH MARCH
14TH JUNE
13TH SEPTEMBER
6TH DECEMBER
8 PM - 1 AM

WAGED: £5
UNWAGED: £3
FREE PARKING

FEDERATION CLUB CLAREMONT ROAD
NOTTINGHAM NG5 1BH

(between Sherwood Rise and Hucknall Road)

juicenottingham@yahoo.co.uk or

join Facebook: juicenottingham

In case you are
 missing it already

Million Women Rise

We are pleased to announce the
 next Million Women Rise benefit will
 be on Saturday **15th November**
2014 (not 11th October as
 previously announced) at the
 Polish Centre, Nottingham...and we
 have a brilliant line up.....
 our very own

Jo Freya

(<http://www.freyamusic.co.uk/>) and

Mama Tokus

<http://www.mamatokus.com>)



L FEST. THE UK'S
AWARD WINNING
LESBIAN
FESTIVAL

LIVE. LIFE. LAUGH. LOVE. LADIES
2014

JULY 18-21ST 2014

Yes, you are right the **L Fest 2014 line up is ready for your eyes!** Our eyes have seen it for months and
 I'd like to give a special thank you to all of the programmers of 2014, Lucy & Mandy Burton, Lynda
 Bellingham, Denise Warner Gregory, lara A king, Hazel O'Keefe & Planet London for their hard work
 programming and Kaile Dean for imputing it all on the website. You have been very patient waiting so
 thank you, now you can get REALLY excited!

There's far too much to mention on here so get straight across to the website in a minute and check out all
 of the acts, then let us know on www.facebook.com/LFestEvents what you are most excited about!

ODDS & ENDS

BITS & BOBS



NEW! NEW! NEW!

60+ Lesbian Feminist Network



This is a new group in Nottingham for Lesbians over 60 years of age to meet
 together

For mutual support and to discuss our experiences of ageing as Lesbians

Share strategies for combating isolation, ageism, and homophobia

To enjoy socialising and days out and going to lesbian and feminist events together

Look forward to becoming more positively visible

If you are interested in being part of this group please email Lorraine at

Oln60@outlook.com

BOLD STROKES BOOK FESTIVAL 7 & 8 June 2014

Waterstones Nottingham

The Bold Strokes Book Festival 2014 will be June 7th-8th at Waterstones, Nottingham. All panels
 are held on the 4th Floor, Sillitoe Room, Waterstones Nottingham (just off Market Square, city
 centre).

We've got a fantastic, fun filled programme this year. The event begins at 1:00pm on Saturday.
 We'll have various panels, some wigs, a lot of insanity, and some good talks. After, we're meeting at
 the Nottingham Writer's Studio for our annual Author/Reader Meet and Mingle, about 5:00pm.

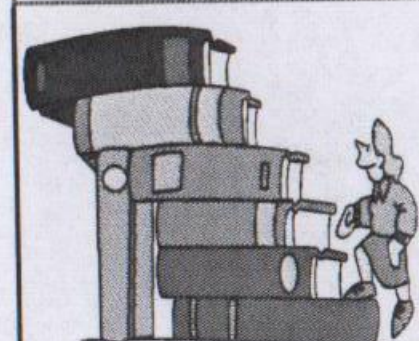
On Sunday morning at 11:00am we start with our coffee chat, with coffee and nibbles provided to
 wake everyone up, followed by yet more readings, discussions and our always popular publishing
 panel. From there we head to The New Foresters pub (by the back of the Victoria Centre) for lunch
 provided by the pub. This is your last chance to mingle and get your books signed! It's always a great
 afternoon.

And once again we'll be hearing pitches, so if you want to pitch your novel to Bold Strokes, then get
 writing and get in touch to schedule a time.

Thanks, and get in touch with questions or comments. See you soon!

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

Culture, Sports & a bit more Socialising



Midweek Book Group

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

Next book group meeting will be 25th June
meet at the Canal Bar Nottingham

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>

Nottingham Women's History Group

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

Nuns, Nurses and Notables

Summer walk

Thursday 17th July 2014, 7pm

Meet at the Playhouse, Nottingham

For information on this event and future NWHG activities
nottmwomenshistory@gmail.com

Tel Mo 07950 472022

www.nottinghamwomenshistory.org.uk or facebook

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

meet, chat, laugh

On Tuesdays
(1st, 3rd & 5th of
each month)

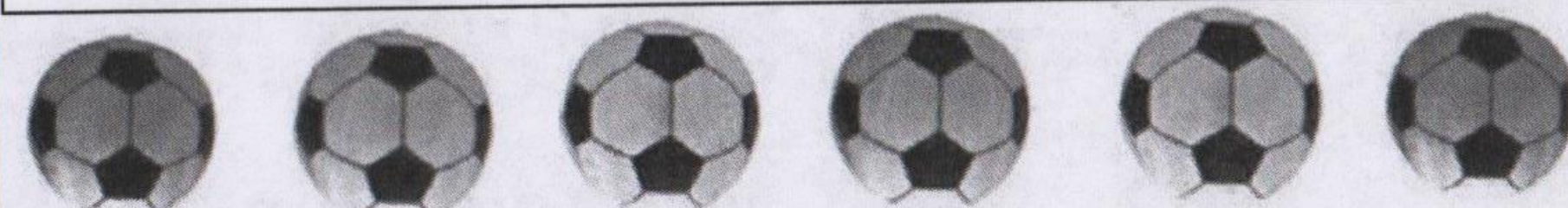
8pm

Lord Roberts

24 Broad St,
Nottingham

syntgirls@hotmail.co.uk
syntgirls on facebook

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

NOTE: NEW VENUE



WOMEN'S BADMINTON

DJANOGLY

SHERWOOD RISE

Newcomers please check for details

THURSDAY EVENINGS at 8

For confirmation of sessions contact
Rachel on 0115 982 6952

Walking Groups & other bits

NOTTINGHAM HIKING DYKES

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



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

15th Jun : Tideswell meet George pub SK17 8NU but park on road. Vanilla Tearooms afterwards

20th Jul : Bradwell meet at St Barnabas church S33 9HJ for an 8 mile walk

17th Aug : meet at entrance to Beresford Lane Farm SK17 0HQ chance for camping on Fri/Sat nights too

For full details of the various walks and camping events please make contact direct with the group

via www.nottinghamhd.org.uk or ring Lesbian and Gay Switchboard 0115 9348485

13th Aug : extra evening walk meet at Thornton reservoir at 6:15 for a 6:30 start. 2.7 mile walk LE67 1AR for sat nav
Propose to eat at the Bricklayers Arms after walk but this will need to be ordered before the walk.

Women only holidays. From gentle walking to the more adventurous. In this country or further afield. A full & varied
programme throughout the year. Other themes include skiing, cycling, photography, yoga, wild swimming.
www.walkingwomen.com Tel: 0114 241 2774 email queries@walkingwomen.com



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>

Sunday 1st June met at Winstar

Sunday 6th July TBA but likely to be in the vicinity of Hartington

Details can also be obtained by contacting the overall co-ordinator on 07757 266651
(or an email can be sent on to her 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 phone Deena on 0114 268 6409 or Sandra on 01226
767179 or email sheffield-hd@hotmail.com

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

Information about forthcoming walks is posted to members of the peakruffies yahoo group. You can join this
group by emailing: peakruffies-subscribe@yahoo.co.uk

<http://peakhd.webs.com/walks.htm> ALL the walking group dates in calendar format
(I could only see Peak Ruffies & Sheffield & Nottingham Hiking Dykes on this web site)

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modeinteriors.org.uk

Lezzie Family Group now re-named

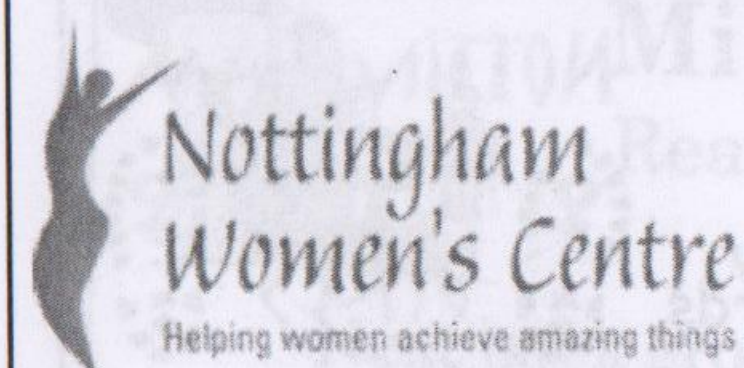
Rainbow Family Group

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

ring Judi on 07888657916 for more info

Open to any LGBT parents or carers & their
children & anyone else involved with their
families

INTERESTING STUFF



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.

Also at the Women's Centre

Lesbians in Nottingham

Meet every 2nd & 4th Friday of the month
Come and join us to chat, play board games and have a laugh.
All lesbians welcome, or those questioning whether they might be lesbian.
For more info ring Ruth 0115 982 6952

Alison Moyet announced as special guest on the Culture Club tour later this year.

Nottingham Arena December 6th



Note from the editor:

It would be really great to hear from other women about things that are going on in the Nottingham, Derby, Leicester areas, either lesbian specific or mainstream or anything else that might be of interest to the Lookout readership.

Also, it's a great way to advertise or promote skills & talents.

The next issue is due out at the beginning of September so you can make contact anytime between now & mid August.

lookoutmag@hotmail.com



Loads going on check out www.lichfieldfestival.org



@Lichfield Garrick Lipservice (Inspector Norse)

July 9th & 10th Hysterical Historical Show

FASCINATING AIDA

Friday July 4th

HELP & SUPPORT — newly updated thanks to Joan

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

Email : notts@lgswitchboard.fsnet.co.uk

Website: www.nottslgs.org.uk

Nottingham Rape Crisis Centre

phone 0115 941 0440.
Confidential, free and independent.
Run by women for women
www.nottinghamrapecrisis.org.uk

Outburst!

Is an LGBT group for young people aged 12 to 25.
Meet at NGY Myplace every Wednesday from 6:00 to 8pm.
Contact details
www.outburst.org.uk
0115 704 3114

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

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

www.relate-nottingham.org.uk

Nottingham City Council 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),

0115 915 7244).

Advice & help with sexual health, drug use, domestic violence, etc. for people of all gender identities.

12 Broad Street, Hockley, Nottingham NG1 3AL or 0115 947 5414 or

email HealthShop@nottshc.nhs.uk

Broken Rainbow National LGBT Domestic Violence helpline

0300 999 5428

Opening times Mon & Thur: 10am - 8pm Tue & Wed: 10am - 5pm (1pm - 5pm Tue is Trans specific)
www.brokenrainbow.org.uk

Derbyshire Friend LGBT Specialist Support & Advocacy Service

<http://www.gayderbyshire.org.uk> Tel: 01332 207704

email: info@gayderbyshire.org.uk

Leicester LGBT Helpline 0116 255 0667 Thursdays 7:30-10pm

Leicester & Rutland LGBT info & services - Leicester LGBT Centre
<http://leicesterlgbtcentre.org/>

Women's Aid Integrated Services



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

Notts LGBT Alcohol Support

Are you...
gay, lesbian, bisexual
or transgendered?

Do you think you have a problem with your drinking?
Have you recently had a problem with your drinking?
Would you like support from people who have had similar problems?

Notts LGBT Alcohol Support is a group offering support to lesbian, gay, bisexual and transgender people to discuss issues around alcohol

We meet on the first Tuesday of the month from 6.30 to 7.30pm
@ 14HS Nottingham Health Centre,
75a Upper Parliament Street, Nottingham NG1 6LD

Phone: 07526 670757 | email: info@nottslgtaicoholsupport.org
www.nottslgtaicoholsupport.org