Page 4

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 Frida 6pm-8pm. A space to meet othe lesbian, gay and bisexual people

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

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 accident!

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

r	Syndrome meets monthly. For more details contact Morag on 0115 9162672 or email: morag-@ntlworld.com
n, lay ler le.	Nottingham & Nottinghamshire Lesbian & Gay Switchboard 0115 934 8485 (7 pm—10 pm Mon—Fri)
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e a ed by ne like o en a nk ich.	Contact E-mail: lizi2910@y Phone: 07780 725637 Look forward to hearing from you!	<text></text>
ICH.		

Dec, Jan,
Out and Abc
Welcome to the Win Lookout!
We have recently ex difficulties with our e address which has r everything being wip Please accept our a you have sent us an inclusion.

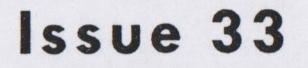
BROKEN RAINBOW LGBT DOMESTIC VIOLENCE SERVICE (UK)

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.



LOOKOUT!

Feb 2005





out nter edition of

e-mail resulted in ped off it. apologies if hything for 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.

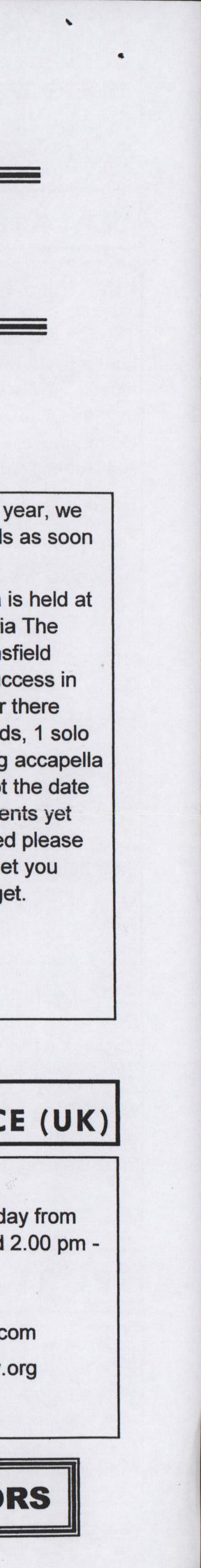
Helpline Number (Survivors) 020 8539 9507

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: lgbtdv@btopenworld.com

Website: www.lgbt-dv.org

LOOKOUT! IS SPONSORED BY CAMPIONS SOLICITORS



Page 2

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 Osmaston, south of Meet at the Red Lion public house in Ashbourne for an easy 8 or 4 mile East Bridgford for a walk along and walk. Park near the church. above the River Trent (GR693435).

16th January

7 mile walk in Dimmings Dale near Meet at the bus stop on the junction Alton Towers. From Alton follow of Nottingham Road/Waterloo Lane signs for Alton Towers, At bottom near Trowell for a linear walk back of steep hill turn off the main road into Nottingham city centre along and follow River Churnet down the the last 7.8 miles of the Robin Hood Red Road. The Ramblers Retreat Way. You can catch the 10.05 am car park is 0.5 miles on the left. Rainbow 2 bus from Victoria Bus

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 Chatsworth 5 miles. Meet at meet by the church GR223610. Calton Lees car park GR261703. Dale End, through Gratton Dale Chatsworth Park, Beeley, Burnt and back to Elton on field paths. Wood, Beeley Hilltop. A nonstrenuous walk, to clear any **19th December** remaining New Year hangovers, Dronfield walk and social. 11 am through fields, meadows and a moorland track.

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.

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

LOOKOUT!

station out to the starting point.

20th February

20th March

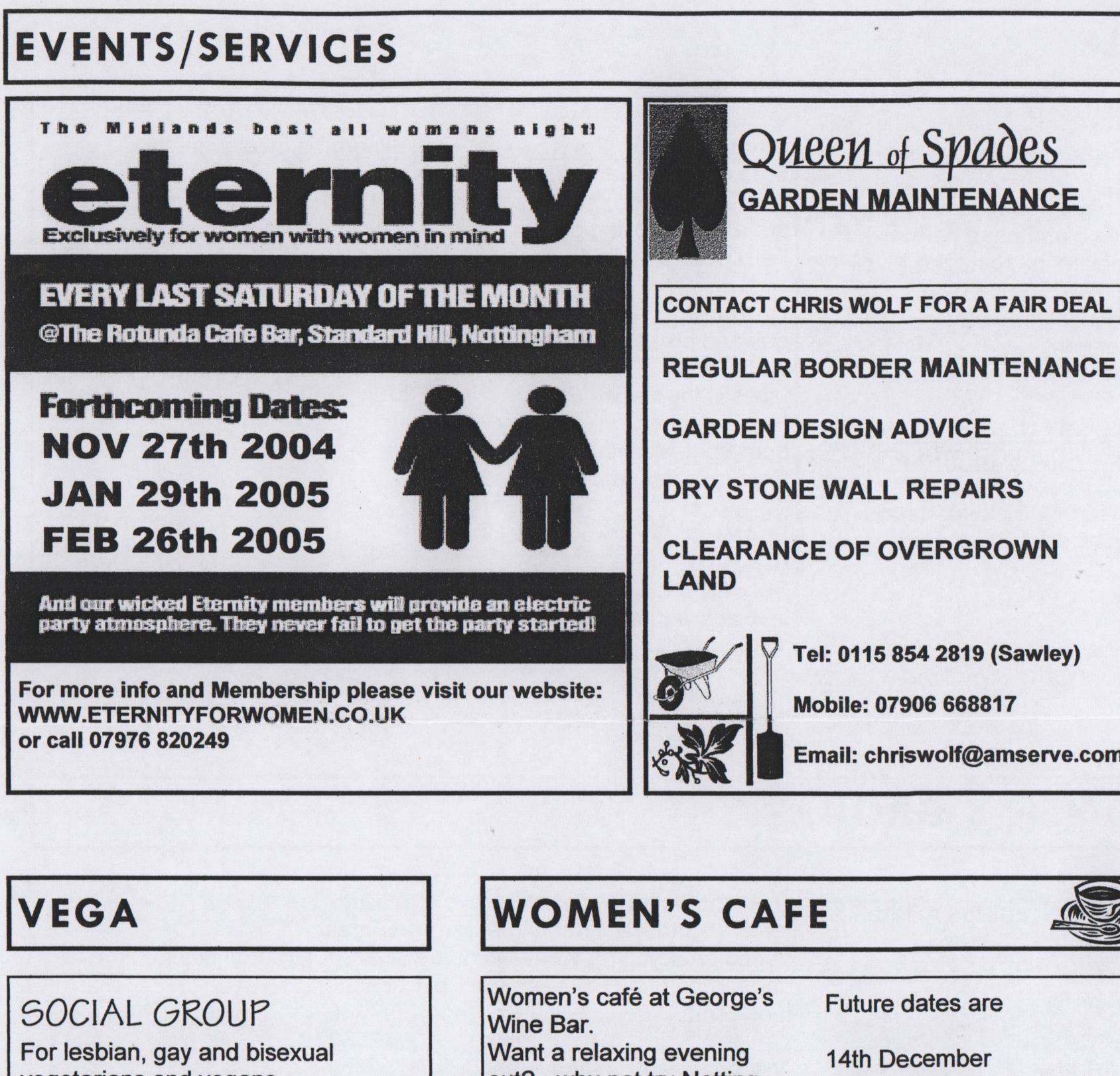
2nd January

6th February

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

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

Issue 33



vegetarians and vegans.

Group is Nottingham Based

Visitors Welcome

For more details contact 07947 644147

Mobile: 07906 668817

Email: chriswolf@amserve.com

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.

