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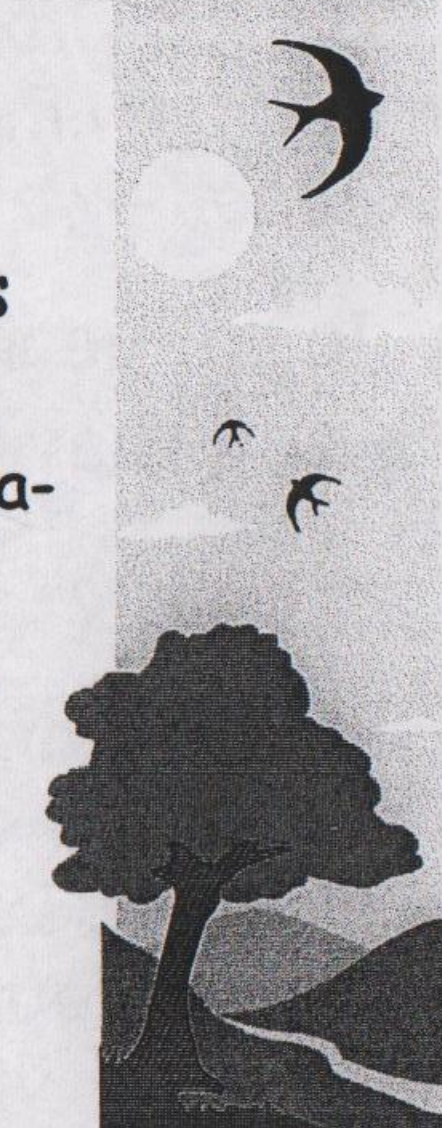
LOOKOUT!

June, July, August 2005

Issue 35

Editorial

We're on the Lookout for some volunteers who are able to spend a little time helping in the preparation of this informative magazine. In particular an advertising co-ordinator is required, but there are other opportunities for people to be involved in gathering news & writing articles for inclusion. Contact us via email at: lookoutmag@hotmail.com



So summer is here, and as if to prove it there are lots of walks for the fit and the fainthearted. Check out Page 4 for all the details. If you feel that it's an Eternity (see comment) since you've been out make sure you read Page 2 for up to date news on the latest venues we're aware of. For services & help turn to Pages 3 & 6 and get yourself sorted out.

Further editorial comment below.....

Comment

ETERNITY- For those who haven't heard this once a month disco lost its venue when the Rotunda was sold off for re-development.

The girls hope to find another venue at some point, but at the moment you might have to make do with a quick shimmy in front of your long line mirror! Alternatively check out regular gigs at NG1 (mixed), The Foresters (mixed), The Lord Roberts (mixed), Central, (mixed) or those mentioned on Page 2.

The Women's Café: This too has folded, despite numerous attempts to find a new venue in the post-George's Bar demise. The Broadway cancelled two successive monthly Women's Café nights, and other possibilities weren't feasible. Mo C has confirmed that after 18 months of running the night, she no longer has the time nor energy to organise it any more. If anyone else has ideas about a suitable venue & would like to take up the baton they can contact Mo via Lookoutmag@hotmail.com and she will no doubt give you the benefit of her experience.

Hidden Talents: We've had no grapevine news about where Hidden Talents may next be performed, since The Maze was sold..... Yes you've guessed it..... For re-development!! Is there a bit of a theme developing around the City??

We think it is important for us to maintain a good solid social network for all women who share an "alternative" lifestyle, and in order to do that, it is necessary to support where possible, new and ongoing venues that cater for us specifically - in some cases it really is "use it or lose it", but as our most recent experience demonstrates all too clearly sometimes it's just about the "pink pound" being weaker than the "development dollar".

But... get out and about on Saturday 23rd July and enjoy the latest Nottingham Pride Event at the Arboretum Park 12-6pm

LOOKOUT! Is sponsored by CAMPIONS SOLICITORS

WOMEN'S REGULAR EVENTS

Women's Café

Formerly at the BROADWAY cinema Mezz Bar

Sadly, after all Mo's fantastic efforts, it looks like the Broadway can't really be relied upon as a "regular" venue. A lot of us who used to turn up from time to time probably didn't realise just how difficult it could be trying to keep it all together—we all owe her many thanks.



If anyone knows of a suitable venue or has any bright ideas as to alternative arrangements can they please let Lookout know.



Sophie (Hidden Talents) is running a night out For Lesbians and their Friends, featuring brilliant and original music at The Bomb, Bridlesmith Gate, Nottingham. every other Monday night.

There's a new Gay night on the 1st Thursday of every month at Oceana, Lower Parliament St. Telephone 07876 684882 or visit: info@clubdestination.co.uk Described as a lavish gay night for the midland gorgeous boys and girls, it promises pop hits and funky sounds.

NG1
Is hosting Hedonism Every 3rd Saturday. It's a fusion of chunky and funky house!

LAFS

Lesbians in Ashfield Friendship and 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.

Meet last Wednesday of each month 6.30pm–8.30pm

Wednesday 25th May

Wednesday 29th June

Wednesday 27th July

Ashfield Womens Centre, Diamond Avenue, Kirkby in Ashfield

A safe accessible women only place.

To find out more details phone Alison or Cheryl on 01623 473010

(Mon–Fri 9.30a.m. –1.30p.m.) or workers@ashfield-womens-centre.fsnet.co.uk

Or you can leave your name & number confidentially on mobile 07849 798802

Alison or Cheryl will phone you back. This group is for women aged 16–160!!

FORTHCOMING WOMEN'S EVENTS

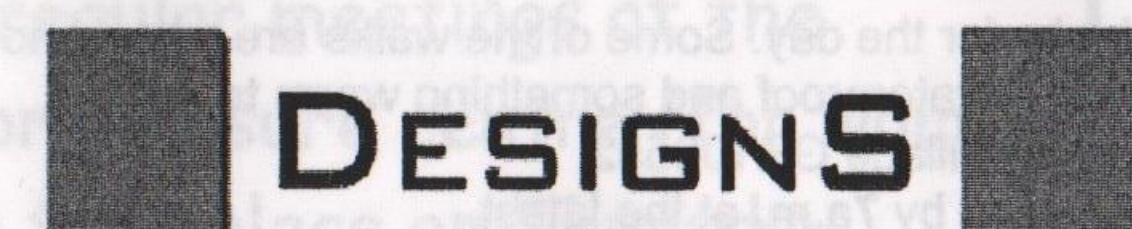
There WILL be another ceilidh!

O yes there will, yes there will. Your willows will be stripped.

Sorry folks! Not just yet, but the organisers tell me they are planning one for the autumn. So watch this space in the next edition of Lookout for the date of the autumn women's ceilidh. Venue to be announced.

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Walking Groups & other events

SHEFFIELD HIKING DYKES

Sheffield Hiking Dykes is a walking group for lesbians and women questioning their heterosexuality. More information about the group can be obtained by contacting: Deena on 0114 268 6409 or Kate on 0114 221 8426

All walks start at 10.30 am unless otherwise stated. Please bring a packed lunch and drinks for the day. Some of the walks are rocky and rough underfoot and/or climb quite high onto exposed areas so wear suitable footwear and bring a waterproof and something warm to put on.

June 5th Manifold Valley 7 miles Meet at the Car Park next to the Public Toilets in Wetton Village GR108552.

June 11th Annual Long Walk 24 miles Meet at the Robin Hood (Chesterfield Road, Baslow) by 7a.m. at the latest.

July 3rd Stanton Moor 7 miles Meet in Winster at the Market Hall. GR242605. (Winster on B5057 Darley Dale to Winster Road.)

July 24th Grouse Inn 8 miles Meet at the Hay Wood NT Car Park near the Grouse Inn GR257778. (Lots of ups & downs & beautiful views)

August 7th Goyt Valley 10.5 miles Meet at the car park near Bunsal Cob GR018758. (With 7 mile - Shorter option).

August 21st Tideswell 11.5miles Meet near the toilets in centre of Tideswell GR152756. Fairly strenuous route, rocky & very muddy if wet.

EVENING WALKS :

June 9th Moss Valley 3miles Meet at the Black a'Moor Pub on the B6056 - the Coal Aston to Eckington Road. SK387793.

June 22nd Monsal Head Meet at the car park in front of Monsal Head Hotel GR18414 (1 mile North West of Ashford in the Water)

July 5th High Bradfield Meet at the Old Horns Inn in High Bradfield Village GR268925 (Easy walk round Agden Reservoir)

July 20th Calver Meet by the Bridge Inn at Calver GR247744 just off the A623 (by riverside and meadow)

August 3rd Hathersage Meet at Little John public house GR230814 Situated at junction of B6001 & A625 (Easy 3 mile walk)

August 17th Bretton Clough Meet at The Barrel Inn Bretton SK201779 (Eyam Edge on the Eyam to Foolow Top Road)

NOTTINGHAM HIKING DYKES

This is a walking group for female born lesbians only. They walk every month, usually the third Sunday, over 6 to 8 miles starting 10:30. Update on www.nottinghamhd.homestead.com or the Lesbian & Gay Switchboard 0115 934 8485

19th June - Meet at Eyam, (GR216767) 11am

17th July Meet AT Elton (GR222610) 11am start.

21st August Beresford Dale, near Hartington. (GR117584). 11am

Summer evening strolls - meet at 6.15 for a 6.30 start. Walk 3 miles and then return for a pub meal

Wednesday 13th July. Old Dalby, near Melton (GR672239).

Derby Walking Women — a friendly group who meet once a month, usually on the first Sunday. Walks are organised to start at 11 am, are about 5 miles over local non-strenuous countryside, have a rest part way round when you can eat your packed lunch or there is usually scope for a drink &/or hot food in a pub or tea room at the end.

Next walk will be June 5th meeting at the Anchor pub car park at Oakerthorpe nr Alfreton. After that it'll be a special walk & games event on July 17th at Sherwood Pines & then a walk on August 7th (details nearer the time by contacting Lookoutmag@hotmail.com)

News of another Walking Group

Are you a gay or bisexual woman living in or near North Nottinghamshire? Do you enjoy walks in the countryside? If so, this group is for YOU!

Monthly walks ranging from 4 to 8 miles will be organized throughout North Notts. This is the perfect opportunity to both increase your social circle and keep fit! For more info: Email nnwalkers@yahoo.co.uk or phone 07961 847091

Project funded & supported by The North Nottinghamshire LGB Development Group

Lookout! contact details

Send your email address to lookoutmag@hotmail.com to either have your name put on the e-mailing list or let us know about any events that will happen before the next printed version of Lookout! (Next issue out in September, deadline for copy/adverts will be 7th August)

SPORT

Badminton

The regular meetings at the Victoria leisure centre (for women only) take place on Thursday evenings at 9pm & Saturday mornings at 9am. It's still going strong but new members at any level are always welcome to join in. For details contact Rachel 0115 982 6952 or lookoutmag@hotmail.com

Mixed Gay Badminton

A new group has recently been set up by GHAP (Gay Healthy Alliance Project)

Mondays 6 til 7

In Nottingham

To book a place phone 0161 835 9880

Email info@ghap.net

Web site: www.ghap.net

Want to get fit & active?

If any of you would like to get involved with Ladies Hockey or 5 a side Football. Contact us at Lookoutmag@hotmail.com for further details.

Accommodation

Looking for something a little different?

We are three friendly veggie/vegan women, lesbian & straight & two delightful cats (sexuality undecided!) who are looking for a fourth woman to share our sunny, spacious house and garden. Join us for shared meals and morning meditation (though nothing is compulsory!).

The house is on the outskirts of Nottingham, near to countryside yet with easy access to city centre by tram/train.

£224 per month + bills.

If you think you might be interested in joining us, please phone Louise, Leila or Helen to find out more on Nottingham 0115 963 9183.

Civil Partnership Update:

The April Budget has taken care of the various financial changes that were needed to allow the civil partnerships arrangements to proceed. Earlier in the year the government announced that interested parties could register their partnerships on the 5th December. This means that the first ceremonies can take place (following a 15 day waiting period as with marriage) on 21st December - so Christmas will be coming early for some people. Civil servants are still deliberating about how to inform the wider world about the exact provisions of the new legislation and how to train registrars. Stonewall Organisation will be publishing news and updates surrounding the issue of civil partnerships & ceremonies throughout the year, and in the next issue of Lookout we should have an update on this topic from a local solicitor.

You should have ample time to plan your big day. We would like to hear from those of you planning on a ceremony - hopefully with stories of how easy it was to organize and recommendations of gay friendly establishments who helped you.

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.

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

AT EASE, an advice, counselling & information service for members of the Armed Forces needs more voluntary workers, particularly from ex Forces personnel. If you can help contact: AT EASE, 28 Commercial St, London, E1 6LS. Tel: Sundays only 5pm-7pm 0207 247 5164. www.atease.org.uk or info@atease.org.uk

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Meditation & Skillsharing Retreat

Saturday 23rd July

10:30 to 5:00

At the Buddhist Women's Community

107 Papplewick Lane

Hucknall

Nottingham

(10 mins walk from Hucknall tram)

Periods of sitting & walking meditation; choice of skillsharing workshops from sacred sound chanting, treasure maps, positive thinking techniques, to yoga & drama. Please make contact ASAP if you have skills you feel able to share. You don't have to be an expert just willing to have a go. Please bring vegan/vegetarian food to share for lunch. No charge but donations welcomed. For more info or to book a place ring Louise, Helen or Leila on 0115 963 9183.

Have you ever thought about doing what you love for a living?

Here are a couple of women who have.....

Sue Smith BA(Hons) LCHE MARH

Licensed Homoeopath

Homoeopathy makes use of our own healing potential. Many choose homoeopathic treatment as a safe and gentle alternative to potentially harmful prescription drugs. But it also works alongside conventional medicines and it treats the entire person, rather than looking at isolated symptoms and ignoring their cause. Homoeopathy works particularly well with ailments that don't respond well to ordinary medicine. It's effective for emotional states like grief, anxiety and depression as well as being great for conditions as diverse as migraine, allergies, asthma, eczema, rheumatism, digestive and menstrual problems and eating disorders. Ordinary medicine tends merely to suppress such ailments and drive them inwards.

Your initial consultation takes about an hour in order to provide an accurate picture of you as an individual, and what your symptoms are like for you. The exact nature of your symptoms then indicates the remedies you need. It is a system of medicine that is especially compatible with women, as they tend to be more used to listening to messages from their own bodies.

Homoeopathy is also brilliant for children and babies as well as the elderly because it is a gentle and often rapid process. It leads to a steady and enduring improvement in your overall health and well-being.

Sue is available for consultation either at Netherfield or West Bridgford.

Telephone 0115 841 8410 for an appointment.

Fancy a change?

Do you want to improve the look of your home but don't know where to start? There are so many makeover programmes on tv and magazines that you can be daunted by the choice.

Karen Dunnill, after 20 years experience of painting and decorating and house renovation has recently qualified in Interior Design. "I often find that clients from my business Pink Paintbrush ask me for advice on colours and design or sourcing materials and other trades people" says Karen. So, she has linked up with Lynn Stevens from Derby to form Libra Interior Designs. They will come and after listening to all your ideas, provide a colour scheme, room designs and if required a full project management service to take all the hassle out of transforming your vision into reality. Libra Interior Designs offer a free initial consultation and will handle projects from a single room to a brand new extension. Karen or Lynn can be contacted on 01332 551407, 07721 073124 or by email lynn@librainteriordesigns.co.uk.