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LOOKOUT!

Dec 2005 Jan Feb 2006

Issue 37

Editorial

We hoped that our front desk would have been inundated with news of loads of exciting events for the festive season ready to fill our set aside "Santastic Entertainment" column but, sadly, those calls never materialised. An educated guess leads us to believe that rampant fun and copious imbibing will be on offer at the usual haunts Ng1 & 2, AD2, The Central & The Foresters but there's nothing to equal the Christmas/New Year bashes held at Eternity or, before that, Cello's. Never mind, we're confident that our readers will be up to the seasonal challenges of decking the halls with just enough strings of lights to out do the



neighbours without to totally draining the national grid and simultaneously joining in all the fun of unashamed jingle bells consumerism.

As ever, if you know about something that might interest others or if you would like to make suggestions for regular features please let us know by contacting the email address

Lookoutmag@hotmail.com

Or by post

C/o The Women's Centre
30 Chaucer Street, Nottingham

Nottingham Pride

Here's notice of an important date to be putting in all those stocking filler diaries that will be just perfect for getting to grips with on Boxing Day.

Next year's Nottingham Pride will be held at

The Arboretum
on 29th July 2006

Anyone who went this year will know what a fabulous day it was and in order to make next year's event even more successful there are opportunities to get involved with either the committee or various sub groups

Contact via www.nottinghampride.com



LOOKOUT !!!

We are on the Lookout for volunteers to assist in getting together a vibrant newsletter.

In particular, someone who could spend just a few hours a month to look after the advertising would be a great help. As you must all be aware

Lookout is put together, printed and posted out thanks to the small income generated by Campions sponsorship, advertising and a few donations.

Lookoutmag@hotmail.com

LOOKOUT! Is sponsored by CAMPIONS SOLICITORS

WOMEN'S REGULAR EVENTS & ACTIVITIES

The Women's Holiday Centre

A variety of themed weekends starting again in the New Year

MUSIC weekend 14/15 Jan 2006 informal workshops for those who play and those who like to listen — hoping for spontaneous jam sessions, bring ANY instrument

ART weekend 28/29 Jan 2006. Spend time exploring your creative side - whether you create regularly or are a complete beginner. Book this popular one quickly!!

BELLY DANCING 4/5 Feb 2006 bringing women together to enjoy an art form as old as her story itself. Keep fit, build confidence, promote good posture, tone muscles.

POETRY 11/12 Feb 2006 have a go - at any level. Run again by Claire Shaw. Feel free to bring along your favourite poem to share.

DRUMMING 11/12 March 2006 another weekend of African drumming run by Bev & Jo. Lots of encouragement for beginners and experienced alike.

CREATIVE WRITING 25/26 March 2006 Details to be announced

COMPLIMENTARY HEALTH 1/2 April 2006 learn a range of techniques for yourself or to use with family & friends. Range of tutors plus chance to book a massage session.

Also opportunities for a free stay in exchange for some gardening.

The Old Vicarage, Horton-in-Ribblesdale, Settle, North Yorkshire BD24 0HD

01729 860207 www.hortonwhc.org.uk

L A F S

Lesbians in Ashfield Friendship & 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, make new friends and have fun.

Meet last Wednesday of each month 7.00pm—9.00pm

At Ashfield Womens Centre, Diamond Avenue, Kirkby in Ashfield

In a safe, accessible, women only space

To find out more details phone Cheryl or Alison on 01623 473010 (Mon -Fri 9.30am—1.30pm)
Or leave your name & number confidentially on 07849 798802 & Alison or Cheryl will phone back

Notts Lesbian Book Club

This is a Social Group/Book Club which holds monthly meetings at an evening café venue in Nottingham.

Members take it in turn to choose what book to read.

This Group is open to all women with an interest in good company and page turning.

Contact Nicola
on
07733 377704

BADMINTON

TO SUIT ALL SKILL
LEVELS IS HELD TWICE WEEK.LY.
HELD AT VICTORIA LEISURE CENTRE
ADJACENT TO SNEINTON MARKET, YOU
CAN ENJOY A GAME ON A
THURSDAY EVENING 9PM-10PM OR ON A
SATURDAY MORNING 9AM—11AM.
JOIN IN AND DISCOVER A NEW &
FRIENDLY GROUP OF WOMEN.

Contact: lookoutmag@hotmail.com

Out & About

Looking for a really special place for a meal with friends in the run up to Christmas where you can sit and enjoy a specially chosen menu and, above all, chat without having to shout or strain to hear? Relax in the discreet, exquisitely decorated café by day, bistro by night, gay-owned

Café Co
44 Green Lane
Derby

Jenny, Yvonne or Adrian on 01332 360653
for bookings & further details

Open for coffee, breakfast, lunchtime snacks

Cocktails and drinks in the evenings

Private parties catered for

Monthly themed nights for dishes & drinks from around the world

The New Foresters pub

Movie Nights

first Tuesday every month themed on Musicals
8th Dec - "Sinderella"

LADIES NIGHT

Members only (can join on the night)

20th Dec - with a female stripper

Christmas Eve open till 3 am
(last orders 2 am)

New Years Eve Party

Tickets £7.00 for a huge evening of entertainment with free buffet & raffle, find lucky stars around the pub and claim £5 for each one.

Open until 07.30a.m !!!!

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Did you know.....

.....that since the demise of the community project where we used to get Lookout printed we have been very well catered for by "Print Copy Dezign" in Long Eaton. Despite a variety of problems we've had they've always come up trumps as far as a quick efficient turn around is concerned. The friendly staff there are happy to discuss any requirements you may have for special invitations; personalised Christmas and other seasonal cards; as well as a comprehensive selection of stationery. And if they can't help with what you want right there and then, they know a woman who can!

Contact details adjacent

Walking & Cycling

SHEFFIELD HIKING DYKES

Sheffield Hiking Dykes is a walking group for lesbians and women questioning their heterosexuality. More info 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.

December 4th Birchover Nine Ladies 7.5 miles meet in the village Grid ref 238623

December 18th Christmas Social—ring for details

Next year's walk dates Jan 8th & 22nd, Feb 5th & 19th

SEE THE SHEFFIELD HIKING DYKES WEBSITE FOR ALL FUTURE WALK DETAILS.

NOTTINGHAM HIKING DYKES

This is a walking group for female born lesbians only. They walk every month, usually on the third Sunday, over 6 to 8 miles.

Update on www.nottinghamhd.homestead.com or the Lesbian & Gay Switchboard 0115 934 8485

December 18th : Carlton Lees (Garden Centre) car park GR 259 686 Chatsworth. An 8 mile walk.

Derby Walking Women — a friendly group who meet once a month, usually on the first Sunday. Normally meet at 10:45 for an 11 am start. There's 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 Sunday December 4th meeting at

Borrowash village centre shops car park on the A6005

(to the rear of the Derbyshire Building Society)

10:45 for an 11 o'clock start

Gentle, undulating 5 mile walk with a break part way round suitable for packed lunch

(Each month's 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 and we'll try and get the info for you.)

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, water-proofs & footwear, and refreshments for each walk.

Sunday December 11th meet at 11am at the Old Reindeer pub Main Street, Edingley GR 664560 for a 5 mile walk over fields with open views and no steep hills.

Contact Julia 07961 847091 or Jenny 07950 84320 for further details.

There isn't a long term walk programme, but you can email nnwalkers@yahoo.co.uk for the latest info.

Cycling Group

Firstly an apology —

we printed the wrong phone number in the last issue.

It should have been 07773 182724 but the email address was correct and a few women made contact that way.

Several bike rides have been enjoyed but there's plenty of scope to get together for evening or afternoon rides of 30 minutes to 90 minutes duration.

Contact Alison on 07773 182724 or via email at - arussell@ntlworld.com

Time out for midlife women

Are you in the middle years of life? Do you have lots of different calls on your time and energy? This can be a good time to take stock. It is easy to lose track of your own needs, and yet self-care is particularly important at this stage of life - a double bind! Some aspects of life may need a rethink; you may need a new balance between different sides of yourself, or more personal space.

Liz Perkins started working on mid-life issues when she moved into her own menopause and found it hard to find helpful material to read. She wanted to share the results of her explorations with others, and is now running *Changing Bodies, Changing Lives* weekends for mid-life women. You will have space to assess whether you need to make changes of your own, to draw on other women's experiences and good ideas, and to look at what support you may need to help you look after yourself, as well as other people.

Why not treat yourself to some protected space in a peaceful place in 2006?

Crafting the Second Half of Life is at Lincoln, 24-26 March

Coming Home to Your Own Centre is at Lattendaes, near Penrith, 5-7 May

Making Space for Change is at Morley in Derbyshire, June 16-18

Phone Liz on 0115 960 9098 to discuss what would suit you, or check out the website

www.midlifeandmenopause.co.uk which also has lots of information on menopause and mid-life.

Liz Perkins, MA, PhD, Cert Ed.

What goes around comes around.....



Time to fess up. I am an avid fan, not just Annie she-who-can-do-wrong Lennox, but, in fact of the sheer timelessness and incomparable talent that is the Eurythmics. So, as you can imagine, I was well excited at the release of a new single. Would there be a new album? Better yet, would there be a tour to promote it?

O, right, a 'best of' compilation with the new single on it. And what about the re-release of the 8 original albums each with a few additional tracks as a little incentive to double your existing collection?

Obviously I will have the boxed set firmly at the top of my Christmas list but I can't help wondering if this is a Dave/Annie concept or a clever marketing strategy dreamt up by some 12 year old whizz kid at the recording label end of things.

At the end of the day as long as it means your Sweet Dreams will come true. You can get on that dance floor and Be Yourself Tonight. Kick into Touch the DJ's Savage addiction to gangsta rap, We Too Are One with the music, take Revenge on the baby dykes, no Peace here, crank up the volume until you hear it In The Garden three streets away.

Hey, what happened to 1984?

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 March, deadline for copy/adverts will be 7th February 2006)

Talking of Talent

The following email was received and may be of interest to our readership:-

My name's Al Start, I'm writing to let you know that me and Belinda O'Hooley are two singer/songwriters on UK tour in November and December. We're both lesbians and would love you girls to come to our gig!

We're featured in next month's DIVA, out on 11th, and are coming to Birmingham Glee Club, Thurs 01 December (0870 241 5093, www.glee.co.uk)

I played at Birmingham Pride last year, and supported Horse on tour earlier that year, we also played at the Glee Club.

Lookout may well arrive with you all a bit late to organise a trip to Birmingham on the 1st and when I checked Al's web site I couldn't find any gigs in the close vicinity of Nottingham. She did appear at Cabaret back in June but we were unaware of it at the time. DIVA & other sources may have details of their gigs. Look out for them.

And now for some LOCAL TALENT

The last issue of Lookout had an article from one of our 'stringers' about Nottinham Pride and in it they mentioned an unnamed singer who was wowing them down in the Forrester's marquee.

Well, we've had an email from the artiste herself.

Her name is Ali Wright and she's a singer songwriter living in Nottingham. She has set up her own record label in order to release her debut album called "The closest place to heaven" at the end of September.

She is looking to start gigging soon so maybe we can all get a chance to support her.

In the meantime you can check out her web site at www.aliwrightmusic.com

Potential for future talent

Electric bass player seeks other women musicians for mostly blues band — just for fun.

Contact junction_25_project@yahoo.co.uk

Spoken for talent (Civil Partnership news)

We don't know of anyone in this area planning to get spliced although, according to the minutes of the LGBT Forum (23 August), the office of the Nottingham Registrar has taken 7 bookings. Let's hope that's "so far"!

Friends 'darn sarf' literally queued to be the first in their area and, rather scarily, the local TV station will be on hand to record the momentous event in Bicester on 21st December. Back in NG.....you might be interested to hear that the Castle is going to be a possible venue and that if any current venue refuses to accommodate Civil Partnerships they may have their existing license revoked.

If you see this as a wonderful opportunity to get hitched to your long term girlfriend; consider it a poor substitute for marriage; feel sceptical about government motives: share your views and write us an article for the next edition (deadline Feb 7 usual contacts)

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

Outburst! is a group 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.

FLAME (Lesbians with ME support group).

Social & support group for lesbians with ME/Chronic Fatigue Syndrome meets monthly. For more details contact Morag on 0115 916 2672 or email: morag-@ntlworld.com

Broken Rainbow Helpline 020 8539 9507 for lesbians experiencing abuse from their partner.

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.

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

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 9348485), the GAI Project (0115 9476868) or the City Council Action on Diversity Team (phone John Cowings on 0115 9157244).

CoCo

Co-Coaching for empowerment

CoCo is a mutual support group for life coaching and self development. Learn to set goals, plan and take action to achieve positive change.

Mixed, lesbian-friendly group, currently meeting in Sneinton. New members always welcome.

Contact us by email at: Cocogroup@hotmail.co.uk
Or phone Self Help Nottingham for information about this or other self help groups tel 0115 911 1661, Mon — Fri, 9am - 1pm

From across the pond

Are you an American living over here or do you have USA interests? We get sent a few copies of "Lesbian Connections" (a 50 page catalog of articles, ads, reviews, holiday ideas etc) which we would love to pass on. If you're interested just send an A4 S.A.E with 2 first class stamps to

Lookout

C/o The Womens Centre

30 Chaucer Street

Nottingham NG1 5LP

URGENT APPEAL

Would anyone formerly associated with **NOTTINGHAM LESBIAN LINE** who would be able to discuss the disposal of remaining assets

PLEASE

make contact with us at lookoutmag@hotmail.com