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Free Legal Advice
Free phone 0500 666 603
7 days, 8am-10pm

45-49 Mansfield Road
Nottingham, NG1 3FH
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LOOKOUT!

June July August 2006

Issue 39

Important announcement



Nottingham Pride will once again be taking over the Arboretum on Saturday 29th July. New and diverse entertainment on the bandstand and that's just one of many things happening to keep the fun levels up. We are also hoping to introduce a new part of the park, over in the peaceful 'Bell Garden' we're planning an Holistic Garden with acoustic music and therapy taster sessions to soothe the body and mind.

Also new this year is qualified childcare to make sure even the youngest visitors have as much fun as possible and parents can have a bit of free time too. You might be able to spot some unusual folks around the park including stilt walkers making balloon animals and some other stuff, as yet a secret! Stalls are getting booked up fast, if you know of any organisations who would like a stall to sell their wares or provide information, let us know by emailing stalls@nottinghampride.com.

A very important message goes out to all Lookout women and that is that we have a great Pride committee who work very hard to make Pride better and better each year but they're mostly boys! We could really do with upping the number of women involved. No particular skills or experience needed just a bucket of enthusiasm. The meetings are really good fun and being a part of making the event happen is the biggest buzz you can imagine. Contact info@nottinghampride.com if you would like to join us to make the magic shine!

If you can't spare the time to be a part of the committee you could be a day volunteer, helping out at the event itself doing wonderful jobs from giving people directions to handing out balloons, from assisting the stars back stage to collecting feedback from the visitors. Let us know if you fancy swanning around as an official – you even get a cool orange waistcoat to wear – how can you resist? Drop us a line at info@nottinghampride.com

You can also contact us on the Pride mobile: 07875 377145
Or via our snail mail address: PO Box 8771 Nottingham NG1 9AU

Whether you come along as a volunteer, committee member or visitor, we hope you enjoy every minute of Nottingham Pride and let us know what you like and how we can make it even better, it's your event!

See you all there,
Pam Burrows
Chair, Nottingham Pride Committee

LOOKOUT! Is sponsored by CAMPIONS SOLICITORS

WOMEN'S REGULAR EVENTS & SPECIAL ACTIVITIES

Cycling Dykes

We are now planning regular rides on one Saturday and one Thursday each month, as well as meeting up in town monthly for a drink & to plan future rides. Some members of the group prefer longer off-road rides, while others prefer shorter rides along quiet roads or well-made paths, so we try to cater to different preferences by having different types of rides.

New members are always welcome. If you're interested in joining us, please contact Alison on 07773 182724 (voice or text) or email: arussell@ntlworld.com



Nottingham Women's Centre
30 Chaucer Street

All sorts of everything

For more info
Phone 0115 924 0041
Or 0115 947 5212
Fax: 0115 947 6815

TED Project@NottinghamWomensCentre.com
www.NottinghamWomensCentre.com

Creche/Childcare for 2-5 year olds available

Bridge

Anyone interested in playing bridge? I'm looking for other women in Nottingham to play bridge occasionally. For fun - not particularly seriously or competitively!

If you are interested please contact Clare Martin on 07986 295618 or email clare.martin@dwp.gsi.gov.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

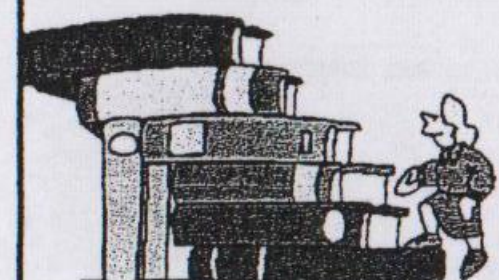
This is a Social Group/Book Club which holds monthly meetings at an evening café venue in Nottingham.

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 nottslbc@hotmail.com

Or phone Nicola
on
07733 377704



BADMINTON

TO SUIT ALL SKILL
LEVELS IS HELD TWICE WEEKLY.
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 Cate on 07757 326633
or lookoutmag@hotmail.com

Rather belated Editorial

As you are all probably aware, Lookout is kept together by a small team of volunteers. Most of the printing & postage costs are covered by what little income we generate from advertising and a few regular donations from a small handful of readers. If you are moving PLEASE let us know. Every quarter we get newsletters returned via the Women's Centre because people have upped sticks. This represents a sad waste of our limited resources not to mention the environment generally.

Services and accommodation

Glyn'll Fix it

Handywoman

HOME MAINTENANCE & REPAIRS

Glynis Davies

Tel: 01773 775743

Mobile: 07789950720

Underwood, Notts.

A woman's touch
in your home



Accommodation

Are you a lesbian looking for safe, affordable housing? Banna Housing Co-op have a 1 bed flat within a lesbian housing co-op.
Do you have: Skills, motivation, experience of a co-op? Are you committed to our ethos? Being part of a housing co-op means attending monthly meetings & taking an area of responsibility such as finance, outreach, publicity, fundraising or training. We are committed to equality & diversity issues. At present black women are under-represented in our co-op & are therefore encouraged to apply. Unfortunately the flat available is above ground level & thus is not wheelchair accessible.
For further info:
07921 722486 / 07784 072123 / 07974 169484
Re- advertisement so make contact if interested Banna is always on the lookout for new management committee members. If you have a few hours each month to spare & have an interest in lesbian/gay issues please contact Banna on one of the above numbers.

Shiatsu



A Japanese body therapy
Great for all those aches & pains
And very relaxing too

Caroline Salzedo

Registered Practitioner
Clinics at Canning Circus & Sherwood

Phone 0115 970 3456

to book an appointment or
discuss how Shiatsu could help you!

www.carolinesalzedo.co.uk

Focus on Health - Shiatsu

"Shiatsu hits the spot in a way nothing else does!" That's what a client said to me recently and it's one of the reasons I love Shiatsu. Meaning "finger pressure" in Japanese (no it's not a dog, nor some strange martial art!), we use fingers, thumbs, hands and arms to activate the same meridians and pressure points that acupuncturists use. The ancient oriental idea is that our bodies, indeed everything in the world, are energy organisms, and even physicists are coming round to this idea today.

Because it's energy-based Shiatsu is given through clothes, and it can get in deep, affecting us not just on a physical level, but emotionally and mentally as well, which is exactly what my client was getting at. The most miraculous thing about the human body is its ability to heal itself, and Shiatsu puts us in touch with that healing ability and makes us more in tune with ourselves. That empowerment is one of the things that attracted me to it, with my background in self-help politics, and it's wonderful to see its effects on the people I treat, and to continue to experience it myself.

If you'd like to give it a try, phone or email me to book an appointment. Mention this article and you'll get a discount. I run Clinics in Nottingham at Alternatives, Derby Road, Canning Circus, and the Grange, Mansfield Road, Sherwood. Tel: 0115 970 3456; email calsalzedo@hotmail.com website www.carolinesalzedo.co.uk Caroline Salzedo

Focus on fitness — Walking with added zip

Ruffy Tufty walks were started for those who like walking a bit longer and faster but, organised out of Leeds, they tend to be largely in deepest Yorkshire, or even further north. So we thought we'd offer a more southerly Ruffy walk for those of us living closer to Nottingham, Derby and Leicester who also like it a bit longer and harder!

Diarise this: Saturday July 8th, 11-12 miles'ish, route to be decided but we're thinking SW Derbyshire into NE Staffordshire to find footpaths less well travelled...

Details will follow - please email

jeanelle@degruchy.co.za and/or vivpointon@hotmail.com to join the Peak Ruffys list

Camping Women 2006

Forthcoming gatherings in June, July, August & September within public campsites with a minimum of running water and toilets, some have showers. Dogs allowed on leads. Charges are normally between £3 & £5 per night. No other organisation, just turn up. For more info contact

Hannah 0161 248 5355 email Hannah@hml-roberts.freeseerve.co.uk or

Christine 01246 435593 christinegare@hotmail.com

A newsletter with details of the actual dates and locations is available by sending a SAE to

Christine, 17 School Lane, Marsh Lane, Sheffield S21 5RS or

Hannah, 33 Broseley Road, Firwood, Manchester M16 0FZ

Focus on Art

'Sue Allanson is a lesbian sculptor living in Derbyshire and has two forthcoming exhibitions which may be of interest. Her subject matter is women carved in stone. She derives her inspiration from nature, archetypes, relationships and the stone itself. The process of the sculpting is like a dialogue between herself and the stone. You may want to see her work online at www.sueallanson.co.uk or in the flesh (stone) at

Lea Gardens, Lea, Derbyshire from 2 June - 30th June or

Wirksworth Festival Sept 9th and 10th.

Focus on socialising

Could you do with a change from the usual round of smokey city centre pubs?

Come and join us in DERBY for a "Women's Café" night

Saturday 10th June from 8pm

Relax in the comfort of an elegant, sumptuous salon

Buy your drinks from the chic trendy bar

Food may be available but please phone to confirm what's on offer. If you would like more details about the venue, car parking and/or would like to discuss the catering please email lookoutmag@hotmail.com or phone 07886 225624

Shades Café & Co, Green Lane, Derby (nr Debenhams)

Could a SWIFT name change bring about a LIFT?

Yes, SWIFT has been renamed following a poll of members: the majority was in favour of a change from SWIFT to LIFT, removing the requirement to be single...

We have set some dates for the next few months so you have a chance to get them in your diaries, venues to be confirmed nearer the time:

29 April

27 May

24 June, barbecue at Viv's

22 July

The plan is to continue to start at the earlier time of 7.30...

Volunteers to join the organising group would still be welcome; a key member is (probably!) leaving the country in the Autumn, and there is a risk the whole project could fold at that point unless we recruit...

Email: Viv (vivpointon@hotmail.com) or Susan

(sjking@shoshana.demon.co.uk) for more info.

Pride fundraiser

Sunday June 18th at 1pm in the afternoon there will be a sing along film at the Broadway cinema, "Priscilla Queen of the Desert" - it's likely to be a lot of fun. Don't worry if you're not familiar with the soundtrack—there will be subtitles.

Tickets will be about £4 and there'll be a raffle too.

Lesbian and children's picnic afternoon

Saturday 3rd June 2pm. Venue still to be confirmed.

Bring food and games to share. All ages of children welcome. For more details, of this and other events contact shalom@zetnet.co.uk, or Kath: 0115 910 9210

Articles, forthcoming events, sporting fixtures, clubs, groups and any miscellaneous items of interest to lookoutmag@hotmail.com by August 7th

Walking Groups

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 a.m. 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.

A quick check on the **SHEFFIELD HIKING DYKES WEBSITE** reveals that the last listed walk was Feb 19th.

NOTTINGHAM HIKING DYKES walk on the 3rd Sunday of the month.

June 18th Meet Grindleford cafe, Grindleford Station GR 251788. 6-8 miles. 11am

Look out for Summer mid week walks - meet 6.15pm for 2 to 3 mile walk then adjourn to the pub for a meal.

July 16th Grid ref. SK726275 Meet on village green in Long Clawson (Stilton village - A606 from Nott., to Nether Broughton - in Long Clawson pass dairy and church and then go left down Church Lane to pub (Crown and Plough) - little car park by green. Walk is a gentle circular walk of 7 miles. May be muddy.

August 20th Meet at the entrance to Mo's caravan site on the sharp bend on the way down to Beresford Dale, near Hartington. (GR117584). If you get to the river you have gone too far - turn round and go back up the road, at the very sharp right hand bend, go straight on! There will be a 7 or 8 mile walk (with a shorter version) and then afternoon tea at the caravan!

details from the Lesbian and Gay Switchboard 0115 9348485 or www.nottinghamhd.homestead.com

Derby Walking Women —

Apparently Bonsall is a UFO hotspot - so where better to go for a walk on Sunday 4th June.

Meet at the Barley Mow pub (GR 273581) for an 11.00 am start.

An easy walk with variations to a maximum of six miles, including sections of the Limestone Way.

There are rather a lot of stiles but the walk is described as "easy" in the book!

Possibility of tea with entertaining artistic friends in the village afterwards (not from outer space).

Ring Viv on 07811 323675

(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

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, waterproofs & footwear, and refreshments for each walk.

Sunday 11th June, Church Warsop, 11.00am This is not the same Church Warsop walk that we have done before although the meeting place is the same. It's about 5 miles and is mostly through fields and woodland.

Meet at 'The Carrs', car park at 11.00am. This is on the A60 (Mansfield/Worksop Road) between Market Warsop and Church Warsop. Whichever way you come, there is a sign saying 'The Carrs Car Park' before you turn in. It is also a picnic area. Unfortunately there are no loos.

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

No long term walk programme, but you can email nnwalkers@yahoo.co.uk for the latest info.

LiNk Notts (Lesbians in Nottingham connected) is an email group for women who identify as lesbian or bisexual. It's been set up to encourage women to exchange info and organise one-off or regular group events. LiNk Notts is a not-for-profit organisation that will remain free to join for as long as the Internet remains a low cost medium. The ideology is that friendship should remain free in a world where everything seems to have its price. The group was set up in January 2006 and currently has around 50 members.

Join the group from the main webpage & read the previous messages. If you don't see anything of interest to you, then post a message to the group with your idea and wait to see who wants to join in. Sarah (aka Codie), who set up the group, has started Out @ the Movies, a once a month cinema group. Other ideas are currently bubbling away, so join up to find out what's new this summer, or even better, to add your ideas to the collection! Organisers of local gay women's groups are welcome to join LiNk Notts and post messages about their events. Follow this link: <http://www.linknotts.org.uk> for information about how to join. See you there!

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! 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.

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 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

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 934 8485), the GAI Project (0115 947 6868) or the City Council Action on Diversity Team (phone John Cowings on 0115 915 7244).

WANTED!

Nottingham area. 31 year old WLTM persons of any age with GSOH, good listening ear and friendly disposition for 1-2-1 chats on a regular basis! Good telephone manner essential.

Yes, Nottingham & Nottinghamshire Lesbian & Gay Switchboard is 31 this year and is looking for new volunteers for the next training session beginning in June—we especially welcome women and people from ethnic minorities. Our office has wheelchair access.

For more details contact us by

Phone 0115 934 8485 (7—10pm, Monday to Friday)
Or, write to NLGS, 7 Mansfield Road, Nottingham NG1 3FB
Or, email notts@lgswitchboard.fsnet.co.uk