



Are you suffering from a relationship breakdown?

FREE 1/2 HOUR INTERVIEW

Civil Partnerships/Separation/Contact & Residence of Children, Property & Financial Issues upon Separation, Domestic Abuse

- Legal Aid Available
- Low Hourly Fees

Contact: Daniel Priest, Partner
Freephone: 0800 1071 208
admin@campions.co.uk

LOW FEE CONVEYANCING

- 1st Time Buyers Discount
- Free Online Quotes
- Fixed Fees - No Hidden Extras

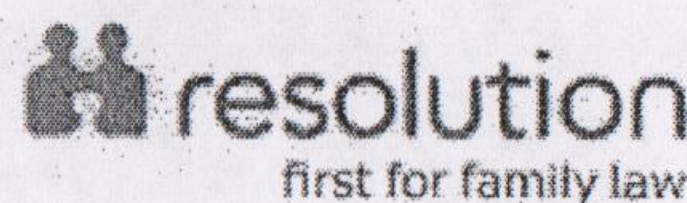
HIPS
AVAILABLE

Freephone: 0800 1071 207
admin@campions.co.uk

www.campionsolicitors.co.uk

45-49 Mansfield Road, Nottingham, NG1 3FH
(Nr. Victoria Centre)

FREE CAR PARKING



Regulated by The Solicitors Regulation Authority
Written Quotations Available on Request



LOOKOUT!

Dec 09 Jan Feb 2010

Issue 53

Editorial

Season's greetings one & all. I dare say you've all got the usual dilemma of so many parties in such a short space of time what with friends, family & office to juggle...there's just bound to be the odd clash or three. The vicar of Dibley resolved this very issue by just going for the whole lot when it came to Xmas dinners but I guess we'll all be far more sensible, if not a little wracked by guilt. There are things lining up for next year already too. Personally, I'm intrigued by the Winter Hafla in February.

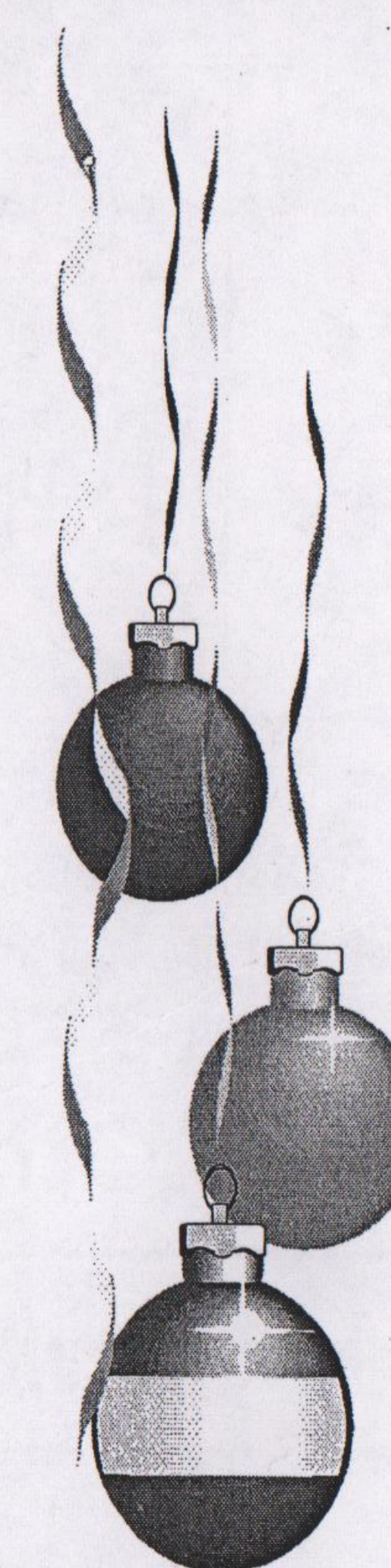
MERRY CHRISTMAS & A HAPPY, HEALTHY NEW YEAR

We're not sure of exactly who organized the Lez Girls event, but we salute you for a thoroughly entertaining & dazzling evening. We arrived at the appointed hour, possibly amongst the first ten to turn up, and sat down to survey the venue, which we thought was ideal for all sorts of people to meet, talk, listen & dance to the music, with no drama's regarding parking or anyone challenging our presence in the Polish Club, just off Sherwood Rise.

The music, well received by most people, was pumped out by different DJ's between excellent acts — with an accomplished folk singer & musician Hazel Atkinson — minus her usual entourage and comedienne Rosie Wilby (who we'll definitely watch out for in future). This was an event and a half — and we sincerely hope that everyone enjoyed it as much as we did.

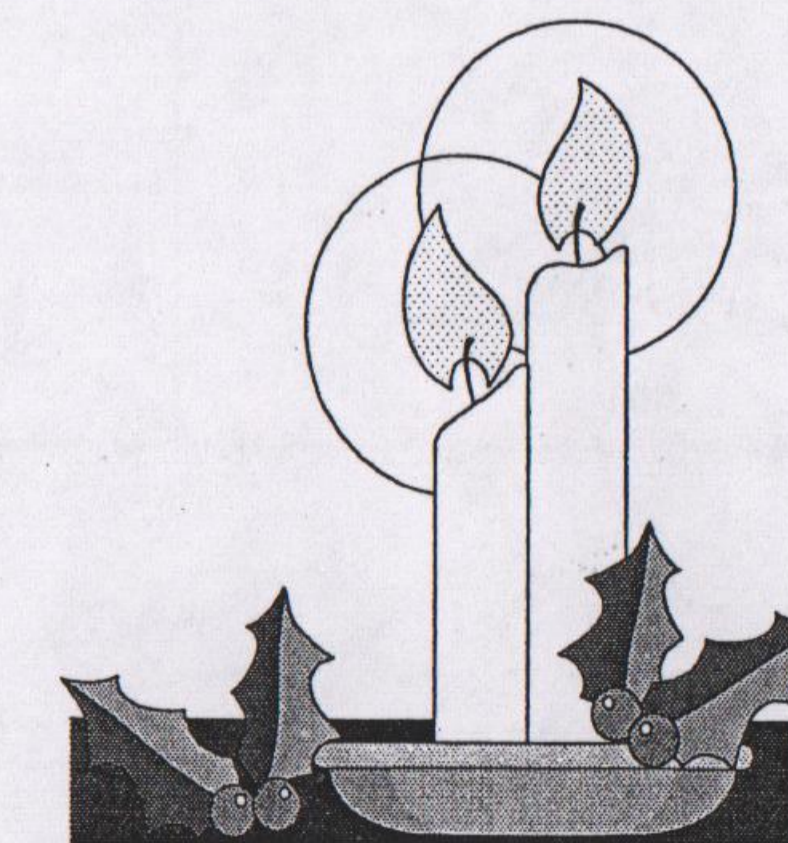
Here's to the next one — & let's face it, there's got to be another one (at the very least) WELL DONE Lez Girls!

Lesbian Housing Co-operative in Nottingham can offer recently refurbished 2 bed mid-terraced accommodation with front garden. Would suit committed, enthusiastic applicant. All enquiries to morrigancoop@aol.com



What a laugh at the Derby Folk Festival
9,10,11 October

Twelve of us from Derby Walking Women turned up mid afternoon on the Saturday in order to have a bit of a dance before the main concert & bumped into another 5 or 6 women with the same plan in mind. I think we were all a bit surprised to find that we formed the majority group of participants and almost had the ceilidh to ourselves.



Lesbian Parenting Group

The point about the Lesbian Parents' Group is that there isn't one. At fairly frequent intervals Switchboard gets requests from local women for information about such a group. That suggests that there is an unmet need.

If there are local women, either single or couples, who have children and would welcome a local group where they could gain support, exchange information and socialise, then leave contact details with Switchboard. When/if we get a reasonable response, then we will try to organise an initial meeting.

Contact us by e-mailing notts@lqswitchboard.fsnet.co.uk or phone 0115 9348485 (Monday to Friday 7-9pm)

LOOKOUT! Is sponsored by CAMPIONS SOLICITORS

WOMEN'S REGULAR EVENTS & SPECIAL ACTIVITIES

Women only

DISCO

Optional Xmas fancy dress

Friday 19th Dec

8:00 – 12:00

(Bar til 11:00)

Dancing to DJ Kaz

British Legion Hall
Derby Road
Melbourne

Just south of Derby

£3 entry(inc free raffle)

Wrapped raffle donations welcomed

Email Lookout for travel directions



Winter Hafla 19th Feb 2010

7.30 - late

at

Canal House

48-52 Canal St,

Nottingham, NG1 7EH

Tickets £5

To reserve tickets or to perform please contact
mocooper@yahoo.co.uk or tel 07950472022

WOMEN ONLY

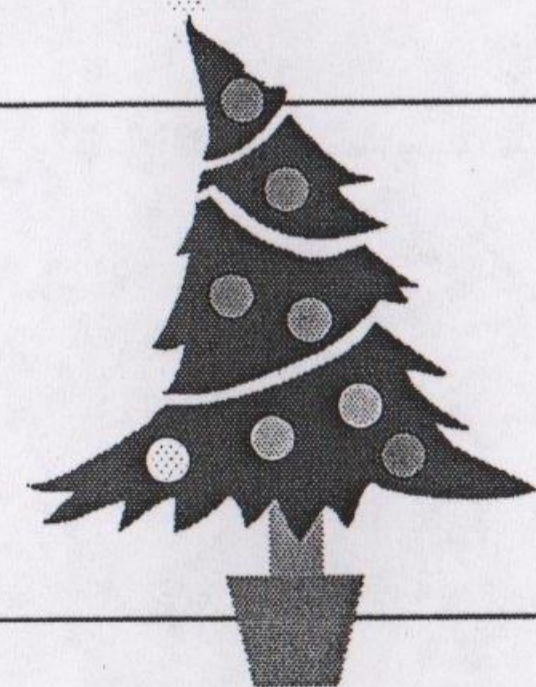
A Hafla is Middle Eastern dance/music party,
where women dance for each other, with lots of
free dancing – go on give it a go!!

The event is in aid of Million Women Rising -
End violence against women and children

Advance notice — DJ Clare has booked another Women's Night on 6th March.

Dance and funky music from 8.30pm to 12.00pm. £5 on the door.

Belper Town Football Club DE56 1BA



Other goings on

Nottingham Women's History Network update

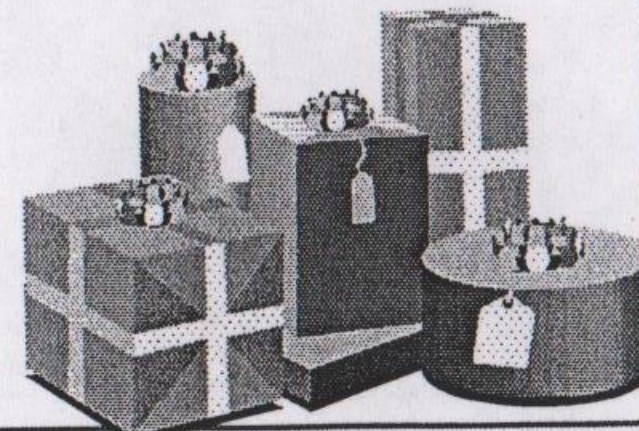
Firstly put 8th May 2010 in your diary. We have the inspiring feminist historian Sheila Rowbotham coming to Nottingham to talk to us (more info in next lookout).

We are trying to get a bit of funding to help run the group but hope to run some events during 2010. If any one would like to help with the group please let us know.

Currently we are only able to provide email contact, until we can get some funding to cover post / photocopying

Val and Mo

mocooper@yahoo.co.uk



Sports & Socialising

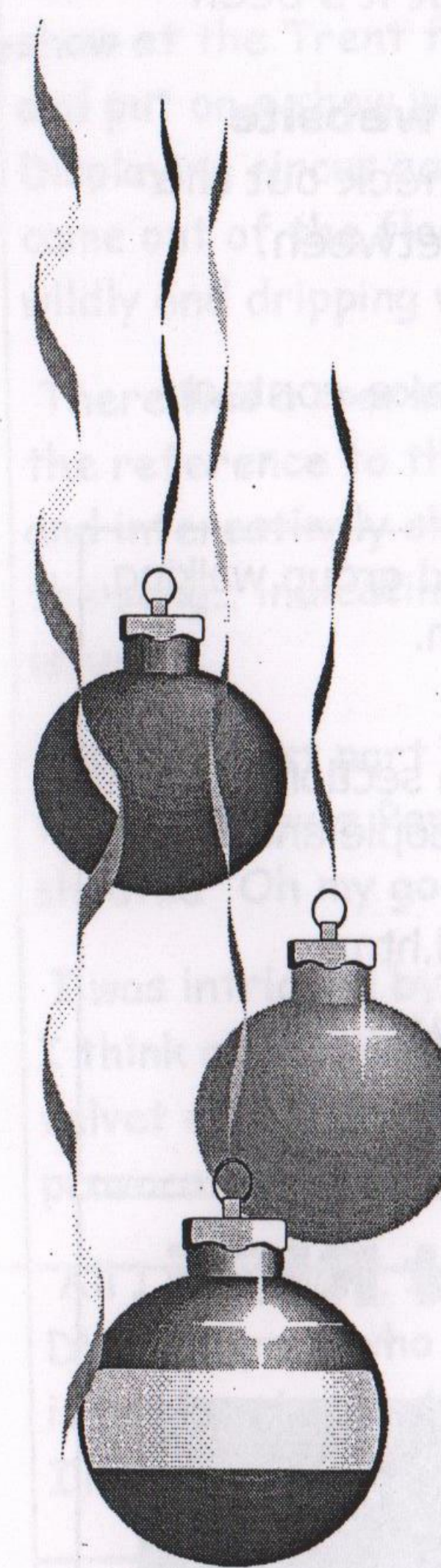
Sherwood ladies five-a-side football team

We are a non-league team who play for fun and fitness. The team is predominately gay but all women are welcome. The age is 18 plus (we can make exceptions). We promote all levels and abilities and have a very supportive environment. The social side is also very supportive and we often do socials throughout the year.

VENUE - THE FOREST
(GOOSE FAIR SITE) ASTRO TURF

TUESDAY AND FRIDAY 6 - 7

£3.00



The Coventry Group of the Lesbian and Gay Christian Movement would like to invite you to our Carol Service at 8pm on 6th December 2009 at Earlsdon Methodist Church, Albany Road, Earlsdon, Coventry CV5 6NF. This will be a traditional carol service with all your favourite carols and Christmas stories followed by mince pies. So come along and enjoy celebrating the Christmas story with us, you'll be very welcome!

For more information about the group or the Carol Service contact
coventrylgcm@yahoo.co.uk, or phone Ann on 07913 570 144.

L A F S

Lesbians in Ashfield

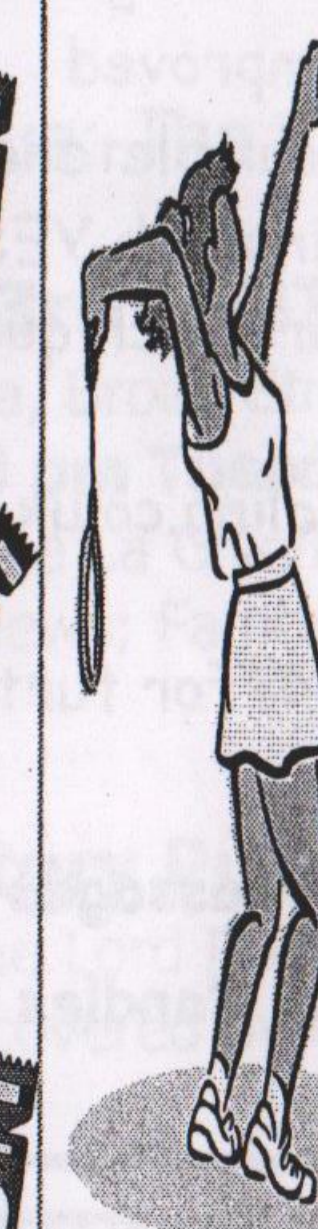
Friendship & Support

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 Women's 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



Badminton
VICTORIA LEISURE CENTRE
ADJACENT TO
SNEINTON MARKET

THURSDAY EVENING
9PM-10PM
&/or SATURDAY MORNING
11AM (new time)
(very occasionally the venue
has to change due to other
events at Sneinton so please
ring first if you're new).

For more details
Contact
Cate on 07796 581651 for
Thursdays

or
Ruth & Rachel
0115 982 6952 for Saturdays

All Walkingwomen 2010 Holidays & Breaks now available

Diana has recently given up running this company but the two bits of good news are that it's been taken over by Sue and Diana will continue to act as a guide.

The full 2010 WalkingWomen programme is NOW AVAILABLE on the WW website

You can sign up for a newsletter to keep you up to speed with what's going on or just check out the holiday opportunities from the Peak District to Annapurna and all interesting places in between.

www.walkingwomen.com

For full details including profiles of all the guides, destinations, costs, dates & how to make contact.

A quick line to inform you all about Adventure Women's holiday programme for 2010. We run guided group walking, cycling and adventure holidays throughout the UK and abroad, exclusively for women.

Visit: www.adventure-women.co.uk

This year we will be also running a charity walk weekend for Macmillan Cancer Support, walking a section of the long Macmillan distance route. This promises to be a great fun weekend as we have room for 35 people and 5 fully qualified guides to lead the group. All proceeds from this weekend to the charity.

Link: <http://www.adventure-women.co.uk/walking/Macmillan-Charity-Weekend-Rutland.html>

Please feel free to email for more information on any of the trips or call 01778 560121

Hope to see you in 2010!

Tracey

THE POWER OF TOUCH

If you agree that touch is therapeutic, pain and stress relieving, comforting and makes you feel so much better, then massage is for you!

I entirely focus on You because your body knows best and don't follow any strict treatment routines. As I slowly work my way into your muscles and joints and respectfully invite your body to activate its fantastic self healing powers, you will feel yourself release tension and pain that you may have been holding on to for a very long time.

The benefits of regular massages are amazing: relaxation, increased energy, balance, improved circulation, a feeling of well-being and completeness. and much, much more. If you are thinking 'Oh YES Please' it's probably time to top up your touch quota.

You can read more on www.ultimatehealing.co.uk.

Please contact Annette on 07974 912347 for further info and/or an appointment.

Swedish, Hot Stone & No Hands Massages

Indian Head Massages, Reiki, Ear Candles

MILLION WOMEN RISE



CALLING ALL WOMEN

SATURDAY 6 MARCH 2010

MEET AT PARK LANE

MARCH ROUTE: OXFORD ST

**FURTHER DETAILS TO FOLLOW
TOGETHER WE WILL END MALE
VIOLENCE AGAINST WOMEN**

**Coach will be going from
Nottingham**

For more information contact:

Roshni 0115 9881414

Website: millionwomenrise.com

You can send requests for further information, donations, adverts, articles and details of social events to lookoutmag@hotmail.com or to

Lookout C/o The Women's Centre, 30 Chaucer Street, Nottingham NG1 5LP.

Plnk: Funhouse tour 3 Nov 09

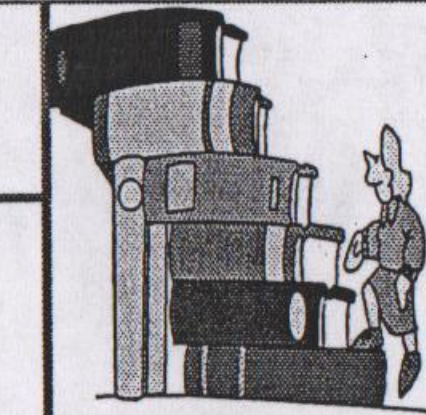
As a devoted Plnk fan, I was not disappointed by the show at the Trent fm arena. She was looking athletic, and put on a show which captivated the audience. Displaying circus acts, bungee jumping and for her finale came out of the floor suspended by ropes, spinning wildly and dripping wet!!

There was a roar when singing Dear Mr President at the reference to the political feeling about gay women and interestingly she used the phrase "still" throughout the song... indicating where America is in view of LGBT issues.

The funniest part for me was in the silence of transition from Pop to ballad, one woman at the back shouted "Oh my god I love you!"

I was intrigued by the rendition of Blondie's song "when I think about you I touch my self" performed on a velvet chaise lounge, Plnk encased in lace and being provocative, thank goodness for the drop screens.....

All I can say is, I will be at HMV queuing up for my DVD. Anyone who fancies seeing her next summer, she is performing at Alton Towers Sunday 27th June 2010. I'll be the one shouting "I love you."



Midweek Book Group

The new venue of the Canalhouse bar seemed to work well. If you would like to join us please contact the group co-ordinator by joining the yahoo discussion group:

midweekbookgroup-subscribe@yahoo.co.uk

Sapphist Writers

Nottingham Based Women's Writing Network

Meets Second Monday

of Every Month, 7.15pm

Nottingham Women's Centre

sapphistwriters@yahoo.co.uk

<http://sapphistwriters.blogspot.com/>

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>

WATCH : Nottingham Women's Centre notice board for accommodation & what's on

Here are some LGBT History Month events to which all are welcome:

Nottinghamshire's Rainbow Heritage Celebration

The Sheriff of Nottingham will present five awards to groups and organisations which have made significant contributions to our LGBT community - including 2 women's groups/organisations ... which must remain nameless for the moment! There will also be a preview of our exhibition, a showcase of some of the project's work and a free buffet.

Date: Tues 16th Feb. Time: 7.30 9.10pm. Venue: The Council House Ballroom

Nottinghamshire's Rainbow Heritage's 3rd LGBT History Exhibition

Takes place in the Studio at Broadway Cinema, Broad Street, Nottingham.

Tuesday Feb. 23rd - Sunday February 28th. 5 pm - 8.30 pm Tuesday, 1 pm-8.30 pm other days.

Over 30 themes are explored, including: The Older Generation; The La Chic/Part Two story; LGBT Sports people; The Nottingham Pride March; Fairy Towers; Nottingham in the News; Famous Bi people; LGBT Royalty; the CHE tape/slide kit.

The 5th Annual LGBT History Pub Quiz

takes place on Feb. 2nd. It's in the Green Room of the Lord Roberts pub on Broad Street.

Starts promptly at 8.00 p.m. Prizes and food covered by entrance fee of £1

News, articles, adverts, forthcoming events, sporting fixtures, clubs, groups and any miscellaneous items of interest for the next issue of Lookout to lookoutmag@hotmail.com by Feb 7th please

Walking Groups

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

20th December meet Arkwrights Mill, Cromford near tea shop GR298570

17th January Monyash meet outside the Bulls Head pub GR 150665 4 or 7.5 miles

21st February Wirksworth meet at the village square GR 286539 8 miles

Details of these and further walks from

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



Derby Walking Women

Walks are normally on the 1st Sunday of the month, each walk is organised by volunteer(s) and full details are given out on the walk the month before.

Sunday 6th Dec Holbrook meet in the Spotted Cow car park at 12 Town Street, Holbrook DE56 0TA at 10:45 for an 11:00 start

Details can also be obtained by contacting the overall co-ordinators on 07786 803455 or an email can be sent on via 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.

Walk 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.

Sun 13th December 11.00am - Fiskerton : Meet at a parking/picnic area by the River Trent NG25 0UL

This walk is followed by a Xmas meal at the Bromley Arms. Please contact Julia for late availability.

Phone Julia 07961 847091 or email nnwalkers@yahoo.co.uk for more details.

SHEFFIELD HIKING DYKES All walks are on Sundays and start at 10:30 unless otherwise stated. Contact the group direct for details of locations and definitive times for evening walks. A full & varied programme of walks throughout the year, for further details 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



13th December Langsett & Thurlstone Moor 9 miles meet at car park A616/A628 SE 201 013

10th January Elton 6 miles Meet outside former Youth Hostel, grid ref. SK 239 748

14th January Eyam 7 miles meet at Outside café Calver crossroads A623 & A625 grid ref SK 298 602

24th January Grindleford 7.5 miles meet at Grindleford station SK 250 788

7th February Baslow 7 - 8 miles meet at the P&D car park SK 257 722

Next planning meeting Thursday 7 January 7:30 at The Showroom, Sheffield

Peak Ruffies group for women who like walking longer and faster and over more challenging ground. Hikes are usually about 10 to 14 miles in the Peak District on the last Saturday of the month. When you join us for a walk, please ensure you have appropriate walking gear – boots, waterproofs and warm clothing – and carry sufficient food and drink for a full day in the hills.

Annual Crimble Bimble from Grindleford Café on Monday 28th Dec 10am or 8:30 for breakfast. All welcome

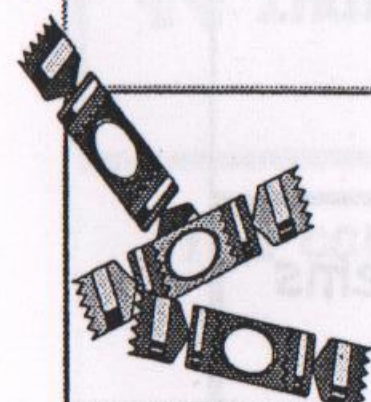
Further dates: Jan 30th & Feb 27th

For details of upcoming hikes, email jeanelle@degruchy.co.za or vivpointon@hotmail.com or phone Viv on 0115 973 3717.



<http://peakhd.webs.com/walks.htm>

Here it is : one web site with ALL the walks in calendar format



HELP — updated from The Gay Guide

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 an LGBT group for young people aged 11 to 25. Meet at Base 51 every Monday from 5:30 to 8pm.

Contact details
07940 761160
0115 915 2882

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 group) Support & social group for lesbians with ME (Chronic Fatigue Syndrome) contact

Self Help Team, Ormiston House, 32-36 Pelham St. 0115 911 1661 or Morag on 0115 916 2672 or email: morag@ntlworld.com or nottslesbiancentre@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).

Tipping the Velvet

Advice for women who have sex with women. Advice & help with sexual health, drug use, domestic violence, etc. Service is free & open to women of all ages. For more info contact Donna.

The Health Shop, 12 Broad Street, Hockley, Nottingham NG1 3AL or 0115 947 5414 or healthshop@nottinghamcity-pct.nhs.uk

Nottingham & Nottinghamshire Lesbian & Gay Switchboard

Confidential info, advice & support from trained volunteers.

C/o VAC, 7 Mansfield Road, Nottingham NG1 3FB

0115 934 8485 or 01623 621 515 Mon - Fri 7.00 - 9:30 pm

Email : notts@lgswitchboard.fsnet.co.uk

Website: www.nottsigs.org.uk

New listing

Domestic violence within Lesbian and Bisexual relationships
Services available:

Roshni Community Outreach service for ALL women

0115 988 1414

Monday to Thursday: 9-5 pm

Friday: 9-4.30 pm

Broken Rainbow helpline

08452 60 44 60

Monday: 2 - 8pm

Wednesday: 10 - 1pm

Thursday: 2 - 8pm

24 hour Freephone Domestic Violence help-line 0808 800 0340

