



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.campionssolicitors.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



resolution
first for family law

Community
Legal Service



LOOKOUT!

Mar Apr May 2010

Editorial

Issue 54

Greetings. We've had Valentine's Day & Pancake Day, a few snowdrops are around so surely it should now be spring. What's all this snow about then? Mind you, in the context of the Winter Olympics didn't Amy do a fantastic job hurtling down a hillside on her little metal tray: the girl done good.



Winter Halka

An amazing night with women of all persuasion, size, shape, age. The one thing they all had in common was a love of dancing and rhythm and enjoying themselves.

After the performers had shaken all they had to shake it was time for audience participation & I'm reliably informed there was no shortage of willing trainees on the dancefloor.

There was a serious note to the proceedings though. The evening was actually a benefit for the Million Women Rise campaign to stop violence towards women. A fabulous £500 was raised to help meet travel costs to the march in London.



MILLION WOMEN RISE

Calling ALL women — join Million Women Rise on Saturday 6th March in London to celebrate **100 yrs Anniversary of International Women's Day** and demonstrate against male violence. Our theme for 2010 is End the RAPE of Women, End the RAPE of our Earth. We encourage women to wear red and/or green.

Saturday 6 March 2010

12pm MEET Opposite Hyde Park (Speakers Corner End) on PARK LANE
(Nearest Tubes: 1 Min from Marble Arch)
March Route Set Off 1pm: Oxford St, Regents St, Piccadilly!

Rally And Celebration: 3 – 4.30pm Trafalgar Square
(Nearest Tube: Piccadilly Circus, Leicester Square, Charing Cross)
Coaches, Buses & Mobility Access

Drop Off: Park Lane (Park Side)
Pick Up: Pall Mall – West Regents Street, Central London

TOGETHER WE WILL END MALE VIOLENCE AGAINST WOMEN

If your organisation would like to book a stall for the rally at Trafalgar Square, please contact the Million Women Rise Info Line on 07727 419634 or email info@millionwomenrise.com

We have a coach going from Nottingham the tickets have been for sale since 8th Feb at Roshni office for further information please call 0115 988 1414

Representatives of Nottingham Hyking Dykes pick up an award

The security guard's clicker registered 145 people attending the Nottinghamshire's Rainbow Heritage Celebration and Awards evening at the Council House. It took them about 25 minutes to go through the food and a little longer to finish the drinks. The eating and drinking took place to a background of a video of the Pride March and later on people were given a preview of the Exhibition at Broadway. This year, the awards were presented by the Sheriff of Nottingham to Nottingham Hyking Dykes, Healthy Gay Nottingham and Breakout and there were also 2 memorial awards: one to the Pavilion Club and the other to Lesbian Line. We hope that Lesbian Line's certificate can eventually find a place in the Women's Centre near to where the helpline operated. All the reaction to the event was positive - so we've booked the Council House for 2011. Put a mark by Feb. 15th.

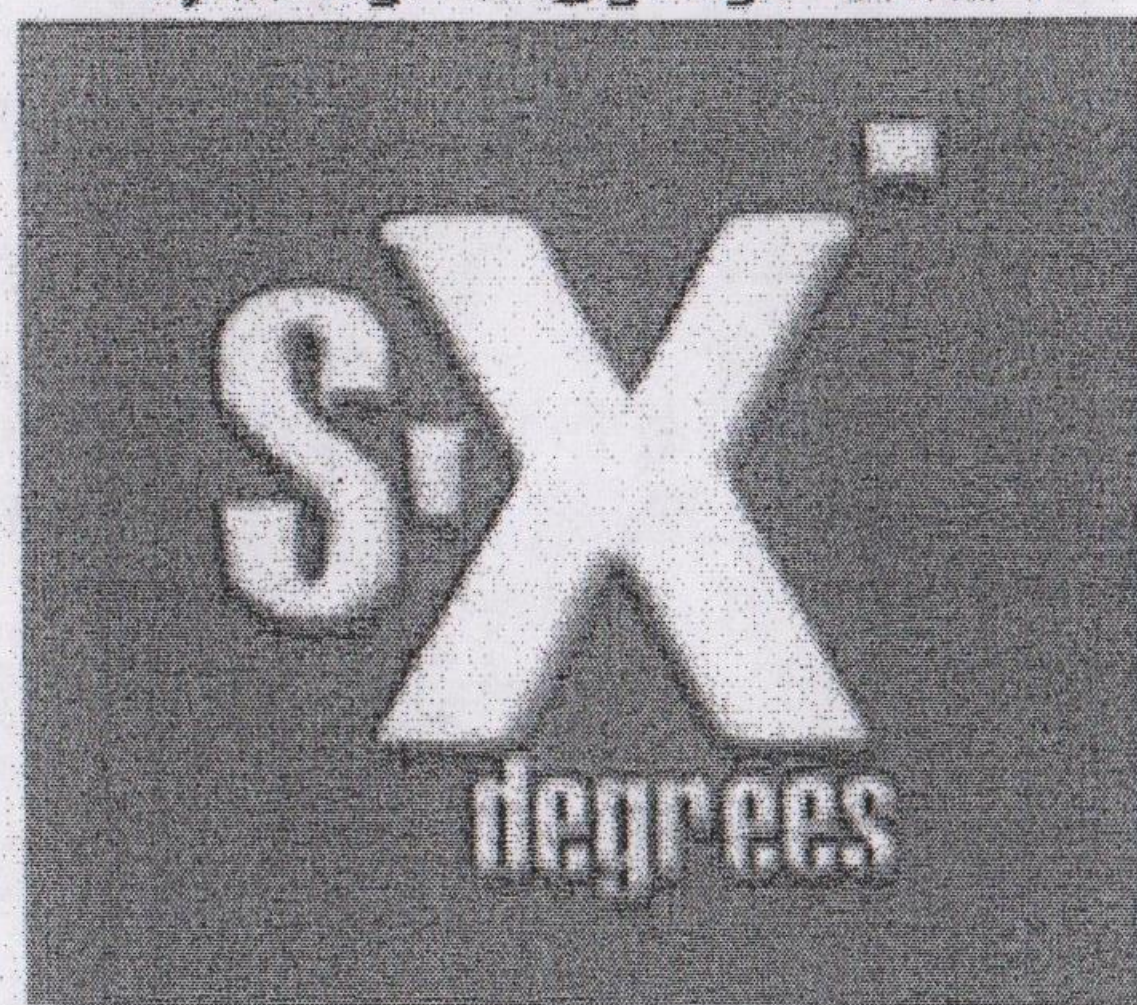
LOOKOUT! Is sponsored by CAMPIONS SOLICITORS

WOMEN'S REGULAR EVENTS & SPECIAL ACTIVITIES

6TH MARCH, 3RD JULY & 2ND OCTOBER
2010

BPM - MIDNIGHT
BELPER TOWN FOOTBALL CLUB, FREE PARKING,
£5 ENTRANCE ON THE DOOR

EMAIL REQUESTS TO
djsixdegrees@googlemail.com



Belper Town FC, Christchurch Meadow, Bridge Street,
Belper, DE56 1 BA

Dyke Out Lincs (DO Lincs)

~ The social & friendship
group for
Lincolnshire Lesbians ~



- * Online website with discussions and events/
get2gethers
- * Going out and meeting other Lesbians
around the county & surrounding areas
- * Chilling out at other local events
- * And it's totally free to join!

How do we all meet up?

- * Regular get2gethers each month
- * Adhoc get2gethers...pubs, walks, meals,
movies etc
- * Members can add get2gethers

Come and join in...meet more people and
have fun

To join Dyke Out Lincs (DO Lincs) -
<http://dykeoutlincs.ning.com>

Women only

DISCO

Friday 12th
March

8pm—midnight
(bar til 11)

Dancing to DJ Kaz

British Legion
Hall

Derby Road
Melbourne
Just south of Derby

£2 on the door

Email Lookout for travel directions

Future dates in 2010

June 25, Sept 3, Dec 17

Fanny's!

Women Only Night

Upstairs @ The Canalhouse Bar,
Canal Street,
Nottingham NG1 7EH
(Next to Via Fossa)

Sat 22nd May 2010
8pm - 1am

Disco starts at 9pm

£5 Entry

Although this venue is upstairs, there is a
lift.

Tickets will only be available on the night.
Any queries please email:

fannys.nottingham@hotmail.co.uk

Issue 53

PAGE 3

Sports & Socialising

Sherwood ladies five-a-side football team

Play for fun and fitness. The
team is predominately gay
but all women are welcome.
We promote all levels and
abilities and have a very
supportive environment.
There's a social side too.

THE FOREST
(GOOSE FAIR SITE)
ASTRO TURF

TUESDAY AND FRIDAY

6 - 7

£3.00

"Women who seek to
be equal with men lack
ambition"

Theatre Royal, Nottingham
Monday 15 - Saturday 20 March 2010

ALISON STEADMAN DAVID TROUGHTON
ENJOY
by Alan Bennett



Derby LIVE at the former Playhouse presents
Women on the Verge of HRT

Friday 5 March to Saturday 27 March

A fabulously feisty, funny and warm-hearted play, written by Olivier
award-winning playwright Marie Jones, Women on the Verge of HRT
wowed audiences and critics alike during its successful West End
run. Described as a kind of "Women Behaving Badly" (BBC) it will
have you in stitches one moment and tears the next!



Derby LIVE
production

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

Venue may change from time to time so
please contact

Sharon

07849798802

"History is herstory too"



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

We are delighted to invite you to the launch of...

UK Feminista

Supporting and celebrating grassroots feminist activism

Date: Saturday 27th March 2010

Time: 11.00am - 3.00pm

Venue: The Women's Library, London
Metropolitan University, 25 Old Castle
Street, London. E1 7NT

RSVP: Email kat@ukfeminista.org.uk

Speakers include: Hannah Pool, the
Guardian; Darinka Aleksic, Abortion Rights;
Frances Carlisle, Latin American Women's
Rights Service; and Katie McGrainer,
Birmingham Fems. More speakers tbc!



UK Feminista is a unique new organisation that supports and
promotes grassroots feminist activism. It provides training,
resources and support to individuals and groups - enabling
everyone to get active in the campaign to end sexism.



Find out how you
can get involved!

RSVP to:
kat@ukfeminista.org.uk

www.ukfeminista.org.uk
(website coming soon!)

WOMEN'S LIB HITS THE BIG 4 0

This is a great year for women's history – Did you know that it's 40 years since the first
Women's Liberation Conference in the UK?

In 1970 500 women from around the country met at the first National Women's Liberation Conference at Ruskin
College, Oxford to discuss the challenges facing women, the liberation movement and to work out a series of
demands. Later in 1970 the newly formed Women's National Co-ordinating Committee announced the resulting four
basic demands:

- | | |
|---|--|
| o Equal pay | Over the next few years, further demands followed: |
| o Equal education and job opportunities | o An end to discrimination against lesbians |
| o Free contraception and abortion on demand | o Legal and financial independence for all women |
| o Free 24-hour nurseries | o Freedom from male violence or sexual coercion |

Ruskin are hosting a conference 12/13th March 2010 to celebrate and discuss this movement.

And next year we'll also be celebrating 100 years of International Women's Day
so watch out for events

At a local level, the Nottingham Women's History Group had a good turn out on the 30th January, and became a
proper constituted group.

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.

As part of its remit to the Heritage Lottery Fund, Notting-
hamshire's Rainbow Heritage runs 2 LGB (Lesbian, Gay
and Bisexual) Awareness training sessions each Autumn.
Last Autumn's sessions were oversubscribed. There were
also people who wanted the training but could not make
the dates.

For that reason we are running an extra session
on **May 6th**.

Here's what people said about our previous training:
"Really enjoyed the day!" "More to it than I expected, thank
you." "Training was well delivered, thank you." "Really
interesting and informative, but fun as well - which training
often isn't." "Enjoyed the day." "Very well led & informative
- good size and diverse group." "Kept me interested, safe
discussions, good training day." "Most enjoyable, friendly
tutors." "Excellent." "Enjoyable." "Trainers were excellent at
what they do." "Was a very good day, managed, timed and
planned well; the information given was useful & interesting
and the trainers had good knowledge of all aspects and
shared it well." "Really positive, supportive environment
created." "You have both been fantastic." "Brilliant, would
recommend to others."

Details of the May 6th training day are available by going to
the link below.

[http://www.navo.org.uk/downloads/documents/
Proud to be gay - May Training day.pdf](http://www.navo.org.uk/downloads/documents/Proud%20to%20be%20gay%20-%20May%20Training%20day.pdf)

Issue 53

HERBAL DISPENSARY

Over 300 herbs available as tinctures and teas

Black cohosh
Blue cohosh
Agnus castus
Sage

Dispensed by our fully qualified (male)
Medical Herbalist
at remarkably reasonable prices

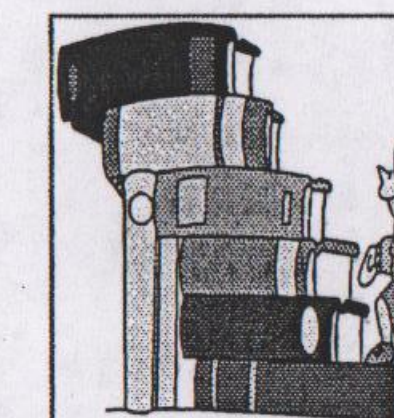
Herbal and Nutritional
consultations available
Free drop in sessions Wednesday's 4 - 6.45

If you would prefer to see a female Herbalist
we can put you in touch with one

ROOTS

526 Mansfield Road
Sherwood
Nottingham NG5 2FR
0115 960 9014

PAGE 5



Midweek Book Group

The new venue of the Canallhouse bar
seemed to work well.

Wed 24 Mar to discuss Kazuo Ishiguro's
Never Let Me Go

Wed 5 May to discuss Sarah Water's
The Little Stranger

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 connected:

An online community/ email group in
Nottinghamshire
for lesbians to keep in touch and informed
<http://groups.yahoo.com/group/linknotts>

Nottingham Women's History Network

Sat 13th March 2010

History walk around Nottingham city
centre to celebrate
International Women's Day.

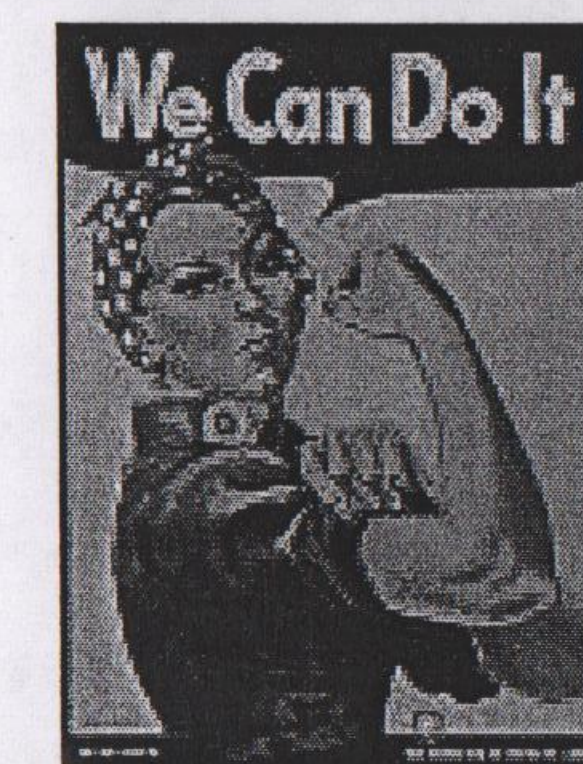
Meet at the Castle Gatehouse at 1pm
for a walk lasting about 2 hours

For further info contact either

Mo 07950 472022

Val 07745 847005

There will be a small charge for
both these events.



The history group is open to all
women (& men), but for those
who are particularly interested
in Lesbian or Bi women history
remember the Rainbow
Heritage project is alive &
kicking.

Sat 8th May 2010

We have the inspiring
feminist historian
Sheila Rowbotham
Coming to talk to us at
2pm
International Community
Centre (ICC)
61b Mansfield Road,
Nottingham

Val and Mo
mocooper@yahoo.co.uk

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

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 May 7th please

Walking Groups

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

21st March meet at the Spotted Cow Holbrook nr Belper DE56 0TA GR364448
No details beyond March at the moment but keep an eye on Linknotts or the following websites www.nottinghamhd.homestead.com or www.peakhd.webs.com or ring Lesbian and Gay Switchboard 0115 9348485



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 7th March meet in front of the Visitor Centre at Deep Hayes Country Park, Park Lane, Longston nr Leek ST9 9QD. There are two car parks nearby with honesty boxes

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 14th March 11.00am - Bestwood Country Park : Meet at Bestwood Lodge Drive car park that's GR 572 464 for map readers NG6 8UF for Sat Navers
Phone Julia 07961 847091 or email nnwalkers@yahoo.co.uk for more details.

SHEFFIELD HIKING DYKES All Sunday walks start at 10:30 unless otherwise stated. Contact the group direct for details of locations and other 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

Sun 7 March — Hathersage, 7.5 miles Meet at car park by Hathersage station, grid ref. SK 233 811.

Sun 28 Mar — Derwent Edge, 10 miles Meet at info centre Fairholmes car park, grid ref. SK 173 893

Sun 11 April 10.30 — Rushup Edge and Mam Tor loops, 7 miles and 6 miles Meet at NT P & D car park SW of Mam Tor, grid ref. SK 123 833

Sun 25 April 10.30 — Shillito Wood, Ramsley Moor, 7.5 miles Meet at Shillito Wood car park, GR 295 750.

Sunday 9 May 10.30am start — Hope, 8 miles Meet at Hope Station car park, grid ref. SK181 833

Sun 30 May — Hayfield Snake path and Rowarth, 8.5 miles Meet Hayfield visitor centre car park, grid ref. SK 036 869 Some moderate climbs and great views.

Advance warning for the annual long walk: Saturday 19 June — 23-5 miles

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.

Walks start at 10:00am. Dates: February 27th, March 27th, April 24th, May 29th

For further information, or to join the Peak Ruffies yahoo group email: peakruffies-subscribe@yahoogroups.com or contact jeanelle@degruchy.co.za or vivpointon@hotmail.com

<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

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.

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

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.nottslgs.org.uk

Domestic violence within Lesbian and Bisexual relationships

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 0800 800 0340

Lesbian Parenting Group

Singles or couples, with children looking for support, information exchange and socialising, then leave contact details with Switchboard so we can assess local interest.

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