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LOOKOUT!

Jun Jul Aug 2010

Editorial

Issue 55

At the time of writing the weather has at last taken a dramatic turn for the better & we are enjoying sunshine. Synonymous with sunshine & summer is Nottingham Pride — it just gets bigger & better every year. In fact, so popular is this annual event the venue has had to be changed to keep pace. So, the march will be starting at the Arboretum at 10:45 but all the other fun, stalls & entertainment will be at Forest Fields Recreation Ground from 12 noon until 8pm.

Keep an eye on the official website for all the latest news www.nottinghampride.co.uk

Has anybody else noticed a sort of 80s nostalgia thing pervading tv programmes and advertising? Maybe it's not just me because there's going to be an 80s theme at the next Melbourne disco. This refers more to the music but anybody dressing up will be warmly welcomed. You'll find some 80s icons sprinkled liberally throughout this issue. No doubt I've missed loads out so apologies if I've missed your personal favourite. Baby Dykes will be wondering what all the fuss is about but there never seems to be a shortage of younger women on the dance floor when the cheesiest of tracks get played.



One 80s icon appears 3 times — can anyone spot who he is? Can anyone name the 3 bands? What a musical genius!

Noelle House, which is an all female accommodation project in Nottingham, will be having a stall once again at Pride, in July. They are part of Framework Supported Housing Association and support homeless women towards resettlement.

Talking of the 80s, in case anyone's forgotten, it was in the late 80s that we started to see the first home pcs emerging. Ha, "green screen"! My how we've progressed. As I put this issue of Lookout together I'm confident that the email version will look vibrant if nothing else but I'm a little bit worried as to how The Cheeky Girls (above) will look once they've been printed out in black & white. But many of you still have a printed copy sent out via Royal Mail so we continue to respond to that demand. However, if you are going to move in with your girlfriend or, sadly, have moved out, please don't forget to let Lookout know so we can conserve our precious funds and keep going for as long as people continue to get some benefit from the quarterly contact.



nottingham pride

GET A LITTLE COLOUR INTO YOUR SUMMER!

Main Stage Acts from
The Cheeky Girls to
The Dream Bears
plus lots more!

A funfair, three bars
and more than 100 stalls!
This is the summer event
you don't want to miss!

Free entrance
No public parking
More info on
www.nottinghampride.co.uk

NOTTINGHAM PRIDE 2010
Nottingham's ONLY LGBT festival

Confirmed date: 31st July 2010
Forest Fields Recreation Ground
From 12 noon – 8:00 pm

THE MARCH IS BACK!
Meet at the Old Bandstand,
The Arboretum at 10:45 am

LOOKOUT! Is sponsored by CAMPIONS SOLICITORS

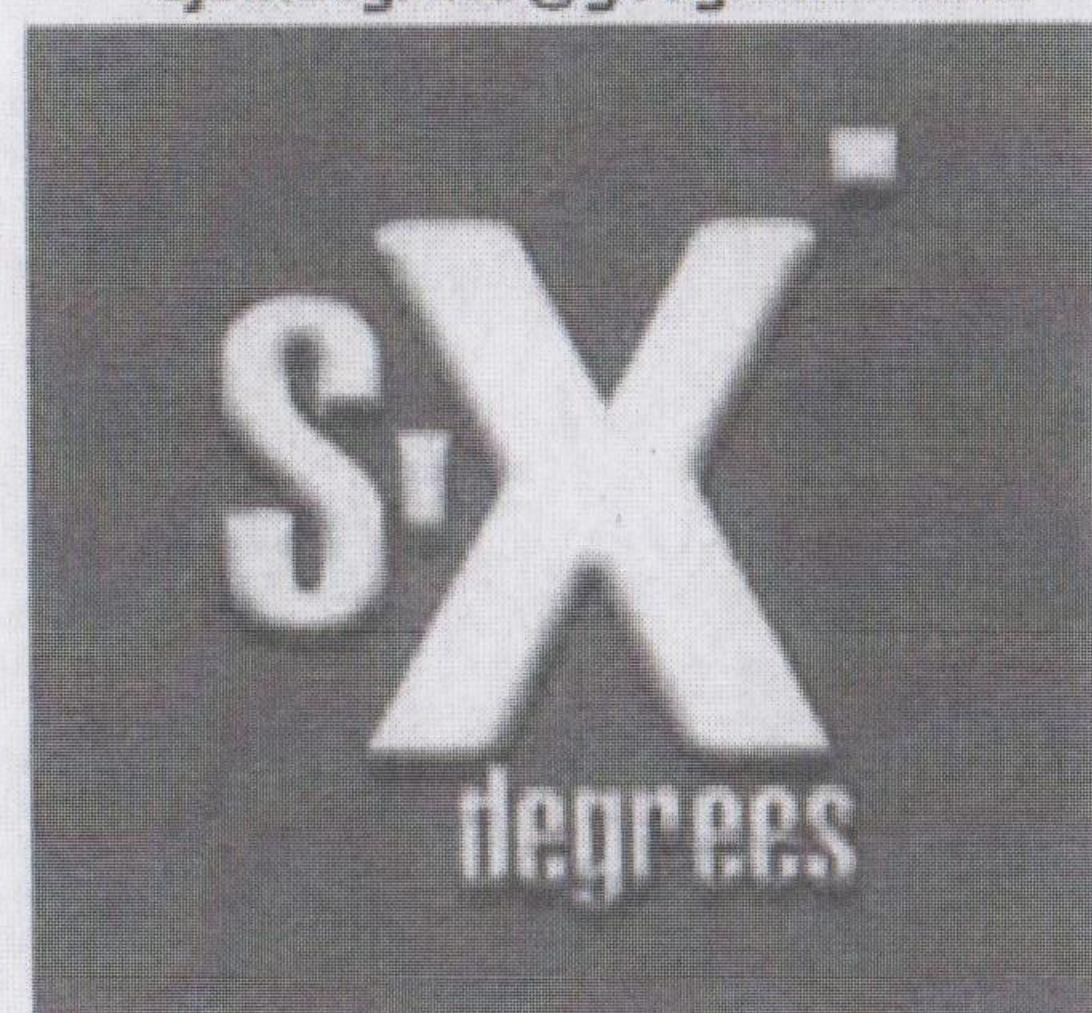
WOMEN'S REGULAR EVENTS & SPECIAL ACTIVITIES

WOMENS DISCO

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

8PM - 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 25th JUNE

80s theme

Not necessary to dress
80s but feel free if you
still have the wardrobe

**8pm-midnight
(bar til 11)**

Dancing to DJ Kaz

**British Legion
Hall**

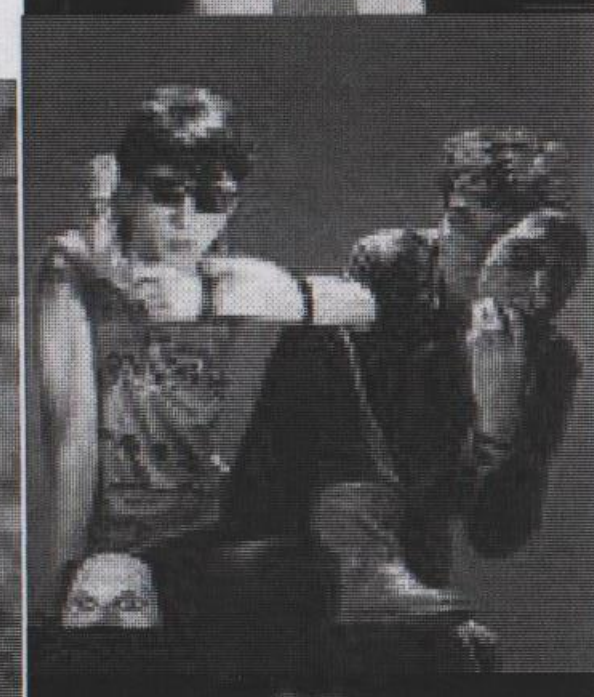
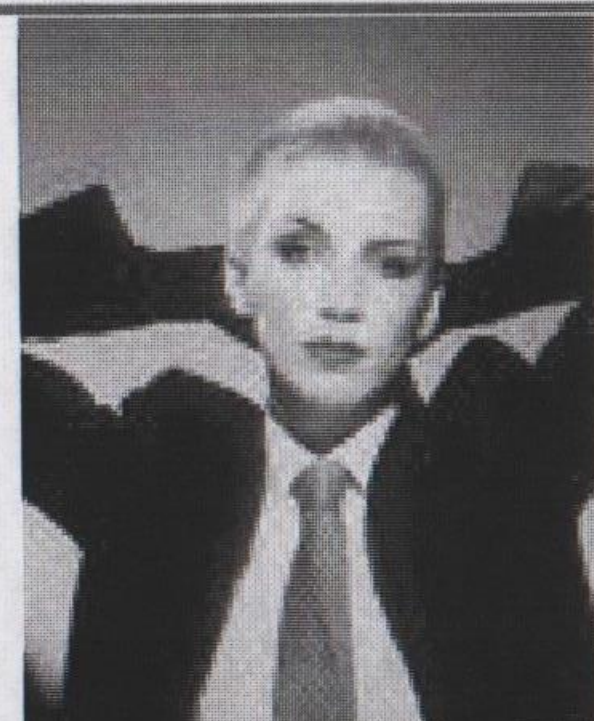
**Derby Road
Melbourne
Just south of Derby**

£2 on the door

Email Lookout for travel directions

Future dates in 2010

Sept 3, Dec 17



Issue 55

PAGE 3

Sports & Socialising

LESBIAN, BI & TRANS WOMEN @ TENNYSON

Women @ Tennyson is a free monthly social
group for lesbian, bisexual and trans women.

The group runs the first Wednesday of the
month at 1 Tennyson Avenue, Chesterfield from
7pm to 9pm.

Please call Sarah or Michaela on 01246 559431
or email sarah.thomasin@nhs.net for more info
or to let us know you're coming!

Upcoming Events

Wed 2nd June: Creative Writing workshop: all
abilities welcome!

Wed 7th July: "Everything you ever wanted to
know about cervical screening but were too
afraid to ask!"

Wed 4th August: Positive thinking, relaxation
and meditation techniques

Call now to sign up: It's free, friendly and fun!



support, advice, friendship and fun!



Gender Bending - gosh, aren't we
lucky to have such talented folk
writing for the media who can
come up with stuff like that. Let me
share with you, dear reader, a
blinder that a chum of mine has
come up with all on her own.

The Clegeron Clones

hilarious I thought and
you heard it here first just
in case it catches on.
Ahhhh, bless.



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

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

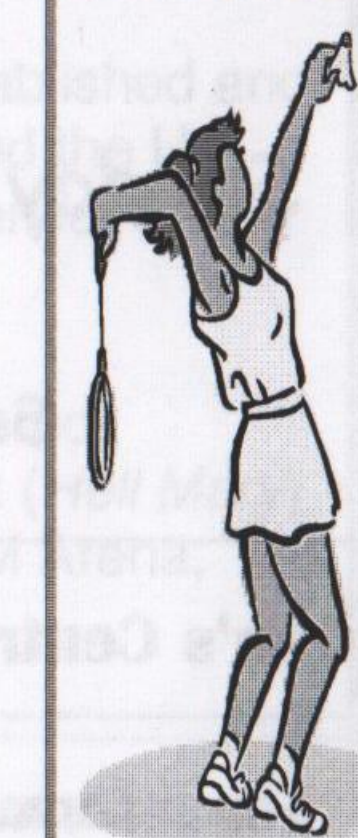
Sharon

**L
A
F
S**

"I swear by it" Toyah
What? Everything!

BADMINTON

No longer at
VICTORIA LEISURE
CENTRE

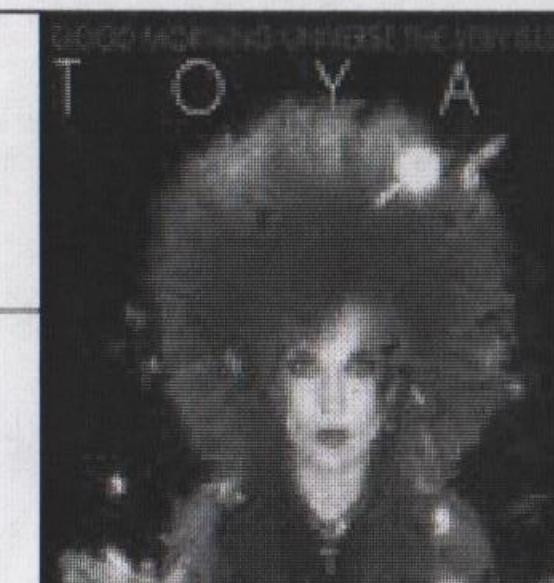


For details of
THURSDAY EVENING
Contact

Cate on 07796 581651

For details of
SATURDAY MORNING
Contact

Ruth or Rachel on
0115 982 6952



@
The Maze
Mansfield Road
Thursday 10th June
from 8:30

**HIDDEN
TALENTS**

It's back

Bold Strokes Books

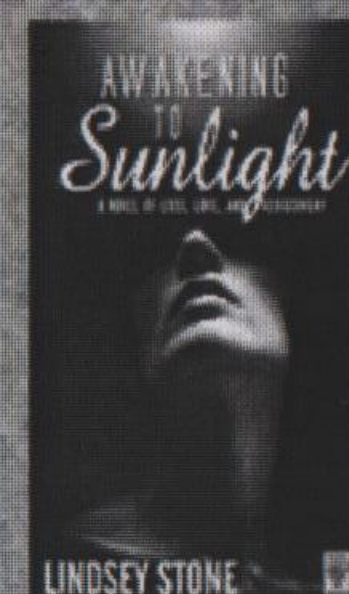
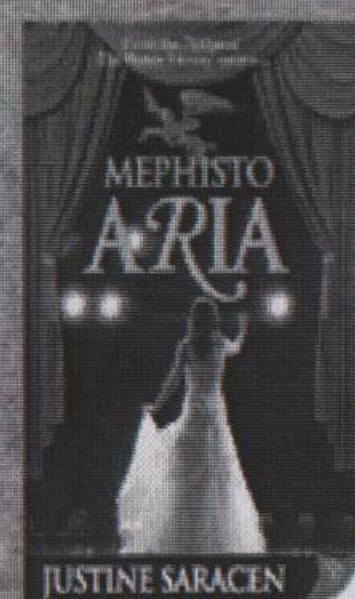
Presents

Quality and Diversity in LGBTQ Literature

Author
Readings & Signings
28th of July, 6:30 pm

Waterstones
Waterstones.com

1/5 Bridlesmith Gate
Nottingham NG1 2GR



Rebecca S. Buck
—TRUTHS

I. Beacham
—SANCTUARY

Gill McKnight
—AMBEREYE

Lindsey Stone
—AWAKENING TO
SUNLIGHT

Lesley Davis
—TRUTH BEHIND THE
MASK

Jane Fletcher
—WOLFSBANE WINTER

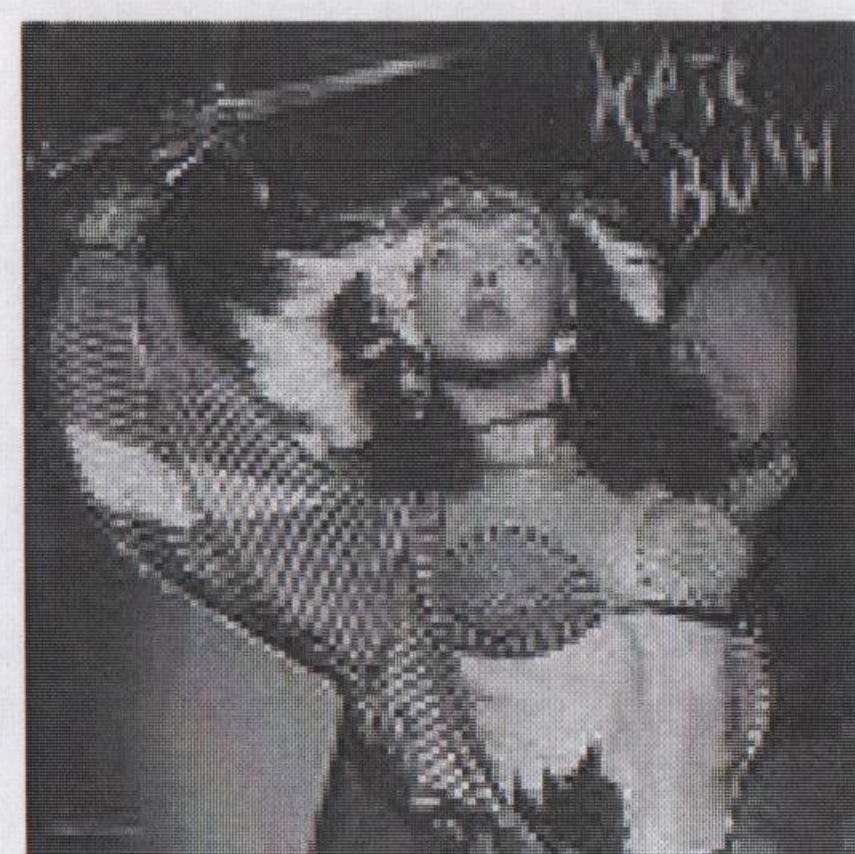
Justine Saracen
—MEPHISTO ARIA



WWW.BOLDSTROKESBOOKS.COM

Kate Bush is
psyched up &
raring to get
down to

Waterstones on
July 28th to
meet the panel of
seven lesbian
authors, reading
from their books
and doing signings
afterwards. They
are all with Bold
Strokes Books,
the largest LGBT
publisher in the
world right now.
An editor will be
on hand as well to
answer questions
about editing and
the publishing
process in
general.



Issue 55



What is Nordic Walking?

Nordic Walking uses specially designed poles to enhance your natural walking experience. With a technique that is similar to the upper body action of classic cross country skiing, Nordic Walking becomes a genuinely whole body exercise that can be enjoyed at many levels, from walking for health to athletic Nordic running. More than 10 million people globally enjoy this outdoor activity all year round.

How will it benefit my body?

Nordic Walking combines the simplicity and accessibility of walking with simultaneous core and upper body conditioning similar to Nordic skiing. The result is a full body workout, which means that you:

- burn up to 46% more calories compared to walking without poles
- release tension in the neck and shoulders
- improve your posture and gait
- strengthen your back and abdominal muscles
- reduce the impact on the joints
- And because Nordic Walking doesn't feel like hard work you'll be happy to walk further and for longer.

"In 6 months I lost a stone, waved goodbye to the bingo wings, rediscovered my waistline and have less cellulite"

"Sitting at my computer all day kills my back. After my evening nordic walking class, I've really relaxed, its like a massage for my neck and shoulders and I sleep so much better"
Nordic Walking Site Manager

Want to know more? Contact Catherine on 07940 57 57 58
www.midlandsnordicwalking.org

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>



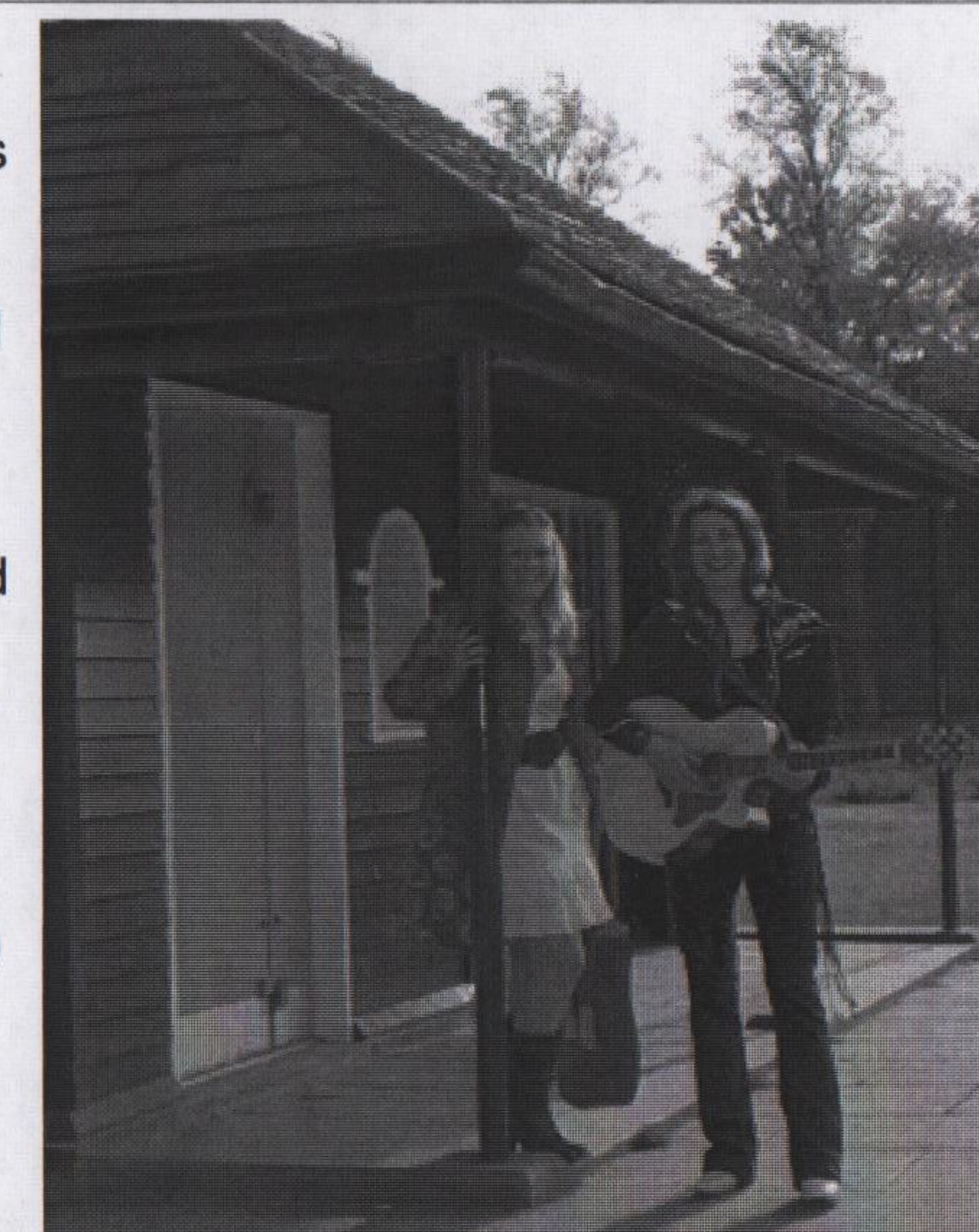
Garbo - lively female acoustic covers duo performing songs from the 50s to the present day

With Hannah Bowie on lead vocals & Mary Garcia Garner on acoustic guitar / vocals "Garbo" are a duo like no other. An eclectic mix of dumb blonde, serious brunette and a Spanish guitar with a classy twist. The repertoire of songs ranges through the past 5 decades and includes Peggy Lee, The Eurythmics, The Beautiful South, The Doors, Red Hot Chili Peppers and Duffy. Mary's expertise on the guitar will impress most musos, and the combination of the two personalities and influences result in a foot tapping set guaranteed to make everyone happy.

For 5 years Hannah sang lead vocals in "The Beautiful Sound", a well established and popular Beautiful South tribute band. During her time in the band she toured the U.K gaining her own following due to her versatile voice and quirky stage presence. She is equally at home singing to crowds of 2000+ or in smaller venues.

Mary was a founder member of dyke rock band Atomic Kandy and has toured internationally playing electric guitar with Steve Steinman's Vampires Rock (Hell Mary) and the Meat Loaf Story appearing at venues such as Sheffield Hallam F.M Arena, Edinburgh Playhouse, Dubai Irish Village and Margate Winter Gardens.

For gig dates please go to www.myspace.com/garbouk



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 Aug 7th please

LOCAL LIVE GIG

A chance to see GARBO locally at the
Lincolnshire Poacher on
Sunday 27th June first set starting at 8:30.
Free admission. All welcome.
See next page for brief history of Garbo.

"History is
herstory
too"

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

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.



Walking Groups

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

20th June meet at Monyash outside the Bulls Head : 8 miles GR150665

18th July meet at Errwood Reservoir : 7.5 miles GR 013757

15th Aug meet at Beresford Lane farm caravan site GR 117584 SK17 OHQ

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 6th June meet at John Thompson Inn, Ingleby, DE73 7HW

4.5 mile walk with some slopes & close to water at times. Meals only available 12 til 2 so bring a packed lunch. There's a Viking cemetery & a llama farm to be seen en route.

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 June 11.00am - Collingham 4.5 miles: Meet at the Grey Horse pub car park there's no GR for map readers but NG23 7NL for Sat Navers

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



"Joining a Walking Group is a great way to make new friends & take a spot of healthy exercise. Plenty of spin-ff social activities too" said someone who used to be a great fan of The Human League

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

Apart from the annual long walk: Saturday 19 June — 23.5 miles in Cumbria there are no walk details at the time of going to print

Peak Rufty walks: Next walk June 26th: meet Hartington village square next to duck pond - Pilsbury Castle, above the Dove valley, Crowdecote, Longnor, & along the River Manifold. Possibly muddy in some sections depending on weather - 10.5 miles. Contact mobile: 07717 175482

Future Peak Ruffies walk dates: July 24th, August 28th, September 25th, October 30th

Peak Ruffies are 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.

For further information contact jeanelle@degruchy.co.za;
to sign up to the Peak Ruffies yahoo group email: peakruffies-subscribe@yahoogroups.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

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.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 0808 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)