

local listings

Lesbian & Gay Switchboard

0115 934 8485
01623 621 515
Monday to Friday, 7 – 10 pm
Write C/O VAC, 7 Mansfield Road,
Nottingham, NG1 3FB
nottingham@lgswitchboard.fsnet.co.uk

Outburst!

Group for LGB young People up to
age 21.
Meets first and third Friday of the
month
The Health Shop, Broad Street
Tel: 0115 947 6868

Older Gay Group

Support and social group for men
aged 50+
Third Sunday of the month, 4.00 pm
Health shop, Broad Street
Tel: John 0115 947 6868 (daytimes)

Married Men's Group

Support for men who are (or have
been) married or in relationships
with women and are also
attracted to men.
Tel: 0115 947 6868 or
0115 934 8485

The GAI Project

Gay and bisexual men's health pro-
ject
The Health Shop, Broad Street,
Nottingham, NG1 3AL
Tel: 0115 947 6868
Email:
gaiproject@nottinghamcity-pct.nhs.uk

Lookout!

Quarterly what's on newsletter for
lesbians in the Nottingham area.
For a copy, write to:
Nottingham Lesbian Community
Centre, c/o Women's Centre,
30 Chaucer Street, Nottingham,
NG1 5LP, or e-mail
nottslesbiancentre@ntlworld.com

Nottingham University Lesbian and Gayline

0115 951 4999
Monday term time only

Flame (lesbians with M.E. Group)

Support and social group for
lesbians suffering from ME/CFS.
Flame, C/O Self-Help Nottingham,
Ormiston House, 32-36 Pelham
Street, Nottingham, NG1 2EG
Tel: 0115 911 1662 (9am to 1pm or
leave a message)
E-mail:
nottslesbiancentre@ntlworld.com

Nottingham Bi-Women's Group

For all women who identify as bi,
who recognise attraction to more
than one gender, or who are ques-
tioning their sexuality.
Nottingham Women's Centre,
30 Chaucer Street, Nottingham,
NG1 5LP
www.nottsbi.info
Email: nbwg@nottsbi.info

East Mercia MSC

Friendly gay men's club and wel-
coming guys who are into leather,
rubber, skinhead kit, full replica
sports kit, uniform, western and
work-gear. STRICT dress code.
Regular meetings in the Cellar Bar
at the Lord Roberts, 24 Broad
Street, Nottingham City Centre from
8.30pm - 11pm, second Friday of
each month. Other events are
arranged throughout the year.
P.O. Box 6360, Leicester, LE3 5ZZ
www.emmsc.org.uk

Out House Project

Working to open an LGB community
centre.
Suite A, 40 George Street,
Nottingham, NG1 3BG
Tel: 0115 9110545
www.outhouse.org.uk
Email: info@outhouse.org.uk

Police Homophobic Crime Helpline

0800 085 8522

WAG

Relaxed and friendly social group,
open to all lesbians and women
questioning their sexuality.
Details from Lesbian & Gay
switchboard
Tel: 0115 934 8485.

Chameleon Group

Group for transvestites and trans-
sexual people. Changing facilities
available.
Thursdays 7.30pm - 11.00pm
Wollaton Grange Community
Centre, Treymane
Road, Billborough.
Secure parking available.
Tel: 0115 928 3610

Trans-Action (UK) Nottingham Group

A support group for transgendered
people of all persuasions. Friendly
atmosphere in warm homely sur-
roundings. There is a charge of £1.
Meet 1st Wednesday of the month,
7pm - 11pm.
Tel: Charlotte Belle (Charlee) on
0115 958 7403
www.geocities.com/trans_actionuk/
classic_tan.html
Email:
NorthNottsTransAction@groups.msn.com

LGCM Nottingham Group

Support for Lesbian & Gay Chris-
tians. Meet 3rd Friday of the month.
Tel: 0115 9827475

Breakout

Social group for gay and bisexual
men.
Every Tuesday, 7.30 pm
Health Shop, Broad Street
Tel: 0115 947 6868
www.breakoutnottm.org.uk

i'm free

INCORPORATING THE OUTHOUSE NEWSLETTER & QB
AUTUMN/WINTER 2004 ISSUE 7

COMMUNITY NEWS HOROSCOPES FEATURES



Editor

Cor blimey - Winter's here then! The office is freezing, we've had Goose Fair, we've had Fireworks, the long dark nights are here this misers central heating's on and no doubt someone will be able to tell you how many shopping days there are until Christmas - it's just dark and cold really. So hopefully this edition of 'I'm Free' will provide a little light and warmth in a dark, cold world. Feel free to contact us at:

I'm Free, The Out House Project, Suite A, 40 George Street, Nottingham, NG1 3AL

Telephone: 0115 911 0545

E-Mail: imfree_editor@hotmail.com

it's your pride that's at stake

The Nottingham Pride Festival may have to end due to a lack of Committee Members.

After the 2004 event many of the then Committee members felt they would like to take a back seat and hand over to a new energetic Committee. It's not that they want to leave completely, but feel that they have worked very hard for 2 years to develop a viable, successful event and would like to devote more time to their work and family commitments.

The majority of these volunteers helped set up the festival from scratch; starting with no money, no experience, no admin systems and little idea of what putting on a public event entailed! It was an extremely steep learning curve for us all, and we also had to contend with a lot of cynicism from the Community as to how successful a Nottingham Pride event would be. The Committee battled on and against all odds put on a great event at the Arboretum

in 2003, and managed what so few events achieve - a profit. We gave money to Amnesty International and the Notts Hardship Fund and kept £2000 as start up money for 2004.

In 2004 we built on our successes and put on a bigger and better Pride - attracting approximately 6000 visitors from Notts and the rest of the East Midlands. Pride it seemed was on the map and here to stay. During the 2004 event several people said they would like to get involved in running Pride 2005 and gave us their contact details - all seemed well with the world.

The first meeting of the 2005 Committee took place in October and was attended by 5 people (no new members), 3 of whom wanted to take a much less active role in the Committee than in previous years, which leaves us with a dilemma. We have the money, the admin systems and the experience; but we don't have a team of eager volunteers, which means any event we put on would be

patchy and under-resourced. Pride would die a slow, painful, public death. We could not bear for that to happen.

As the outgoing Chair of Nottingham Pride, I am calling a meeting of all those interested in seeing Pride continue. The meeting will take place on 13th January 2005 in the Green Room at the Lord Roberts at 7.30pm to decide the future of Pride.

There is no Pride fairy - if you want the event to continue, then you need to get involved in ensuring its' future.

Should you wish to e-mail us your thoughts, we can be reached at

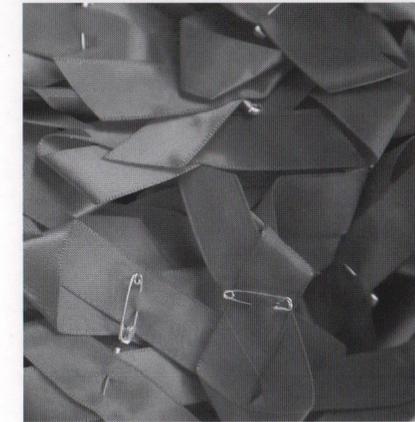
nottinghampride03@hotmail.com

To the Committee of 2003 and 2004 - I'm sure you will all join me in thanking them for all the time and energy they have given and congratulate them on their successes.

world AIDS day

As 1st December is World Aids Day. The Health Shop and The Broadway Cinema are planning to stage an event designed to draw attention to the ongoing HIV crisis. The event will take place on Wednesday 1st December 2004 at The Broadway Cinema, Broad Street, Hockley. The theme for this years campaign is 'Women & Girls' and we will be focusing on this theme but will also include issues involving drug use, gay/bi-sexual men and heterosexual men & boys.

The event will begin at 10am and continue throughout the day and into the evening. There will be stalls, activities and entertainments for young and older people. These will include a balloon release; tombola & lucky dip, an auction, and 'guess the weight of the chicken' (with a difference!) competition, and many



more. The day will end with a film provided by the Broadway Cinema. Health Shop staff will be dressed, throughout the day, as female characters from films, men included! All money raised will be donated to the Nottingham Hardship fund, a local charity providing financial assistance to people living with HIV. There will be an opportunity to remember those past and present living with HIV through a candlelit vigil.

cinema & theatre group



Are you interested in working to set up a group to organise trips the cinema or theatre?

The area is so well served with both of these facilities, however there isn't or there appears not be a group of like minded people within the LGBT community, is there a requirement? If there is would you like to help establish such a group.

Call Ted on 0115 9817537, and lets see what can be achieved?

congratulations



Congratulations are in order for John McGarry and Michael Haydn who tied the knot on Sunday 26th September.

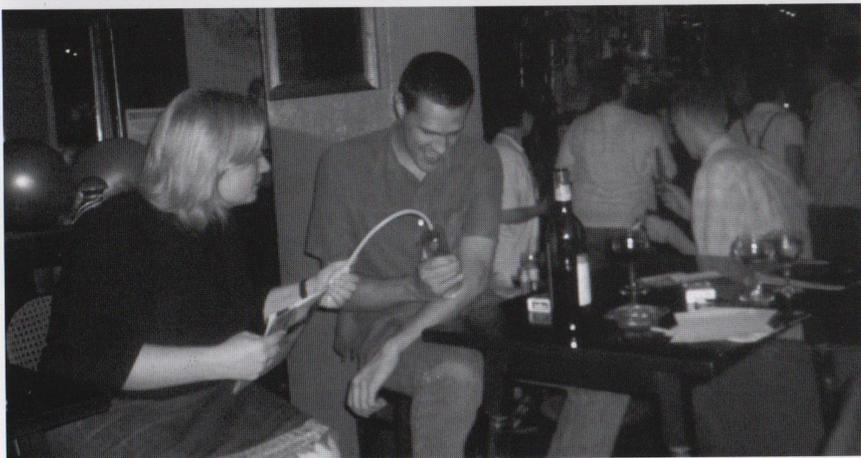
Father Richard Sanders performed the blessing ceremony which took place in the Kings Room at the Comfort Hotel on George Street.

The happy couple were joined by 200 of their closest family and friends who were there to witness the joyous event.



If you and your partner would like "I'm Free" to share in your special day then please contact us via I'm Free, The Out House Project, Suite A, 40 George Street, Nottingham, NG1 3AL or e-mail: imfree_editor@hotmail.com or telephone 0115 911 0545.

gay winters, the gay toys r us



Gay Winters provides a unique gay, lesbian and gay friendly zones, were you can let your hair down, have some fun and shop for adult toys from the comfort of your own home. Gay Winters also hold adult parties at a few venues around Nottingham.

Gay Winters has over 40 Party Organisers nationally and are growing at a rapid speed. We have attracted a wide range of Party Organisers around the UK and this is an ideal job for gay, lesbian and bisexual people to make a bit of extra cash with earnings up to £40

an hour. Part Time, full time... Anytime, you tell us.

Gay Winters stands for something naughty...but nice! Our parties are designed for fun! There is nothing crude maybe a little rude but all done in good taste. With a few party games and a little bit of alcohol it is truly a great night out.

For toys to tantalise your taste buds and toys to shock, Go to www.gaywinters.com and have a look around.

If you want to be part of a fast growing dynamic company and think you have the drive to be a Party Organiser call us on 0845 226 5667 or email work@gaywinters.com

BROKEN RAINBOW LGBT DOMESTIC VIOLENCE SERVICE

The help line is now operational for supporting agencies and survivors of domestic violence

Helpline Number
(Survivors): 020 8539 9507

Office Number (Agencies):
020 8558 8674

Monday to Friday from
9am - 1pm and 2pm - 5pm

Email address:
lgbdv@bopenworld.com
Website: www.lgbt-dv.org

another pride, another after show party!

24th Sept at The Lord Roberts Green Room saw the committee finally getting together purely for fun rather than business and much fun was had by all.

A few members of the sterling crew weren't able to make it but it was a joy to see two members of last year's committee attended despite their long drive from Liverpool.

Pride committee members agreed for the second year

running that a good old knees up was a better prospect than claiming their expenses and I have to admit, I couldn't agree more! The funds went on beer vouchers and a delicious buffet food, laid on by Lord Roberts' staff. It was all worth it, we decided, as we cashed in the beer vouchers and the green room took on a purple haze; all the hard work forgotten and the mad memories re-run in happy conversations through the evening.

LGB and BME

In March 2005 Switchboard will host a two-part conference which targets black and ethnic minority people within the LGB community, their experiences, their needs and looks at developing local support networks. It is also intended for organisations and groups which support black and minority ethnic people and which feel that they need to learn more about this issue.

The first part of the conference will take place on Saturday March 5th and will be for all the people covered by the above paragraph. The second part of the conference will be on Saturday March 19th and will be for LGB people who are black or from ethnic minorities. Both events will be held at the Nottingham Voluntary Action Centre (7, Mansfield Road) and participation will be free for those living in Nottinghamshire. Fuller details will emerge soon, but anyone who is interested should leave their details with Switchboard at 7, Mansfield Road, Nottingham, NG1 3FB - or e-mail nottingham@lgswitchboard.fsnet.co.uk Or phone 0115 9348485 Mon-Fri 7-10pm

SWITCHBOARD is 30

Nottingham & Notts Lesbian and Gay Switchboard started in 1974 and since then has taken about 60,000 calls. Most of have been more serious than the following lot

which have been dug out of our archives:

- I'm having trouble with my bunions (it's my orthopaedic shoes) can you help me?
- You are all damned and within 21 days the Lord will descend on you and you will be cast into the fiery pit
- I would like to support Switchboard by being sponsored to have a nail hammered through my tongue
- I am Avon of Blake's Seven, and I am coming to destroy you
- This is PC Jones from Central Station. I'm phoning about the bicycle which was reported missing by Mr. McQueen
- Can you give me details of the hang glider which you have for sale?

In 1978 we received the following letter:

Sir, I must say that I consider it an impertinence for you to send me a letter. I have always regarded homosexuality as one form of perversion and I very much regret the progress on permissive lines that have taken place during the last few years. I also take exception to the use of the word "gay". From time to time I am gay, but at no time queer. I have reason to believe that public opinion is

on my side.

Yours faithfully
Peter Wright
(Leader of the Conservative group on the Council).

For those who are interested in the long-term historical perspective, our records also show that in May 1979 a scheme was outlined for a Gay Centre to be established in Nottingham.

Recycled Pride

Why not put to one side all those unwanted birthday and Christmas presents so that they can be raffled off at Pride 2005? So far we have:

- One of those anti-social devices for those who love to annoy their neighbours with deafening noise from a portable lizard. It's Sony's latest 2000W Gecko Blaster.
- Also 2 tickets for that mammoth saga of gods, giants, dwarves and their lives at the Valhalla Laundrette - Wagner's Rinse Cycle.
- Two books: a copy of Count Leo Tolstoy's culinary epic about catering problems in strife-torn Tsarist Russia - "War and Peas" and that famous novel about a female furniture restorer, "The Lady Varnishes".

a 'nice' night out

I wasn't planning a mad one, just a few drinks with my boyfriend and some friends. We had a few glasses of wine and then headed into town. I was really enjoying the company, the chat and the drinks. I woke up on Sunday feeling as if someone had performed brain surgery on me, using a spoon!



The usual questions presented themselves, how did I get home, how did I get to bed, who did I call on my mobile to tell them what I thought about one thing or another then I saw the look on my boyfriends face!!! Do you remember being in....? ? I replied that all I could remember was sitting in having a quiet drink. He then went on to fill in the gaps hitting on a friend, falling into people and walls, being aggressive when it was suggested that I'd be better off leaving and subsequently being carried home.

As far as I was concerned none of this happened, I had no memory after the first drink at the bar. Don't get me wrong I have forgotten parts of many an evening through too much drink, but never an entire night. It took me a day to work things out, make up with friends and apologise to my boyfriend. The real reason for my out of character behavior, my complete memory loss and my inability to even walk were down to being spiked.

I was lucky in that I had someone to look after me

even if they didn't know why I was behaving in such a bizarre way. I was lucky because I had someone who I trusted to take me home. I was lucky not to end up unconscious in the street. I was lucky not to end up in a coma. I was lucky that I was not taken home and raped by the 'person' who had spiked my drink.

Despite the sheer embarrassment of the day after, I feel lucky.

When you go out for a fun night remember that some people have other intentions. The spiking of drinks seems to be a new sport on the scene, a bit of a laugh. It's been big in London so you can be assured that it's spreading north.

Here are some tips for a safer night out:

- Always keep an eye on your drink and never leave it unattended.
- If you feel really strange/drunken after only a few drinks let someone know.

- Although this one is a hard one, don't accept drinks from strangers (at least be there to see them getting it for you)
- Whenever possible let someone know that you're leaving with someone.
- Keep an eye out for one another; if someone turns all of a sudden then seek help.
- If you ever witness someone spiking a drink report it, it is a crime. Just imagine if you did nothing and the worst happened to that person.

It took me 3 days to feel right again. It ruined my weekend and it nearly lost me all the things I love. But I still feel lucky compared to others.

So for those people who seem to get off on this I can only feel contempt.

For more information and confidential support contact the GAI Project or Chill Out Sound Support on 0115 9475414.

are you local?

The GAI Project has just launched the latest version of its ever-useful GAI Guide to Nottingham. The Guide provides listings of local groups, scene venues, services and organisations for the LGBT community in the city and county. There's nearly 70 different listings, so let it not be said that there's nothing going on. Copies are available on the scene, from the Health Shop or by calling the GAI Project on 0115 947 6868. The Guide is updated annually, so if you know of a group or organisation that should be listed but isn't, let the GAI boys know.

Police: out and about

Officers from Notts Police will be out in Nottingham scene venues on various nights during November and December, promoting the Homophobic Incident reporting line and generally making themselves available. For those of you who are into that sort of thing, we're sorry but we're not sure whether they'll be in uniform...you'll just have to go and see for yourselves, won't you?

While we think about it, just a reminder of what the incident line's all about: it's a confidential phone line especially for the reporting of homophobic incidents, e.g. harassment, verbal abuse, physical assault - any offensive behaviour that is aimed

at the victim because of their sexuality. The line is staffed by specialist officers who understand how difficult it can be to report incidents of this nature. The number isn't answered 24 hours a day but you can leave a message and they'll call you back. They're particularly aware of confidentiality and won't "out" anyone who uses the line. The number is 0800 0 85 85 22.

Remember this is not an emergency number - in an emergency always call 999.

Rape booklet

Male rape is a taboo subject that can provoke flippant responses and scepticism amongst gay men. The notion of rape fantasy ("he must have wanted it") along with traditional ideas about men being strong and able to look after themselves makes rape difficult to discuss. Yet it happens. Research organisation Project Sigma estimates that thousands of gay men in the UK are raped and sexually assaulted every year. The GAI Project has produced a booklet of information and advice about male rape for gay men including some basic facts, advice about reporting and avoiding assault and sources of help and support. It will be available in gay venues and from the Project direct - for more information call them on 0115 947 6868.



TO ALL GAY, LESBIAN OR BISEXUAL YOUNG PEOPLE BETWEEN THE AGES OF 16 AND 25 YEARS OLD IN NOTTINGHAM CITY

We have been commissioned by Nottingham City Council to conduct research and make a CDROM / DVD on gay, lesbian and bisexual young people's experiences of school, the police and leisure services. Once the CDROM / DVD has been made, everyone involved will be invited to attend a final meeting to watch it and discuss what the next steps forward are, in response to what has been said.

Contact us on the e-mail address/ phone number below to get involved in the project. We will invite you in for an informal chat, which might lead to us filming your responses to questions, if you consent to this happening. However, you can also request to answer the questions confidentially, either on the phone or via e-mail.

**SPEAK OUT
MAKE A DIFFERENCE**

Call Sam / Carly on
0115 964 8228
07905 672 029
or e-mail us on
carly@lunatraining.com

homeopathy awareness

WHAT IT IS?

The word 'homeopathy' is derived from the Greek 'homæos,' meaning similar, and 'pathos,' meaning suffering or disease. This name reflects its fundamental principle: like cures like. In other words, homeopathy cures dis-ease of all kinds with minute amounts of substances that would produce those same symptoms if given to a healthy person in its original form.

Many people compare this idea to vaccinating against certain illnesses, but there is an essential difference: vaccinations include not only massive doses of the specific, toxic substance that they are meant to be antedoting, but also the injection contains other chemical nasties such as formaldehyde and mercury. So no wonder many people suffer after their holiday travel vaccines and others feel considerably worse for maybe months after their flu jab.

Conversely, homeopathy is a holistic way of considering and gently healing the whole person in both physical and emotional terms, rather than just looking at one or a list of symptoms. In other words, it is the individual that's the focus of homeopathic treatment not their ailments.

Homeopathy is an alternative system of medicine that has been used extensively and safely for centuries. It was developed to its present form over 200 years ago by a

physician, Samuel Hahnemann and his wife Melanie, based upon this similarity healing principle that the ancient Romans and Greeks originally used. Today, people from all walks of life and of all ages use and endorse homeopathy, most notably perhaps the British royal family.

HOW IT WORKS

Primarily, homeopathy's healing process enables the body to stimulate its own energy to promote a return to good health and well-being, so that we are actually making use of our own innate healing powers. Any symptoms of illness are seen as a sign that something is out of kilter in what can be called our life force and homeopathic medicines act by prompting our own body to correct this imbalance. Also, homeopathy is frequently used on a constitutional basis to maintain our general physical and emotional good health, so you don't have to be 'sick' to benefit.

Homeopathic remedies are usually derived from all kinds of natural animal, vegetable, or mineral sources. The original substance is then subjected to successive dilutions and vigorous shaking up between each one. This procedure brings out the curative, medicinal properties present in the substance ~ in other words, its energy. It's this energy that resonates with whatever symptoms you may be experiencing and thus promotes cure. The degree of dilution is re-

ferred to as the 'potency' of the remedy. The more a substance is diluted, the higher its potency. The more dilute the medicine, the stronger its effect of its essence ~ and it is that has given rise to homeopathy's controversy in medical circles. For the physicists amongst you, it is diluted to beyond Avagadro's number, which would explain firstly, why there's no physical trace of the original substance left and secondly, why its completely safe for everyone.

A homeopathic practitioner matches the potency of the remedy to the energy of the patient and uses a range of different potencies to treat the various levels of dis-ease or discomfort. Acute or everyday ailments, such as coughs, colds, sprains, ear-aches, hangovers and so on are usually treated at the 6C or 30C potency and a range of remedies in these potencies are readily and cheaply available in many chemists and health shops.

Homeopathic remedies themselves are available in different preparations: small tablets; liquids and tinctures; little tiny pellets; granules etc. The base is either milk sugar (or a non-lactose equivalent) or for liquid preparations water and/or alcohol are used. Currently there are over 2,000 substances whose special physical and mental effects have been recorded. Examples are charcoal, salt, snake poison, gold, the marigold flower, coffee etc and some-

times potentised versions of drugs themselves may be used to help with side effects (eg HRT). Or for instance, for somebody with cold sores, we may use the herpes simplex virus itself in homeopathic potency along with other deeper acting remedies to suit the individual and address the original cause of the complaint.

WHY SHOULD I USE IT?

Basically because it is safe, gentle and holistic. Homeopathy works especially well with all types of ailments that don't respond well to ordinary medicine. It is also very effective in emotional states like grief, anxiety and depression as well as being great for ailments as diverse as migraine, hay fever and other allergies, asthma, eczema, rheumatism, digestive and menstrual problems, sports injuries and strains, eating disorders and bronchitis.

People are attracted to homeopathy because it treats the whole person as an individual, rather than being about trying to get rid of a lot of symptoms whilst often ignoring the cause. Many choose it as an alternative to potentially harmful 'chemical' drugs, although remedies are effective either alongside or instead of conventional medicines. Homeopathy is non-habit forming, has no unpleasant side effects and the remedies themselves are easy to take and pleasant to taste.

Because we are all individuals, different people react in different ways to the same symptom. Although a clini-

cal diagnosis can sometimes be useful, the mere name of an ailment is not enough because homeopathy treats each person as a unique individual, as a whole being and on all levels. Very often people have 'layers' of symptoms and previous illnesses or vaccinations as well as unresolved emotional trauma can trigger off health problems later on in life. Furthermore, we are all born with different susceptibilities to various types of conditions.

Although other alternative or complementary therapies such as acupuncture, osteopathy, chiropractics etc are also holistic and effective for many ailments, their techniques can be quite invasive and hence might not suit everyone. Chinese and herbal medicine remedies can sometimes taste disgusting, be unsafe to varying degrees, or simply be difficult

to prepare.

Those homeopathic remedies available 'over the counter' provide a good introduction to the way homeopathy works with us. Mixtures of remedies and tissue salts with labels like 'Diarrhoea Relief', 'Allergy Ease', 'Sprain Relief', 'Teething' and so on are also readily available and can also prove effective. However, they will only provide temporary relief as homeopathic practitioners consider all a person's symptoms (both 'good' and 'bad') in order to build up a complete picture of the person and to prompt their complete, permanent cure or state of well-being.

Sue Smith BA(Hons), LCHE
Licensed Homoeopath
healingsmith@madasafish.com

HOMŒOPATHY

A Queer Way to Good Health and Wellbeing

Fully qualified and licensed

Lesbian Homœopath offers safe, holistic and gentle treatment for all physical and emotional conditions.

Homœopathy works especially well for ailments that don't respond well to ordinary medicine. It is very effective as a safe alternative to chemical drugs and acts by stimulating your mind and body's own healing potential.

Sue Smith BA(Hons) LCHE
19 Chandos Ave
Netherfield
NG4 2NF
0115 841 8110
healingsmith@madasafish.com

venue listings

@d2

Gay bar next to NG1
Mon-Wed 1pm-Midnight,
Thurs 1pm-1am
74 Lower Parliament Street,
Nottingham
Tel: 0115 950 2727

The Foresters Inn

Gay friendly pub
Open pub hours
Huntingdon Street,
Nottingham
Tel: 0115 941 9679

Lord Roberts

Gay friendly pub
Open pub hours
Broad Street, Nottingham
Tel: 0115 941 4886
lord_roberts24@hotmail.com
www.lordroberts.com

George's

Gay friendly bar/restaurant
Open Wed - Sat evenings
Broad Street, Nottingham
Tel: 0115 948 4045

The New Foresters

Pub hours, mainly women
St Anns Street (behind Victoria Centre), Nottingham
Tel: 0115 958 0432

The Central

Gay bar (behind the Palais)
Open Mon - Wed 3pm - 12pm, Thurs 12pm - 1am, Fri - Sat 12pm - 2am, Sun 12pm - 12.30am
Huntingdon Street
Nottingham
Tel: 0115 958 5883
www.central-online.co.uk

Revolution

Gay club night, first Monday of the month. 10pm - 2am
Faces night club, Broadway, Lace Market, Nottingham

Women's Café

Women only
Second Tuesday of every month, 7pm - 10pm

NG1

Large, stylish gay club
Open Wednesday - Sunday from 10pm. Closed Thursdays
Free entry before 11pm (Saturdays before 10pm)
Free entry on Sundays
76-78 Lower Parliament Street, Nottingham, NG1 1EH
Tel: 0115 958 8440
www.ng1club.co.uk

ROOM2ROOM

- Are you a young gay man or woman aged 12-19?
- Is your bedroom a haven from the outside world?
- Have you decorated your room and put your individual stamp on the space?

Nottingham artist Jeanie Finlay is researching an exciting new project and looking for young people to take part.

Please complete the online form at www.ruby-online.co.uk/room call 0115 8400035 or email room@ruby-online.co.uk if you are interested in being interviewed or to find out more.

person required for house share in Mapperley with male owner

modern house
1 mile away from city
regular bus service
all amenities.
£55 per week exc
contact 0115 9561044.

STEVEN LEWIS

Silver & Goldsmith

designer jewellery
restoration & repair work

27 Heathcoat Street, Hockley, Nottingham, NG1 3AG
0115 948 1425

massage therapy



The art of massage has been practised since ancient times. A word for massage exists in all cultures. It is with increased medical knowledge of the Human body that our current techniques of 'massage therapy' were renewed from the late nineteenth century onwards.

Massage is effective for a range of problems including sciatica, stress, repetitive strain injury and is shown to be effective for people with HIV etc. A real bonus is that you can seek massage as a means of keeping yourself refreshed and in a better state of health.

I have been diploma qualified for almost a decade. A treatment session lasts approximately an hour and I travel to your home. The cost is £30 my number is 0781 404 0223 ask for Tim.



Horror-Scrapes

Runes read and furniture ruined with Miss Scratchy McScratchycat professional sooth (and mouse) slayer

Libra

Well done Libra for living this long and still looking so good. But then again you've had enough botox to make the navy stiff. Luck says any more face lifts and you'll be able to hear through your nipples.

Sagittarius

Sanity is just a state of mind, unfortunately not your mind. Stop shooting your load in the wrong direction and aim at something more in keeping with reality, e.g. anything that's not in your head. Luck sees a tall man in a white coat.

Aquarius

Take time out in the coming weeks to re-evaluate the world. You'll find every cloud has a silver lining in the same way as every Ratner sold high quality bling. Luck is under a Scotsman's kilt.

Aries

Going to Derby to become a pirate of the high seas is not a valid excuse for missing your best mate's girlfriend's birthday party. And in case you hadn't noticed Derby is landlocked and no where near the high seas. Luck checks your diary to take out all the stuff you've invented.

Gemini

Pent up feelings of angst and turmoil drive you to alternative therapy. Try yoga and you'll soon discover these feelings are just a bad case of trapped wind. Luck buys all your presents from Poundland.

Leo

Travel to far flung places may sound like a good idea until you catch dysentery and start passing your intestines through the narrow fiery passage that has become your arse. Luck calls the fire brigade after trying to rewire your house before realising it has no knowledge of electric.

Scorpio

Will the miracles of modern science ever cease? Apparently not, only last week you managed to prove that two plus two is indeed five. Luck is a kitten with a shotgun holding up your local building society.

Capricorn

Another day, another dollar, kissy, kissy, five dollar, to be exact. Bear this in mind as love doesn't come for free, so you might as well start charging for it instead of paying out. Luck was a thorn in my side but now it's a mild ache in my paw.

Pisces

Lube yourself up and get ready for the ride of your life. Can't tell you anymore cause I wouldn't want to spoil it for you. Luck lurks like a junky at the needle exchange.

Taurus

Give in to temptation and stop banging on about that bloody Carol Vordeman diet, I tried it and it made my arse taste funny. If you can't be lucky you might as well be a drunk, it works for tramps and could work for you. Luck hides behind the porn in your knicker draw.

Cancer

Tis the season to be jolly, well it's amazing what medication can do for you nowadays. I highly recommend a cocktail of Prozac and vodka to warm up the nights ahead. Luck calls you fluffy bum.

Virgo

Take away the madness and the pain and what are you left with? Well it's not too pretty and smells of decaying flesh on a warm summer day. But on the bright side it's better than nut loaf. Luck is a puppy leaving a message in your new slippers.