

NORTH SOMERSET LGBT+ FORUM

Newsletter



January 2024



Quizmaster Dave hosted December's Retro Music Quiz at the Black Cat Micropub, raising over £200 for Weston Foodbank in the process! Join us for the next one on January 25th.

DATES FOR YOUR DIARY AT A GLANCE

Portishead Poacher Quiz
Wednesday 3rd January

Retro Music Quiz
Thursday 25th January

Gayme
Sunday 28th January

Young Socialites
Whovian Knit 'n' Natter
Tuesday 30th January

See inside for times and venues

PLUS

50+ Drop-In
Mondays 3-5pm at our HQ

Trans+ Drop-In
Wednesdays 3-5pm at our HQ

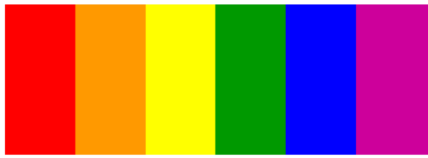
Family+ Drop-In
Fridays 3-5pm at our HQ

NORTH SOMERSET LGBT+ FORUM

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January 2024

Compiled, designed and printed at our charity HQ by volunteer trustees. All information is correct at the time of print.



**NORTH SOMERSET
LGBT+ FORUM**

Reg charity no. 1174545

**68 Meadow Street,
Weston-super-Mare
North Somerset
BS23 1QN**

Our HQ is open 12-5pm every Monday, Wednesday and Friday, and 10am-4pm every Sunday (excluding Bank Holidays).

support@nslgbtforum.com

www.nslgbtforum.com



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Letter from the Editor..

Hi all,

Welcome to our January Newsletter.

Somehow it's the start of yet another year (where does the time go?), and already the Forum team are buzzing with plans for the next twelve months. We really do have so many exciting events, activities and ideas in the pipeline, and you can read about some of them on Page 7 as we look ahead at what 2024 has in store. (There are also a number of other things we are planning but just need to finalise details before releasing them publicly over the next few weeks - but trust me, once we can share details you will not be disappointed!)

Meanwhile, January itself also has some exciting regular events lined up - our **Quiz Nights at the Poacher in Portishead** continue to run every first Wednesday of the month, as well as our inclusive and accessible board game night **Gayme** (taking place every last Sunday of the month). Add to these our **Retro Music Quiz** at the Black Cat Micropub and the chance to make a Doctor Who scarf if you are part of our **Young Socialites** group, and I think you'll agree we've started 2024 as we mean to go on - offering safe, inclusive and accessible support and social contact for the district's LGBT+ community.

Sadly, this time of year can be tough for some of us, so if you're feeling a bit low or disconnected, have a read of our suggestions in the centre pages for staying positive this month.

Finally, if you fancy helping us out over the quieter winter months, you can access our online stores via the links listed in the column on the left of this page. Alternatively, if you wish to donate via PayPal, head to paypal.com/paypalme/nslgbtforum or scan the QR code (right).

Stay strong, and we'll see you soon!

Thom x



Scan for our PayPal
link to donate



News in Brief



Five members of the Forum went on a trip to Amsterdam together in December, and stumbled across the city's 'Pink Point' - an LGBT+ resource hub located close to the city's 'Homomonument', a monument to commemorate all lesbians and gay men who have been persecuted due to their sexuality. As luck would have it, chair Steve had a Forum flag in his bag, so the kind owner of the hub took a photo for us. We hope to return soon!



The team will be returning to the Black Cat Micropub for another Retro Music Quiz on **Thursday 25th January!** Join us from 7.30pm for an 8pm start. Entry is £2 per person, with all proceeds going to the Forum.

The Black Cat can be found at 135 High St, Weston-super-Mare BS23 1HN, next door to the Samaritans building. See you there!



YOUNG SOCIALITES



Are you aged 13-17 and love Doctor Who? Our next Young Socialites get-together will be on **Tuesday 30th January**, 6.30-7.30pm at our HQ on Meadow Street. We'll be holding a Whovian Knit 'n Natter, where you can have a go at making your own Doctor Who scarf! Entry is free and there's no need to book or bring anything along, however if you have your own knitting/crochet/crafts you would like to bring that is fine too!



GAYME



Our first Gayme night of 2024 is on **Sunday 28th January**, 5pm till 8pm at the Bridging the Gap Together! hub, 59-61 Meadow Street, WSM, BS23 1QL. As always, we will have a great range of board and card games available to play, and even if you attend solo you will be welcomed by attendees to join their teams. Entry is free and there's no need to book. We will also have our Tuck Shop on site, selling food and drink at very reasonable prices (three items for £1!) See you there!

If you have an event you wish to advertise in our next Newsletter, please email support@nslgbtforum.com FAO Thom.

Staying Positive this January



It can be hard to stay positive in January - the rush of Christmas and New year is over, the money is tight and the weather is miserable. However, we at The Forum would like to suggest some things you may wish to try over the next few weeks to keep your spirits up...

1. Connect with others

After the rush of Christmas socialising, it's easy to feel disconnected and lonely in the New Year. Try and take small steps to connect with others, whether it's a simple WhatsApp message or text to a friend, or a brief natter with a neighbour whilst taking out the recycling. If you feel up to it, pop into our HQ on Meadow Street and have a chat with our volunteers. Our

opening hours are 12-5pm Mondays, Wednesdays, and Fridays, and 10-4 on Sundays. Even short chats or interactions with others can help lift your mood, but be sure to take things at your own pace.

2. Give back

One of the best ways to improve your wellbeing is to give back to others. This could be physical (donating a bag of unwanted gifts or the results of a New Year clear out to a charity shop), social (volunteering at a local community space such as a foodbank), or simply helping out a friend or neighbour (taking their dog for a walk, or checking in with them if they live alone). Giving back is a great way to connect with others, which reduces



isolation and improves confidence. For more details of local volunteering opportunities in North Somerset, head to the Voluntary Action North Somerset website: www.vans.vcbroker.org.uk



3. Be kind to yourself

January may seem like the ideal time to start those New Year resolutions, but with the cold weather and post-Christmas blues it is very easy to fall off the wagon and then feel you let yourself down. Try not to give yourself a hard time if your determination to stop smoking or go jogging every morning fails on January 6th - we're all human and sometimes we need our cosy, familiar comforts during the winter!

4. Access support

Did you know, if you are over 18 and registered with a GP surgery in North Somerset, you are likely to have free access to non-medical

wellbeing support? Practices within Mendip Vale, Gordano Valley, Pier Health and Tyntesfield primary care networks all offer NHS social prescribing, providing you access to with a link worker to find appropriate support for your needs. Simply ask your GP, nurse or reception team if you are able to be referred.



local services for over 50s

Alternatively, if you are aged 50 or over, you can self-refer to North Somerset's Community Connect service. This free service can provide you with access to local support and enable you to connect with activities and groups in your area. Call 01934 888 803 for more details.

Want more to look forward to this year?

Turn to page 7 for details of some of the highlights 2024 has in store!

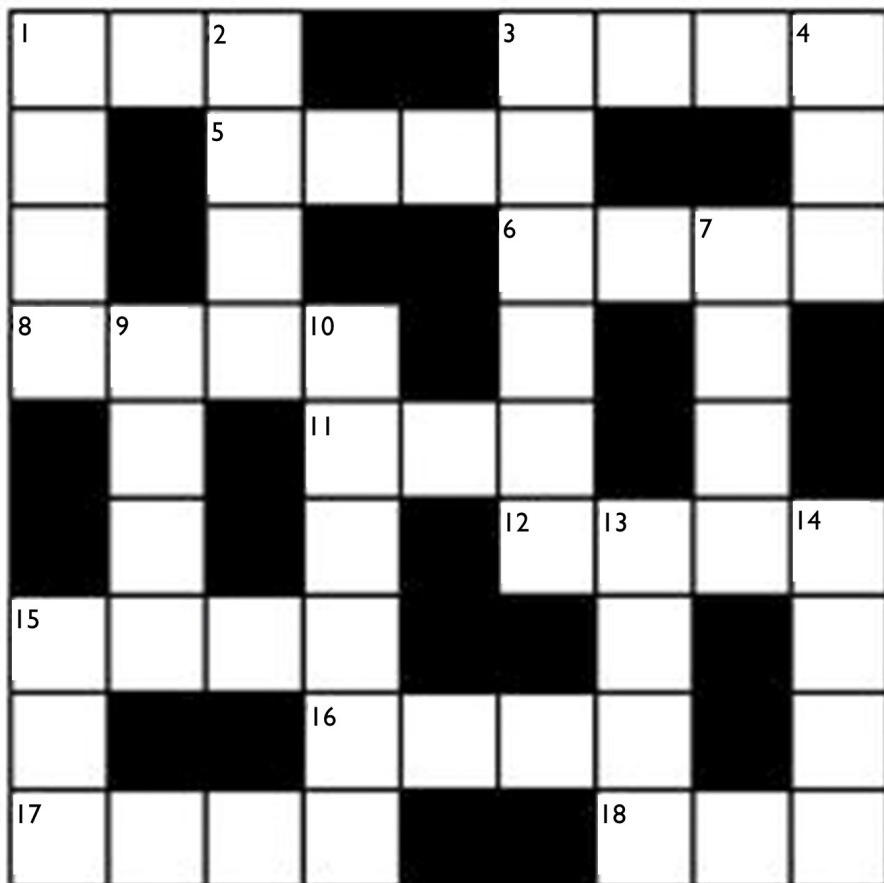
January Crossword

Across:

1. The shortest month (3)
3. Mumford & ____, folk band (4)
5. Whovian military organisation (4)
6. A really clear answer (abbr.) (4)
8. Smash ____, classic music mag (4)
11. A form of neckwear (3)
12. A gardener's outhouse (4)
15. You're on mute! (4)
16. A large, mountain cat (4)
17. Belonging to us (4)
18. Famous postman (3)

Down:

1. Popular way of cooking spuds (4)
2. Nomadic tent (4)
3. ____ Croft, a vibrant area of Bristol (6)
4. Who Dares Wins (3)
7. To elect (4)
9. A small amount of information (4)
10. Tiny stickers used for post (6)
13. A pile (4)
14. The most popular New Year resolution (4)
15. A collection of animals (3)



MONTHLY CHARITY QUIZ!

1st November 2023 7th February 2024

6th December 2023 6th March 2024

3rd January 2024 3rd April 2024

£2 entry per person, max five per team

Arrive 7pm for a 7.30pm start

Raising funds for



Reg. charity no. 1174545

Five Things to Look Forward to in 2024!

1. LGBT+ History Month

1st - 29th February 2024

Yes, it is a leap year! We have several exciting things planned for LGBT+ History Month this year, so keep an eye on our social media platforms for updates or await our next Newsletter!

2. A Mystery Fundraiser...

Friday March 1st 2024 (evening)

To conclude History Month, The Forum are arranging an exciting fundraising event in Bristol with an appropriately retro theme. Full details coming soon - save the date for now!

3. Drag Diva Lockdown Live

Saturday April 6th

Drag Diva Lockdown Live is back for a third year! This time at The Grand Atlantic Hotel on Weston's Seafront. The Forum will be benefitting from all proceeds raised at the event and it yet again promises to be a glamorous, hilarious and outrageous event for all drag fans!

Tickets can be purchased via www.tickettailor.com/events/dragdivalockdown1

4. BIG Rumble in the Jumble

Sunday 5th May 2024

Our first Rumble in the Jumble community event of the year is being held at the Bridging the Gap Together! Hub and The Other Place (both on Meadow Street, WsM), with artisan craft stalls, pre-loved jumble and family activities. See you there!

5. Portishead Pride

Saturday 22nd June 2024

After 2023's successful debut, Portishead Pride returns to the Poacher pub on Portishead High Street for another fun-filled day in the sun (hopefully!). The Forum will be helping out, and you can also come along to the Poacher's monthly Quiz Nights hosted by our trustees and volunteers (dates under the crossword on the previous page).



LGBTQ+ BOOK CLUB RAINBOW READERS

A new Queer Book Club for Weston! We delve into books that feature LGBT+ themes and characters and meet up to discuss our thoughts.

All welcome, recommended age 18+

Join us at our first session for 2024:

Thursday 25th January, 6pm - 8pm
at the Bridging the Gap Together! Hub

59-61 Meadow Street, Weston-s-Mare BS23 1QL

We'll be reading *Geovani's Room* by James Baldwin.

For more info and a copy of the book in advance,
contact mel@superculture.org.uk

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