

LGBT Blackpool

Community health News issue 1



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Hi I'm Andy Thompson Blackpool's LGBT community development worker; I'm putting together this news shot and would like to offer you all a big welcome to this very first edition of 'LGBT Blackpool Community Health News'

I'm hoping to bring you an update of things relevant to our community health and wellbeing wise as a quarterly event and hope that you find this first issue rather handy. If you have any ideas for stuff for future inclusion or if there's anything specific you'd like to know about regarding LGBT health and wellbeing you can always get in touch with me at the usual address and I'll try my best to accommodate...so on with the news....

First let's have a look at all the support groups available here in Blackpool

55+ older men's group gay and bi men meet every Thursday for lunch 12.30. Like all our groups this is a very informal affair helping those of the 55+ age group the chance of getting out and about and meeting new friends like yourself who may be feeling a bit cut off from things. We always go some where cheap but always cheerful for our lunches, meeting every Thursday around 12.30. Also in the summer months we regularly arrange trips out for the day, a favourite being Skipton with its great market and lovely country atmosphere!

25/55 Icebreakers gay and bi men aged 25-55 meet LAST Tuesday monthly at the SHIVER offices 7.00-9.00pm for guys wanting to escape the 'scene' for a mid week chin wag and a cuppa or three. Come and meet the lads and see what we can do together to help cheer up the usually grey feelings we all have around Tuesdays! A very informal meet and always open to suggestions of doing new things together which doesn't include alcohol like good times seem to wrap themselves around here in sunny Blackpool.

Lancashire Lads f/m Trans group SECOND Tuesday monthly at the SHIVER offices 7.00-9.00pm

Transinclusion m/f Tran's group meet THIRD Tuesday monthly at the SHIVER offices 7.00-9.00pm

Sugar Lounge Girls and bi women's group for the over 18's. Come along and see what our fab lady who runs the gaff has on for your delectation this month! There's ALWAYS a prize for you in our monthly raffle; you'll love the company and the atmosphere provided especially for you on the FIRST Tuesday monthly at the Shiver offices (address above) 7.00-9.00pm

EnGAYge LGBT Blackpool Coastal Housing support group meets SECOND Tuesday monthly at the SHIVER offices 5.30-6.30pm

Blackpool LGBT Forum meets in the Town Hall at 6.30 every SECOND Thursday of the month, come along to our very informal and laid back meeting to find out everything you could ever need to know about what's going off in the town hosted and chaired by Steven (Stella) Artois. Always someone interesting to give a talk and always great company to be had so as Leslie Crowther used to say; "Come on Down".

LGBT PACT this is a meeting put for us on where you can get to meet and know our local LGBT policing team in of course -like all our meetings- a very informal and laid back atmosphere. Meetings take place at floating venues (no not on the sea) and occur every FIRST Thursday monthly at 6.30-7.30pm. The meetings which are booked for this quarter are taking place at;

July Shiver offices Dickson Road

.....And of course there's also the police drop in surgery at the Mardi Gras every last Sunday monthly 3.00-6.00pm where you can either offer or ask information about policing issues with our man in Savannah John Gavin who for those of you who haven't had the pleasure of him yet is a volunteer in the force and most approachable!

And for our friends over in the city of Preston there's a relatively new group set up for you;



Lancashire LGBT Centre runs a drop-in on the 1st Thursday of the month 6.30pm 8.30pm at Disability Equality North West, 103 Church St, Preston, PRI 3BS.

The LGBT Centre is a safe space for LGBT people to be themselves, make new friends and talk confidentially about matters of concern and a place to find out about other LGBT events and activities going off in Lancashire.

For further information about Lancashire LGBT centre call 07966 373 110 or email lancashirelgbt@yahoo.co.uk

Sex Workers

PACT/forum

Meetings regularly held

Refreshments available

All Workers welcome inc Parlor Owners Parlor Workers & Lone Workers, The meetings are held @ Shiver

102 Dickson Road, Blackpool, FY1 2BU

Call Charleen on 01253 311 431 or 07811 192 517

For details

RENAISSANCE Trans evenings at the GYNWAY HOTEL

Dickson Road Blackpool FY1 2HQ 01253 314 747

The Meetings provide a safe and friendly environment for Trans people (TV/TS/TG – M2F & F2M) to be themselves, meet like minded people and make new friends. For those wanting to get out of the closet it's a great place to gain confidence and meet other people just like you.

Renaissance a short history Partners are also most welcome at the meetings. The Renaissance group that meet has over 100 members with 24 to 34 Tgirls (and the occasional F2M) at most meetings. The membership is a great mix of ages and TV & TSS. If you haven't been to a meeting, do come along and meet us, you can be sure of a warm welcome

Renaissance is taken from the French for Re-Birth: our group was formed to help Trans people to come out and be themselves in a safe environment and find support in their journey. The group started over 14 years ago with only 6 people at the first meeting. The first meeting was organised by Suzanne Gallagher at a friend's beauty salon in a small town north of Preston; handy for both Preston and the Fylde coast. From the first meeting Renaissance has always welcomed both Transsexuals (TSs) and Transvestites (TVs). The owner of the salon gave the group its name – Renaissance. Meetings are currently held in Blackpool at the Gynway. Lynda and her partner Petra provide both the Venue and Refreshments for group meetings; the group does not have a committee and remains very informal. It's been a successful formula with Renaissance now established as one of the main Trans venues in the North West.

NICE (National Institute of Clinical Excellence) calls for routine offer of **HIV tests** in high prevalence areas

GPs in areas of high HIV prevalence should offer routine HIV testing when registering new patients and to anyone who has a blood test, says NICE.

The call comes as NICE publishes two pieces of complementary guidance aimed at increasing the uptake of HIV testing among people from black African communities and men who have sex with men.

Advances in medicine mean that HIV is no longer the death sentence it once was 30 years ago, and can now be successfully managed with antiretroviral therapies.

But too often people are diagnosed late, by which time the virus has already damaged their immune system.

Late diagnosis is one of the biggest contributing factors to illness and death for people with HIV.

Currently, almost half of people in the UK who are diagnosed as HIV positive are diagnosed late.

The NICE guidance aims to encourage an earlier diagnosis by reinforcing the message that GPs in areas of high prevalence, where more than 2 in 1,000 of the population have been diagnosed with HIV, routinely offer and recommend an HIV test when registering new patients.

For details of where to get tested please see the box below and be assured this really is the right thing to do if you want to improve your chances of a long, happy and healthy life!



Liberty Church an inclusive church that welcomes everyone who celebrates the diversity of Lesbian, Gay, Bisexual and Transgendered people.

LGBT people can worship, grow in faith and develop their relationship with the Lord Jesus Christ in a supportive environment.

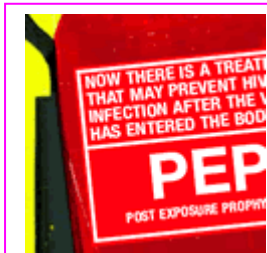
Friday Coffee club at Barista on Birley St – if you want to pop in and join us, just turn up. From 4pm – 5.30pm. **The Weekly 6.30 pm Sunday Meeting is at the North Shore Methodist, Dickson Road, Blackpool FY1 2AP.** Teas and coffees are available before and after the service.

All are welcome, we are an inclusive church. Weekly Midweek Informal Bible Study/discussion group 7:15.

A meal is available, before the Wednesday Meeting at 6:30 pm. **There is no charge for the meal.** If you need transport in Blackpool let us know.

* There will be no Liberty service on the first Sunday of each month as the Methodist congregation here will hold a monthly service at 6.30pm.

We have been invited to join in with the Methodist congregation **Jim and Nina will be attending.**



PEP is a course of anti-HIV medication that needs to be taken daily over the course of a month. The drugs have been available for HIV prevention since the early- to mid-1990s for health workers who have had 'needle-stick' or similar injuries. More recently, PEP has been made available under strict prescribing guidelines to people who might have been exposed to HIV during sex. PEP can be available from sexual health clinics and hospital accident and emergency departments. Many men say they have had difficulty obtaining PEP from these places, especially outside metropolitan areas. You are more likely to be successful if you enquire at a sexual health clinic or A&E in a hospital where there is also a specialist HIV clinic.

PEP is not a cure for HIV and is not guaranteed to prevent HIV from taking hold once the virus has entered the body. Condoms and lube for sex remain the most efficient way of staying safe from HIV.



'Safer sex'...every time!

Andy Thompson

LGBT Community Development Worker

Shiver @ renaissance

See below for details of the NHS funded men's health MOT



NHS
Blackpool

A MAN'S BODY IS LIKE A CAR:



**IT NEEDS REGULAR
MAINTENANCE AND
CHECK-UPS TO KEEP IT
IN TIP-TOP SHAPE**

**13-17 June
2011**






**Come along to the NHS PitStop
at Radio Wave on Mowbray Drive
(parking on Magnet car park)
to get your **FREE** body MOT and service.**

All attendees will receive a FREE DeVere gym Pass

Working in partnership with:



Your seven point MOT check:

-  **'Chassis check'**
-  **'Exhaust'**
-  **'Fuel System'**
-  **'Fuel additives'**
-  **'Oil pressure'**
-  **'Spark Plugs'**
-  **'Timing Belt'**

Opening Times:

Monday 13th June - 10 till 5.30

Tuesday 14th June - 12 till 8

Wednesday 15th June - 10 till 5.30

Thursday 16th June - 12 till 8

Friday 17th June - 10 till 5.30

Keep your eye out on Facebook for further information and general health tips
www.facebook.com/pages/Mens-Health-Week-Blackpool/217384488285272



FREE walks from the PitStop: Monday 2pm walk, Tuesday 6pm walk, Wednesday 11am and Thursday 6pm.
All people that participate in the walk will receive a free water bottle

Fancy getting your motor running?

Whether you are the fittest person in the gym, or someone who hasn't played sports since you were at school Tag Rugby could be the game for YOU!

Tag Rugby Tournament - Monday 13th June or

Wednesday 15th June (semi finals and finals - Friday 17th June)

Starts: 5.30pm Stanley Park Playing Field

9 players per team inc. 2 females (minimum)

Contact Sara Abbiss on 01253 651031 for a registration form



Man MOT - *Your confidential online surgery*

A free and secure service where you can talk to a GP anonymously, and in confidence. **Check out: www.manmot.co.uk**

