

FOREVER WITH PRIDE



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Rainbow Lottery

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**MARCH
2022
ISSUE
4**

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So Who are You?





ALL ABOUT US!

Well we're going from strength to strength here at Forever with Pride and because of that we will no longer be a free to read quarterly e-magazine as from the 1st of May 2022!

We're going to be a MONTHLY free to read LGBTQ+ e-magazine.

So if you have a story or social event that you would like to tell or an event that you would like to promote, let us know and we'll see what we can do. It is our aim to become the very best that we can be with regards to helping and supporting local UK LGBTQ + issues.

If your a LGBTQ+ business and you would like to take out an advert we would love to talk with you, we're here to work with you!

I'm sure we can grow this e-magazine with your support and our drive to make this a number one read for all of you Fabulous LGBTQ+ people out there.

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BETHANY BLACK

So, you were born in Chorley, Lancashire, can you tell us what was it like for you growing up there?

It's weird, I grew up in a little village outside Chorley and it was incredibly lonely, there were only a few kids my age nearby and being autistic as well as trans I really didn't feel like I fitted in at all, and left to go to London as soon as I was able. It was like any rural queer childhood so far as I can tell. What's really strange is that now in my 40s I've moved back, I live 100 yards from my parents' first house together. It feels like a mini hero's journey, in that you can't return home because I've changed, but also home has changed, and I love it back here now.

You've talked very openly about how you have suffered from depression, had a nervous breakdown, and attempted suicide. You seem to have taken control of the events in your life is that a correct assumption for me to make?

Ha, I'm not entirely sure any of us are ever in control of events in our life. I spend a lot of time feeling like I'm bobbing around in an ocean, and all I can do is react to the flow of the tide. I think acceptance is a lot more powerful than control, attempting to control the uncontrollable has been the cause of most of the worst decisions and problems in my life, and learning that I'm not in control of any person, place or thing, but only how I react to them, that's been the key in having a much happier life.

You have a degree in film, television, and cultural studies from the Manchester Metropolitan University. It all sounds very highbrow can you tell us why it is that you went for this degree and how it helped you with regards to your career?

In all honesty, I'd already done most of a film degree a few years earlier when I had to drop out due to issues with mental health and it seemed like the easiest option in terms of something...

I could do whilst becoming a professional stand-up comedian, it would give me enough time to devote to that. In the end it turned out that it's been an invaluable degree to have especially with the way the last 15 years has played out. It allowed me to spot the cycles and the flow of how culture and backlash develops and that's really at the core of my stand-up. It may look like I'm on stage telling dirty jokes, but there's a lot going on under the bonnet.



The Day I Met David Tennant

It's my understanding that you've come out twice to your family, once as a trans woman and then as a lesbian. It must have taken a lot of courage to do that, how did it go?

Five times, once as Bi when I 14, then as trans at 17, then went back in then came out as gay (also 17), then trans again (20) and then finally a lesbian (22). It's never any easier weirdly. Took a long time to fully understand who I am, and I'm terrible at keeping thoughts inside my head. All but the coming out as trans at 17 went great with family and friends.

In a bio that I have read you refer to yourself as a stand-up comedian, actor, writer, lover, scrapper, roller girl and pigeon hole genera (yes I follow you on Facebook) can you tell us what does it all mean?

That I should probably update my Facebook bio haha! I seem to attract so many labels which are useful to us to find where we fit, but others use them to pigeonhole us, I guess that's what I mean by "pigeon hole generator"

As a lifelong Dr Who fan can you please tell this geek is the Tardis really bigger on the inside and what was it like being in the show as the shows first openly transgender actor alongside the Dr?

The TARDIS is definitely bigger on the inside. It's amazing really, because the TARDIS set takes up a huge amount of space on the sound stage, but when you walk in to it, you feel like you're stepping into a cathedral. It really doesn't feel like it should fit in that space at all. It's one of the genuinely awesome sights I've ever seen, literally, like the first time I stepped on to the set I couldn't catch my breath. I immediately apologised to the lighting guy who walked past at that moment as I thought I shouldn't be on there...

(we were shooting a scene on the spaceship corridor set a few feet away) and he was lovely and went “I can turn all the lights on for you if you like?” so I played around on the TARDIS console until I was next needed.

The whole experience was wonderful, as a Doctor Who fan it's like you the actor experience what it would *actually* be like being in an episode of Doctor Who. Like Beth the person has this weird week where she's involved in being on a space-ship fighting monsters with The Doctor and then when it's over The Doctor and Clara get in the TARDIS and carry on their adventures without you. Peter and Jenna were wonderful to work with, even though that particular episode was difficult to shoot. One Friday when it was just Jenna, Peter and I, David Tennant and Russell T Davies popped by for a set visit. My partner was there on that day and all of us got to go and have a fly of the TARDIS for an afternoon. It was just the best moment. It was also nuts when I got announced, for 48 hours I was a news story. Doctor Who was the biggest show in the world at the time and it was all so strange, something like 200 news articles written about me, my phone wouldn't stop beeping. People I'd fallen out with years ago got in touch to see if I wanted to hang out. They were not subtle.



I've seen you stand up and you don't shy away from anything in your shows, isn't it a terrifying thing to do opening yourself up to thousands of strangers?

Well, now here's the thing. It didn't, but more recently it does. I feel like the art lives in telling strangers the things you wouldn't normally tell your best friend, but as I've got older those things have changed. I think the key is figuring out which of your odd foibles are pretty universal and which aren't. None of us are unique, we like to think we are, but if you type into google something you think you're the only person to have thought and are confronted with several million results you quickly learn you're not.

These days I'm more aware of the impact the things I say have on my friends and family and I'm more prone to protecting them. But, my stand-up developed as a way to be in control of the laughter. People have always laughed at me for not fully understanding or conforming to social rules, so in my reporting of how those social rules are ridiculous to me I take that power back.



You won an award from the Transgender Television Awards 2016 for your part in Cucumber. That's a very big thing to have done in my opinion. What went through your mind when they said you were the winner? And where does your trophy live?

Yes, that was a huge job. First trans actor in a lead role on British Television. I can't even remember what happened when I found out I'd won that award. I remember feeling like "this is a big deal" and then being hugely embarrassed that when they sent me the trophy and they wanted to

send a photo of me holding it that I couldn't find anywhere in my house at the time that looked presentable, haha, it had horrible anaglypta wallpaper! It's next to my printer now to remind me of when I can actually make things work!

We've seen you in Dr Who and on the panel show 'Sorry I Didn't Know' but what we all want to know is do you have anything in the pipeline and if you do can you talk about it?

Oh there are always lots of things in the pipeline, and honestly I wish I could tell you about them. I probably could, but in this industry, things sometimes just get cancelled. I was supposed to be co-hosting a show for Channel 4 over Christmas with Joe Lycett, Rosie Jones and Suzi Ruffell, and due to covid it got pulled 4 days before we aired. So when I say I have a couple of TV shows I've written that are sitting on people's desks they might come to something or I might suddenly get an email telling me we've reached the end of the road. In the meantime, I'm still doing stand-up, I'm writing for a new tour for 2023, and I'm on Twitch doing a stream a few times per week that's usually me talking nonsense for a couple of hours and maybe playing a game or building some Lego.

Before we wrap up this Q&A is there anything that you would like to say to any of our readers who may be going through a hard time right now.

Oh, well, I think the things that have helped me though the darkest times have been knowing that nothing is permanent. No matter how difficult things get, how dark, how little money I seem to have, in the end something comes along and it'll improve. Often it takes work, and reaching out to talk to people rather than waiting for them to get in touch with me and that's the most difficult thing. But I try to do two things every day that'll improve my life, and some days those two things are as simple as getting out of bed and brushing my teeth. I think being kind to yourself is a big thing that we often forget about, and we do that whilst minimising our own problems because "others have it worse" well maybe they do, and they're also entitled to feel rubbish about it.

You can follow Bethany Black on [Facebook](#) or [Instagram](#)

PINK PLUMBER & PROPERTY MAINTENANCE

Hello and welcome to Pink Plumber & Property Maintenance, my name is Emma and this is my story.

I was working in sales for over 20 years. I never truly enjoyed sale, but got caught in the trap of Monday - Friday, good money, company car and bonuses, but my heart was never truly in it and I found it soul destroying.

I was made redundant in July 2020 and used my redundancy money to get a City & Guilds qualification in Plumbing, bought my tools and wrapped my van of course.



Initially it was hard to start a business in the middle of lockdown, so I had to adapt and expand into property maintenance, which opened a whole new layer of different services that I can offer.

I work with a City & Guilds qualified painter and decorator colleague who has given and continues to give me great advice and tips and I work for a LGBTQ+ family friendly company in Surrey, www.pricemykitchen.co.uk, on various joinery work, on kitchen & bathroom, bedroom units and bespoke cubboards, using the knowledge I gained from an evening course in carpentry many years ago.

TOOL IN HAND AND READY TO GO

The work can be really involved and labour intensive but it's really rewarding to see my clients ideas turned into reality. I am also a single parent co-parenting my 8 year old daughter with my ex, so being self employed gives me the flexibility I need to be able to work around my daughter.

I must say the comments that I get from customers are really positive, sexuality never comes into it unless they are talking about a relative and they also

seem to perceive women to be more thorough, offering more attention to detail.

It's always great to have a giggle with the man of the house who has tried to repair a leak but made it 10x worse.

All the tradespeople I have worked with so far have been brilliant. Lots of banter and swearing. Thankfully, I have never experienced any homophobia, but I have developed a very thick skin and a sharp tongue if required! It's always important to make people aware that their behaviour isn't acceptable if someone is getting upset.



MY APPRENTICE HARD AT WORK

www.pinkplumber.co.uk

www.facebook.com/pinkplumber

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THE RIGHT TOOL FOR THE RIGHT JOB

Although things can be tough at times, I thoroughly enjoy my job because it's so varied and no day is the same. I would encourage everybody to set themselves free and follow their dreams and ambitions.

You get one life, live it the best way you can.





MAMA G STORIES

TELLING TALES, FOR THE WHOLE FAMILY



"Hello everybody!

Doesn't time fly when you're having fun? I had an amazing panto season entertaining families all over London and in Kent. I feel so lucky to be able to get to do what I love and I feel really lucky to have found a way to do it that's not just at Christmas!

The moment panto season finished I got busy planning my tour LGBT+ History Month, which, in the UK is February. LGBT+ history is as old as the world and has had many ups and downs. There's such a lot to cover (but so little time to do it in!) that I decided to write a song about it! I've called it *Mama G's Little Litany of LGBT History* and it's set to the tune of a famous fast song: *The Model of a Modern Major-General* from Gilbert and Sullivan's *The Pirates of Penzance*.

Of course, I'm no fuddy-duddy, so I gave it a disco beat and I'm really proud of the result! Why not have a watch and let me know what you think?! This February I've visited libraries, schools, theatres, museums and bookshops telling stories about being who you want and loving who you are - and it's amazing to see so many families embracing the fact that LGBT history is OUR (as in the World's!) history.



Thank you to everyone who has come and seen me - if you'd like to know where I'm performing next just keep an eye on my social media: @mamagstories on Facebook, Instagram, YouTube and TikTok.

In the meantime why not enjoy this selection of videos from my channel? Including a reading of *Dick Whittington* which is still available to buy at www.petitepantos.com and supports the incredible charity Rainbow Migration!

See you next time!"



Mama G
will be back soon,
keep reading.

Find us on:

[Facebook](#)

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[YouTube](#)

Or visit our [website](#)





M.E. Charities Announce Merger

Action for M.E. and The ME Trust have announced they will be merging on 1 February to improve access to services for people with M.E., and their families and Carers.

Myalgic Encephalomyelitis (M.E., sometimes diagnosed as chronic fatigue syndrome or CFS/M.E.) is a chronic neurological condition affecting an estimated 250,000 adults and children in the UK. One in four people with M.E. is so [severely affected](#) that they remain house and/or bed bound.

All existing services currently delivered by the two charities will continue in the merged organisation, and there will be no redundancies because of the merger.

The merged charity will continue to be known as Action for M.E. with Sonya Chowdhury remaining as Chief Executive of the merged charity.

Helen Winning, the current Chief Executive at The ME Trust, will join Action for M.E. as the Director of Healthcare Services, a new role intended to oversee the newly created healthcare division within Action for M.E.

By merging, the charities hope to improve access to and increase the services available to people with M.E. Although 2021 saw some improvements for people with M.E., such as NICE updating their guideline advising of the treatment and management of M.E., there remains a considerable lack of understanding about the impact of M.E. on individuals. In response to the ever-growing public health crisis and ignorance towards the condition still existing, the two charities merging will combine and extend specialist services that are not readily accessible via traditional routes. From Tuesday 1st February 2022 the merged charity will offer; Information, Support and Advocacy plus peer support groups for all ages, alongside healthcare services such as Doctor, Physiotherapy, Chaplaincy and Counselling creating a single point of access for people with M.E. Bursaries will be available for the healthcare services.

Sonya Chowdhury, Chief Executive at Action for M.E. said 'our merger will increase holistic and clinical support to a community that has faced major issues in accessing support despite having a disease that severely damages lives. Our hope is that children and adults have access to clinical services delivered by professionals who fully understand the impact of M.E. on individuals and their families'.

ENDS

For more information, please contact (Evan Francis, Communications Manager)



and collaborate with scientists, patients, and clinicians to move biomedical research forward, including funding PhD programmes and co-leading [Decode ME](#), the world's largest M.E. DNA study. Decode ME aims to see whether the disease is partly genetic and if so, help pinpoint what causes it, and ultimately find treatments.

Key Statistics

- M.E. affects an estimated 250,000 people in the UK, including 20,000 in Scotland, and around 35 million people worldwide.
- Myalgic Encephalomyelitis (M.E.) is a long-term (chronic), fluctuating, neurological condition that causes symptoms affecting many body systems, more commonly the nervous and immune systems
- One in four people with M.E. is so [severely affected](#) that they remain house and/or bed-bound, unable even to tolerate being touched by their loved ones.
- Adults with M.E. are [six times more likely](#) to die by suicide than the general population
- M.E. is the most [common cause of health-related long-term school absence](#) and has a profoundly disruptive effect on children's ability to socialise and perform at school.
- M.E. costs the UK economy at last [£3.3 billion each year](#); the figure accounts for healthcare costs, disability-related welfare payments, productivity losses and unpaid informal care.

Action for M.E. uses the terms M.E., CFS and M.E./CFS because we do not wish to withhold support from those who have been given a diagnosis of CFS, as opposed to M.E. We recognise that it is quite possible that M.E./CFS may be an umbrella term for a number of illnesses. Therefore, it is critical that there is more biomedical research to further investigate and validate our understanding and increase knowledge of the different sub-groups (phenotypes) of M.E. and/or CFS.

[The M.E. Trust](#) is a UK charity that offers individually tailored whole person care to people with M.E., including access to doctors, nurses, physios, nurses, counsellors, and chaplains. As well as listening and caring for the needs of the whole person, the charity offers encouragement and support to families and immediate community of carers. We will scale up the current clinician-led, holistic health and wellbeing support currently delivered by the ME Trust to fill the gaps more quickly.

<https://www.actionforme.org.uk/>

Hello March



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Directory!**

www.foreverwithpride.com/lgbtq-shop-and-services-directory/



Great news for Loaded Burgers & Fries as seen in issue two

Loaded Burgers and Fries Ltd Wales award winning LGBTQIA+ restaurant and community sage space is opening their second branch in the city of Newport in April

They will be the only designated LGBTQIA+ space and performance venue in the city of Newport, Wales.

<http://www.loadedburgersandfries.com/> - [Facebook Click Here](#) - [Instagram Click Here](#)

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ALEXIS CAUGHT

An award-winning podcaster, presenter, writer and seasoned rugby player for The Kings Cross Steelers, Alexis Caught is an engaged and inquisitive voice within the global queer community.



Having begun a modelling career at the tender age of 15, Alexis walked his first Milan season aged just 19 and, to add ever more strings to his bow of accomplishments, not long later at 24 he spoke at Harvard University on introvert empowerment and navigating work when you're "quiet". That same year, he also wrote a Harvard Law case study on business development for law firms, which is still taught at the university today.

Alexis continued to exercise his academic and journalistic skills with articles for *Attitude* (one of which went "gay viral" and was their 5th most read article of that entire year), the *Mirror* (covering how and why the Orlando shootings were homophobic) and ghost writing for the *Financial Times Guide to Mastering Professional Services Pricing*, and being a guest writer in *Leadership For Lawyers* (International Bar Association) looking at intergenerational differences and dynamics within the work place.

With a clear passion and aptitude for writing, the author in Alexis began to flourish as he was approached to contribute to the Sunday Times Best Seller "*It's Not Okay To Feel Blue (and other lies)*" by Scarlett Curtis where his chapter, entitled "*The Thread Of Sadness*", posits the theory that continual micro-aggressions and passive (and not so passive) homophobia endemic in society is why 52% of queer people experience mental health problems and as a result are prevented from fully "healing" and moving on. This particular essay went on to be used by a number of teachers in schools as part of education pieces on anti-bullying and equality. In January 2022, Alexis debut solo YA book *Queer Up: An Uplifting Guide to LGBTQ+ Love, Live and Mental Health* was published by Walker to a strong reception. Psychotherapeutically qualified, and practicing within a specialist LGBTQ+ NHS clinic, *Queer Up* taps into Alexis' training to give young queer people and their allies practical discussions around mental health, LGBTQ+ identity, politics, history and even sex education.

The book was described by Dr Ranj as *“a big queer hug, every bit of advice is a lesson in how to be confidently LGBTQ+ and happy”*.

Aside from writing, he is creator & co-host of the Qmmunity podcast (winner of the silver award for “Best Sex & Relationships” category at the British Podcast Awards 2019), which in summer 2020 was picked up by Soho Radio for their first ever live LGBTQ+ shows. Also on Soho Radio, he hosted “Cuddle Club”, a late night show in association with the crisis text service Shout (for which Alexis is an ambassador) twice a month which provides a wind down and chill out hour focusing on breathing exercises and controlling negative thoughts alongside various other mindfulness techniques. Alexis began volunteering as a crisis counsellor for Shout in 2019, and was invited to become an Ambassador for the Royal Foundation’s charity, regularly supporting the charity with writing, giving talks and on social media as well as taking crisis intervention

Alexis works with several other charitable organisations including The Albert Kennedy Trust which combats LGBTQ+ youth homelessness, Opening Doors London, which aims to improve isolation of elderly LGBTQ+ people, SPENSOL an organisation which provides respite care and outdoor adventure trips to young people with additional needs and disabilities and most recently has partnered on the Heads Together Campaign. In May 2020 Alexis was the first person ever to run an Instagram takeover of Prince William and Kate Middleton’s @KensingtonPalace, the official Instagram account of the Duke and Duchess of Cambridge, to launch Mental Health Awareness Week 2020.

With a no holds barred and outspoken view on mental health, politics, suicide prevention and sexuality Alexis is an articulate and charming advocate who happens to have been painted three times by the Australian legend that is Ross Watson. Queer history is his favourite nerd topic that he regularly shares snippets of with his followers as well as health and fitness, food, fashion, skincare and gaming,



queer up

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alexis caught

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**An honest and essential read
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Written to help queer and questioning teenagers explore their LGBTQ+ identity and understanding, *Queer Up* is an insightful guide which takes young people by the hand, and offers uplifting advice and activities to help them through life's challenges. The book provides an inclusive account of what it means to grow up queer, with chapters on questioning, coming out, friends and family, love and relationships, sex, shame, pride, being transgender and/or non-binary and allyship, with a key focus on positive mental health strategies.

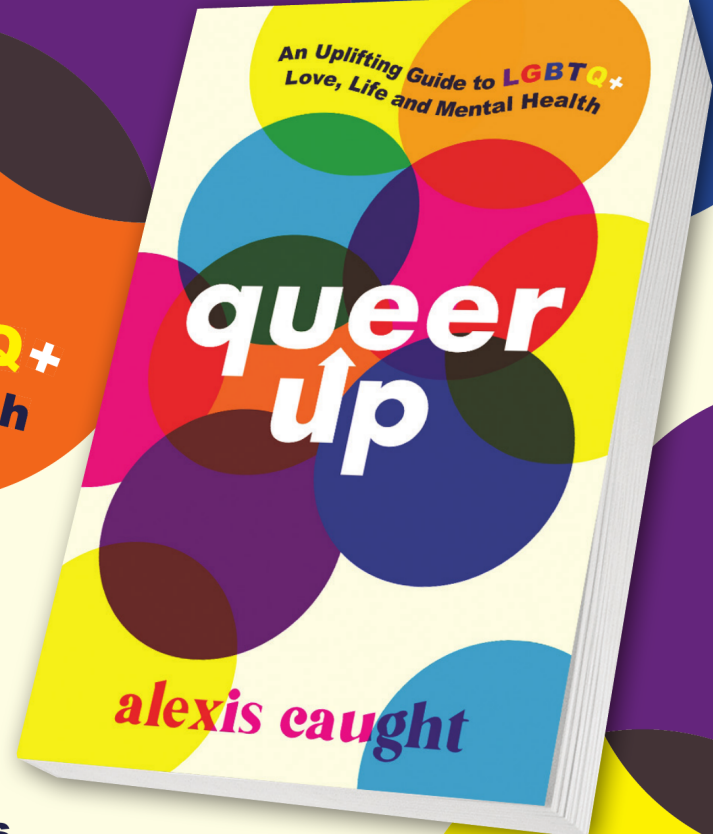
Queer Up features personal stories from notable LGBTQ+ figures and allies, including writer and producer Russell T Davies, author and journalist Kuchenga, writer and activist Scarlett Curtis, award-winning transgender activist Charlie Craggs, and human rights campaigner Peter Tatchell.

Walker Books will be donating 20p for every copy sold to Shout 85258, a free, confidential, 24/7 text support service for anyone in the UK who is struggling to cope, for which Alexis is an ambassador and trained mental health volunteer.



ALEXIS CAUGHT is the creator and co-host of the British Podcast Award-winning LGBTQ+ podcast Qmmunity, exploring queer culture, history and identity. He is also a mental health advocate, qualified psychotherapist, writer, speaker, model and rugby player. His writing has been featured in *Attitude* magazine and *The Mirror* along with the best-selling anthology *It's Not Okay to Feel Blue*. His areas of passion and expertise are mental health, wellness and the queer community.

**For more information, press requests or review copies,
please contact Acting Publicity Manager Kirsten Cozens via Kirsten.Cozens@walker.co.uk**



ABOUT WALKER BOOKS Home to books for all ages, Walker Books publishes many award-winning authors, illustrators, and literary franchises including Anthony Horowitz, Angie Thomas, Cassandra Clare, Lucy Cousins, Anthony Browne, Patrick Ness, *Guess How Much I Love You* by Sam McBratney and Anita Jeram, *We're Going on a Bear Hunt* by Michael Rosen and Helen Oxenbury, and *Where's Wally?* by Martin Handford. Walker Books is part of the vibrant international **Walker Books Group** that includes **Walker Books Australia**; **Candlewick Press** in America and its new division, **Walker Books US**; and **Walker Productions**.



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Undress to Impress

Hello and welcome, can you please tell us where are you from? Please tell us a little bit about where you live.

I'm originally from Birmingham but have been a Londoner for around 10 years now! I currently live in South London with my partner.

Have you been a burlesque performer for long?

I did my first solo burlesque performance in March 2018 and started working professionally in the summer of 2018.

How did you get into burlesque and where did you train?

I had just quit a really awful office job in Central London after suffering from severe depression and was really short on money. Whilst I looked for acting work, I saw an advert for cabaret and burlesque, paying £50 for a performance. I applied and got the job on a whim then realised I knew very little about burlesque apart from vintage style pin-ups and lingerie. I immersed myself in books, films, YouTube and internet research and asked my partner for a course with The Cheek Of It for my Christmas and birthday present.

How would you describe yourself?

I would describe myself as idealistic, optimistic and a perfectionist. I pride myself on having big goals and working as hard as I can to make them a reality. I would describe my burlesque character as a showgirl with a big heart.

Where can we see you performing live gigs?

I perform every month with Big Band Burlesque at Toulouse Lautrec in Kennington and with House of Rouge at Looking Glass Cocktail Club. I also perform all around London and internationally, gigs can be found on my Instagram @belledebeauvoir

What advice would you give any who was wanting to get into burlesque?

Go to shows and support the industry! Being helpful and interested is always a win in my book. Kitten for shows, be an audience member, learn what you do and don't like, take classes, make friends and create a community. Your burlesque will be different from anyone else before you, don't be afraid to be different and stand out, but learn the rules so you can choose when to break them!

www.belledebeauvoir.com

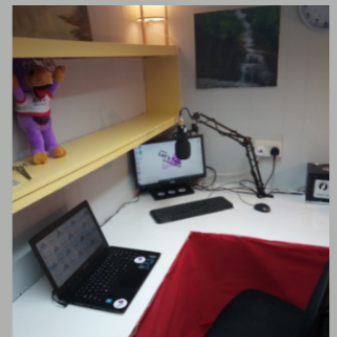


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Gardening with Goodfellow

March

This is the month gardeners look to a new start and familiarise yourself with new varieties in that online catalogue.

We have to remember not to peak too early! Note that plants that don't like frost, shouldn't be planted outside until mid-May. This is usually when the frost has gone but keep an eye on the local weather. So don't be tempted to rush into sowing those seeds or taking cuttings unless you intend to keep them in a heated greenhouse.

It takes approximately four to six weeks to have your rooted cuttings ready for their first pot but only two to three weeks for seedlings to show through the compost in a heated propagator. They then need careful handling while transplanting.

March and April are busy times in the greenhouse (or house window ledge) and no enthusiastic gardener ever has enough space – don't forget you can always swap with others for different varieties so don't discard your excess too early.



Sunflower and
Geranium seedlings



start dahlia tubers with some bottom heat, this will help them shoot, ready for you to take cuttings in April. They will need warmth and moisture to get them going.

You still have time to plant summer bulbs such as lilies but make sure the frost can't reach them.

March is also a good time to prune some shrubs such as buddleia which can be cut hard back and will respond with vigorous re-growth. Similarly dogwoods can be cut hard back so as to promote the colourful stems for next winter.

You can re-use the cut stems in a vase as part of a colourful arrangement.

You can plant snowdrops "in the green" which will help them establish for next year - they do much better than planted as a dry bulb.

Now is also a good time to sow sweet peas, ideally in a cold frame or greenhouse as mice treat as a delicacy.

They will need to be sown in deep pots or "grow tubes" due to their long tap root that mustn't be damaged.

April

Wake up your Fuchsias with some heat and water. Once they start showing signs of growth you can prune off old wood which should stimulate fresh growth as the sap is rising!

Taking cuttings, like a lot of things is easy once you know how. In April it's softwood and is the time to take Dahlia and Fuchsia cuttings so the young plants can go outside in May.



This is a Fuchsia cutting approximately 3" long – cut a healthy shoot from the parent plant and trim as in the second pic. Dip the base in rooting powder and insert about half-way up the cutting in a seed tray full of seed compost. Once you have filled your tray with cuttings place ideally in a heated propagator. Alternatively insert in a plant pot with compost and a plastic bag over the top and situate on a windowsill away from direct sun.



If you want to take Dahlia cuttings it's best to take a thin slither of a tuber at the base of the green shoot as this helps it root. Make sure you leave at least one green shoot per tuber else it won't produce anything.

Sow the seeds of your tender plants including vegetables, you can harden them off in a cold frame before placing in their final position. Summer flowering bulbs can also be planted.

You will be able to cut your lawn for the first time this season - raise the height of the cut for the first one and your lawn will thank you for it.

If you fancy a real fungi you could try growing your own mushrooms, either in one of the prepared kits or by drilling holes in old logs and inserting spores brought from one of the seed houses.

Watch out for aphids and whitefly in your greenhouse. As temperatures increase and green leaves start to show so will these pests. There are various treatments you can use such as systemic insecticide. In addition, you can buy yellow sticky cards to place in the greenhouse that insects are attracted to but can't escape from - these don't use chemicals.

You can also try biological control by buying some of the predators like ladybird larvae. Whatever you do, don't leave them as they will quickly multiply and distort the young growth.

If you would like to see a photo of your garden placed at the end of the Gardening with Goodfellow article please email it to william@foreverwithpride.com



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Buy Your Tickets From Our Page - We Get 50%

- We now have a The Rainbow Lottery page!
- Support LGBTQ+ good causes and win prizes of up to £25,000!
- 50% of all tickets sold from our page go to us!
- PLUS 10% goes to other LGBTQ+ good causes!
- Tickets only cost £1 per week!
- Support us and win prizes - WIN WIN!

Click here to
SUPPORT NOW!

Supporters must be 16 years of age or older



SOPHIE WARD

Kind words of support from the fabulous actress who is **Sophie Ward**.

Know for, Young Sherlock Holmes, Book of Blood, Swiperight and much more!

'Dear William,

Wishing you all success with your endeavour.

Wishing your readers a very happy 2022.
Best wishes and love to our community,
Sophie Ward."

Forever with Pride and The Rainbow Lottery



We're proud to work alongside Rainbow Lottery, the UK's first lottery dedicated to supporting LGBTQ+ good causes. And you could win up to **£25,000!**

Sign up, play and support us.
Weekly draws every Saturday night.

RainbowLottery.co.uk

Over 18's only. Please gamble responsibly.

<https://www.rainbowlottery.co.uk/support/forever-with-pride-lgbtq>



Ecolutions is a brand new and exciting online shop retail experience offering innovative eco-friendly alternatives to everyday household items to reduce the generating of waste, carbon emissions and enabling you to adopt more sustainable living practices without any hassle.

We value that many families, and businesses alike, would like to contribute more to save our planet and reduce their carbon footprint, but are deterred based on the misconception that eco-friendly products are expensive.

Ecolutions proves that a sustainable lifestyle can be affordable as we keep our prices down making saving planet Earth easier for everyone.

Furthermore, our products are designed to be long lasting, eliminating the need to frequently replace cheaper and mass-produced products that society has grown to purchase habitually from supermarkets and other retailers.

FOOD WRAP





ECO STYLE

We are proud to offer popular and recognised brands including Ecoegg and Ocean Saver, but also pioneering products created by small businesses and hobbyists that you didn't know were available until now.

Ecolutions has a wide range of fragrant natural soap and shampoo bars which are all free from cruelty, plastic, palm oil, sulphates, and preservatives. These bars are incredibly popular and lather up fabulously in our natural sisal bags, perfect for use in the shower.

Our wildflower embedded cards which have already stunned hundreds of recipients who are all keen to plant their cards in gardens, flower beds and window boxes in spring. Each card contains hundreds of seeds which will germinate and bloom into an explosion of wildflowers, providing essential support for our ecosystem and honeybees.

Other fantastic products include infinitely refillable stainless-steel coffee capsules that are compatible with Nespresso and Dolce Gusto coffee machines – meaning less waste without sacrifice!

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Our catalogue is forever growing, and we also take requests for those hard to find substitutes. If you are seeking a more sustainable alternative for your home, please get in touch!

We are determined to reduce our corporate carbon footprint and achieve a carbon neutral status, which is why our packaging is also entirely biodegradable. We have, and will continue, to eliminate the provision of plastic in most of our products, but where this is not possible, we have checked to ensure that they are widely recyclable.

Whilst Ecolutions is currently only trading online, we hope to announce exciting news very soon as we prepare to launch a high street store in Brighton during 2022.

Visit our online store at www.ecolutions.co.uk

Follow us on social media to be the first to know about new lines and all future announcements: Facebook/Instagram/Twitter: <https://ecolutions.co.uk/>

TOOTHBRUSH





Myalgic Encephalomyelitis (M.E.) is a long-term (chronic), fluctuating, neurological condition that causes symptoms affecting many body systems, more commonly the nervous and immune systems. M.E. affects an estimated 250,000 people in the UK, and around 17 million people worldwide.

What is M.E.?



People with M.E. experience debilitating pain, fatigue and a range of other symptoms associated with post-exertional malaise, the body and brain's inability to recover after expending even small amounts of energy.

Research

The National Institute for Health and Care Excellence (NICE) acknowledges that the physical symptoms of M.E. can be as disabling as multiple sclerosis, systemic lupus erythematosus, rheumatoid arthritis, congestive heart failure and other chronic conditions. Other research shows that people with M.E. score lower overall on health-related quality of life tests than most other chronic conditions



Call 0117 927 9551 to speak to someone from our Information, Advocacy and Support Service, make a donation, find out about fundraising or membership or speak to the editor of our InterAction membership magazine.

TOP 5 KINDLE BOOKS

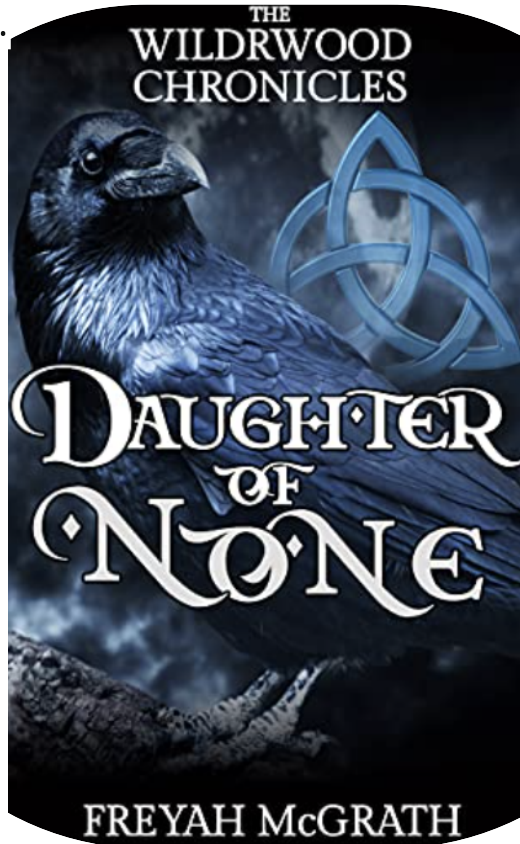
01: Freyah McGrath

Daughter of None

Morwenna, Komdr of the Five Clans is shown a vision of a girl, Daughter of None; if this girl was all she seemed, she could be the key to ending the Clan wars and end the anti-Komdr movement that threatened to destroy all that was good in K'Now.

K'Now is a post apocalyptic land, divided into Five Clans eons ago by the Goddesses Arinu, Maka and the Great One Morgana (The Three).

Kiah, Daughter of None, is an inexperienced yet powerful magic weaver.



She has been shunned and mistreated her entire life, but despite that she is inherently a good person. Her life is about to change dramatically. She is thrown into a strange new way of life, new friends and a love interest; but this exposes her to a dangerous enemy. The psychotic leader of the anti-Komdr movement and self-titled Queen Maeve of the Lowlands, who feels she was cheated out of being Komdr after her sister's untimely death (by her own hands) now has her sights set on Kiah.



02: Heart of Stone: MM shifter romance

Kallan is a Gargoyle, a mythical creature that protects humanity from the shadows without its knowledge.

03: HUMAN DOLL: A NOVEL by Mark McLaughlin

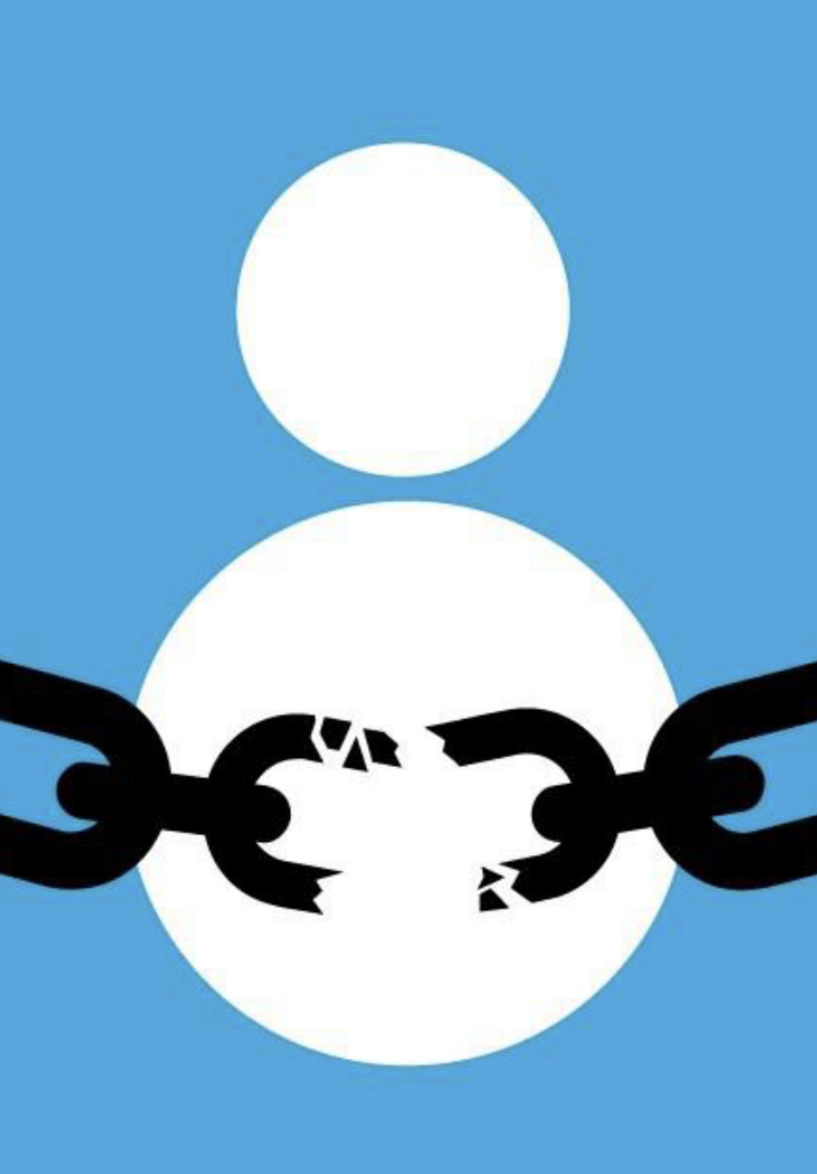
Beautiful cast members and special guests from two TV shows are being killed in bizarre ways. One show is a medical reality show and the other is a talent competition for drag queens.

04: Haints Alive: A Razor's Edge Paranormal Erotica Short

JD Tolliver begins research for his thesis on paranormal phenomena as a nonbeliever. He believes now. A ghost or angry spirit, a true haint, follows JD from Appalachia.

05: Simply Connected: Alex Washoe

Once a celebrated child prodigy, Blaise Noether is now a struggling widowed mom trying to keep her head above water while she pursues her Ph.D. Only two things make her really angry: her kid's math textbooks and jocks.



alumah

Alumah is a charity that is based in West Suffolk, who work individuals of all genders from 12 years upwards; working closely with other partner agencies to support and educate victims and survivors who have experienced relationship abuse.

It's Alumah's goal to help maximize each individual's potential.

They aim to provide a service for all genders to access, offering interventions and care, designed to empower support and educate. Working closely with partner agencies, victims and survivors who have experienced abuse, both physical and psychological.

They aim to provide a vibrant community hub, reducing the stigma of domestic abuse.

Alumah want to improve access to effective interventions which, in turn, reduces the long-term destructive impact of living with domestic abuse.

Individual counselling and group work will offer space to express feelings and emotions, raise awareness and self-esteem.

You can easily reach Alumah by train, bus or car.

What is the meaning of alumah I hear you ask? Well it comes from the (medieval) Hebrew word Alumah meaning 'strong, brave'

Alumah's values are:

Educate

Support

Empower



The services Alumah provides are range of different services to help those who have suffered domestic abuse and fall into the following categories.

.Individual Counselling is available to help you gain self confidence, increase low self-esteem, leave behind unhelpful patterns of behaviour, make different decisions.

. Support Groups. They offer a number of groups available throughout the week. More details can be found on their website.

. Signposting: Alumah work closely with partner agencies, to support you in the transition to other agencies of support to better meet your needs.

.They provide a community atmosphere for support and friendships.

Freedom Programme:

A domestic violence programme designed for women as victims of domestic violence, since research shows that in the vast majority of cases of serious abuse are male on female.

Creative Group:

This is a place to create, sit back, relax. A less structured group.

Escape the Trap:

This is an 8 week, interactive, group designed for young people, (13yr to 24 yr) looking at healthy and unhealthy relationships.

Shine:

Over a period of 8 weeks, participants will engage in confidence building exercises, relaxation and fun activates one evening a week.

This organisation really does need your support to find out how please go to their website today.

www.alumah.co.uk

info@alumah.co.uk

Main: 07770 468698





The Rainbow Lottery co-founders Tom Gattos and David Murray have clocked-up the miles, having recently celebrated 40 years together. Over lockdown, they found themselves playing lotteries and thought, "Here we are in the 21st century where there seems to be lotteries for just about everything - except the LGBTQ+ community!"

SUPPORTING OUR 100 GOOD CAUSES TOGETHER

#TOGETHER4GOOD



This was the community to which they'd always belonged and which they'd lived in happily as partners for 40 years. So they thought they could either go on spending their pension pot until there was nothing left, or invest it in something that might do some good. Now was their chance and they decided it was payback time.

So they invented The Rainbow Lottery, and set up the first and only lottery exclusively supporting the LGBTQ+ community in Britain.

They did their research, which suggested there was a common misconception since the Marriage Equality Act, that everything was now all OK with the community. But it is still far from OK.

1 in 5 lesbian, gay and bi students attempt suicide, 2 in 5 if they're trans. LGBTQ+ youths are 120% more likely to experience homelessness. The needs of over 100,000 people living with HIV have to be addressed, not to mention those people in our community experiencing isolation, loneliness,





Bullying (over 50% of our community have experienced bullying at some time in our lives) and discrimination.

In fact, there was an article recently about a couple who weren't allowed to view a property they wanted to buy in Surrey just because they were gay.

Soon after their launch, over 100 LGBTQ+ good causes across the country signed up to The Rainbow Lottery, and players have the power to choose which one they want to support.

50p of every £1 goes directly to their chosen cause, which is nearly double what most other larger lotteries give.

Good causes include those such as The George House Trust, The Ben Cohen Stand Up Foundation, Switchboard, The Attitude Magazine Foundation, Mind, Choirs, Symphonies, community centres, educational groups, helplines, sports clubs, Pride groups across the country and counselling centres all over the UK.

And the chance of winning big prizes including a jackpot of £25,000 every week helps to galvanise supporters.

Tom and David are hoping to leave a lasting legacy so they're aiming for £1,000,000 for the community before 2025. By being catalysts to assist the community coming together in the one central arena of support that is The Rainbow Lottery, they hope to achieve a level playing field now, which is in fact, all our community has ever really asked of the world.

Buy tickets here www.rainbowlottery.co.uk





Multi Issue Discounts are Available !

[Click Here to Contact Us](#)

Full Page One Month £100

Half Page One Month £80

Banner One Month £50



SophistiKated Hair Extensions & Beauty

Trans Friendly Hair & Beauty

Eastleigh ~ Winchester ~ Southampton

We run the salon on a one to one basis with all clients seeing either myself or our resident body piercer Lisa, we are trans and alternative friendly with many clients liking the fact they can have full privacy at our premises.

We have have been established for 16 years in hair & beauty, then recently adding more aesthetic treatments in the last couple of years, plus teaming up with Pierced By Pearce to offer clients body piercing.

We are fully trained and licensed and have all our relevant insurances to carry out the treatments we offer, qualifications can be made available on request.

Kate and Lisa are happy to welcome you to
Sophistikated Hair & Beauty and Pierced By Pearce

Click here to enter our:

Website ~ Facebook ~ Instagram

To find out more please call: 07929369372

Email: sophistikated.nails@virginmedia.com





GRACES CRICKET CLUB

The World's First LGBTQ+ Cricket Club

Greetings! We are the world's first LGBTQ+ cricket club, consisting of players and supporters of various nationalities and sexual orientations. Last season saw the welcome setting up of the second such club - the Birmingham Unicorns

Based in London, we exist to provide an opportunity for people to watch and play cricket irrespective of gender or sexual orientation. inclusion.



How we started- Grace's Cricket Club was founded in April 1996 at Central Station in King's Cross. The aim was the same as it is today – to promote enjoyment of the game of cricket amongst the LGBTQ+ community. Originally set up as a supporters' group, it soon became apparent that we could gather enough players to form a team. In 1997 we played our first-ever game against Wendover Cricket Club. To the great surprise of both teams, Grace's won by 6 wickets. We had a great day last summer as we visited Birmingham to play the Unicorns in the first ever LGBTQ+ cricket match!

Another club highlight was featuring in the BBC Eggheads TV programme when we competed against the resident smart arses!

Want to know more?

We conduct pre-season training usually at Lords and The Oval. We play weekly 40-over matches on Sundays through the Summer Season and play in an indoor cricket league through the off-season. In 2022 as well as friendlies we are playing in the Chess Valley League – should be exciting! We also offer sporadic 20-over matches and an annual pre-season tour somewhere abroad – (Malta, Spain, Portugal and Corfu have been destinations) plus an exciting social calendar as well. Members also get an affiliate membership to Middlesex CCC for only £50 a year which affords free entry to all County Cricket matches at Lords.

Our home ground is at the splendid Broxbourne Cricket Club who liked us so much that they invited us to be part of their set up!

Interested in joining us?

Becoming a member of Grace's CC gives you the chance to participate actively in the club. As well as having the opportunity to play in and/or support our team, and socialise before, during and after matches, you will also be invited to all our social events, tours and meetings. You will also receive a regular newsletter filled with all the latest news, articles, reports and gossip. You are welcome to join the club as a player or supporter. We have indoor nets where you can come along to watch or take part. We welcome players of all abilities and like to make sure everyone has the opportunity to play a part in a relaxed and friendly environment.



To contact us about membership of the club and for more information, please email our ever-friendly Membership Secretary at enquiries@gaycricket.org.uk.

Please check our website and social media for regular updates:

<http://gracescricket.org.uk/>

<https://www.facebook.com/GracesCricket/>

https://twitter.com/Graces_Cricket

https://www.instagram.com/graces_cricket/

The UK's only mental health and wellbeing festival for schools

09.02.2022

Sign up below to access free bespoke workshops, lesson plans and live streamed programming. All content released 24th January.

#LetsGoBeyond!

**register your
educational setting**

**sign up as a
provider**

**To donate to fund immediate mental health
support in schools,**

On 3rd February 2021 we created the UK's first mental health and well-being festival for schools in response to the pandemic's impact on an already urgent mental health crisis. We provided mental health support and resources to half a million parents, students and teachers during Now and Beyond on **Inside Out Day**. The festival was free of charge and every single person involved had volunteered their time to the day.

NOW?

1200 schools and colleges across the UK took part by either wearing clothing inside out, using our free lesson plans, booking FREE sessions with one of our 400 approved and vetted mental health and well-being experts or tuning in to our day of all access live streamed events with celebrity guests.

THEN WHAT?

We created the UK's first online searchable database that connects educators with approved local mental or well-being providers.

To find out more come take a look at our website, click here to enter.

<https://community.nowandbeyond.org.uk/home>

Marcus Megastar's Guide To London's Gay Scene:

"The Good, The Bad & The Overhyped"

In this frank review, I wanted to present an independent reader's account of London's Gay Scene as a local, unswayed by big advertising budgets spent in the conventional gay press by multi million pound corporate companies who've now swallowed up most of our scene.

**OLD COMPTON
STREET** **W1**

Soho London

SOHO & OLD COMPTON STREET

Sadly the buzzing Old Compton Street scene of yesteryear seems to have had its heyday. The gay bars (now all owned by multinationals chains who own others like The Slug & Lettuce) seem to be running

on autopilot without any heart! Super expensive drinks, dead during the week, the same wheeled out drag acts appearing in every venue, not cruisey at all with service that screams "I'm overworked, underpaid and don't give a fuck"

Still ok to visit some of the gay shops to fill a queens pantry, or meet a friend for brunch at **Balans**,

LUNCH AND SHOPPING ONLY.

HEAVEN, CHARING CROSS

One of the oldest running clubs still left but there's no end of horror stories found online and people disgruntled. The cruisey or atmospheric at all, expensive, runs like a machine. A tourist trap playing on its former glory.

AVOID AT ALL COSTS.



CHEER UP POP PARTIES

The City of Quebec, Marble Arch

Monthly nights predominantly aimed at 40+ 80s pop lovers. Super friendly, excellent value for money. Charismatic host Mario brings the party together making sure everyone's included. A big pop act preforms every other month.

Coming up: Tina Cousins preforms her legacy of the 90s hits www.buytickest.at/cheerup

EXELLENT VALUE FOR MONEY

ZODIAC BAR & CLUB, EUSTON

Touted as independent, I was keen to check it out. Attractive with a downstairs club, 7 minutes from the convenient Euston station. The pink bar top with plugs and USB points galore was a great modern touch.

Staff are polite, doing the bare minimum required but not the owners which was a great shame touted as indepenently run. It was just like being served in a **Pret A Manger**, to be honest!

£1.50 for a lime & soda, £2 for a coke, £4.50 for a beer and £15.00 for two cocktails. mixed crowd, 20s to mature.

Leaving the venue I witnessed a lady having her belongings snatch from a bicycle mugger.

BEWARE THE NEIGHBORHOOD, WATCH YOUR BELONGINGS!



SHOREDITCH, HOXTON & DALSTON

Shoreditch to Dalston seems to be flourishing, taking Soho's gay tiara. A new hip and cool buzzing scene of cool people teaming with artists, late-night bars and restaurants.



I headed out on a Friday night to check out the two main venues.

DALSTON SUPERSTORE

The young guy on the door was just cold, catty and money-grabbing with attitude, not welcoming nor friendly.

A small and narrow busy bar with intoxicated 20 somethings and drag artists. The door attitude put me off right away. I don't think I'll try and visit again.

SAVE YOUR MONEY.

THE GLORY

I was met at the door by a warm host called Cathal who couldn't be more welcoming and friendly. A good size venue with a mixed crowd teeming with creatives. There's a stage with entertainment from upcoming LGBTQ artists. Drag queens DJ Grace Sands was super friendly. The downstairs disco is brilliant. Drinks prices moderate. £10 entry after 10pm.

HIGHLY RECOMMENDED.



HAMPSTEAD HEATH

Still the busiest most popular cruising area in London (just adjacent to Jack's Castle) Also, lovely to just sit in the sun and "gay-watch" with a good book.

FREE & FABULOUS!

Author Marcus Megastar

Great News We're Going Monthly!

Facebook Page



Instagram

www.foreverwithpride.com/e-magazine



You will soon be able to read our free to read LGBTQ+ e-magazine on the first of each month as from May 1st. Share it with your friends today, and if your an LGBTQ+ Business you can advertise directly through our web directory or in the magazine.

Ejel Khan's Story

December the 10th has a very special significance for me, and others like me. It signifies our very existence and struggle for recognition as LGBTQ+ Muslims. Being born in the UK I was lucky to be afforded rights others who share my faith can only dream of. Many Muslim countries outlaw homosexuality and penalties can range from lengthy prison sentences to death. This prompted me to speak out against these injustices.

After hearing the harrowing testimonies of those who fled persecution and sought asylum in the UK; I decided to put my head above the parapet and form the **Muslim LGBT Network**. Campaigning became a mainstay of the organisation, which garnered global attention.



Nonetheless, we did not negate our duty to provide advocacy and support to those who needed it. This came mainly in the form of assistance with the asylum process. All of the aforementioned developments were a world away from my humble beginnings, as a child of immigrant parents in Luton.

Recounting my formative years I couldn't have comprehended that one day I would be celebrated as an icon for **Black History Month**. My journey in activism began more than a quarter of a century ago. Racism was the backdrop and prevailing narrative in those early days.

Today my work as a human rights activist is intersectional, and I had the honour to be a keynote speaker at the inaugural LGBTIQ - Intersectionality and Islam conference in Birmingham. I spoke of my work and lived experiences as an openly gay Muslim. At the event I met colleagues from all the UK. Many of whom I met for the first time, but engaged with on social media. All were aware of my work and the Muslim LGBT Network. This highlighted the positive aspects of social media for me, with its power to affect societal change. The growth of the Muslim LGBTQ+ movement has been aided by the internet and social media. As a network our membership is now a truly global one.

As a community we face challenges here in the UK. Incidents, such as the Birmingham LGBT school protests highlight this. We still have obstacles to social cohesion to overcome here, and the Muslim LGBT Network is pivotal in this discourse. I personally travel the length and breadth of this country engaging with Muslims and non-Muslims on issues pertaining to LGBTQ+ and faith. I've spoken on multi-faith platforms and continue to spread the message of peace, love and respect for humankind.

The Muslim LGBT Network's mission statement refers to Article 1 of the Universal Declaration of Human Rights (UDHR), which was adopted on December 10, 1948. A photo of the original document is included in our mission statement, a timely reminder of why we commemorate this auspicious day. Article 1 of UDHR states: All human beings are born free and equal in dignity and rights. They are endowed with reason and conscience and should act towards one another in a spirit of brotherhood.

These sentiments are echoed by myself.

Written by Ejel Khan

SHOUT OUT!

Cardiff book shop
"Shelf Life Books & Zines"
Helps a young person who was
struggling by sending them a Care
Package. How cool are they?



Get your very own Shout Out! Contact us to find out more.

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FOR YOU AND YOUR
HOME

WWW.5070DESIGN.CO.UK





Flesh Festival Announce The UK's First LGBTQ+ Electronic Music & Camping Festival with a Majority Female, Trans, Non-binary, Queer artists and a Lineup Representing a Spectrum of Ethnicities.

May 28th & 29th 2022, Springfield Farm - St Albans, north London.

Flesh Festival is the UK's first queer electronic music & camping festival that is also pioneering festival line-up diversity. The party will be one huge celebration of forward-thinking LGBTQ+ energy!

The two-day event on the 28th and 29th of May 2022 will feature three stages showcasing headline DJs including Ellen Allien, VTSS, LSDXOXO, Rebekah, object blue, Jaguar, Syreeta, Hyperaktivist and Juliana Huxtable.

Alongside queer London artists such as Wax Wings, allyXPRESS, Hannah Holland, Nadine Noor, Shay Malt, Angel D'Lite, S/HE, Ifeoluwa, Samantha Togni, Aisha Mirza, J.Aria from inspiring queer collectives such as he.she.they, Boudica, Pxssy Palace, Big Dyke Energy, Inferno, misery and intervention.

Flesh is an event for LGBTQ+ individuals, their friends and allies. The festival is open to everyone wanting to have a good time. Springfield Farm is located in a beautiful woodland a stone's throw from London, near St Albans, North London.

There will also be an activity tent hosted by Riposte, a queer club night with an artistic and community-based take on clubbing. This will be a place where people can socialise, partake in workshops and panels, share their experiences and relax without any pressure.

We will also have food stalls, pop-up shops and play areas.





We don't believe in tokenism but we believe in giving equal platforms to everyone and for our audience to feel represented when they come to our events. What this means is that we dig deeper, we invest more time in researching and putting together our line-ups. Where there is a gap in representation, we aim to fill it with education and support for new artists.

We don't believe in tokenism but we believe in giving equal platforms to everyone and for our audience to feel represented when they come to our events. What this means is that we dig deeper, we invest more time in researching and putting together our line-ups. Where there is a gap in representation, we aim to fill it with education and support for new artists.

With another first, 100% of the line-up will be made up of underrepresented artists and 90% of the line-up will feature women, trans+ and non-binary artists including a spectrum of ethnicities.

Flesh will address long-term issues in festival programming, which is dominated by male artists, breaking the cycle and allowing emerging and underrepresented talent to break through on a worldwide platform.

Being featured on a major festival line-up will create visibility and generate bookings for the artists involved and set an example for other promoters to follow.

Many people talk about equality in electronic music but Flesh is taking real-life action to make it happen.



To visit FLESH just click on the logo or photos to take you to their website or follow the link below.

www.fleshfestival.com

Instagram:

<https://www.instagram.com/fleshqueerfestival/>

SO WHO ARE YOU?



**Harrie Smith,
Non-binary (They/Them) and Gay**

So who I am and what I have done. I moved to Germany in my 20's worked in Mc Donalds and learned German.

I then moved back to England with my house rabbit peter. In the east of England. My mental health started not to be great and I started questioning my gender and was Being bullied at work including an employee putting salt in my coffee.

I got a private therapist who help a lot . But I still, had a mental breakdown. I could not go to work, I could not even leave the house some days.

Slowly I started to work on me. By doing Ti Chi classes and going to the Gym. As well as working out my Gender.

Then my ex partner and I split up. I packed up all my things and moved to York England. I just about to go back to work in the real world then covid hit.

So though having the support of Generate and LGBT+ Forum in York I was building myself back up. I was training with the coaching academy through covid and used the skills I learned on myself setting myself goals which I have activated them all.

I have written emotional poems and shared them through public speaking. I started to write children's stories and learnt to play the violin. I made sure I did meditation twice a day from that I slowly took myself off my anti-depressants with the help of my doctor.

I found a fantastic group of people that welcome me with open arms, who are a meditation group of instructors under X-Hail which I trained with. Now I am a qualified Transcending Rainbow coach and Meditation instructor.

**MINDFUL STRETCHES
HEALING BREATHWORK
HEART COHERENCE PRACTICE
STRESS BUSTING MEDITATION**

I show people anything is possible through the different types of workshops I do in person and online reaching out to people all over the world from Singapore to the USA.

I host X-Hail meditation classes every Monday on zoom using mindful movement, visualization meditation to settling sound meditation using modern-day music.

I also do LGBT+ focused 1-1 coaching sessions on zoom and in person. I host events and public speaking.

The transformation of myself through the support of others and working on myself as a lighthouse to shine the way for others to find their unique selves and overcome fear, anxiety, depression, and build confidence to find their true purpose and selves.

All you need to do is just believe.

I have a vision and I am making it happen.

Harrie Smith

hlsmitheffectivecoaching@gmail.com

<https://linktr.ee/XHailwithHarrie>

[Transending Rainbow Coach | Facebook](#)

[\(2\) X-Hail with Harrie Smith | Facebook](#)



**IT'S A
WORKOUT
FOR THE SOUL**

SESSIONS NOW ONLINE!

Joshua Lloyd

The UK's Fastest Growing LGBTQ+ Gender Identity Pride

Joshua Lloyd is now identified as the UK's fastest growing LGBTQ+ gender identity pride shop providing one of the largest and most diverse collections of LGBTQ+ pride accessories and gender-neutral clothing, catering for over 20 gender identities, sexual orientations and pronouns. But where did the brand begin, and what other support does Joshua Lloyd provide the LGBTQ+ community?

Joshua Lloyd was founded in 2019 after Joshua himself noticed many, including some friends and family members within the LGBTQ+ community, struggling to find unique inclusive clothing and accessories other than the 'generic' pride clothing that would appear each Pride season of the year and then shortly disappear.





What originally began with gender-neutral inclusive T-shirt designs, soon expanded into pride accessories, homeware, digital download as much more. Today Joshua Lloyd has over 3,000 LGBTQ+ products in stock, proudly providing inclusive fashion and accessories internationally.

Since the humble beginnings, Joshua Lloyd has supported the community wherever possible. The brand is an official corporate partner of LGBT Foundation where 10% of all net profits are donated, alongside actively working with The Consortium for LGBT+ to create positive impact within the LGBTQ+ community.

"Supporting the community is our core ethos of Joshua Lloyd. Not only is raising vital funds important to support LGBTQ+ charities and organisation, I feel it's important to provide the community with up-to-date information, access to help and support, alongside a safe space community. In addition to sharing our profits with leading charities, the team here [Joshua Lloyd] also work extremely hard to provide engaging, informative and inclusive content across our website, social media presence and physical appearance."

As Joshua Lloyd continues to grow throughout 2022, one thing is for sure. The brand is actively expanding to create the most inclusive and accepting shop available whilst creating a community hub and safe space environment for the entire LGBTQ+ community. Joshua Lloyd recognises the unfortunate inequality faced by members of the community, especially within LGBTQ+ youth; By focusing on catering for all, Joshua Lloyd is set to put equality, love and acceptance on the map!



"The past 3 years has taught us an incredible amount regarding the ways we can adapt the brand and make it as impactful as possible. Although Joshua Lloyd is a shop front, the brands core focus is on the community whilst ensuring that we have a positive impact in making change happen. Me and the team cannot wait to share 2022 with our amazing community and invite everybody to join us on our journey!"



Edge Hill University



Shop inclusive fashion and gender-neutral clothing today at Joshua Lloyd and get **free international delivery** when you place and order for £20 or more!

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SHOUT OUT!

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