

FOREVER WITH PRIDE



1ST JAN 2026
ISSUE 50

 **FOURWINDS**
PHOTOGRAPHY

A festive background for the New Year greeting featuring a dark blue night sky filled with numerous colorful fireworks in shades of red, orange, and white. Golden streamers and confetti are scattered throughout the scene.

**HAPPY
NEW YEAR
2026**

Editors Words

Forever with Pride e-magazine confidently wishes all of our readers and sponsors a spectacular new year 2026! We know that good health and happiness will be yours; may this year exceed your expectations and be greater than 2025. We are excited to bring you exceptional content, and if you have a story to share or a business to showcase, don't hesitate to reach out.

Warmest regards from the Forever with Pride Editor & Team.

**ALEX
ORLOV**

**PERSONAL
TRAINER**

**LLANISHEN LEISURE CENTRE
AND STAR HUB IN SPLOTT
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What is Vada?

Vada is a not for profit LGBTQ community theatre company, based in Chorlton

Manchester. We evolved from LGBT theatre groups daBng back to the early 1990's and were established in 1996.

We create original theatre through improvisation and our own writing. We have produced shows in most years, apart from a gap for covid and have

performed at venues in Manchester such as the Green room, Dance House and

Contact theatres as well as bars in Manchester's gay village. Most recently we had a show as part of the Chorlton arts festival 2025.



We are open to anyone who identifies as LGBTQ who wants to get involved in

theatre performing, writing, directing or producing.

Our shows are mainly collections of shorter pieces with comedy, LGBTQ history,

and satire. We have also created a few short films as well as taking part in queer pantomime.

Fun things we have done

In 2012 we put on 'Two Minute Queers'. We had created 30 two minute sketches based on an idea that a Vada member had seen performed in New York. It was hugely enjoyable thinking of short and snappy pieces and a nightmare to keep up the continuity so that the audience didn't get bored waiting for each sketch to begin. One was about the club Bollox near Piccadilly Station which was closed down because of redevelopment so we ended the sketch shouting 'Save our bollox'. Another spoofed Antiques Road Show with a very large dildo.

In 2011, we branched into film and made 'Alfresco' a short silent film with musical accompaniment about lesbian and gay picnics on three dates in the last century. To make it we had suitcases of props and costumes which we dragged round different sites in the centre of Manchester. We filmed it on Friday, edited it the following Monday and Tuesday and showed it on Thursday. It has a spontaneous energy.



A more professional film in 2012 was an hilarious but melancholic short about a drag queen who has had her favourite high heels pinched by a shoe fetishist. It involved a hilarious chase down Canal Street.

Rona talks about her experience of Vada.

One of the first things that comes to mind when I think of Vada is improvisation. I love impro. For me it's a uniquely creative process where you are thrown together with one or two other people and given a couple of prompts to get started. Maybe you're at a bus stop, a job interview, a market stall and maybe you're given a character or a role. And these small prompts act as kindling for your ideas to light.

What I love is that something so small and insignificant can grow beyond the obvious. When we improvise it's usually with other people and that gives me a confidence I wouldn't have on my own; the spark of two is always greater. And you don't have to learn any lines, so that's the cognitive load ditched.



You're reaching off someone else. It's creative in an intensely relational way as you co-create what follows. Impro is the crucible from which the scene is wrought.



Most of all, impro is great fun. I see it as an end in itself. Something created in the moment which can never be done again. But we have also used material spawned during improvisation to use as a starting point for developing scripts.

An example are some short scenes that emerged from impro we did during lockdown. We built these into a short play, "The Break Up", which we performed this spring. In a way there's a sadness for me that what was once ethereal and uncatchable has now been transformed into words on paper. Was some of the magic lost? But there's a new thrill to be had performing live under the bright lights for an audience. And Vada offers it all.



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www.fatpigeonart.uk

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WHEN THE LIGHT COMES ON

A new year doesn't require a new you. You don't need to reinvent yourself or write a new version of who you are. Sometimes, the bravest thing you can do is to just keep going.

Carry everything you've overcome, all the lessons you've learned, and every little bit of light you've found within yourself along the way.

I'm not typically one for New Year's resolutions, but this year I have decided to make one: no more apologies. Not for my voice. Not for my joy. Not for my self-expression. After such a long time, finally a light came on.

You don't need to make yourself smaller to fit into someone else's box. You don't need to dull your colours just to be considered "normal" in someone else's view.

Most of us learned early how to read a room... We learned when to speak and what not to say, how to blend in, when to hold parts of ourselves back. We learned how to dim our light, to protect ourselves by hiding.

I will most likely continue to struggle with confidence and self-esteem, but I'm leaving all the apologies behind. Growth doesn't always come as a big bang or a brilliant flash of light. Sometimes it's a whisper and a tiny flicker.

This year — no fear!

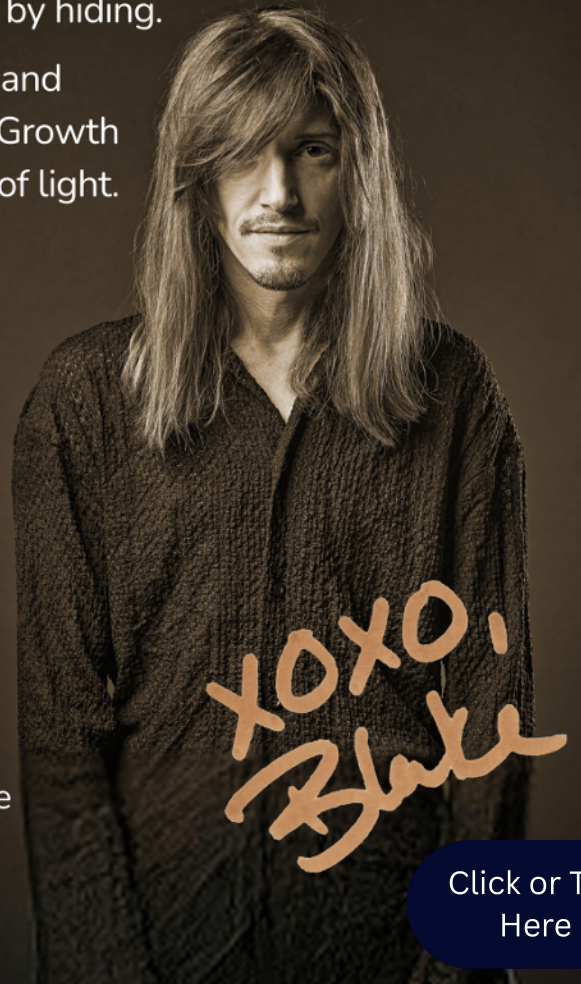
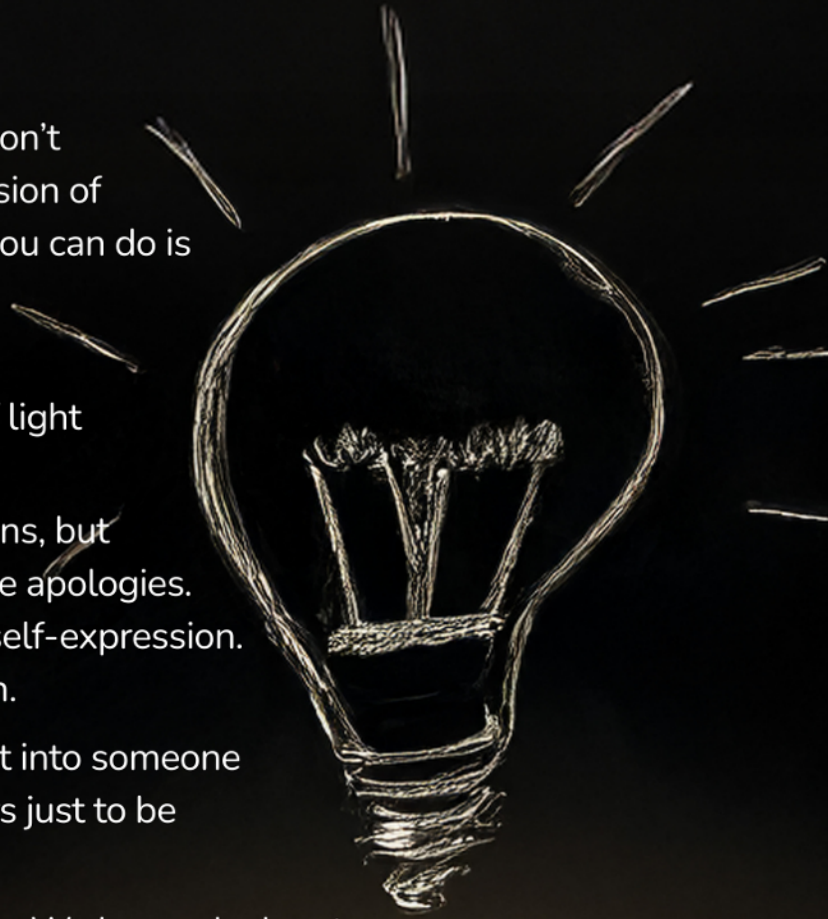
"When I dare to be powerful, to use my strength in the service of my vision, then it becomes less and less important whether I am afraid."

— Audre Lorde

Let this be the year you move forward feeling lighter and shining brighter than ever before. Honesty and integrity are undeniable. Your truth is your power. No matter the noise, truth remains.

"To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment."

— Ralph Waldo Emerson



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The logo for "OUT LOUD P.O.D.C.A.S.T". The words "OUT LOUD" are in a large, white, bold, sans-serif font. Behind the letters are numerous vertical bars of various colors, including purple, blue, green, yellow, orange, and red, creating a rainbow effect. Below "OUT LOUD", the word "P.O.D.C.A.S.T" is written in a smaller, white, sans-serif font, with dots separating the letters.

The OUT LOUD Queer Music Podcast is presented by The Q LGBTQ Creative Network. Hear great Artist interviews and conversations and discover the latest and greatest new music releases by LGBTQ artists from around the globe. Hosted by The Q founder Kenney Fitzpatrick. LGBTQ artists can submit their music at curatedbyq.com to be featured on a podcast episode.



THE PARANORMAL

A Haunting Through Time!

Podcast

- WITH -



**ROBIN .S.
GOODFELLOW**



The name WoW came from Wow bar, a bar in the centre of Cardiff known for their welcoming and embracing nature, fantastic live entertainment and drag queens such as Miss Kitty, Fanny Dazzle, Marcia Bassey Jones, Pixie Perez and Gypsy Divine.



WoW bar was first created by married team Steven Collyer and Jason Roe and became a thriving venue, safe haven and the centre of Cardiff's gay community.



Steven and Jason moved on several years later to run a well-loved chip shop in Devon leaving their sister, the formidable Vicky Roffi in charge of WoW bar. It continued to be a firm favourite for many years welcoming the likes of Babs Windsor, Chrissy Rock, June Brown & Danni Minogue. The list is endless.

Sadly in 2018 both Jason and Steven passed away leaving a huge hole in the Cardiff scene and the hearts of many. Vicky continued as the matriarch of WoW until her health deteriorated in later years.

Max was a manager at WoW bar for 5 years and fell in love with all it represented. Paige was a supervisor at the bar and loved the family atmosphere that WoW presented. After leaving,

and WoW bar closing, Max and Paige got together and decided to merge their skills to create a salon.

They approached Vicky with the idea and Vicky insisted on Max taking the name to continue the legacy left by Steven and Jason. She wholeheartedly showed her love and support of everything they did despite her poor health and subsequent passing in January 2021.

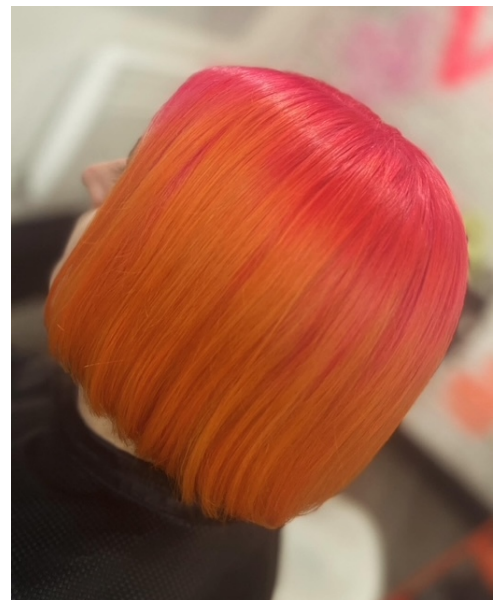
WoW Hair and Beauty Bar opened in October 2020, with Max and Paige dedicating everything to creating the same safe haven that WoW Bar did, but with different services. They were passionate to ensure that all services offered would be gender neutral and as inclusive as possible.

They were the only salon in South Wales to do so and still are. The salon offers gender affirming hair cutting, colouring and styling, curly hair specialism, nail services including fantastic hand painted nail art and beauty services such as make up tuition, brow tinting and shaping, and waxing.

Max and Paige are passionate about making everyone's experience the best and most comfortable it could be and have included in their menu's such things as mirrorless appointments, fidget toys, earplugs, and product free appointments.

Since opening, the salon has won Most Inclusive business of the year 2024, received a special recognition for best Make up salon 2025, and are finalists for best hair salon 2026, and best beauty salon 2026.

Max and Paige are excited for what the new year will bring for the salon and aim



to continue provide the safe space that our clients, past, present and future have come to love.

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Buy a survivor a winter gift here



Causeway are grateful to Cash for Kids for their generous donation of toys that will be distributed to families living in our safehouses and receiving support out in the community. Christmas can be challenging for survivors with children, so this donation will help spread some festive cheer this holiday season.



*Where poetry tumbles like
water through wild stone
and silence*

Poeaxtry's Poetry Prism | Axton N. O. Mitchell
@poeaxtry_

AXTON MITCHELL

TRANS POET & AUTHOR

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Announcing A smutty horror detective story with a poetic twist.

Axton N.O. Mitchell announces his first book that tells a story. And boy does it have one to tell! Here's the blurb find out for yourself!

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Remember, each story has three sides: side A, side B, and the truth. You'll get one feral, fucked-up side while you meet four nameless men. Their stories drag you through bone-chilling cold, deep water drillings, deprived desires, and climaxing chaos.

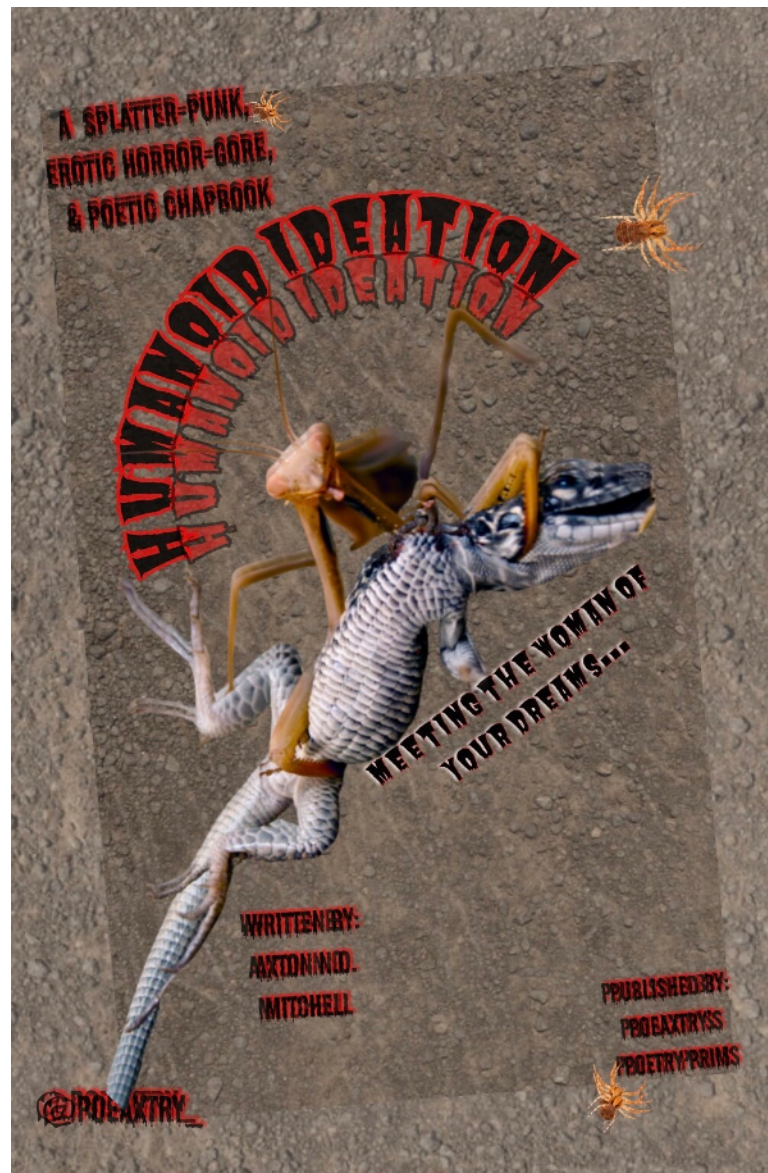
Take notes, follow the threads, question everything, and discover the truth.

Be ready to greet four sultry monsters along with these nameless men.

In a world where poetry, hallucination, and dark desires collide, the lines between what is real and what exists only in one's mind are razor-thin. Can you find the truth, or will the hallucination trap you inside first?

The biggest Poeaxtry's Poetry Prism unlockable extra waits inside...
If you can just wipe the sexual goo off your shoe before you step in...

Check <https://poeaxtryspoetryprism.blog/> for release date details and ways to purchase to be released early 2026!



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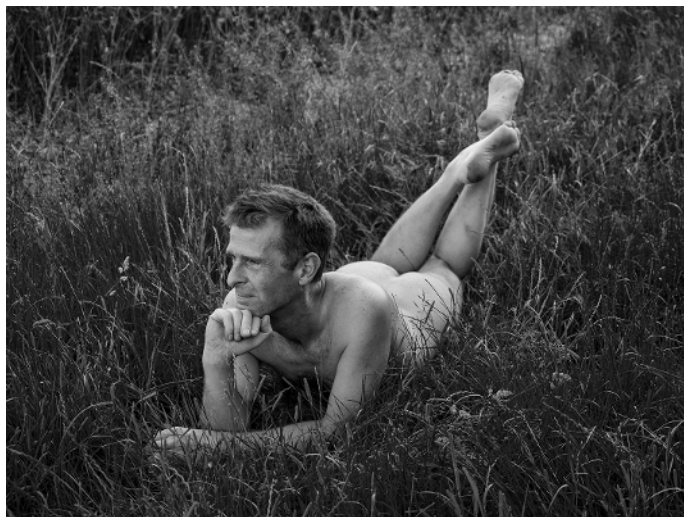
www.foreverwithpride.com/queer-authors-book-club/



Step into a space where confidence, sensuality, and authentic self-expression take centre stage. Our LGBTQ+ Dudeoir Experience at **Fourwinds Photography** is more than a photo session—it's a celebration of identity, body positivity, and the beautifully diverse ways we show up in the world. Whether you're single and embracing your independence or part of a couple looking to capture your connection in a bold new way, this is your invitation to shine.

A Dudeoir shoot blends tasteful intimacy with playful charm, empowering you to reveal your personality and your pride. Think sultry lighting, expressive styling, and a relaxed, judgment-free environment designed to bring out your most confident self. At **Fourwinds Photography**, we welcome all bodies, all identities, and all relationship dynamics. You decide how bold, soft, humorous, or dramatic you want your story to be—we're here to bring it to life with artistry and respect. For singles, a Dudeoir session becomes a powerful act of self-affirmation. Celebrate your journey, embrace your sensual side, and create images that remind you just how magnetic you truly are.

These portraits make unforgettable personal keepsakes, standout dating-profile images, or simply a reminder of your own evolution. For couples, this experience becomes a shared moment of connection and play. Capture the chemistry, the tenderness, the inside jokes, and the spark that defines your relationship.





At **Fourwinds Photography**, your portraits highlight not only physical closeness, but the emotional bond that makes your partnership unique. Our professional photographer understands the nuances of LGBT+ expression and create a supportive atmosphere where you can feel safe, seen, and celebrated. Every session in our studio is private, customizable, and crafted around your vision.

Unleash your confidence. Honor your identity. Create images that feel undeniably you. With **Fourwinds Photography**, your Duedeir journey starts here—bold, beautiful, and unapologetically authentic.

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Upcoming event

Get Tickets



Sebastian Croft

Wed 11 Feb

Colours Hoxton, London



Jan 2026

Sponsored By

**Gay Gardeners UK, Plants, Seeds and
surplus Exchange Group**

As I write this the met office is considering if 2025 has been our hottest average year on record and it is sure confusing the plants. I've had Snowdrops flowering two weeks before Christmas which is unheard of. We had that cold spell with the snow and then wet and relatively mild weather, so the plants think they had a short Winter and are now in Spring. For anyone wanting to rely on traditional timings for bulbs, the best thing to do is plant multiple varieties as there are now quite a range to extend bulb flowering periods. We also seem to be in a cycle of dry summers and wet Autumn/Winters so that is another test for your plants. It means mulch is important for keeping down weed competition and water evaporation.

I know it's great fun to plant your won seeds but with the cost of heating a greenhouse it might be a lot cheaper to buy in young plug plants in the spring. I'm growing some Winter vegetable plants in potato sacks in my cold greenhouse which at least means it is being used for something other than storage. Just be careful not to over-water if you're trying the same.

So long as you're not expecting snow or bad frost you still have plenty of time to move dormant plants around your garden to give more space or put them in a better position for sun or shade. Planting bare root trees and shrubs is possible right up until the start of April and you can save a lot of money compared to container grown.

As it has been so relatively mild, my goldfish are very active, but I won't be feeding them until spring. There is plenty in a mature pond for them to eat and mine certainly seem to be producing plenty of offspring. The small garden birds are a welcome sight around the

pond and will do no harm but be careful if you might get larger birds such as Herons as they will make a meal of your fish if you don't give some sort of protection. Just be careful if using netting that the small birds can easily see it so they don't get caught up in it. Leaving the pump on stops the pond surface from freezing over and doesn't cost much by way of electricity.

Be careful on your decking at this time of year as it will be very slippery when wet. Jet washing it in Spring will get rid of any algae or moss and then if needed you can add another coat of decking stain.

Keep on top of any weeds that take advantage of the mild weather and remove them before they get too big.

If your fingers are getting itchy you can always pay a visit to your garden centre and buy your supplies before the main rush that always happens at Easter. It will make you feel you're making some progress in your garden, and you will be able to find everything you need.

If you fancy getting into Bonsai but don't want to pay a fortune for a completed one, you can always start with a Fuchsia cutting and wire it in the same way you would a Bonsai or try some tree seeds like acorns or conkers and you can have some fun with very little cost. The different thicknesses of wire are easy to buy and just use some imagination of the shape you want to achieve. This can be very therapeutic and rewarding. If you really get into it you might want to try a terrarium or multiple seedlings to make a larger display. Who knows you might start wanting to enter competitions but the important thing for the beginner is it doesn't have to cost you very much at all.

Keep an eye on your Dahlias and make sure they aren't shrivelling up and that they don't have any Mold developing. They need heat

and light to get them shooting and won't tolerate frost so don't leave them exposed after checking on them. For Fuchsias just make sure they have slightly moist soil not wet.



There are plenty of environmentally friendly options for containers these days. On the right are paper pots – you plant the whole thing – these have Sweet Corn emerging in them.

Far left shows root trainers which are great for deeper rooted seedlings and cuttings - these can be re-used after a wash. These have squashes sprouting in them.

- Plant of the Month - Winter Aconites

Winter Aconites are usually the first bulbs to show us their colour but as I mentioned earlier this is a very early year for Snowdrops. If you need to plant more of them, it's better to buy from an outlet in the green rather than the dried bulb as they establish better. It's one of the quirks of Snowdrops. Cyclamen Coum – the hardy miniature garden cyclamen is a very welcome sight and will look terrific alongside the white Snowdrops. Of course, the early flowering bulbs make the garden look much more positive and always provide a talking point with other gardeners.



Left – Cyclamen coum which also have attractive silvery green leaves and will cope with being covered by snow and contrast nicely with Snowdrops.

Right – Snowdrops which come in lots of varieties to help you extend considerably the flowering period. They are also very tough little plants.

Remember to be mindful of the cold, we don't want any frozen assets at this time of year!



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2025, the year of our twentieth anniversary, and the year we decided to start a travel business.

I'm Marie, and together Helen and I called our business, Travel Done Well by H&M.

From the start we loved booking holidays together.

It was established early on that our trips are fun filled with things we don't usually do at home. We are always recommending places for others to go, and writing reviews about almost everything we experience, so why not give it a go as a side gig?

A friend of mine, Sarah, had started her travel business a few years earlier and was booking our travel for us.

Even though we travelled frequently, it just wasn't something I was interested in getting involved in, until a few months ago.

We were looking to book another trip and Sarah mentioned it again. We ended up having a discussion and both Helen and I agreed it would be a good opportunity to do something we both love and will do anyway, so why not book for friends and family as well as for ourselves.

That was September 2025 and now in December 2025, we've booked around £6,000 worth of travel, with more in the pipeline.

The training will never end, and we love that! We regularly attend training events to learn more about cruising, packages, tours, and companies who offer incredible experiences. It has given us so much more to add to our own bucket lists!

Our next trip is another cruise since we loved it so much this year.

What sort of holiday do you like to enjoy? Do you like a cruise? City break? Beach holiday? We'd love for you to get in touch so we can see what we can find for you. Getting a quote is easy and free.

Just follow the link <https://shorturl.at/oKU8m> or get in touch on 07732887357.

We're based in Liverpool and we are happy to meet in person locally if you prefer a face to face.

Who knows where your next adventure may take you!



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Happy 2026 From The
Wacadoddles



www.wacadoddles.com



Oh, Mary!



Yes that Mary. This gloriously camp extravaganza received rave reviews when it debuted on Broadway; and now it's in London. The not true story of the former first lady Mary Todd Lincoln in the weeks leading up to her husband's assassination doesn't exactly scream queer romp, but that's what it is; over the top and gloriously written by Cole Escola (who starred in the New York production).

Without giving too much of the plot away (critics are not supposed to and are told to 'allow audiences to enjoy the surprise of the production') let me just say here that there are many surprises and plot twists that you don't see coming.

And it's all told in a quick 80 minutes where you'll be laughing throughout. 'Oh Mary' is being compared to a long Saturday Night Live sketch, and indeed it is a bit,

but with Mason Alexander in the lead role you'll forget that some of the jokes miss - but most hit - the funny bone! Just a bit about the show in case your head has been buried in all things Trump; Mary Todd Lincoln is the first lady of the White House while her husband Abraham is pre-occupied with a civil war. To get her off his back he hires a dance teacher for Mary to fulfil her dream of cabaret stardom.

But, as in every White House, there is a busybody who is out to ruin her reputation, and who knows what's going to happen to the country while there is a war on and Mary's husband is pre-occupied with a secret lover?

Mason Alexander Park is just fantastic and fabulous as Mary (Escola won a Tony Award as Best Performance by a Leading Actor in a Play). He pulls off all the jokes

and stunts (the bit on the President's desk has to be seen to be believed) and he's due to win awards for this performance as well.

The other actors are very good, including Dino Fetscher as Mary's teacher and Giles Terera as Mary's husband. Now playing at

the cozy Trafalgar Theatre until April 25th, 2026, I urge you to go see this very funny and original production.

<https://trafalgartheatre.com/shows/oh-mary/>

Photo by Manuel Harlan



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Playlist



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Our jewellery is more than adornment—it's a story of craftsmanship, quality, and passion. Each piece is thoughtfully designed to celebrate your unique journey, blending timeless artistry with modern elegance to create treasures as meaningful as they are beautiful.

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Stop feeling stressed or anxious and start feeling calm and grounded.



My name is Rachel Sewell
and I'm a New Vision Therapy (NVT) Practitioner based in Runcorn, Cheshire.

Contact Me
linktr.ee/RS_NVT





ABOUT US

Northampton Based Professional Portrait and Commercial Photography

Welcome to Fourwinds Photography, our Northamptonshire-based photography studio, specialising in family photography, headshots, product photography, and portfolio shots.

We deliver high-quality, professional images to showcase your brand, products, and personal talent. Whether you need standout headshots, captivating product photos, a stunning portfolio, or creative family photographs, our expert photographer is here to help.

Website

fwps.uk



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Tales of the Second City

Misadventures on Birmingham's Gay Scene

Short & Curlies: Ride Home

"You looking for a taxi, mate?"

2am outside Nightingale Club. Merry revellers staggering between vehicles and screaming after mates and dates.

The taxi pulled alongside and the driver called out of the window. I wasn't in the market for a cab... just yet, but this guy was hot... and I thought I detected that glint in his eye.

I checked, "You cruising around?"

He confirmed he was, so I nipped around to the far door and jumped in next to him.

"Where do you want to go?"

"Where you taking me?"

"Wherever you need to go."

"Somewhere quiet."

"What do you mean?"

"You said you were cruising!"

"Only for fares."

"Ooooooh shit, I'm sorry, I think we have cross purposes."

"What were you after?"

"I was cruising for fun. I thought you wanted... something else." I was embarrassed by my faux pas.

He pulled over 100 yards up the road.

"Sorry about the misunderstanding," I apologised, sheepishly.

"I was just looking for rides," said the taxi driver, "but if you offer me a tenner..."

I declined.

I jumped back out, less than two minutes after I'd got in, and he pulled away.

Only a tenner?!! That's cheaper than my average fare home, I thought.

I wondered if door to door service was included.

Maybe I should have taken him up on the offer... and given him a tip.

Find more tales from the gay side of the UK's second city at

www.talesofthesecondcity.com

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Short & Curlies: An Awkward Predicament

Nightclub toilets aren't always used for the purpose for which they are provided... Boys will be boys.

The guy stood next to me at the urinals made it apparent he was up for fun.

I nodded my head towards an empty cubical.

"I am shy," he muttered.

I glanced down and raised an eyebrow. "Clearly not that shy!"

He considered for a moment then nodded... and we stepped inside.

A short while later, we readjusted our clothes, and the guy listened at the cubical door. He looked concerned and whispered, "There is someone out there."

"I'll stand behind the door when you open it," I whispered back. "You leave and I'll slip out once the coast is clear."

The door opened was on the side of cubical rather than facing the toilet and opened inward, so it was easy to remain concealed.

Unfortunately, as my acquaintance made his escape, another guy immediately walked into the cubical. Without glancing around, this new fella bolted the door and started to relieve himself, completely unaware that I was stood mere feet behind him.

Well, this is a bit an awkward predicament, I thought.

In the least threatening tone I could muster, I gently said, "Don't be afraid... but I'm standing behind you."

He reacted with amazing composure... and just burst out laughing.

That was enough factual sitcom antics for one night.

Find more tales from the gay side of the UK's second city at:

www.talesofthesecondcity.com

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Chantel Holistic Wellbeing
RISE OVERCOME STRENGTHEN ELEVATE

With over 20 years of experience as a mental health professional, I've had the privilege of working with both children and adults across the UK, supporting them through their challenges and helping them achieve growth and well-being. My journey has been driven by a deep desire for change, and a passion for seeing individuals unlock their potential, find happiness, and reach their goals.



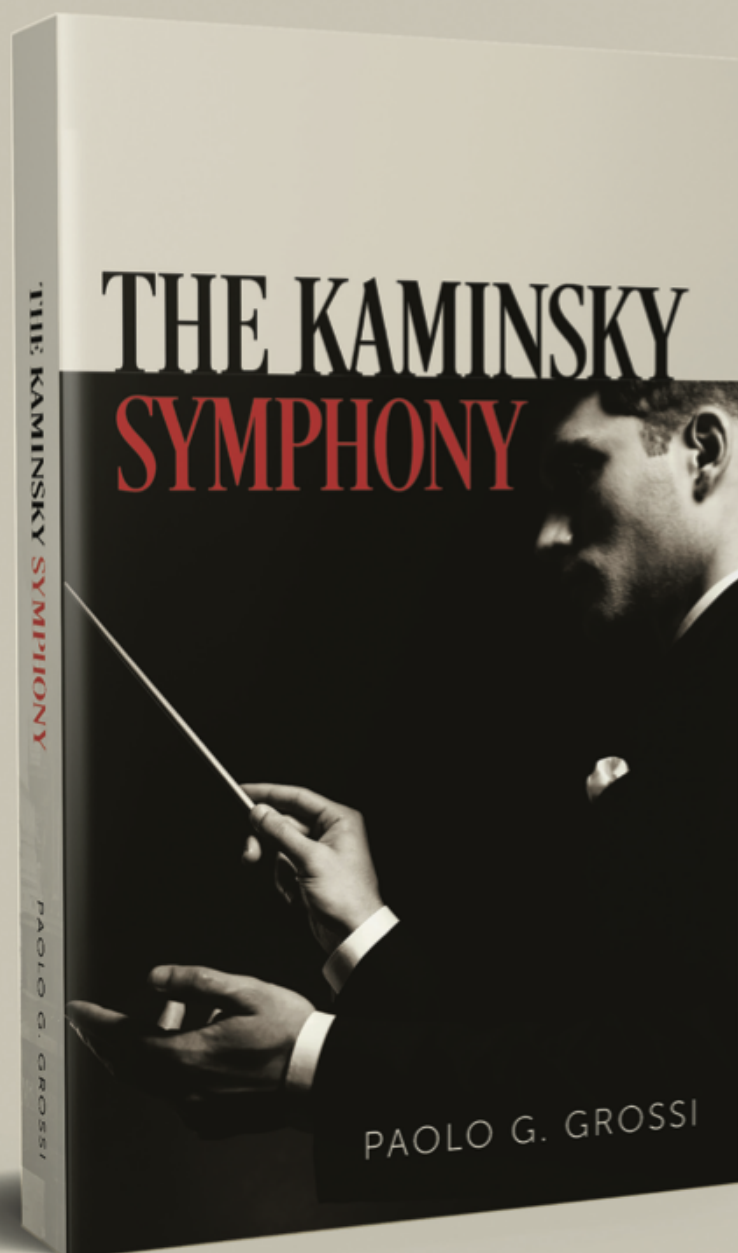
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Two men swept away by love and impending tragedy in the dying days of Imperial Europe.

**OUT ON GENERAL RELEASE
6TH DECEMBER 2025**



Maestro Carlo Mandelli leaves Milan for a new life on the shores of the Black Sea. But Russia is about to be rocked by the October Revolution. Amid the ravages of the Civil War, he is confronted with a desperate choice.

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SPECTRUM BOOKS**





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Healing and Clarity Mental Health LLC

Choosing a mental health provider is a deeply personal decision—one that often comes at a time of vulnerability or transition. Whether you are navigating ADHD, anxiety, depression, mood challenges, trauma, or simply feeling overwhelmed, you deserve care that



At **Healing and Clarity Mental Health LLC**, I focus on creating a welcoming, affirming, and supportive environment where you feel heard, respected, and empowered to move toward emotional balance and clarity.

I am **James Kenneth Giordani, MSN, APRN, FNP-C, PMHNP-BC**, a board-certified

Psychiatric Mental Health Nurse Practitioner with **over 15 years of experience**, providing care to diverse populations. I founded Healing and Clarity Mental Health LLC with the belief that mental health care should be collaborative, compassionate, and personalized—not rushed or one-size-fits-all.

As a proud member of the LGBTQ+ community, married for over 26 years and a



parent to two wonderful boys, I understand firsthand some of the unique challenges LGBTQ+ individuals may face, including discrimination, identity stress, and navigating societal expectations. I strive to provide support that honors identity and lived experience.

These experiences deepen my empathy and guide my approach to care, helping me create a space **where every patient feels genuinely seen, heard, and supported**. Many patients describe our work together as empowering, collaborative, and affirming.

Outside of clinical work, I am a lifelong Star Wars fan, drawn to its stories of hope, resilience, and the quest for balance. Those same themes guide my work with patients—helping you reconnect with your strengths, navigate obstacles, and move toward a life that feels more balanced, fulfilling, and aligned with who you are.

Many come to care feeling disconnected from their strengths or overwhelmed by internal struggles. My goal is to help you

reconnect with what grounds you, build confidence, and develop tools to navigate challenges with clarity and self-compassion. Witnessing the resilience and growth of the individuals I support is one of the most fulfilling parts of my work. Healing is not about eliminating every struggle—it is about moving forward with intention, balance, and resilience.



My interest in psychiatric care was impacted by family experiences highlighting how isolating mental health challenges can feel without support. Those experiences strengthened my ability to recognize early signs of distress, understand needs, and provide compassionate, informed care.

They continue to guide my commitment to providing thoughtful, supportive treatment that helps people feel understood and not alone.

I believe you are the expert on your own life, and my role is to offer clinical expertise, evidence-based psychiatric treatment, and consistent support.

Our work begins by exploring what matters most to you—your symptoms, concerns, goals, and hopes—and developing a treatment plan that feels realistic, supportive, and aligned with your values. Care is never about forcing change; it is about creating the conditions where healing and growth are possible.

Having my own practice allows me the flexibility to spend the time that is needed,

warranted, and deserved with each patient. Appointments are tailored to your needs, ensuring you receive the attention and support necessary for meaningful progress.

I work primarily with individuals seeking support for **ADHD, anxiety, depression, mood disorders, and trauma**, while also addressing a wide range of other mental health concerns.

Medication management is a central part of my practice and can improve focus, emotional regulation, and stability. However, it is always part of a broader approach that emphasizes collaboration, education, and practical strategies. Treatment plans remain flexible, guided by your feedback, comfort level, and evolving needs.



Healing and Clarity Mental Health LLC offers appointments **in-office in Winter Park, Florida**, as well as **secure telehealth services throughout Florida**, providing flexibility so care fits comfortably into your schedule.

I warmly invite you to reach out today and take the first step toward greater clarity, balance, and emotional well-being. You can schedule a session through our website or contact our office directly. Together, we can work toward greater balance, clarity, and hope—**healing minds, uplifting lives, one step at a time.**

healingandclaritymentalhealth.com



Welcome to My Bonsai Friends UK.

I created this website and Facebook group to help me find helpful YouTube tutorial videos on my artistic journey with bonsai, and I want to share it all for free.

The website will guide you to YouTube channels that teach you how to care for bonsai trees, including pruning and wiring.

Bonsai is not just about the trees; it's also a community and very meditative.

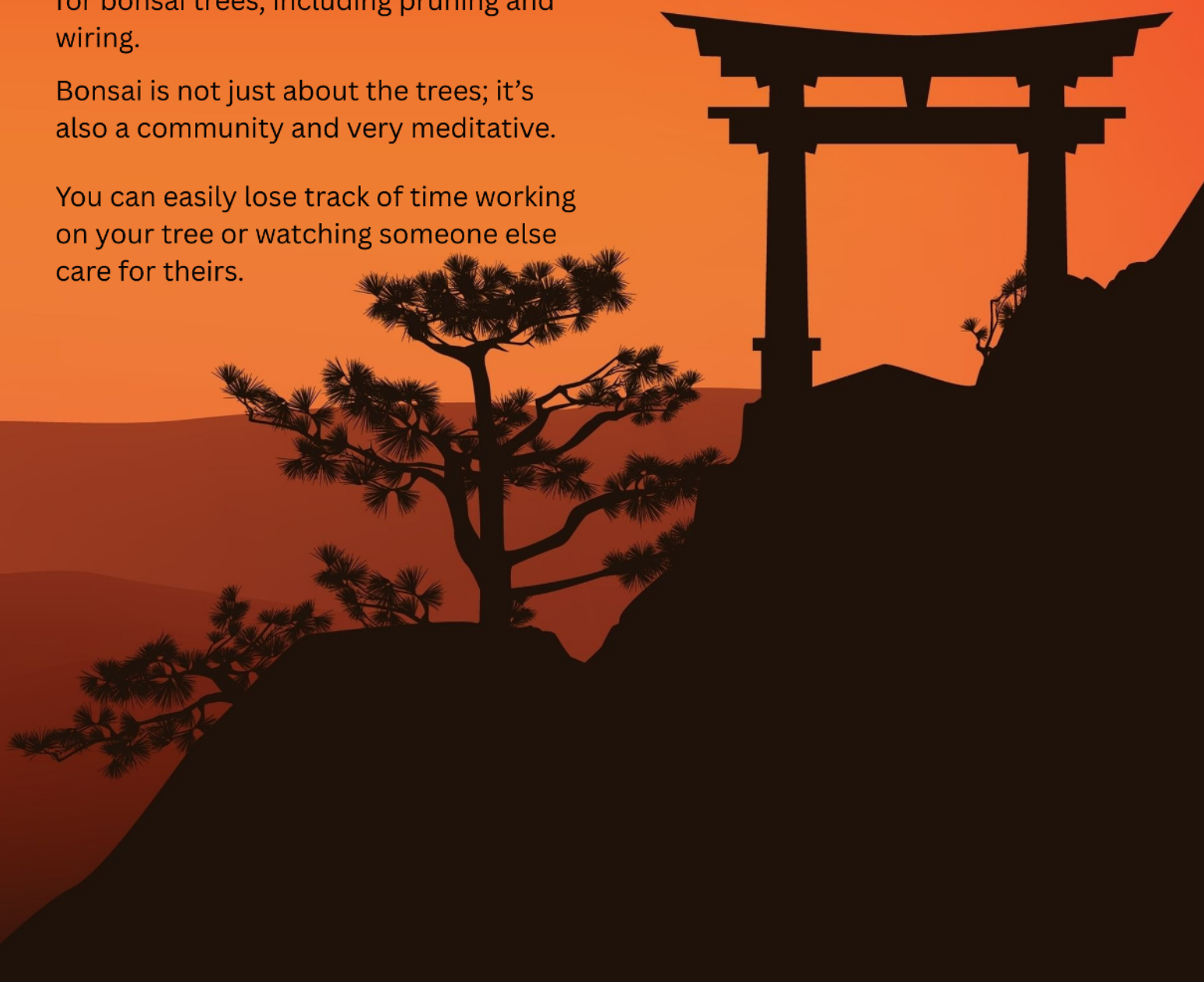
You can easily lose track of time working on your tree or watching someone else care for theirs.

You can read my reviews on the website and in the Facebook group; these are free reviews based on my experiences with online shops' services and products, as well as requested reviews for items sent to me, like plants and pots.

Over time, the Facebook group will grow into a community of bonsai artists where people can share tips and showcase their trees.

The group and website will also inform you about upcoming bonsai events in the UK, Northern Ireland, and Ireland.

www.mybonsaifriendsuk.co.uk



I cope now, with being gay and celibate

I am 51 years of age, I'm a gay man (Although I feel like a woman at times and I'm fine with that) and I find life as a gay man has got better as I've got older.

I spent years denying what I was and this caused obsessive intrusive thoughts in later years. Because I denied that I fancied other men, I grew with the thoughts and at the time, before I came out to myself in July 1992, the thoughts were protecting me, telling me I wasn't really gay, so as not to stress me out.

But after I came out, I suffered from obsessive intrusive thoughts that lied to me in order to protect me still. But I had come out, I didn't need lying thoughts to protect me anymore. But the mind is a very stubborn and frightened creature and even now, thirty- three years after coming out, the intrusive lying thoughts are such a real nightmare and I'm still having therapy.

Obsessive compulsive disorder is not what some people think it is. It is not washing hands repeatedly: it is a terrible condition where intrusive and horrible lying thoughts come into your mind over and over again and won't go away even though the opposite of the thoughts is true. And it creates a fear that is so horrid that it feels real and creates paralysing guilt and fear and insecurity.

It used to tell me that I hadn't done things that I had done. For example, if I went on a nice walk, it would try and protect me from a time when maybe I won't be able to go on a walk (Hopefully never) by telling me that I hadn't been on a walk. I felt so afraid of it, it lied to me.

But it has taken lots and lots and lots of talking therapies over the years for things to be changing for the better in my mind.



What I do is look at why the thought is there rather than believe what it is saying. Once you identify that it's ultimately there to protect you , then the horrible anxiety becomes slightly easier to tolerate.

Back in 1993 there wasn't the Internet to find great information on obsessive compulsive disorder.

I am slowly learning to change thoughts.

I also have autism , I have misophonia which means that some noises, and sounds make me feel very frightened and angry. I find supermarket shopping to be very, very stressful because of the overwhelming choice of products, and having to work out the cost, how much of the product to get, wondering how much salt and fat and sugar is in the product or wondering if it's a good buy.

Then having to cope with the pop music that is sometimes played , and the sheer loneliness of the whole experience. Then there's queuing up and being aware that there's impatient people behind, making me hurry up and it's a nightmare .

Also have wonderful gifts related to autism but some of these are gifts that I can't really do anything with. For example I know all the Beethoven's Symphonies off by heart because I spent years and years listening to them. But I can't read music or play an instrument. I can hum the music that I've listened to my self.

I also love writing poems and stories, and watching garden birds and walking and

doing art and cooking. I can remember a lot of my life in detail as well and I'm hoping to write my life story, just for myself or maybe to share with close friends.

I live without sex , for a few reasons. I have never had a boyfriend and it has been an enormous source of frustration and suffering all my life.

But now that I'm in my 50's , there are some LGBT online groups which are free to join and where you can meet others.

One is Lgbt Hero, and there's also Kalda , an lgbt mental health app, and Rainbow Mind and Mindout for mental health and forum called Empty closets. As I'm much older than when I first came out aged 17, I feel there's none of the massively stressful competitiveness of trying to look great and compete with others for attention. I feel a mellowing of acceptance of being older and gay , and I realise that being gay is not about getting sex- for some people, anyway.

I feel being gay is a way of being so sympathetic to other outsiders and their suffering and is a way to be tolerant of yourself and try to bring happiness to yourself by learning to love yourself and being able to forgive others because you have the added sexual passion for men or women which is love , and it is a pathway to have an interest for life. I mean if for no other reason, the lusting is a very, very strong force , but it's a force of good because it wants connection and to care and this is a fantastic life force.

By **Richie**



Forever with Pride LGBTQ+ Free to Read Monthly E-Magazine provides a much loved and valued service for the community.

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Yours sincerely,
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Third prize



Roger in Highbridge supporting Forever with Pride LGBTQ+ Free to Read Monthly E-Magazine matched 2 numbers and won 3 extra tickets

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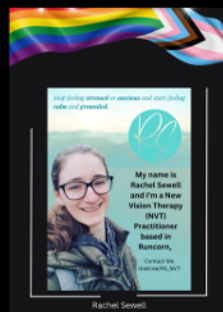
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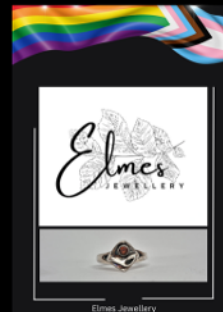
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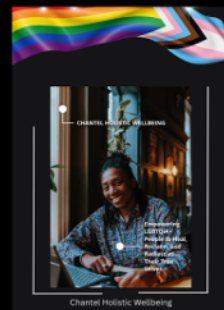
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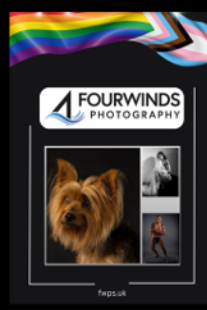
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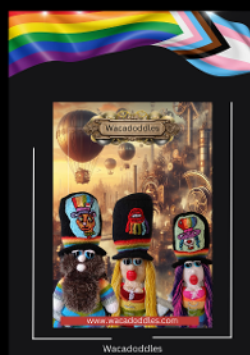
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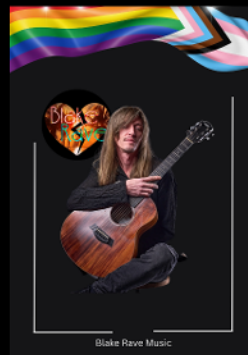
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