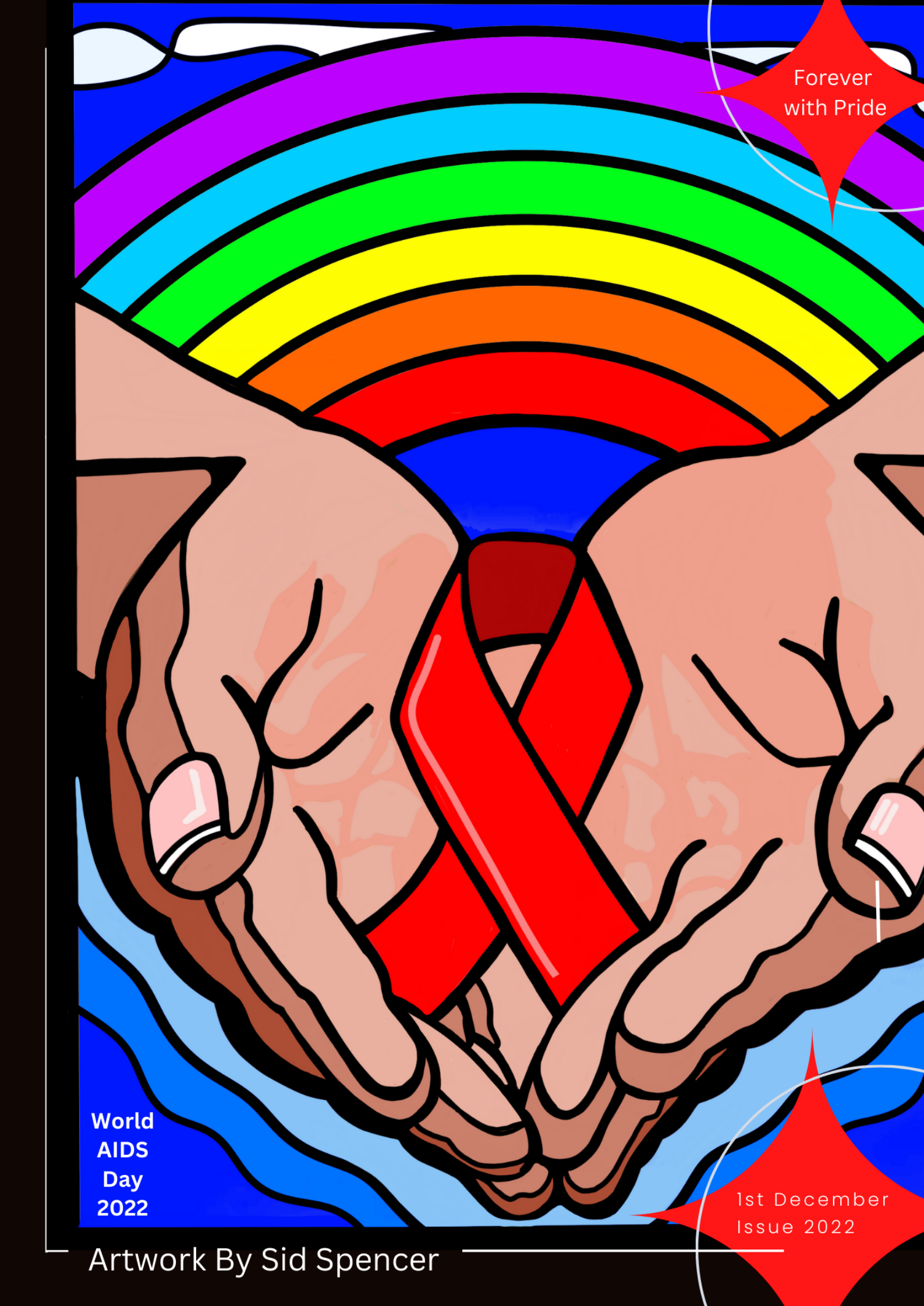




Forever
with Pride

World
AIDS
Day
2022

1st December
Issue 2022

Artwork By Sid Spencer



Deaf Hub Wales

Just Like Us 'Youth'

Sparkle

The Q Music

Content

Annie Wallace Bio

Olivia Nied

CRIPtic Arts

The Innocence Guru

Writing Competition

Reengage

Help & Support

Orlov Nutrition

Editors Words

We at Forever with Pride would like to thank everyone who has taken part in the e-agazine over the past year.

We are looking forward to 2023 with so any new parts of our e-magazine in the pipeline we just know it's going to be a great year for us and we hope a great year for you.



Annie Wallace



Annie grew up in Aberdeen, Scotland where she received her initial training at primary and secondary school, appearing in many productions such as *The Insect Play*, *A Midsummer Night's Dream* and *The Front Page*.

She won a place at the [National Youth Theatre](#) in 1980 and was set to progress to drama school but financial constraints thwarted her ambition. Moving into another field entirely, Annie worked for many years in the computer and audio-visual industries in several Scottish cities.

A chance discussion between some colleagues led to her introduction to [Coronation Street](#) in 1998, leading to an 18-month consultative role for the character of Hayley Cropper. This liaison brought her into contact with several of the series' actors, especially Julie Hesmondhalgh, who, upon learning of her previously stalled acting career, encouraged her to follow her original dream and go to drama school.

Subsequently, Annie relocated to Manchester and successfully won a place at the [Manchester Metropolitan School of Theatre](#) in 2001. During this time she also volunteered as a stage manager for the city's Mardi Gras/Pride festivals for several years, including the writing and direction of the Candlelit Vigil in 2002.

After graduating in 2004, she appeared in a comedy premiere "*FunkFace*" at The Comedy Store in Manchester, and formed a theatre company called 'FirstNotLast'.





For several years, she performed regularly in fringe and repertory theatre productions such as *Wyrd Sisters*, *An Ideal Husband*, *Stags and Hens*, *Withnail and I* and many community pantomimes. She also diversified into sound designing and recording, lighting design, and video animation for the theatre.

She had her first television break on the Channel 4 series *Shameless* in 2011, leading to an increased profile and more opportunities, such as some extensive voiceover work for a travel company and some comedy podcasts, and was a finalist in the auditions for a BBC's Trans Comedy Award pilot.

HOLLYOAKS

Annie is currently playing *Sally St. Claire* on Channel 4's *Hollyoaks*, as the headmistress of Hollyoaks High School, and John Paul McQueen's father. She was the first ever transgender person cast to play a regular transgender character in a leading UK soap opera, and as such is the most prolific trans actress in UK television history.

Since starting at *Hollyoaks* in 2015, she has been regularly listed in the prestigious *Rainbow List*, *Pride Power List*, *Diva Power List*, and the USA *OUT100*, as one of the country's most influential LGBT people.

In 2016, she won the 'Celebrity of the Year' award at the *National Diversity Awards*, and was runner-up at the Scottish *Icon Awards* as 'Cultural Icon of the Year'. The entertainment website *Digital Spy* also nominated her as 'Biggest Unsung Hero' in their annual Soap Awards.

Topping off an incredible year, Annie also became the first ever transgender actress to be nominated for a BAFTA award, as '*Best Actress – Television*' in the *Scottish BAFTA Awards*.

In 2017, she was nominated as 'LGBT+ Celebrity Rising Star' in the *British LGBT Awards*, and was once again included in the *Pride Power List*, and the *DIVA Power List*.

In 2018, she was nominated in the “Best Soap Actress” category in the annual [TRIC Awards](#), and in May, led the first ever Pride parade in her hometown of Aberdeen, at [Grampian Pride](#). She was also one of the judges at the 2019 [Bolton Pride](#) awards.

In 2019, she was a judge in the [Channel 4 Diversity In Advertising Award](#), which was won by [Iris / Starbucks UK](#), featuring a young trans man,

Annie Wallace is the proud patron to the following organisations.

Mermaids UK

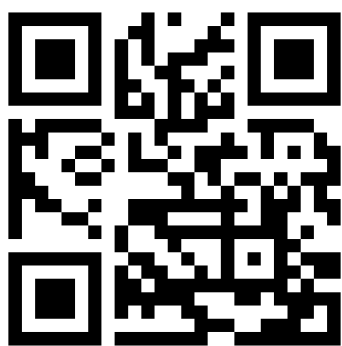
Is one of the leading LGBTQ+ charities looking after young people.

Sparkle

The National Transgender Charity.

Salford Pride

Salford's annual LGBT & None-binary Pride.



Annie Wallace Website



using his new name in public for the first time in a branch of Starbucks.

Annie also wrote a short play for the [OutStageUs](#) festival at The Lowry, for [Hive North](#).

In 2021, she won the [Proud Scotland Awards](#) “Judges Award” for Outstanding Trans Activism for service to the LGBTQ+ community in Scotland or further afield.

She continues to portray Sally St. Claire in her ongoing role on Channel 4's *Hollyoaks*.

EXTRA-CURRICULAR

Annie is currently a member of the [BAFTA Learning and New Talent Committee](#) and served as a juror for one of the BAFTA Scotland awards in 2021. She also sits on the [Equity Council](#), and regularly consults with industry professionals on trans issues, in relation to drama writing.



She has also written and recorded two albums with collaborator John Beresford, as well as writing music for theatre productions, and even a US TV pilot.

She is a patron of [Salford Pride](#), the trans youth advisory and counselling charity [Mermaids](#), and [Sparkle](#), the national transgender charity, and is a supporter of Manchester's Gay Village and its major charities, the [LGBT Foundation](#), [George House Trust](#) and [The Proud Trust](#).

When not working, she has a passion for rock music, classic British television series, camping, gadgets and cider!



We would like to thank the fabulous Annie Wallace for the use of her information and www.anniewallace.com for the photos.

Use The Directory

The Forever with Pride LGBTQ shop and services directory is so simple to use all you need to do is click on the block that suits what your looking for and you will be taken directly to our advertisers banner.

Click on the banner and you'll be taken to the shop or service that you are looking for. New sellers and services are being added all the time so do keep on coming back to find out whats new.

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



Forever with Pride

ONLINE LGBTQ SHOP AND SERVICES DIRECTORY



TAKE A LOOK AND THEN TELL YOUR FRIENDS



Join The Directory

You can join the directory if you run or own an LGBTQ+ shop, service or charity.

To find out how just drop us an email using the contact page on our website.

Joining is cheeper than you would think!

www.foreverwithpride.com/contact/

OLIVIA NIED

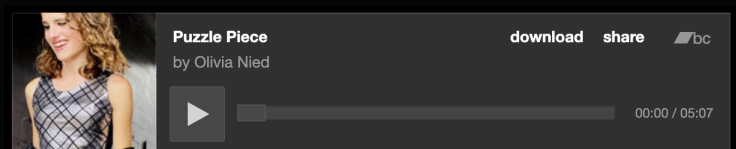
Olivia's poignant songs reflect her unique life experience shared with audiences through moving vocals and unique instrumentation on guitar, piano, bass, ukulele, and percussion.

Trained at Hampshire College, Goldsmiths - University of London, Berklee College of Music, and the Vermont Jazz Center, Olivia is an innovative composer, arranger, and producer who creates original music for modern dance, theater and independent film.



She has performed across the US and Europe as a solo artist, session player as well as with various groups and ensembles exploring rock, indie-pop, new-grass and jazz.

Listen below to a sample single from the new album.



Please consider supporting Olivia's 30-day to help fund the recording of her debut solo album!

Forever with Pride Gift Shop

As our name suggests, FWP Gift Shop was created to help support the running costs of the Forever with Pride e-magazine helping us stay a free to read e-magazine for everyone to read. We wanted to give our readers the opportunity to purchase fabulous gifts for the home and garden.

We took the brave step to set up our very own online shop in 2022 when we saw the e-magazine grow from a quarterly into a monthly e-magazine and the cost of running it doubled.

The gift shop started selling design items at very reasonable prices that everyone could afford and have offered free delivery on every sale that is connected to a UK and Northern Ireland post code.

With a growing reputation as a leading new LGBTQ+ E-Magazine the business started only two years ago with a readership of less than 200 people now we have a readership of over 30k and it is growing and growing each month.

We also have an online shop and services directory where we promote LGBTQ+ retail outlets and services on our website, www.foreverwithpride.com.

Our shop has never been so needed than it is today so please take a look around and don't forget to tell your friends.



GARDENING WITH GOODFELLOW

December



Click on any photo to be taken to the very friendly Facebook group :

Gay Gardener UK, Plants, Seeds and Surplus Exchange Group.

"FWP does not own or run this group or control it's content"



Jack Frost is out and about now making sure pond surfaces are frozen over, most of the leaves have dropped and it's tricky staying on your feet – and that's before the Christmas celebrations!

Don't be tempted to break the icy from ponds if they have fish in as the vibrations may hurt the fish and no need to throw a ball in either, the surface will still freeze if it's cold enough. If you have fish it is recommended that you turn your waterfall pump off as it circulates cold water to the bottom where the fish like to go in winter. It depends on how deep your pond is and what type of fish you have.



Indoor Narcissus
Paperwhites growing in a
pot and then flowering.
They also have a nice
fragrance.

Another nice plant for Christmas is Amaryllis, they can get top heavy so plant in a large heavy pot like a terracotta one, you can virtually see them grow each day. They are one of the largest bulbs we have and make a good talking point.



Amaryllis flowers are huge and very colourful on their own or as an arrangement.

You can still grow some hardy vegetables if you have a cold frame or cold greenhouse. Nobody wants to put their electric greenhouse heaters on right now due to the cost but you can use potato growing sacks to grow, you guessed it, potatoes but also beetroot, carrots, broad beans, cauliflower, cabbage, winter onions and even lettuce (the leafy varieties). They will grow slower than when in spring or summer but they will still grow and all very environmentally friendly, not to mention good for your pocket and they taste so much better too!

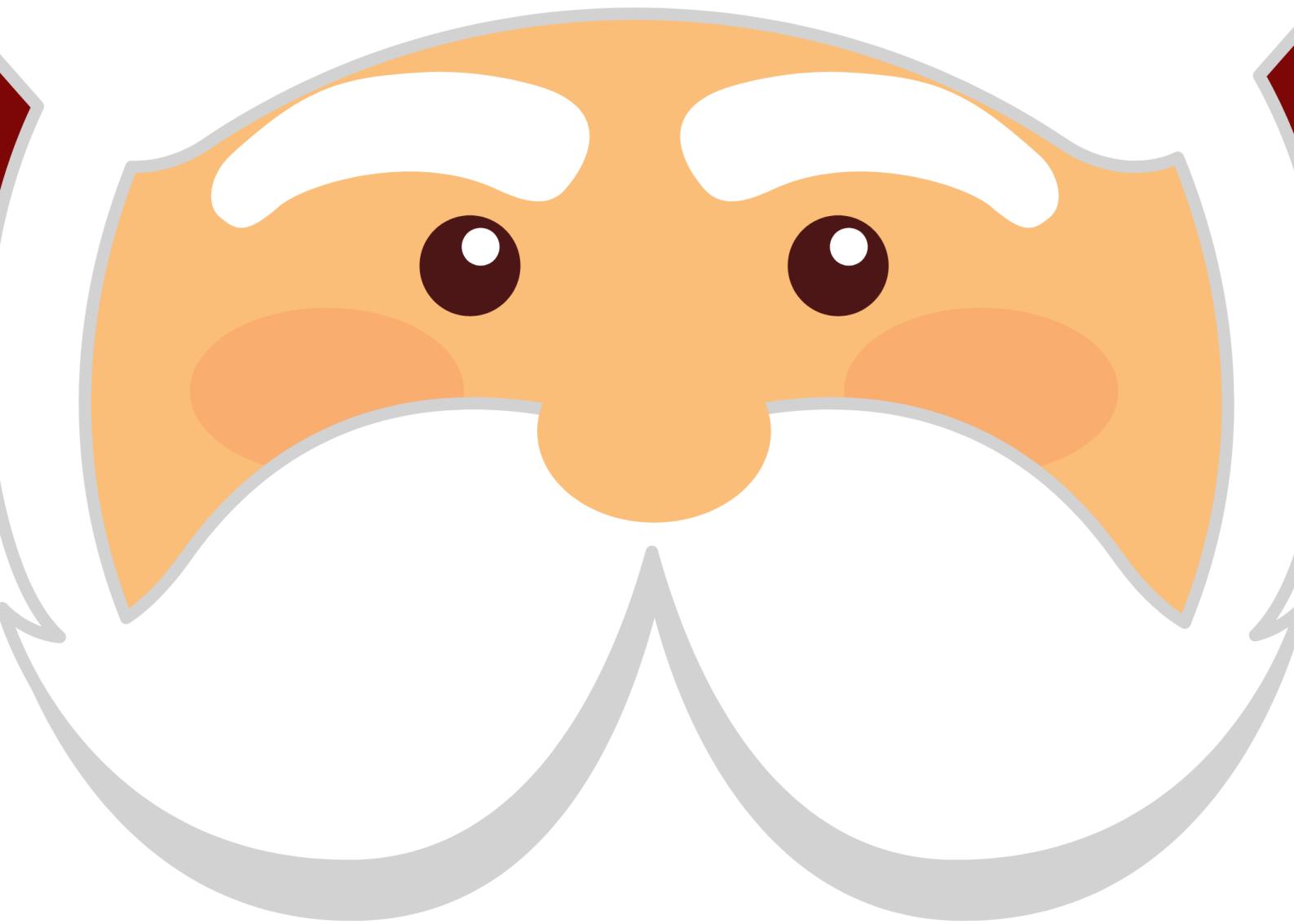
It's not too late to take hardwood cuttings of shrubs if you can place them in a frost-free place such as the cold greenhouse.

Some keen gardeners use Christmas day as their marker in the calendar to start such things as tomato seeds but you have to be careful as they will need heat and it's okay starting them on the window ledge but then they will need more space and if you don't want to put heat on in your greenhouse, you're better off waiting until later.

If you have spare time and are looking for something to do in the garden, you can always do some pruning, just be careful not to do it just before a hard frost is forecast else it may cause die back from where you cut the stems. Don't be tempted to prune Forsythia as you will be removing the flowering stems.

You can clean a pond if you get a bright day and fancy keeping yourself warm outside. Equally if you haven't done so already, you can remove the long stems from late summer bulbs, remove any weeds, add mulch to your borders. December is a month you can spend cutting back, tidying and refreshing your garden. You can still plant spring bulbs if you see any bargains. Remember to plant twice as deep as the bulbs are tall.

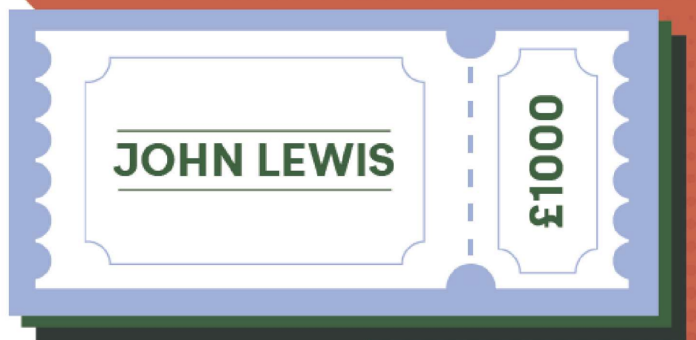
Don't forget to keep tender things well wrapped up, you don't want frozen assets and certainly don't want to encourage any wilt!



WIN OUR BUMPER CHRISTMAS BUNDLE WORTH £1000

To win our Christmas Bundle worth over £1000
There will be only one winner offered
The lucky winner will be contacted by email

**WIN A £1000
JOHN LEWIS VOUCHER**



Forever



CRIP TIC ARTS

CRIPtic Arts is a groundbreaking disabled-led arts organisation, focusing on developing creative work by deaf and disabled people. I founded it in response to the lack of access I experienced in the wider world, but it has grown far beyond that, into a space that showcases everyone from emerging to world-class artists, with queer artists central to our mission - and team.

As a queer disabled person, I have always felt on the edges of queer communities, and queer arts. So much takes place in spaces without wheelchair access, and other access measures such as BSL interpretation or Easy Read explanations of events are almost unheard of.

The further my underlying condition progresses, the more I feel closed out of the wider community. It isn't just because of the constant inaccessibility, but also due to the presumptions of undesirability and asexuality that are often assumed to apply to disabled people.



My creative life has always focused on my queer, crip experiences - and I use both of those words as a form of political resistance against the labels that other people apply to me. From developing my first show, NOT DYING, exploring a (often camp) resistance in the face of life-threatening illness, a collapsing social care system, and wider society, to founding CRIPtic Arts, it was inevitable that my work would draw as much on my experience as a queer person as that of being crippled.

The recent residency CRIPtic Arts had at Manchester's Trans Vegas festival allowed us not only to develop NOT DYING further - but also to programme four incredible disabled trans performers at HOME Manchester. The opportunities open to people who face not only disableism but also

transphobia are so limited, and yet we were able to create a line-up that spanned protest and folk music, comedy and poetry, monologue and confession.

Creating work that pushes back against those presumptions applied to disabled bodies is crucial. CRIPtic Arts is currently developing an ensemble show of monologues performed by naked disabled people. The very first piece explores the way in which disabled bodies are framed as undesirable - and the further we develop the show, the more queer themes come through in our work.

Alongside our performance and development work, CRIPtic focuses on changing the arts (and wider society) for deaf and disabled - through access consultancy, training opportunities (online and off), and working with organisations to improve their policies and programmes. Disableism is so pervasive that it often goes unnoticed - and we aim to raise awareness of this, finding ways to support organisations to change their practices and be more inclusive in their approaches.

The LGBT community has always included a wide range of deaf and disabled people, but on World Aids Day in particular, it is important to reflect on the ways in which a toxic combination of homophobia and disableism hamper access to treatment for HIV+ people across the world. In the UK, people who are HIV+ are automatically legally considered disabled - but still face homophobia in some disability spaces, and disableism in some LGBT spaces.

What changes can we as a community make to be more open, more accessible, and more equitable for all parts of the LGBT community? Our spaces often reflect wider society - meaning that racism, sexism, and disableism run through them - and being LGBT doesn't exempt us from having to tackle those when they occur.

The next time you're planning an event, creating a space, or hosting a group, please consider deaf and disabled people, and the access we need to attend. When you make decisions that exclude us, you're reinforcing the societal discrimination we face - and that shouldn't be considered acceptable any more.

To Learn more about our work and get involved, why not visit our website on www.cripticarts.org. You can find out more about our workshops, networking spaces, and any upcoming programmes and performances, as well as the training we offer on improving access for deaf and disabled people - from events to employment.



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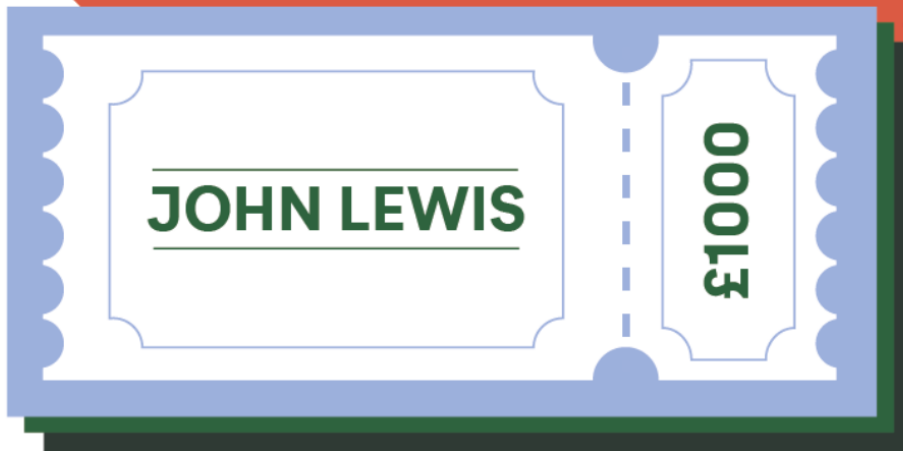
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PLAY NOW:

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Search for: **Forever with Pride**



THE INNOCENCE GURU



Here are the details of the monthly event. The next one will be on Friday 16th December.

You are invited to join a monthly social group with a focus on support and wellbeing for the LGBTQ+ community. You can spend time with others, share your feelings and engage in a variety of holistic activities designed to improve wellbeing such as mindfulness, breathwork, sound healing, movement, singing, guided meditations, and more.

A big part of why so many of us suffer with our mental health is because of our lack

of community, the negative perception of those who are struggling with mental health difficulties and a lack of understanding about how to support those who are struggling.

We want to remove the stigma around mental health difficulties and provide a safe space to connect with others, talk openly and honestly about our mental health, sign post people to relevant support and participate in activities designed to improve our overall wellbeing. Supporting people through their mental health challenges can be as simple as having our experiences heard and validated. To feel seen and heard without judgement and gain a sense of connection and support from our community.

We are not here to diagnose, fix problems or give unsolicited advice, this group is not run by qualified therapists, it is a community support group.

This group should not be used as a substitute for professional therapy, counselling or prescribed medication / treatment.

The space will be held by Evan Curwen and Zander Bruce. Both have experience of holding space for others and a passion for improving wellbeing. Evan is also a qualified mental health first aider.

Evan and Zander are both members of the LGBTQ+ community and understand the additional challenges people from this community may face.



As such this support group is aimed at members of the LGBTQ+ community and their allies. All are welcome so long as there is full acceptance from all attendees of the diversity that will be observed in this group and needs to be a safe space for those who can feel excluded and ostracised from other spaces. Support, acceptance and safety is a priority. Discrimination of any kind will not be tolerated.

This support group is free of charge, but donations are welcomed if anyone feels to do so, purely to help in the upkeep and to provide resources for the group. No profit will be made from this peer support group.

Members of the community are encouraged to offer their wellbeing activities and services to this community support group. Just discuss with the facilitators prior to the session so that a time slot can be allocated.

The event will take place at 7pm at The Covenstead B&B in Glastonbury, Somerset.

We aim to make this event as inclusive as possible, if you have any concerns or limitations that may hinder your ability to attend this event, please get in touch to discuss any support adjustments we can put in place.



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live life at your
highest potential**

Have Yourself a
Forever with Pride
CHRISTMAS
And Happy New Year



Buy us a
Christmas Coffee



www.foreverwithpride.com

Prose Purple writing competition for transgender writing

Spirit Level Transgender Society is launching the first annual Prose Purple writing competition for transgender writing. Competition organiser, Kate Sanders, says 'We are seeking positive stories and poems about the transgender condition or the experience of being or knowing a transgender (queer, intersex or asexual) person'. She went on 'We're looking for short stories, flash fiction or poetry that is previously unpublished from writers of all kinds.



Submissions will be published and the winners announced in the run up to the Transgender Day of Visibility in March 2023 and winning writers invited to readings in person or by remote video hook-up. 'Good writing can open people's eyes to what it is like to be someone.' Kate said.

You don't have to be a trans person to submit, just write compellingly about what it's like to be a transgender person or to know one.' The deadline for submissions is 22nd January 2023.

'We want to start changing narratives about trans people with stories people can relate to and accept.' There will be prizes of £40 for the winning submission in each category and a £20 runners-up prize. Competition rules and submissions sent by email to kate@odessasteps.plus.com. For further information, email Kate.



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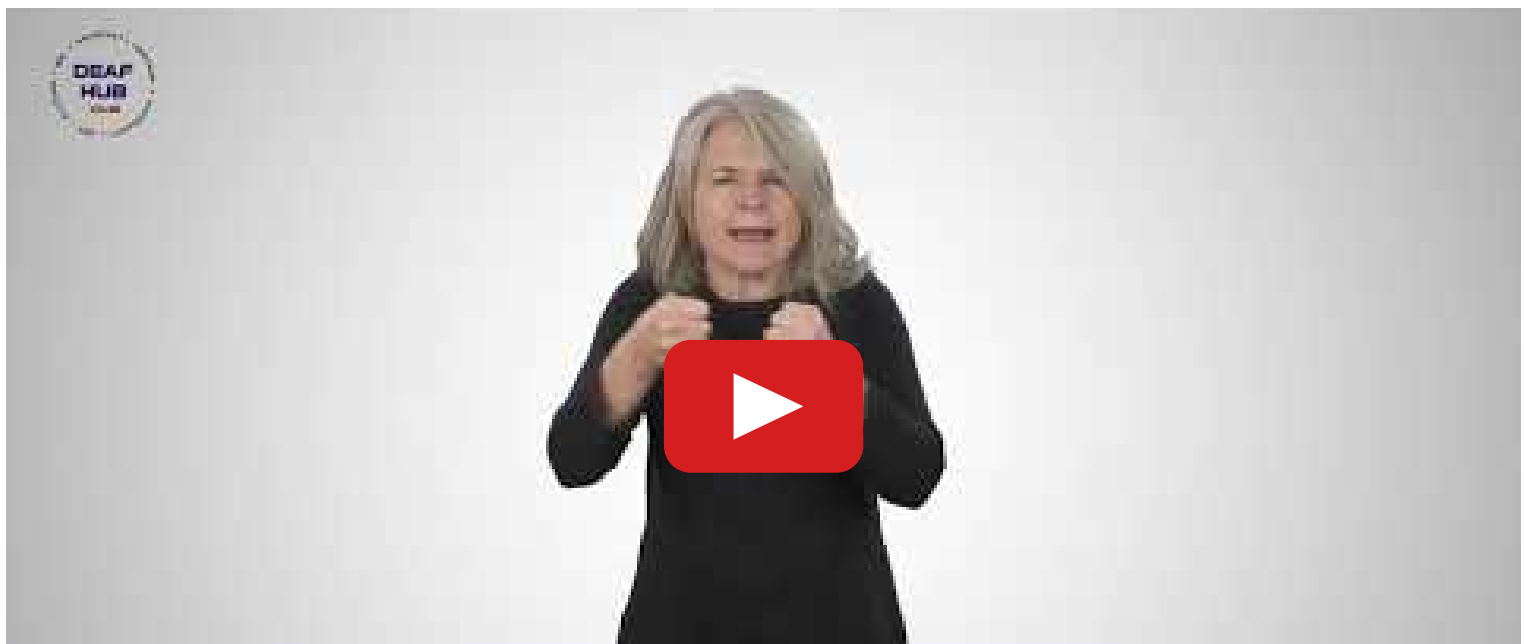
Your soul deserves peace ...

and unshakeable confidence. Something internally
true & privately held for a free, self-determined life!



Thanks to funding from Energy Industry Voluntary Redress Scheme , Deaf Hub Wales was able to support members of the Deaf Community with advice and guidance in BSL about energy awareness and energy savings . Although hampered by COVID 19 , the two year project offered a selection of workshops, meetings, videos, resources and general advice.

These videos are as a result of that project and are here to provide support for those that may need a little bit more information . Deaf Hub would like to say 'thankyou' to our funders, partners, suppliers, volunteers and staff members involved in delivering this project.

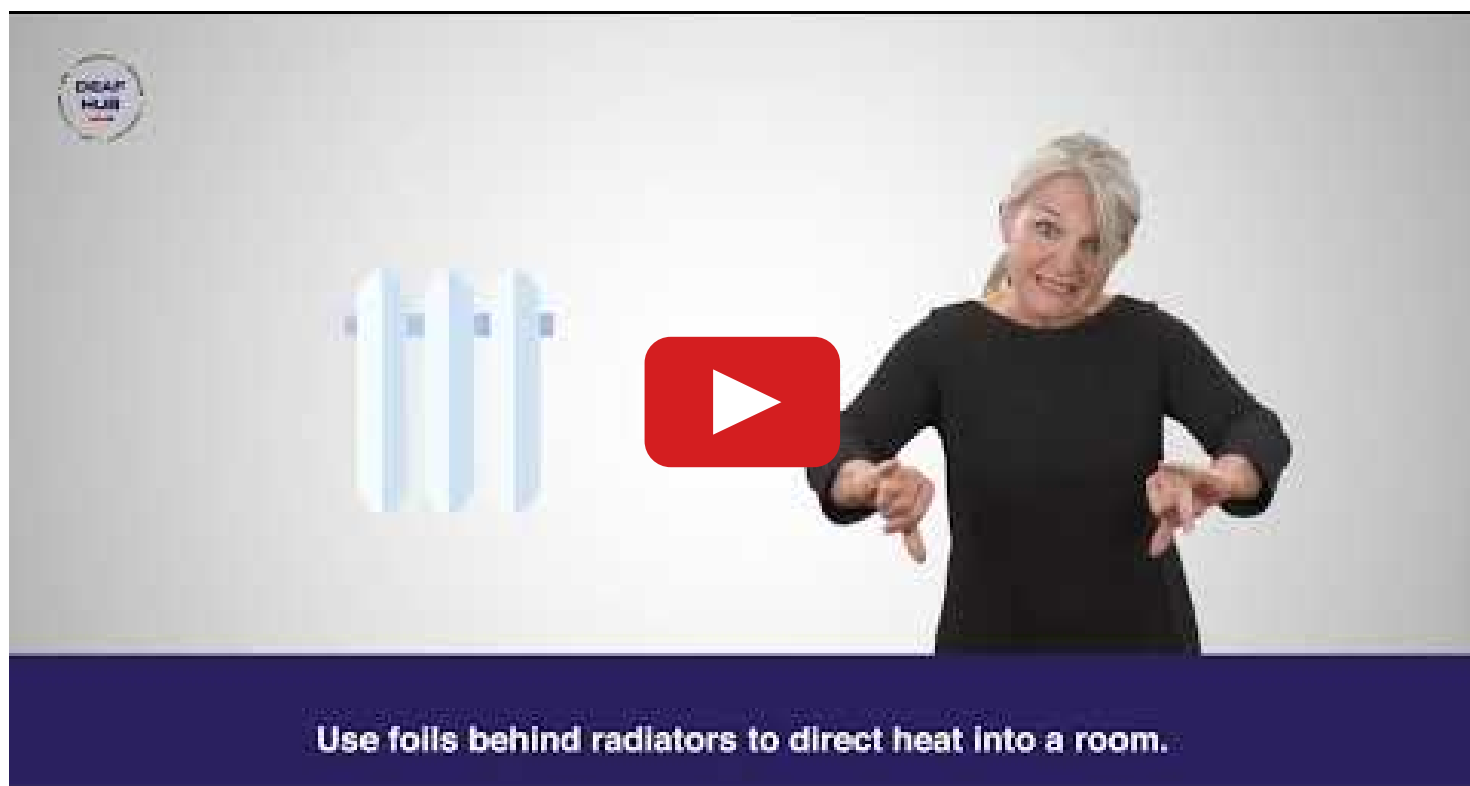


We also have glossary videos there to support you to understand all the terminology used.

Switching Suppliers



Cheapest Ways to Keep Warm



Like many charities , Deaf Hub Wales is looking to grow its Team of Trustees ,looking to increase the diversity of the board and get a wider representation of the community and society.

If you are interested in joining the Deaf Hub Board Of Trustees – email info@deafhub.wales

To find out more about what we do and how you can support us please go to our website.

<https://www.deafhub.wales/>



Forever with Pride

Online LGBTQ Shop and Services Directory

"Show Us
What you're
made of"

"It's All
About You"

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Earlier this year Re-engage, a charity dedicated to ending loneliness and isolation among those aged 75 and over, introduced its rainbow call companion service.

This allows older members of the LGBT+ community to receive regular phone calls from a matched volunteer.

The service was recently given a National Advisor for LGBT Health Award “in recognition of your commitment to reducing inequalities for LGBT people.”

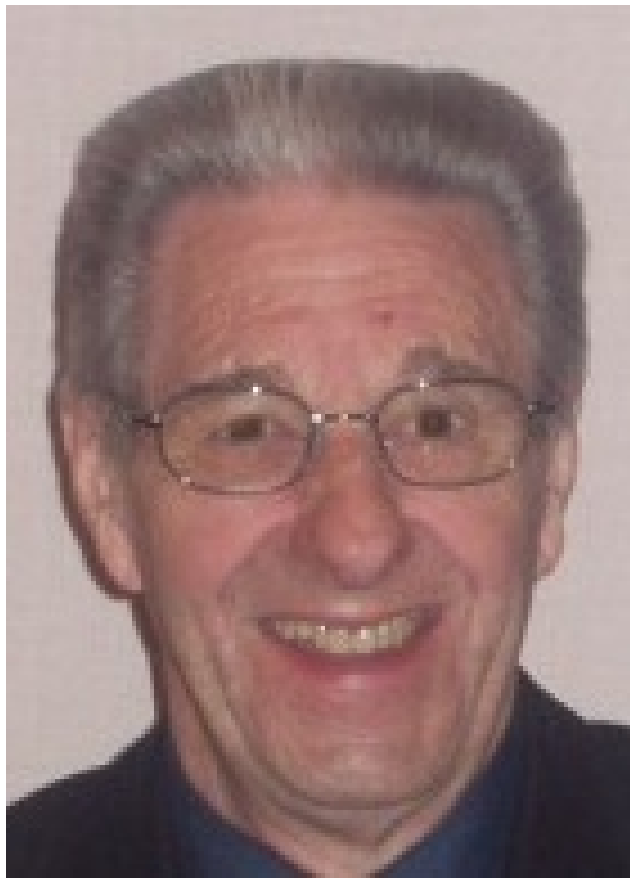
Derek, who became one of the first beneficiaries of the service, recently celebrated his 88th birthday and can look back with pride on a life dedicated to supporting gay rights.

Derek lived through a restricted and ‘dangerous’ period when homosexuality was a crime and witnessed friends dying during the horrors of the early AIDS years.

Yet, despite the difficulties and heartbreak, Derek maintains a positive outlook on life.

“Yes, it has been difficult at times, but would I do it all again? Absolutely. It’s been a good life and I have no regrets.”

When he was 15, he began a printing apprenticeship which was interrupted three years later by his 24-month stint of National Service which saw him serve in the Army Catering Corps in Aldershot and Germany. He then resumed his seven-year apprenticeship.



Derek

"It was a weight off my shoulders because it pre-empted all those silly, 'when are you getting a girlfriend?' questions. So, in the coming years I kept disappearing to London to the haunts where gays would meet. Everything had to be very hush-hush because it was a pretty dangerous time. You might even get arrested for holding a man's hand in the street.

"I knew by the time I was 15 that I was gay, and that's when I told my parents. They were absolutely fine about it and said they had already guessed.

"There were no gay clubs or bars, everything was very restricted. But things became

better for me when I moved to a house near Hyde Park Corner which was only for gay people. There were about 20 of us living there and I made some good friends."

When he was 30 Derek met his partner Ray and they stayed together for 47 years until Ray's death.

Over the years, attitudes began to change although the Sexual Offences Act, which permitted homosexual acts between two consenting adults over 21, did not come into force until 1967. Gay men continued to encounter discrimination and other problems, so Derek and Ray ran a helpline as part of the Campaign for Homosexual Equality.

"Slowly things began to get better. Clubs like Heaven opened and people became aware that the 'Pink Pound' was quite powerful. It was still a battle at times, but we were making progress.

"However, AIDs naturally had a massive impact on everyone. I lost a lot of friends. Hospital wards were full of people who were terribly emaciated. It was absolutely awful but somehow, I got through."

Following those dark days, the highlight of Derek's life came at a recent Medway Gay Pride march where, as the oldest member of the gathering, he was nominated to carry the banner.

Afterwards actor Mark Rylance gave a speech.

"I was incredibly proud about being asked to carry the banner. But the real crowning moment was when I looked around and saw half a dozen families there, prams included. I couldn't quite believe how far we had come. It was a wonderful moment.

Derek, whose sister, Linda is 12 years his junior, has just one regret: "I wish there were more social clubs for older gay people. Rainbow call companions is a wonderful service and I

hope more of our community will come to use it. I get regular calls from my call companion,

Jules, and we talk about almost everything. It's marvellous for me because otherwise I might not speak to another person from one week to the next.

"But we need more events where older gay people can meet and talk. I think it's time there was an LGBT tea party."

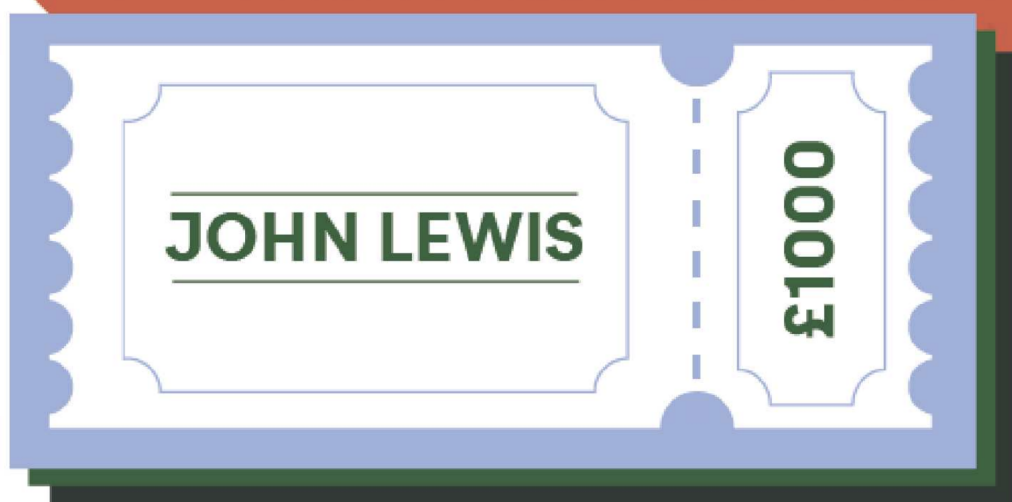
If you think you would benefit from a rainbow call companion please go to: [Find a rainbow call companion: LGBT+ phone befriending \(reengage.org.uk\)](https://reengage.org.uk)

The logo for Reengage features the word "Reengage" in a bold, sans-serif font. The "Re" is orange, and "engage" is dark blue. To the right of the text is a large orange speech bubble that partially overlaps the word "engage".

Reengage

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just like us

THE LGBT+ YOUNG PEOPLE'S CHARITY

Just Like Us is the LGBT+ young people's charity. Our vision is to ensure all LGBT+ young people feel safe, supported and can thrive. Despite some advances made for the LGBT+ community, growing up LGBT+ is still unacceptably tough.

LGBT+ young people are twice as likely to be bullied compared to their non-LGBT+ peers. And almost half (48%) of young people reported that their school delivers little to zero positive messaging about being LGBT+.

To combat this, we work with thousands of primary and secondary schools across the UK to help them embed LGBT+ inclusive education across the curriculum, so that LGBT+ young people feel seen and celebrated. We also directly work with young people, empowering them to champion LGBT+ equality and inclusion, whilst also providing them with the skills, knowledge, and confidence needed to reach their full potential.

Just Like Us runs three key programmes to improve the lives of LGBT+ young people – our Ambassador Programme, Pride Groups programme and School Diversity Week.



Our Ambassador Programme recruits and trains LGBT+ volunteers aged 18-25 to speak in schools about growing up LGBT+ and why allyship is so important. We train ambassadors to speak in secondary schools about LGBT+ equality. Our school talks address misconceptions, explain terminology, educate young people on how to be better allies, and ambassadors



inspire pupils by sharing their personal stories of growing up LGBT+. It truly is a life-changing programme.

Ambassador Laura said: *"I joined Just Like Us as an ambassador to improve LGBT+ representation in schools and I've had the opportunity to speak to hundreds of children about being LGBT+. Not only am I helping future generations to*

grow up in a more accepting environment, but, over time, it has helped to become the confident gay woman that I am today."

Our Ambassador Programme helps LGBT+ young adults to reach their full potential. Once trained, our ambassadors deliver school talks to thousands of pupils every year, acting as positive role models to LGBT+ young people and encouraging non-LGBT+ young people to become effective allies. We also provide ambassadors with an LGBT+ career mentor so they can thrive in their workplaces as their authentic selves. And Just Like Us runs skills workshops for ambassadors, such as getting their voice heard in the media. We've helped hundreds of LGBT+ young people to use their voice, and made sure that the media hears from young LGBT+ voices.

To ensure our LGBT+ inclusion in schools is truly expansive, Just Like Us supports school staff and pupils to set up and run their own Pride Group (an LGBT+ and ally lunchtime or after school club). We're proud to say that 275 schools across the UK now have Pride Groups, each supporting around 10 or more LGBT+ and ally young people. That means around 2,750 young people have a safe place to go in school where they can be themselves.

We provide training, resources, and ongoing support to school staff and pupils, enabling them to create a safe, social space where LGBT+ young people can be themselves, find community and drive LGBT+ inclusion within the wider school.

School Diversity Week is the annual UK-wide celebration of LGBT+ equality in schools. As of 2022, 4,950 schools (representing 3.5 million pupils) have taken part. Just Like Us set up and runs the event, providing schools with free resources, all sending a clear message that being LGBT+ is something to be celebrated.

Just Like Us aims to ensure that schools have what they need to deliver LGBT+ inclusive education that is informative and representative. Our programmes in schools are changing hearts and minds, creating effective allies, and making schools safer and more accepting places for LGBT+ young people.

With your support, you can help us create sustainable and long-term solutions to foster LGBT+ inclusion and community within schools, whilst tackling anti-LGBT+ bullying.

To show your support for LGBT+ young people, you can make a one-off or monthly donation via our [website](#).

You can also keep updated on our work, new projects and access exclusive feedback on our impact, by [signing up for our newsletter](#).

Together we can stop anti-LGBT+ bullying, ensure all UK schools are delivering LGBT+ inclusive education, and create a more positive and hopeful future for LGBT+ young people.



LGBTQ+ Help and Support



Contact Us

0300 330 0630



Re-engage, a charity dedicated to ending loneliness and isolation among those aged 75 and over, introduced its rainbow call companion service.

Freephone:

0800 716543

STONEWALL

Who we are

We are a team of bold, passionate people fighting for the freedom, equity and potential of LGBTQ+ people everywhere.





ABOUT SPARKLE – THE NATIONAL TRANSGENDER CHARITY

Sparkle – The National Transgender Charity began as the organisers of the annual Sparkle Weekend, hosted in Sackville Gardens in the heart of Manchester's Gay Village. Since becoming a registered charity in 2011 (before Stonewall and the LGBT Foundation both became trans-inclusive organisations), the Sparkle Weekend has grown exponentially, and is the largest free-to-attend celebration of gender diversity in the world, held over the second weekend in July every year.

The charity also organises Manchester's Transgender Day of Remembrance service, one of the largest events of its kind in the UK, and offers guidance and training to businesses, public sector organisations, and educational institutions on how to support gender variant colleagues, customers, service users, students, and other stakeholders.

Run by a team of passionate and dedicated volunteers, the charity also undertakes projects throughout the year to further its aims of promoting a positive representation of the trans*, non-binary/genderfluid and intersex community.

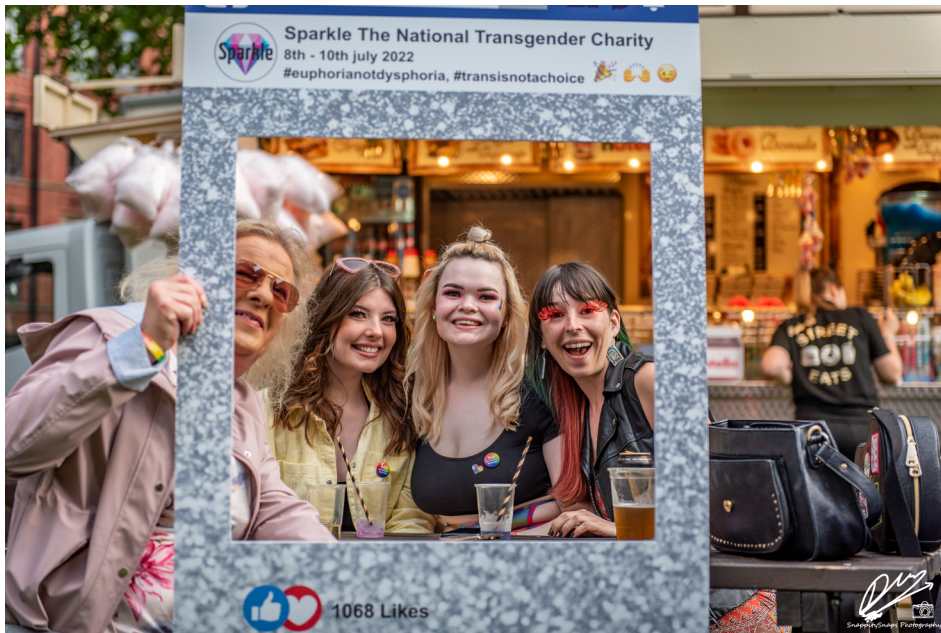


Annie Wallace 'Patron'

ABOUT THE SPARKLE WEEKEND

The Sparkle Weekend is the world's largest free-to-attend celebration of

gender diversity, and a safe space for anyone who identifies as gender non-conforming, their families, friends, and allies. In 2019, we welcomed over 22,000 visitors over the weekend. The Sparkle Weekend is a festival-style family event, featuring live music and entertainment, talks and workshops, and an opportunity for our corporate sponsors, grassroots charities, and trans-run businesses to engage with our visitors. We also work with local and national charities who support young trans and gender questioning people and their families so that all age groups feel included.



One of the charity's core values is that the event remains free-to-attend in order to be accessible to everyone, regardless of gender identity, race, religion, or physical ability. The Sparkle Weekend currently costs tens-of-thousands of pounds to deliver and is currently funded by companies who share the charity's values of equality and inclusion for all gender non-conforming individuals, and visitor donations. Sponsorship and

donations mean that the Charity can also include smaller grassroots groups who support sub-sectional minorities in the event.



WHAT OUR VISITORS SAY ABOUT THE SPARKLE WEEKEND

"Sparkle is my family, it's like a reunion with your favourite friends, your community, and it's the highlight of my year!"

"Wow! What can I say? It was just so full of diversity and community spirit. We are looking forward to our next Sparkle Weekend!"

(Feedback from previous events over the past four years.)





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A portrait of Alex Orlov, a man with a beard and short hair, wearing a red and black tank top. He is smiling slightly and looking towards the camera.

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Want to look and feel your best before your big day? Read on

If you want to lose weight and get fit ahead of your big day, so you look and feel your glorious best, it can be hard to know where to start. With an unmovable deadline looming, the pressure can be hard enough to send you straight to the nearest biscuit tin.

You may be wondering what you should be eating before your wedding, how to exercise, and what your goals should be. Do you need a personal trainer (PT), for example, and where is the best place to get nutritional advice? Should you eat more carbs or fewer? Will swimming or running be more beneficial?

You'll also want to know how much weight you can lose quickly and safely - or whether any excess weight is actually just muscle.

With so much to think about, on top of wedding planning, and a lot of conflicting information around, it can feel confusing.

Alex Orlov is a gay and deaf Cardiff-based certified personal trainer and a weight loss/muscle gain coach. He can't do the hard work for you, but he can offer you a bespoke action plan, for just £125, to work out your individual exercise and dietary needs. The offer is open until 01-01-2023 only.

Email alex@orlov.life or Whatsapp 07494 763 135

World Aids Day 1st December 2022



Never Forget The Ones We've Lost!



GLOBAL LGBTQ CREATIVE NETWORK

CONNECTING CREATIVES AND COMMUNITY



Welcome to the global world of The Q LGBTQ Creative Network!

The Q is all about connecting creatives and community, focused on growing and fostering awareness of the global LGBTQ creative community! Founded in 2018 by Canadian advocate, educator and creative engineer Kenney Fitzpatrick, The Q originally began as “The Q Reviews” and was dedicated to the music of LGBTQ artists. Fast forward four years and a global pandemic, The Q is now a creative network that exists to be a vessel of discovery for the global queer arts community by introducing them to new audiences.

MISSION

To be a supportive and inclusive LGBTQ community, that connects creatives with audiences by providing space, services, resources and opportunities.



VISION

To elevate and increase the presence, awareness and strength of individual LGBTQ artists, and the global LGBTQ creative community.

VALUES

Advocacy / Community / Education / Equity / Inclusion / Representation / Service

At the core of The Q is representation, and challenging the lack of it and the lack of support for queer artists in music. And while music is a primary cornerstone for The Q, we also work to showcase the work of film, comedy, dance, visual, and media corners of the queer artistic world.

Built on an advocacy approach, The Q seeks to unite LGBTQ creatives to better support one another and build new audiences to discover the art and work being created within our community. To do that we have created a number of online vehicles to give space and attention to LGBTQ creatives.

CuratedbyQ.com

The website is a one-stop exploration home for the global queer community. Of importance on the site is the LGBTQ artist database, an online community of queer artists that is searchable by type and location and houses creatives from the music, visual arts, comedian, film, podcast and blog spheres of artistic creativity.

CuratedbyQ.com is also home to a number of Q created services and programs for both artist and audience alike, including...

A promotional graphic for the 'OUT LOUD' series. It features a man, Kenney Fitz, pointing towards the viewer with a playful, slightly aggressive expression. The background is a vibrant purple. On the left, white text reads 'The Latest Releases from Up and Coming LGBTQ Artists Around the World Every Week!'. Below this, it says 'Hosted by Kenney Fitz' in a mix of white and script fonts. In the center, the words 'OUT LOUD' are written in large, colorful, rainbow-gradient letters. At the bottom left, it says 'THE Q LGBTQ CREATIVE NETWORK' in white. To the right of this text is a rainbow-colored chevron pointing right, followed by a white square containing a stylized purple 'Q' logo.

OUT LOUD

OUT LOUD is a selection of programs created to provide LGBTQ creatives a place to be seen, heard and discovered. The OUT LOUD series of programs consists of:

- > a weekly radio show showcasing new music releases from LGBTQ artists around the world (broadcasting multiple times each week out of Canada, Australia, South Africa and the UK)
- > Radio Replay! After premiering on radio, listeners can replay the Out Loud radio show right from the website. So you never miss a show!
- > a podcast featuring queer artist conversations and queer music (70+ episodes and counting)
- > a video show featuring artist interviews and showcasing LGBTQ music videos (first season)

Playlists

The Q curates a number of playlists on Spotify to provide visibility to artists from all genres of music. The most prominent of The Q playlists is the New Queer Friday playlist.

New Queer Friday is a weekly updated playlist of new music releases from the week. Updated every Friday, new releases are added each week and highlighted through social media. With over 1350 monthly followers, New Queer Friday is a primary vehicle to connect artists with new listeners.

In addition to New Queer Friday, The Q also offers:

PRIDE Canada – Focused on LGBTQ Canadian artists



Q32 Music Chart

The Q32 is our weekly updated, fan voted music chart. Each week fans can show some love and vote for their favorite LGBTQ artists and songs. Fans vote all week and on Sundays voting closes and the chart is updated. Then on Mondays, new artists/songs are added to the list and voting reopens.

While this is just a sample of what we offer, there is much more to discover on the website. From blog articles to artist interviews, video premieres, awareness campaigns and more. And there's still lots to come in the future from The Q.

Follow The Q Online

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

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

<https://twitter.com/TheQReviews>

<https://linktr.ee/theQReview>

<https://open.spotify.com/user/224tqxupirjfbbeopvrrwllq?si=5e20bbef0e274bd1>

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