

Cheshire Cheese

Manchester Pride 09 Big Weekend Tickets

The Big Weekend (21 - 24 August) is the 78-hour party climax of Manchester Pride and you'd be out of your mind to miss it! If you want to get yourself a part of the action, you'll need to make sure you get your hands on a ticket - just check Manchester Pride website for all the info you need.

Tickets cost £17.50 but, until July 1st, you can get your hands on one for the early bird price of only £12.50 - so hurry! Visit www.manchesterpride.com/tickets to find out all the details.

LGBT Youth North West Summer Events

LGBT Youth North West is a regional organisation supporting LGBT young people and LGBT Youth organisations in the North West of England.

The organisation is made up of existing LGBT Youth providers across the region covering Greater Manchester, Greater Merseyside, Lancashire, Cheshire and Cumbria.

LGBT Youth North West Summer Events

15-19 July Annual LBT Young Women's Summer Health Camp - Yorkshire

24-28 August LGBT Young Peoples Summer School - Manchester

29 August Manchester Pride Parade float entry

29-31 August Info space in Manchester pride lifestyle expo

31 August Young LGBT Space at Manchester Pride

For more information about LGBT Youth North Wales visit <http://lgbtyouthnorthwest.org.uk>

BiCon UK 2009

BiCon is the UK National Bisexual Convention, a fun weekend-long festival for bisexual people and their allies, held at a different location in the UK each year. This years event takes place from 20-24 August 2009 in Worcester and is a weekend-long gathering for bi people, their friends, partners, and others with a supportive interest in bisexuality. There are discussion groups and workshops, with social space & entertainment in the evening. Having got your pass (one-day or weekend), you're free to attend as much or as little as you like.

Some discussions cover bi-related themes, e.g. coming out, our experiences of the Lesbian & Gay communities, and lots with a title like "Bisexuality and X". Other topics have ranged from parenting to "Buffy the vampire slayer". Some sessions are action more than talk: e.g. in past years belly dancing, sign language and massage. This year we're setting aside Thursday afternoon for discussions of a more academic nature, with updates from the UK Bi research group.

Each evening there's a bar and social space, sometimes with performers or a disco, plus quiet space for board games or simply chilling out. If you like to dress up, bring your party clothes! For questions about BiCon, contact the 2009 BiCon team on info@bicon2009.org.uk. www.bicon.org.uk/

Send your news of up and coming events, or indeed anything you think may interest the Cheese readers to Chris at: Cheshire Cheese, PO Box 321, Crewe CW2 7WZ. Tel 01270 653150. Or email us at info@cheshirecheese.org.uk

Free Condoms & Lube

Get free condoms and lube delivered direct to your door by filling in one of the three forms below (depending on where you live in the county). All orders are dispatched in plain packaging. Your personal details will be destroyed once your order has been dispatched.

West Cheshire

Chester, Ellesmere Port & Neston

Complete the form below and post to: **Specialist Health Promotion, 1829 Building, Countess of Chester Health Park, Liverpool Road, Chester CH2 1UL** or Email your request to: **Wayne.Ashbrook@wcheshirepct.nhs.uk** Tel **01244 650534**. Postage & packing is free.

Please send my free condoms & lube to:

Name _____

Address _____

Central & East Cheshire

Crewe & Nantwich, Vale Royal, Congleton & Macclesfield

Complete the form below and post to: **Outrite, PO Box 321, Crewe CW2 7WZ**. Or Email your request to: **info@outrite.org** Tel. **01270 653156**. Postage & packing is free.

Tick if you would like to receive information with your order. (By ticking this box you are agreeing to receive information which may have adult content.)

If you have an allergy to latex please call for options. Send my free condoms & lube to:

Name _____

Address _____

North Cheshire

Warrington & Halton

Complete the form below and post to: **1806/WISH Group, 11 Winmarleigh Street, Warrington WA1 1NB**. Tel **01925 241994**. Sorry no email service. Please enclose an stamped addressed envelope with your order.

Please send my free condoms & lube to:

Name _____

Address _____

CHEESE PLEASE!

To receive your free copy of the Cheshire Cheese each month, complete the form and send it to: **Cheshire Cheese, PO Box 321, Crewe CW2 7WZ**. Or Email: **info@cheshirecheese.org.uk** Tel **01270 653150**

Paper copy Email copy Both

Name _____

Address _____

Postcode _____

Email address _____

Sex Between Men & Safety

- Your bum (anus) can be considered just as sexual as any other part of your body.
- There are pleasure receptors around the outside and inside your bum.
- In men the “male g-spot”, the prostate is best stimulated from inside the bum, and is approximately 7cm inside.
- Sex between men, when one man penetrates another man, is a way of stimulating the prostate.
- Penetration is not the only way two men can have sex together.
- Some people think that bums are a dirty place and are a one way only street. This is incorrect.
- One of the things your bum is really good at is absorbing stuff.
- If a guy cums (ejaculates) in your bum or just penetrates or rubs up against your bum without a condom, then you stand a good chance of being infected with an STI (sexually transmitted infection) he may be carrying.
- Sex between men should never hurt.
- The bum doesn't produce its own lubricant, so if you have anal sex you need to use lots of water based or silicon based lubricants, such as Durex Play. Spit is not enough and can carry an STI.
- Sex needs to be slow and gentle to begin with and you need to listen to your partner.
- At this first sign of discomfort stop or slow down. Don't move too fast.
- To protect yourself and your partner use a condom.
- If you catch an STI in your bum you may not know about it.
- The best way to stay safer is to use a condom and get tested every so often at the sexual health clinic. That goes for everyone. Not just men who have sex with men.
- Not all men who have sex with men are gay.

Any questions about sexual health and sex between men? E-mail Christopher@outrite.org for a confidential enquiry.

Outrite Achievements

Outrite, the prevention arm of Body Positive Cheshire and North Wales, in the last year (amongst many, many other things):

- Welcomed 1032 people through its doors for its social and support groups across the county. The groups are operated from Macclesfield and Crewe and are completely free to access.
- Provided 520 hours of face to face counselling to Cheshire residents, completely free of charge. Our counselling service is provided by a team of dedicated professional counsellors who are experienced in LGBT and health related issues.
- Distributed 50,000+ condoms, and 50,000+ sachets of lube to Central and Eastern Cheshire Residents (Supported by Central and Eastern Cheshire PCT). See the boxes to the far left of this article for information on how to access free condoms and lube within Cheshire.
- Provided specialist training sessions around HIV & Aids awareness issues to over 400 people. This training is provided free of charge and tailored to suit organisational requirements. Some organisations who have accessed this training include: the former Cheshire County Council, Cheshire East and Cheshire West and Chester Unitary Authorities, South Cheshire College and St Lukes Hospice.
- Worked in partnership with schools and colleges county wide, throughout the year, to help meet the needs of LGBT Students. This includes providing sex and relationship education packages and sexuality awareness training to over 650

students over 16 years old county wide.

- Continued to work closely with the Cheshire Police Force as a Hate Crime Reporting venue and to further foster the excellent relations between the Cheshire Constabulary and local community groups.
- Distributed 30,000 printed information resources across the county through outreach and training work and by post.
- Provided 364 hours of telephone helpline coverage.
- Developed a set of training packages to teach people with mild to moderate learning and mental health difficulties in conjunction with the "291 Group" part of the mental health provider services.
- Expanded our free smoking cessation service for Cheshire residents.
- Provided more than 1000 hours of varied outreach work across the county, seeing over 10,000 people in the course of this work.
- Continued to work at the highest levels to improve the health and wellbeing of LGBT people
- Responded to 736 email requests for information, help and assistance.

Whilst this list is not exhaustive, it gives a flavour of what we are doing to work for LGBT people within Cheshire. The coming year holds out the prospect of exciting new developments for Outrite and BPCNW.

www.outrite.org

We like to think we live in liberal times, where people can express themselves freely so long as no harm comes to others. Recent victories have questioned this security such as the continued racism expressed by some political parties. Findings by Stonewall show that prejudice is not limited to race (evidence cited by Stonewall in 'So Much Done, So Much More To Do' campaign e-mail). 24% of people surveyed thought 'gay sex' should be made illegal and 56% thought same sex couples should not be allowed to adopt children. 20% of gay and bisexual women have not had a cervical smear test after having been told they were not at risk. 66% of gay boys and girls are bullied at school, some with physical assault and or death threats. Study after study has found that adoption by same sex parents does not adversely affect children. They may understand a little more about sexuality diversity but they end up the same as any other child, sexual orientation unaltered. Further more 'gay sex' is not harmful, just like 'straight sex' is not harmful.

The only reason these views are perpetuated is through ignorance and prejudice. Although modern times seem relatively peaceful in comparison to past decades in the UK, there is still work to be done. The work of those who fought for the rights gay and bisexual people today have to be maintained. Ignorance and prejudice need to be removed. Look around and ask yourself who would honestly stand by you when state and religion come to loggerheads with your sexual orientation? 20% of gay men and women have experienced hate crime and four-million have witnessed heterosexual (homophobic) bullying at work. We do not live in liberal times. Though better than they once were legislation seems to have given some protections but not enough to abate the suffering of a large number of gay and bisexual people in the UK. Rights are given and they can be taken away.

If you have any responses to this article or experiences that you would like to share, please e-mail them to info@cheshirecheese.org.uk. For information on Stonewall please visit www.stonewall.org.uk.

Cheshire Cheese
PO Box 321
Crewe
CW2 7WZ

Telephone
01270 653150

Fax
01270 653158

Email
info@cheshirecheese.org.uk

Website
www.cheshirecheese.org.uk

Editorial Contact
Chris Flewitt

Deadline 173
23 July 2009

Cheshire Cheese is
published by
Body Positive Cheshire
& North Wales
(Charity No. 1009850)
2009

Switchboards & Helplines

LESBIAN, GAY & BISEXUAL

Cheshire Outrite Helpline
01270 653156 (Mon, Wed, Thu 5.00pm - 9.30pm)

St Helens
01744 454823 (Mon/Wed 7.00 - 9.00pm)

Warrington
01925 241994 (Tuesday 5.30 - 8.30pm)

National
0207 837 7324 (10am - 11pm 7 days a week)

Liverpool Armistead Centre
0870 990 8996 (Mon, Wed, Fri - 11.00am - 6.00p. Tues, Thurs, Sat 2.00 - 9.30pm)

Manchester
0845 3 303030 (6-10pm) Automated service (10 - 6pm)

North Wales LGBTQ Helpline
01248 371367 (Tuesday 7.00-9.00pm)
www.mesmac.com

OTHER HELPLINES

AMICUS - LGBT Group
Helpline 08457 413092 (Local rates)
Lesbian, Gay, Bisexual & Transgender rights at work (confidential helpline)

National AIDS Helpline
0800 567 123 (24 Hours)

Samaritans
08457 90 90 90 (24 Hours)
Confidential, emotional support

Triangle
0808 801 0306 (10am to 6pm confidential)
Housing helpline advice and support service for lesbian, gay, bisexual and transgendered people in Wales

Pubs & Clubs etc.

CHESTER

Bar Six T Nine •
1 Boughton
Sunday to Thursday open 9pm - 2am Friday & Saturday open 8pm - 2.30am

"Genderblender"
12-14 Northgate Street
01244 372 141
www.myspace.com/ladywandaofficial
Every Tuesday @ Reflex, Chester, 10pm - 3am

Liverpool Arms (The LA)
79 Northgate Street
Website: www.liverpool-arms.com

CREWE

Oscars
15 Earle Street, CW1 2BS
01270 849312
Mon-Wed 9am -midnight & Thu 9am-2am
Tue (Student Night) Fri and Sat 9am - 3am (Disco). Sun 12noon -midnight with Fanny, drag DJ.

The Park • •
Wistaston Road, CW2 7RE
01270 751672 or 07888 805903
Website: www.theparkfunpub.co.uk
Mon - Thu 6.30pm - 12pm. Fri - Sat 7pm - 1am. Sun 4pm - 11pm.

Sun: Karaoke from 8.30pm. Tue: 'Wannabe' open mic. Thu: Quiz Night. Fri: Cabaret Night. Sat: Live acts, theme nights, DJ's, cabaret, tribute acts.

NORTHWICH

Sauna-Sauna
Winnington Lane, CW8 4GX
01606 77144
Website: www.sauna-sauna.info
Gay sauna open midday to 11pm every day

WARRINGTON

The Kandi Bar
68 School Brow, WA1 2TA
0781 363 3428
www.thekandibar.co.uk
Thursday & Friday 8pm til late, Saturday & Sunday 12 noon til late

Warrington Social Group @ The Lounge
6 Springfield Street WA1 1BP
07926 587603 Jane/Margret
Informal social group meets 1st Thursday of the month from 8pm onwards

Youth Groups

CHESTER

Utopia
Phone Rachel/Davey on 01244 602817
Email: chester@utopialgb.org.uk
For lesbian, gay & bisexual people up to 25 years. Wednesday 7.00pm - 9.30pm

CREWE

Utopia
01270 847935
Email: crewe@utopialgb.org.uk
For gay, lesbian & bisexual people up to 25 years. Monday 7.30pm - 9.30pm

ELLESMERE PORT

Utopia
Phone Davey/Rachel on 0151 348 5628.
Email: eport@utopialgb.org.uk
For gay, lesbian & bisexual people up to 25 years. Tuesday 6.30pm - 9.00pm

HALTON

Halton G Space
0151 422 5503 or 0778 933 2880
Email: haltongspace@hotmail.co.uk
Weekly Halton Youth Service project offering information and advice for young people aged 13-19 who identify as LGB in Halton

NORTHWICH

Utopia
Phone 01606 350750.
Email: northwich@utopialgb.org.uk
For gay, lesbian & bisexual people up to 25 years. Wednesday 6.45pm - 9.15pm

WARRINGTON

GLYSS (Gay & Lesbian Youth Support Service)
Call/ text Jane 07747 473 829
Website: www.freewebs.com/glyss
Weekly youth group meets Tuesdays 4.30pm - 7.30pm, Wednesdays 6.30pm - 9.30pm, Thursdays 6.30pm - 9.30pm

FLUID (Freedom to Love Ur IDentity)
Call/text Jane 07747 473 829
Website: www.freewebs.com/fluid
Monthly youth action group meets Warrington town centre. For all young people with an interest in lesbian, gay and trans issues

Social Groups

ALL CHESHIRE

Come Out And Walk
Telephone Craig: 07950 583 828
Website: www.comeoutandwalk.co.uk
Monthly LGBT walking group based in Cheshire and the North West. All events are free. Supported by BPCNW and Outrite

CHESTER

Mersey & Dee Women
07946 231877
Meets 1st Tuesday of every month and holds regular events

Clwyd & Cheshire Gay Group
Nigel 01978 291008
Meets alternate Tuesdays

CREWE

Outrite Men's Drop-in • •
01270 653156
www.outrite.org
Gay & Bisexual men's drop in
Mondays 7pm - 9.30pm

MACCLESFIELD

Outrite Men's Drop-in • •
01270 653156
www.outrite.org
Gay & Bisexual men's drop in
Thursdays 7pm - 9.30pm

Health, Support, Information & Advice

Body Positive Cheshire & North Wales
• • •
PO Box 321, Crewe, CW2 7WZ
Tel: 01270 653150 Fax: 01270 653158
E mail: contact@bpcnw.co.uk

Website: www.bpcnw.co.uk
Working together to improve the quality of life for people living with or affected by HIV and AIDS

Outrite (formerly CASH Project) • •
Gay & Bisexual Men's Project
PO Box 321, Crewe, CW2 7WZ
Helpline 01270 653156
E mail: info@outrite.org
Website: www.outrite.org
Social & support groups, Counselling, 121 support sessions, Condoms & lube by post service, Clinic companion service. Bases in Crewe & Macclesfield. All services free & confidential

Gay Outdoor Club
0113 273 7040 (John Asquith, Cheshire)
01244 342066 (Pete, North Wales)
Website: www.goc.org.uk
walking/climbing/swimming/cycling/and lots more

HIV & Sexual Health
www.bpcnw.co.uk/sexualhealth
Website signposting information and services for health & social care professionals working in the field of HIV and Sexual Health as well as members of the public.

1806 Group/WISH (Warrington Initiative for Sexual Health) • •
11 Winmarleigh Street, Warrington WA1 1NB
01925 241994 (24 hour ansaphone)
LGB support group staffed Tuesdays 6.30 - 8.30pm, meet Wednesday 8pm - 10pm

Cheshire Rainbow
Jackie 01606 867681
www.freewebs.com/cheshirerainbow
cheshirerainbow@btinternet.com
Meets 2nd Tuesday in the month, 6.30pm at Mr Quiquey's (at Sauna-Sauna on Winnington Lane in Northwich)

Specialist Health Promotion •
Wayne 01244 650534/ Mobile 0774 763 1021
Wayne.Ashbrook@wcheshirepct.nhs.uk
Catchment: Chester, Ellesmere Port and Neston

Sexual Health Clinics

Free confidential advice and treatment on sexually transmitted infections/HIV testing

CHESHIRE

Chester 01244 363091
Crewe 01270 612255
Macclesfield 01625 264116/264119
Northwich (VIN) 01606 564198
Runcorn 01928 753101 •
Warrington 01925 662476

WIRRAL & MERSEYSIDE

Liverpool 0151 706 2620
Southport & Formby 01704 513303
Wirral 0151 604 7339

STAFFORDSHIRE

Stoke-on-Trent 01782 554205
Stafford 01785 230260

NORTH WALES

Holyhead 01407 766026
Bangor 01248 384054
Rhyl 01745 534455
Wrexham 01978 727197 •

MANCHESTER

Jarman Clinic 0161 611 4939 • •
For Gay and Bisexual men

Publications

Cheshire HIV Services Directory
Call 01270 653150 to order or download directly from www.bpcnw.co.uk/directory
Directory for services of benefit to people living with or affected by HIV/AIDS. Free to individuals and organisations.

• Pink Press Available
• Condoms & Lube Available
• Dental Dams Available