

Cheshire Cheese

OUTRITE NOW ON FACEBOOK!

Outrite now has a Facebook page, just type Outrite in to the search bar and look for the Outrite logo! Become a fan and find out about what is going on at Outrite in services, activities and when there are social groups. Join in and help us to serve you better. If you have any queries about the Outrite page, please e-mail Christopher@Outrite.org.

Personalisation of Social Care

The Equalities and Human Rights Commission are carrying out research in the North West into the barriers faced by LGBT people in accessing services offered through the Personalisation agenda.

If you work for an organisation that provides services which may be accessed by LGBT people there is a short survey to complete which can be accessed via <http://tinyurl.com/MDF-EHRC>.

International Women's Day March

Merseyside Women's Movement are a community organisation committed to promoting women's activism in Merseyside. They have been building events around International Women's Day since 2007 and have organised a march for this year on Saturday 6 March 2010, 2.30pm assembling at St Georges Plateau in Liverpool. The march leaves at 3pm.

You can find out more about Merseyside Women's Movement by visiting www.merseysidewomen.org.uk

Danny's Run for local HIV charity

Danny Barnes will be running in this year's London Marathon for Body Positive Cheshire and North Wales. Body Positive support people living with / affected by HIV throughout Cheshire and North Wales. All money raised will go directly to client services and will support people in hardship. Your support will be greatly appreciated and will provide me with the encouragement needed to keep up with the long training sessions during the cold and dark winter months. Visit the link below to sponsor Danny www.justgiving.com/dannyslondonmarathon2010

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

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 _____

Free Condoms & Lube

Get free condoms and lube delivered direct to your door by filling in the form below. All orders are dispatched in plain packaging. Your personal details will be destroyed once your order has been dispatched.

Complete 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 _____

Pride 2010

15-16 May 2010
Blackpool Pride
www.prideblackpool.com

Saturday 29 May 2010
Birmingham Gay Pride
www.birminghampride.com

11-13 June 2010
Torquay - Pride Torbay
www.pridetorbay.org

19 June - 4 July 2010
Pride London Festival
www.pridelondon.org

Saturday 26 June 2010
Worcester Pride
www.worcesterpride.co.uk

Saturday 26 June 2010
Swansea Pride
www.swanseapride.com

Saturday 26 June 2010
Gloucestershire Pride
www.gloucestershirepride.org.uk

Saturday 10 July 2010
Derby Goes Pink
www.derbygoespink.com

24-31 July 2010
Belfast Gay Pride
www.belfastpride.com

Sunday 25 July 2010
Huddersfield Pink Picnic
www.thepinkpicnic.com

Saturday 31 July 2010
Norwich Pride
www.norwichpride.org.uk

Saturday 31 July 2010
Nottingham Pride
www.nottinghampride.co.uk

31 July - 8 Aug 2010
Brighton and Hove Gay Pride
www.brightonpride.org

Sunday 1 August 2010
Leeds Pride
www.leedspride.com

Saturday 7 August 2010
Liverpool Pride
[www.facebook.com/
group.php?gid=61370035649](http://www.facebook.com/group.php?gid=61370035649)

Saturday 14 August 2010
Stoke Pride
www.gaystoke.com

16-22 August 2010
Pride Bristol
www.pridebristol.com

Saturday 21 August 2010
Lincolnshire Pride
www.lincolnpride.co.uk

Saturday 28 August 2010
Manchester Gay Pride
www.manchesterpride.com

Saturday 28 August 2010
Cornwall Gay Pride (Truro)
www.cornwallpride.co.uk

Saturday 4 September 2010
Reading Gay Pride
www.readingpride.co.uk

Lesbian, Gay, Bisexual and Trans Liaison Officers

Cheshire Police has over 60 LGBT Liaison Officers covering all the Force area. This is to ensure that people from the LGB&T communities who live, work and socialise in Cheshire have confidence in the Force. We want people to be confident that they will be treated fairly and with respect and have a clear understanding that they can report homophobic and transphobic hate crime and incidents directly to Cheshire Police, knowing that there are staff adequately trained to deal with them.

If you need to speak to an LGBT Liaison Officer ring your local police number and ask for an officers details, or, between 8am – 5pm ring 01244 612003 and speak to a member of the Force Diversity Team who will be able to give you advice and contact details.

Northern Wave

Northern Wave Swimming Club is an independent not for profit community voluntary organisation run entirely by wonderful volunteers from its membership. We have over 300 regulars each quarter and another 1,000 less regular members each year.

The club is for the Lesbian and Gay community and friends in the Greater Manchester area and beyond. It attracts a broad cross section of people from across much of the North West. The club provides a safe environment with a broad appeal to many people who would not otherwise socialise together and people who do not like the Gay Scene, while encouraging healthy lifestyles. Successfully bringing together people in common interest - for many it's the first time they've ever taken part!

Northern Wave SC is a member of GLISA (Gay and Lesbian International Sports Association) EGLSF (European Gay and Lesbian Sports Federation), we are affiliated

to Swim North West and will join IGLA in 2008 (international Gay & Lesbian Aquatics)

To help us improve and develop our club into the future Northern Wave has signed up to the ASA's (Amateur Swimming Association) club mark standard. We are taking part in a pilot group to help develop the way forward. This will present more opportunities to get involved and help focus club activities.

Club members will make every effort to make you feel welcome. We have trained volunteers are there to assist you and help you feel at ease, so don't be afraid to confide in them about how you're feeling. Normally there are at least two volunteers at any session. They are there simply to help new members feel welcome and to introduce them to other members.

For more information about Northern Wave and how to get involved, contact info@northernwave.org or visit www.northernwave.org

The Cheese always welcomes articles and news items from our readers. If you have anything you think may interest other readers of Cheshire Cheese then please send them in. Please be mindful of deadlines when letting us know about date specific events. We have received a few news items over recent months that have been sent in just that bit too late and, when accounting for production of the printed newsletter and uploading of new issues to the web, the events have already passed by the time we can let people now about them. So to be sure to get a mention make sure you get your news and articles to us as soon as you can. A list of deadlines for 2009 will be published in the next issue to help you plan submissions.

Switchboards & Helplines

LESBIAN, GAY & BISEXUAL

Cheshire Outrite Helpline
01270 653156 (Mon, Wed, 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 * *
0151 227 1931
Email: info@armisteadcentre.co.uk
(Mon, Wed, Fri - 12.00am - 6.00pm. Tues, Thurs 2.00pm - 9.0pm. Sat 1.00pm - 7.00pm)

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
Friday & Saturday 9pm - 3am. Wednesday, Thursday & Sunday 10pm - 2am

"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.

NORTHWICH

Northwich Sauna
Winnington Lane, CW8 4GX
01606 784881
Website: www.sauna-sauna.info
Gay sauna open midday to 11am every day

WARRINGTON

1806/WISH @ The White Hart * *
Sankey Street
01925 241994
Last Wednesday of the month

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

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

Gay Outdoor Club
0113 273 7040 (John Asquith, Cheshire)
07928 179688 (Clive, North Wales)
Website: www.goc.org.uk
walking/climbing/swimming/cycling/and lots more

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
Tuesdays 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

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 Tuesday 6.30 - 8.30pm, meet Wednesday 8pm - 10pm

Cheshire Rainbow
Jackie 01606 867681
www.freewebs.com/cheshirerainbow
cheshirerainbow@btinternet.com

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.

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

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Body Positive
Cheshire & North Wales
(Registered Charity
No. 1009850)

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

DISCLAIMER: The inclusion of any service agency or individual in the Cheshire Cheese Newsletter does not indicate a recommendation.