

Cheshire Cheese

Regard - for Disabled LGBT People

REGARD is a national, volunteer run organisation of disabled lesbians, gay men, bisexuals and transgendered people.

The aims of the organisation are:

- 1. To offer information and advice to their members and disabled LGBT people*
- 2. To combat the social isolation of their members*
- 3. To advocate disabled issues to the LGBT community and LGBT issues to the disabled community.*
- 4. To campaign on issues affecting disabled LGBT people*

REGARD have a newsletter and also a couple of online groups for their members: Regard Online for news and notices and Regard Chat for discussion and more social contacts.

For further information, you can contact them through secretary@regard.org.uk, write to BM Regard, London WC1N 3XX or visit www.regard.org.uk

Outrite Social Groups

Outrite are now running social groups at a number of venues around the county. The groups offer the opportunity to explore your sexuality and peer mentoring opportunities, make new friends and explore issues that are important to you. Call 01270 653156 if you would be interested in attending any of the groups which run on the following days:

Crewe: Every Monday 7pm - 9.30pm

Macclesfield: Last Wednesday in the month 7pm - 9pm

Runcorn: 3rd Thursday of the month 7pm - 9pm

Widnes: 2nd Wednesday of the month 7pm - 9pm

St Helens: 1st Thursday of the month 7pm - 9pm

LGBT Adoption and Fostering

LGBT Adoption and Fostering Week is a UK-wide event taking place from 20-26 February which is designed to help lesbian and gay couples find out more about adopting and fostering children.

Hugh Thornbery, Strategic Director of Children's Services at Action for Children, said: "Over the years, our LGBT foster carers and adopters have helped to transform many children's lives. We welcome more applications from LGBT foster carers and adopters; the main thing is that you are able to give children and young people the care and support they need to be happy and fulfilled."

A number of events will be taking place across the country during the week and you can find all the details by visiting www.lgbtadoptfosterweek.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

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 _____

SPEAK OUT

SPEAK OUT is a survey for young people who are aged 11 to 19 and who are lesbian, gay or bisexual (or think they might be). The survey is about your experiences in school or college.

The survey is being carried out by researchers in the Centre for Family Research at the University of Cambridge for Stonewall, the organisation that campaigns for equality for lesbian, gay and bisexual (LGB) people.

Five years ago Stonewall carried out the first big study about LGB young people's experiences at school. That survey showed that many LGB young people were bullied and that a lot of schools didn't do anything about it. Stonewall have used the information from that survey to work to try to improve things. This survey will show what things are like now, whether things have changed and what still needs to be done to make things better.

The survey is about your experiences in school or college – if your school helps you, how it deals

with bullying and what it could do better.

You can take part if you are at school or college (including FE college) in England, Scotland or Wales, or have recently left; are aged between 11 and 19; and are lesbian, gay or bisexual (or think you might be). Tell anyone you know about the survey if you think they might want to take part.

Everything you say is completely confidential and anonymous. If you request a paper version of the survey, your contact details will be destroyed once it has sent out to you. The paper version won't ask for any details about you.

For further information contact speakout@sdp.cam.ac.uk, call 01223334580 or write to Helen and Vasanti, Centre for Family Research, University of Cambridge, Cambridge CB2 3RF.

You can complete the online survey at: http://ppsisfaculty.qualtrics.com/SE/?SID=SV_ab c9NjC xvFNRBnS

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.

Mark Gavin, community support worker with Body Positive Cheshire and North Wales (BPCNW), accepts a cheque on behalf of the organisation from James Pearse, Leader of Barclays "Spectrum Network" North West, to the tune of a whopping £1720.00 following fundraising events held around World Aids Day.

Barclays Spectrum Network spans the entire Barclays Group and supports Barclays LGBT employees, who for the second year running, have pulled together in the form of dress down days, cake sales and an auction, to raise much needed monies on behalf of Body Positive Cheshire and North Wales. Staff from Radbroke Hall in Knutsford, Millshaw Court in Leeds and Ashley Byrom House in Manchester all took part and raised a bundle. Following this success Barclays Bank then matched the raised funds pound for pound.



Barclays Donate to Body Positive

Paul Marsh, Director of Services at BPCNW commented, "We'd like to thank everyone who took part in these fundraising events, the

members of the Spectrum Group and Barclays Bank. All monies raised will contribute towards the much needed services we provide across the area."

'Listening to You' LGBT Awareness Conference

Staffordshire Police LGBT Association invite you to attend their 'Listening to You' LGBT Awareness Conference to be held on Thursday 9th February 2012 9.30am – 3.30pm at Britannia Stadium, Stanley Matthews Way, Stoke on Trent.

The conference will be opened by the Chief Constable Mike Cunningham and will hear from the following guest speakers:

Staffordshire Fire & Rescue Chief Fire Officer - *Peter Dartford*. Stonewall (Education for all Program) - *Chris Gibbons*. Same Sex Domestic Violence (Martin Training & Consultancy) - *Luke Martin*. 'Kick it Out' - *Danny Lynch* & Former England player - *Earl Barrett* (Homophobia in Football). Trans Awareness (Keele University) - *Professor Alex Sharpe*.

This event is free to community members and £25 for organisations and agencies, food & refreshments will be provided. To register please e-mail: diversity.unit@staffordshire.pnn.police.uk

Gay men are being encouraged to test regularly for sexually-transmitted disease gonorrhoea. Recently, health experts warned that some strains of the disease are becoming immune to treatments.

Gonorrhoea is a bacterial infection that, among gay men, is passed on through unprotected anal or oral sex and can spread to the throat, rectum or penis. If left untreated, it can cause serious health problems, as well as making it easier to pick up or pass on HIV.

In men, symptoms can include drops of white or yellowish-green discharge from the end of the penis, pain when passing urine, or discomfort in the rectum. However, some cases have no symptoms.

Using condoms during anal sex will help guard against infection, but won't protect you completely. It's also passed on through oral sex and, if you have it in your throat, you may not have symptoms but will still be infectious.

It is recommended that all gay and bisexual men get a full check-up at their local sexual health clinic every six months. You can find contact details for all local clinics on the back page of this edition.

Cheshire Cheese

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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)

Switchboards & Helplines

LESBIAN, GAY & BISEXUAL

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

Gay Farmer Helpline
07837 931894 (Telephone calls can be expensive so we will call you back)
Email: info@gayfarmer.co.uk
Website: www.gayfarmer.co.uk
Gay Farmer? Need to talk? Need information? Talk with someone who understands. Complete confidentiality assured.

Sahir House
0151 2373990 (Mon/Fri 9.00am - 5.00pm)

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 2271931
Email: info@armisteadcentre.co.uk
(Mon, Wed, Fri - 12.00am - 6.00pm. Tues, Thurs 2.00pm - 9.00pm. 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)

Domestic Violence
National: 0808 2000 247
Specialist Men's Helpline: 0808 801 0327
Broken Rainbow (national): 08452 604480
Cheshire East Team: 01244 613531
Cheshire West Team: 01244 614234
Rape & Sexual Abuse Support Centre:
01925 221546

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 372141
www.myspace.com/ladywandaofficial
Every Tuesday @ Reflex, Chester, 10pm - 3am

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

NORTHWICH

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

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

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 253633
Email: crewe@utopialgb.org.uk
For lesbian, gay & bisexual people up to 19 years. Wednesday 6.30pm - 9.00pm

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: haltonospace@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
08448 770462 (National number)
07928 179688 (Clive, North Wales)
Website: www.goc.org.uk
walking/climbing/swimming/cycling/and lots more

CHESTER

Mersey & Dee Women
07946 231877
Email: merseyanddeewomen@yahoo.co.uk
Informal, lively social group providing a safe, friendly atmosphere where lesbians (and non-lesbian women) of all ages can meet new and old friends, and take part in the various events and activities organised by members. Meets monthly in the centre of Chester

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 Last Wednesday in the month 7pm - 9.00pm

RUNCORN

Outrite Runcorn LGBT Drop In * *
01270 653150
www.outrite.org
3rd Thursday of the month 7pm - 9pm

RUNCORN & WIDNES

Halton LGBT
07590 828165
Website: www.haltonlgbt.co.uk
Email: Info@haltonlgbt.co.uk
Facebook: www.facebook.com/halton.lgbt
Peer support & social activities for anyone 18 or over that identifies as Lesbian, Gay, Bisexual or Trans in Halton or surrounding areas. Meet once a month and social activities through out the year.

WIDNES

Outrite Widnes LGBT Drop In * *
01270 653150
www.outrite.org
2nd Wednesday of the month 7pm - 9pm

ST HELENS

Outrite St Helens LGBT Drop In * *
01270 653150
www.outrite.org
1st Thursday of the month 7pm - 9pm

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 * *
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

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