

BLACK LESBIAN AND GAY CENTRE

NEWSHEET end-JAN / FEB 1989

BLGC

Annexe B

Tottenham Town Hall

London N15 4RX

Tel: 01-885 3543

Helpline:

Thu 6-9pm 01-737 8237



JOSEPH FAIRCHILD BEAM 1954-1988

There was only one Jo Beam. I met Joseph Beam once, and briefly. It was at the 4th International Lesbian and Gay People of Colour Conference in Los Angeles (Nov '86). We had been in communication previously about the publications BLACK/OUT (USA) and BLACKOUT (London). He was vexed by the thought that we of BLGC 'stole' the title name of their forthcoming publication. I could have given him the original sketches for a front cover which was years old composed during the early years of the Lesbian and Gay Black Group!

The joint founding of the name BLACKOUT at either end of the planet, to me, was further evidence of how united we are in spirit with brothers and sisters on distant shores. Joseph was King Pin and Editor, pulling together the publication "In the Life" (Alyson Publications ISBN 0-932870-73-2 / Oct '86). His clear thinking, eloquent writings and decisive actions have attributed to the well being of many an isolated individual. For others his contribution has been food, inspiration - the explanation of techniques in survival; especially for Blackgay men.

Jo did not take lightly the meaningfulness of women writers in his life. He would often express his gratitude to Audre

Lorde, Barbara Smith, Michelle Cliff et al for carrying him during the famine.

Joseph died of natural causes; his body was found three days later at his flat in Philadelphia. There is some speculation of suicide. A coroners report will not be available for a month or two. Over the past six months Jo withdrew from his circle of friends and wasn't returning calls.

A packed-out Memorial Service for Jo was held on a bitter cold January 5th, in Philadelphia. Many people came from different parts of the country. It was a semi-religious service with Rev Darling Gardner of the Metropolitan Community Church presiding.

There were tributes from Barbara Smith (personal friend /author); Becky Birtha a long standing friend of Jo's who worked with him in Giovanni's Room (the lesbian /gay bookshop) before he became a writer; Renee McCoy, executive director of National Coalition of Black Lesbians and Gays spoke of Jo's contribution in editing Blackout. Assotto Saint (performer /poet) was too moved, too angry to continue. Michelle Parkerson - film maker, Stephen Jones - activist, Bob West Smith - author, Beverly Smith - author, George Bellinger Jr, Craig G Harris - writer /activist; Phil Robinson - poet; Donald Woods - writer; were among the many dignitaries. Joe's parents Sun and Dorothy Beam were both there, well composed and meeting people.

Jo was a visionary his writings our legacy. A new Muse on Mount Olympus.

The Beam family have written to BLGC informing us of The Joseph F. Beam Memorial Scholarship Fund being established to give support to freshmen in creative writing at Temple University. Donations can be sent direct to the Scholarship Fund c/o Marie Inyang - Attorney, 12 South Twelfth St, Philadelphia, PA 19107.

Joe's is the fourth death of contributors of the In The Life anthology; Rev J Tinney - historian, Tawa - illustrator, and Disco Diva Sylvester (You make me feel, Mighty Real) are the others. Sylvester was claimed by AIDS last year having given so much joy to so many feet during the seventies. WE LOVED YOU /WE LOVE YOU. We must never underestimate the contribution they made.

=====

STONEWALL HOUSING ASSOCIATION

provides short stay accommodation for young lesbians and gay men who are homeless as a result of the hostile reactions of others to their sexuality. We currently manage 2 hostels and have 2 more in development. We are looking for;

1. **Project worker (fundraising)** £13,170 inc. LW & hostel cover allowance

responsible for the development and preparation of funding applications to statutory and charitable organisations. Applicants should have some experience of special needs housing and the voluntary sector.

2. **Project worker (housing resources)** £13,170 inc. LW & hostel cover allowance

responsible for the development of new housing schemes for the project, as well as the monitoring of the housing needs of lesbians and gay men. Some experience of voluntary sector housing would be useful.

Both posts will involve some hostel work. Applicants should have an understanding of the difficulties faced by young lesbians and gay men. Some experience of voluntary sector housing would be useful. Applicants should have an understanding of the difficulties faced by young lesbians and gay men, and a commitment to anti-racism and anti-sexism. We would particularly welcome applications from Black women as the collective is currently unrepresentative.

For further information and application forms, please contact Peter at Stonewall Housing Association, Unit W55, TEC, 560 High Rd, London N17 9TA. Tel: 01-885 2305. **Closing date for applications: Friday 17th February 1989.** Stonewall H.A, is committed to equal opportunities and will provide training where applicable. We regret that neither the office or the hostels are wheelchair accessible as yet.



"NORTH LONDON LINE" is the name of an ILEA full-time project catering to the needs of young lesbians and gays based in the Old School Building, Highbury Stn Rd, London N1 (01-359 2884), Kim, one of their volunteers is initiating a photographic project to project positive images of young lesbians wrote to us, There will be a photographic and poster competition £20-£30 prizes, The full-time workers in the project are Maureen and Gary,

CAMDEN BLACK PARENTS AND TEACHERS GROUP are due to have their AGM shortly, They have written asking for nominees to put themselves forward, and to say a little about yourself and skills - if you are interested in joining their Management Committee, They organise supplementary school, a library, African /Caribbean history workshops, Black Theatre visits with parents and children, Discussion events among many others, You can contact them direct; Camden Black Parents and Teachers Group, 25 Bayham St, London NW1 0EY, Tel; 01-388 0145,

LESBIANS AND CRIME SURVEY

A London-wide survey of lesbians and their experience and views on crime and of their treatment by the police is being carried out by lesbians at the Polytechnic of North London, If you want to take part in the survey phone 01 741 0472 or write to PO box 1451, London W6 9JL

LESBIAN AND GAY SOLIDARITY WITH NICARAGUA A new group is being set up by British lesbians and gay men to support Nicaragua's plans for a sex education centre aimed at preventing the spread of AIDS, For more information contact C.Havell and L.Broadbent c/o London Lesbian and Gay Centre, 67-69 Cowcross Street, London EC1,

ACCOMMODATION OFFERED:

Black Lesbian / Black Lesbian- couple wanted to share flat in Islington, must be waged, Over 30's preferred, non-smokers only, Rent £30 /week, exclusive of bills, Phone 01-607 7848 after 9am before 9pm After Jan 20th.

Accommodation sought:

Black, French-West Indian lesbian 'Henriette' coming to London in July is looking for somewhere to live for 2 months from the 1st week of July, Works with children, Is studying English Literature, enjoys reading, interested in TV programme production, Cinema, Theatre, Women, Can afford to pay reasonable costs in any hospitable (preferably Black womens' household), Contact; Dirg at BLGC re 'Henriette',

SOUTHWARK BOROUGH LESBIAN AND GAY WORKING PARTY Southwark Town Hall, Peckham Rd, SE5, All lesbian and gays who live or work in Southwark welcome, Access good, Further info from Nola 703 0911, Sue Hart 703 3611 x2029,

FUTURE OF LESBIAN ARCHIVE - WHAT CONFLICT? The conflict at the Lesbian Archive & Information Centre continues. After some members of the collective which ran the Archive were criticised for being racist, they formed a 'Management Committee' which ended up sending dismissal notices to both workers after freezing a new post for which black/ minority ethnic lesbians had been encouraged to apply. The other members of the collective (which had been almost entirely white majority ethnic, middle-class and able-bodied) tried to broaden its base by calling a directors' meeting of the company to take out an injunction against others in the collective. Confused? A meeting which was held on 19th January in Wesley Hse attracted some 200 women who were able to present different sides of the dispute. There were accusations of racism in the lesbian community. It was noted that the survival of the Archive is at stake! For more information contact Savi at BLGC.

MEAL SERVICE Hot meals every Sunday and groceries once a month are delivered to people with AIDS and their lovers /families who have difficulties getting to the shops. If you live in the London area and would like to make use of this service, ring Rev. Hong Tan on 01-485 6756.

CAMPAIGN AGAINST LONG-ACTING CONTRACEPTIVES There was a meeting; Sat 28th Jan at 2.30pm Wesley Hse which had speakers Hilary Standing of Sussex University; Amrit Wilson and Sumati Nair from the campaign. The issue of being guinea pigs is not new to people of colour. The campaign is able to relay evidence that testing with both implants and injections is currently being carried out in India, Bangladesh, Indonesia and Thailand. Testing is not being carried out in wealthy middle-class suburbs - BECAUSE there are risks. The PILL was first introduced in the Third World countries. Why are they so 'generous'? Find out more about this campaign. Contact Campaign Against Long Acting Contraceptives by writing to CALAC, ; Wesley Hse, 4 Wild Court, WCl.



DIARY - DIARY - DIARY - diary
=====

Tuesday 31st January 1989

PHOTOGRAPHS & PAINTINGS Planning Meeting 31st January
Calling all Blacklesbians! Do you take photos, make silk-screenings, draw, sculpt, paint, or make art in other ways? Do you write poems /short stories? Your contribution is needed for the exhibition to be displayed at Black lesbian event on 18th March. The meeting will be held at Camden Lesbian Centre, 54-56 Phoenix Rd, London NW1. (Access code; - PARKING; single yellow line; PUBLIC TRANSPORT; Kings Cross & Euston over 50yd, buses 14, 14a, 18, 30, 73 on Euston Rd (Shaw Theatre) 50 yd; ENTRANCES; at front, level; DOORS; main door light 32" opens inwards, others light 31"; INSIDE; ground floor, level throughout; Toilets; 1st - door 30" x 5 1/2ft x 4 1/2ft, turning distance 3ft, 2nd - door 29" x 3ft x 5 1/2ft, turning distance 2ft, both doors light open outwards, taps hand op; FLOOR SURFACES; smooth; LIGHTING; bright adjustable; SEATING; hard or soft, low plentiful moveable; HEATING; adjustable; CRECHE; ring /write centre if reqd; SMOKING; as users permit. Further information from Sharon on 01-383 5405, Helena or Savi on 885 3543.

3.

Wednesday 1st February 1989

Looking After Ourselves There are still places left on this weekly course for Black lesbians, which ends on 22nd March. It offers an ideal opportunity to learn how to relax. There will not be a meeting on 8th Feb.

Thursday 2nd February 1989

Free Self-Defence course for lesbians

The course which is organized by Ealing Women's Unit will be held over 6 Thursday evenings in February and March, in Southall. Transport and creche available. For more info and to book phone 01-579 2424 Ext 551199.

Lesbian Incest Survivors Group meeting (2nd February; 7-10pm /19th February; 2-5pm) for lesbians who were sexually abused, in any way in childhood by relatives /adults in positions of authority and trust. Central London venue, wheelchair accessible. For further information ring 837 1600 or write to BOX LIS6, Sisterwrite, Upper St, London N1.

Saturday 4th February 1989

BLACK WOMAN'S TIME NOW A one-day conference ... step forward sisters organise for liberation. 2pm - 7pm As the crisis of the system intensifies, black women are bearing the brunt of attacks from the state and men. The conference has been called so that Black women can become more effectively organised to resist and black men give practical support. Speakers; Beverley Bryant, co-author of 'The heart of the race', on the history of the Black women's movement, International Womens Day Planning Committee person, speaking on the need for an independent Black women's organisation. WORKSHOPS; 1) State Control of the Black Women's Movement 2) Feminism and Black Women's Liberation 3) Black Women's Unity through Independent Organisation. CRECHE /MUSIC /THEATRE /POETS /STALLS /Refreshments. Venue; St Marys Centre, Ladywell Road, Lewisham, London SE13. Buses; 1, 9, 21, 36, 47, 122, 185, 199, P4. Close to Ladywell Swimming Baths. Black women, children and men all welcome.

Saturday 4th February 1989

Zami II Conference Benefit at Asian Community Action Group, 322a Brixton Rd, London SW9, 10pm - Late. Prices; £4 waged /£3 unwaged. Food and Drink. ALL WOMEN WELCOME. Access details available. If you would like to assist or support the benefit /conference you should contact the organisers via Sharon 01-383 5405 /Hope 358 1486 /Savi or Helena 01-885 3543. (See also Sat 4th March)

Tuesday 7th February 1989

BLACK HISTORY FOR ACTION Meeting (7pm for 7.30pm sharp!) to discuss the issues around the death of Clinton McCurbin "who was brutally murdered by the hands of police" Feb '87. New Venue; Brixton Recreation Centre, Social Rooms 2 - 3, 27 Station Rd, Brixton, London SW9. BRIXTON; - BR - TUBE - BUSES 2a, 2b, 3, 35, 37, 50, 59, 95, 109, 133, 159. For further information contact; BHA Secretary, c/o 83 Astbury Road, Peckham, SE15 or telephone Grassroots on 01-969 0687. Black History for Action is completely free of all State or Commercial funding. Your donations are welcome. CRECHE AVAILABLE.

WHEN WAS THE LAST TIME YOU INTRODUCED A FRIEND TO BLGC? We are currently offering a special on membership... the price still stands!

Saturday 11th February 1989

BLACK LESBIANS AND GAY PEOPLE OF FAITH 11th Feb 2-4.30pm
Black lesbians and gays of any religion welcome, Details
Hong on 01-485 6756,

Sunday 12th February 1989

SHAKTI (SOUTH ASIAN LESBIAN AND GAY NETWORK) MEETING (3-6pm)
For lesbians, gays and bisexuals of Indian / Pakistani
/Bangladeshi /Nepalese /Sri Lankan descent, London Friend,
86 Caledonian Road, N1, Access and other details 01-837
3337; or write to Shakti, c/o BLGC, BM Box 4390, London WC1N
3XX,

Thursday 16th February

Live recording of Lesbian and Gay Asian TV programme,
Studio audience wanted! Asian parent and relatives willing
to appear in the programme still being sought, More
information contact BLGC,



Friday 17th February 1989

9pm - 3am BHANGRA /Asian Disco at London Lesbian and Gay
Centre, 67 - 69 Cowcross St, EC1, Organised by Shakti;
South Asian lesbians and gays and their friends welcome,
Access details 01-608 1471; other information 01-837 3337,
Charge into centre 30p - Cons 15p, £2.00 disco, Late Bar!

LESBIAN AND GAY BLACK GROUP This and every THIRD FRIDAY in
the month is WOMEN ONLY, LGBG meetings held at Marchmont St
Community Centre, 62 Marchmont St, London WC1, Tel: BLGC
for more details (01-885 3543),

A black and white photograph showing four individuals of diverse ethnicities and genders. From left to right: a woman with dark hair, a woman with curly hair, a man with short hair, and a man with short hair. They are all looking towards the camera with neutral expressions.

**NATIONAL
BLACK
GAY & LESBIAN
CONFERENCE
FEBRUARY 17 - 20, 1989**

Sponsored by Black Gay and Lesbian
Leadership Forum

in USA

USA *** LOVING OURSELVES HEALING OURSELVES - PREPARING FOR
THE 21st CENTURY is the headline call for participation in
the Second Annual National Black Gay and Lesbian Leadership
Forum's Conference and AIDS Institute, Date: February 17-
20, 1989; Venue: The University Hilton Hotel, Los Angeles,
California, Nearly 1000 people expected to register for this
year's conference, "The conference will present a series of
workshops designed to inform, empower and inspire Black
Lesbians and gay men, Our ambition is high; to provide the
present and future Black leaders of the Lesbian /Gay world
with the means to efficiently develop and effectively
implement their own personal objectives, professional game
plans and political agendas, These are to be workshops for
victors, not victims," Headlines to suggested workshop
topics include: "AIDS! What Does It Mean to Black Gays and
Lesbians?"; "Creating and Strengthening Black Gay & Lesbian
Institutions"; Building a Stronger Political Voice"; "The
Quality of Our Lives & Relationships"; "The Quality of Our
Lives and Relationships"; "Black Gay and Lesbian Enterprises
& Financial Stability"; "Creating Coalitions & Networks?"
Conference suggested sub-headings (of note to me, Ed;)
Living with AIDS /Caring for PWA's; Eroticizing and
Affirming Safer Sex for Black Gay Men and /or Lesbians;
Alternative Therapies for HIV+, PWARC's, PWA's; Knowing When
and How to Move On; Out of the Closet & On With Your
Career!; Disciplined & Organised? Me? Yes You!; Taking
Ownership and Leadership in Traditional Black Institutions;
Sexism and Homophobia; What's the connection? London's BLGC
holds copies of the registration forms for this important
international event which we will despatch on request,

Saturday 18th February 1989

Self Defence for lesbians with disabilities
All- London Lesbian Mothers Group Social 18th February 7-
10pm at Camden Lesbian Centre (see Access details 31st Jan),

Self-Defence for Lesbians with Disabilities Camden Lesbian
Centre (see Access details 31st Jan) 18th February 10am -
4pm, Call Sharon on 383 5405,

Sunday 19th February 1989

Lesbian Incest Survivors Group meeting (19th February; 2-
5pm) for lesbians who were sexually abused, in any way in
childhood by relatives /adults in positions of authority and
trust, Central London venue, wheelchair accessible, For
further information ring 837 1600 or write to BOX LISG,
Sisterwrite, Upper St, London N1,

Tuesday 21st February 1989

LESBIANS WITH DISABILITIES GROUP 21st Feb 7-10pm, with sign
language interpreter - Camden Lesbian Centre (see Access
details 31st Jan),

Wednesday 22nd February 1989

PACE NEEDS VOLUNTEER COUNSELLORS: The project for Advice,
Counselling and Education (PACE), based at the London
Lesbian and Gay Centre is keen to invite Black lesbians and
Black gay men to join their team of volunteer counsellors,
In extending their counselling services they are focusing on
the counselling needs of Black lesbians and Black gay men
and how the project might be accessible to them, Their
counsellors work with a range of counselling perspectives on
both a short and a long-term basis and offer one to three
one-hour sessions per week, PACE offers regular supervision
and support to all their counsellors as well as some

training. An open meeting will be held at the London Lesbian and Gay Centre on Wednesday 22nd February at 7pm for Black lesbians and Black gay men who are interested in joining PACE's team of counsellors. Please phone 01-251 2689 for further information or just turn up.

BE CAREFUL DON'T BE RIDICULOUS

Courses for Lesbians

There are still places left on Camden Black Lesbian group's (CBLG) course 'Looking After Ourselves', running for 10 weeks from Jan 11th, on Wednesdays 7-9pm. The course will look at different approaches to resolving conflict and managing stress. Cost £19/£5. CBLG are also putting on a writing workshop on February 25th and 26th which is aimed at encouraging black lesbians to develop their creative writing and performance skills. Phone Camden Black Lesbian Group on 01-383 5404 for more details of both these courses.

STAND FIRM - WOMENS SELF DEFENCE WORKSHOP Have you ever felt afraid, weak or powerless in the face of violence? You can now learn to defend yourself with a simple and effective self-defence technique. Based on the 'Stand Your Ground' method, the workshop will cover a range of techniques, and include discussion as well as exercises to look at what gets in the way of women defending themselves

Monday 27th February 1989

BLACK HIV /AIDS WORKERS' GROUP This new group was launched on 15 December 88 with Rev. Hong Tan - Health Education Officer (AIDS Liaison) of Hillingdon Borough Council in the Chair. The inaugural meeting of the group was attended by 25 people from a wide variety of backgrounds, non-statutory or statutory. Many issues were raised and will be made available to black workers. The next meeting will be on "Prioritising the way forward for Black HIV /AIDS workers". Date: 27th February 1989 Time: 2pm - 5pm (Arrive 12.30pm for a superb lunch!) Venue: Green Lodge, Barretts Green Road, Harlesden, London NW10 7AP, Telephone: 01-965 6566 x5202.

***** ADVANCE NOTICE

Saturday 4th March 1989

Zami II Conference Benefit at Asian Community Action Group, 322a Brixton Rd, London SW9, 10pm - Late. Prices: £4 waged /£3 unwaged. Food and Drink. ALL WOMEN WELCOME. Access details available. If you would like to assist or support the benefit /conference you should contact the organisers via Sharon 01-383 5405 /Hope 358 1486 /Savi or Helena 01-885 3543.

Wednesday 15th March 1989

BLACKLESBIAN AND BLACKGAY WORKERS SUPPORT GROUP this Wednesday and every 3rd Wednesday of the month at 6.30pm for 7pm. Venue: LAGAR, Room 203, South Bank House, Black Prince Road, London SE1 7SJ. The broad aims of the group is to provide practical support for Blacklesbians and Blackgay men who daily have to cope with the stress of the combination of racism, homophobia and who generally wants support in their work environment. The group is open to all Blacklesbians and Blackgay men. Tel: Macsud or Ann 01-587 1643 for more information.

Saturday 18th March 1989

Black Lesbian Celebration Saturday March 18th, 3-10pm

This event is being jointly organised by us and Camden Black Lesbian Group. There will be exhibitions of art by black lesbians, readings (bring your poetry or short stories to share or just come and listen), music, videos and food. If you would like to contribute to the exhibition contact BL6C or CBLG on 01-383 5404.

FIFTH NATIONAL GATHERING FOR LESBIANS IN HEALTH CARE to be held in Manchester on Sat 18th March 1989. Lesbians in Health Care is a national network of groups and individuals with varied needs, interests and spheres of work. Some of the ideas suggested for exploration at our next gathering include racism, alcohol, how we deal with stress and caring for ourselves as lesbians. The meeting will be held at a venue with disabled access and a creche. Accommodation can be provided and there will be an evening social event. For further details please send a SAE to: Edwina, c/o Lesbian Link, PO Box No. 207, Manchester, M60 16L.

Zami Two - Black Lesbian Conference

c/o PO Box 367
Sheffield S1 1HX

Dear Friends

We are a group of Black Lesbians who have been meeting since July to plan Zami Two, The Second Black Lesbian Conference.

The first National Black Lesbian conference was held in October 1985 in London. It was attended by over 350 Black Lesbians who came from all over England, Wales, Scotland and Ireland. Since then there have been many changes in the law and cuts in provision which have directly or indirectly made it more difficult for Black Lesbians to meet and organise for ourselves.

The conference is planned for April 1st and 2nd 1989 at Birmingham University and we want to make the conference accessible to as many women as possible. We need to raise funds so that Black Lesbians who are unemployed or low waged can be subsidised, as Black Women are the bottom of the economic ladder this is a very important issue.

We are writing to ask for your practical support.

How you can help:

- * By making a donation, cheques payable to 'Zami Two'.
- * By organising a fundraising event.
- * By making copies of this letter and passing it on to others.
- * By displaying and distributing for the conference.
- * By supporting fundraising benefits that we organise.

We look forward to hearing from you.

Lorna Campbell
Hope Massiah
for the Zami Two Planning Group

Contacts:

Sharon, CLC-BLG, 54-56 Phoenix Rd, London NW1 01-383 5405
Hope, Peckham Black Women, 69 Bellenden Rd, SE15 01-358 1486
Savi or Helena, at BL6C, 01-885 3543



This article was previously reproduced in Capital Gay. Reproduced here without permission, (I don't think they'll mind, do you?)



OBITUARY

Sylvester

SYLVESTER, the towering queen of seventies gay disco, has died in a San Francisco hospital at the age of 41.

Born in Los Angeles in 1947, Sylvester's first audience was the congregation of his local church where he sang as a chorister from the age of eight.

From the start, life with his parents proved difficult. He could barely talk to his father and fought constantly with his mother. At the age of 16 he simply packed his bags and fled to San Francisco "to become a queen".

Haight Ashbury was in full flowery bloom, and Sylvester was soon at home, dyeing his hair, swathing himself in lurex, and teaching the Cockettes (forerunners of Bloodlip and Hot Peaches) how to sing gospel.

His first album, *Sylvester and the Hot Band*, featured him in all his drag finery and marked the start of a career which left him the unchallenged, charismatic leader of HI-NRG with unforgettable numbers to his name like *Don't Stop*, *Trouble in Paradise*, *Do Ya Wanna Funk*, *You Make Me Feel* . . .

On Monday night DJ Norman Scott, who worked with Sylvester in England on five occasions, played records of his at Bang as a tribute and finished the evening with *Band of Gold*.

"He was smashing, such an extrovert." And he remembers with deep pleasure the night that Sylvester visited London's Bolts and took over at the turntable, playing records for three-quarters of an hour.

One of the earliest American singers to give benefit concerts for people with Aids, Sylvester was quite open later when his own diagnosis came through. "No point hiding it. I'm going to die of Aids. I've been giving concerts for Aids for years now. It would be ridiculous to cover it up."

Last summer on the San Francisco Pride Parade he joined the People With Aids group in his wheelchair. Even devoted fans of his did not recognise him at first, with his huge frame reduced to eight stone. But recognise him they did. Some cheered, some wept, others ran to him to hug him.

In a country almost numbed by the number of deaths from Aids, the deep respect and emotion shown in gay bars and discos around the country over this single death are even more telling than the public tributes that have been paid by the stars.

THE FOLLOWING COURSES ARE ORGANISED IN CONJUNCTION WITH LONDON LIGHTHOUSE (AIDS PROJECT /HOSPICE), 111-117 Lancaster Rd, London W11 1QT, Tel: 01-792 1200.

LIVING AND WORKING WITH AIDS

The aim of this three day residential workshop is to offer participants the opportunity to explore a range of options and the chance to develop the skills needed to set up support structures for themselves and for people affected by HIV, ARC and AIDS.

The following areas will be covered:

- Developing basic counselling skills
- Simple relaxation techniques
- Complementary health care and good nutrition
- Setting goals and developing strategies
- Using resources effectively and networking
- Establishing equality for ourselves and others
- Practical and experiential work will take place in large and small group settings and through working in pairs. Participants will be invited to develop their own personal strategies for the future and strategies, where relevant, for the workplace

This is a residential workshop, starting on the evening of Monday 13th March and finishing on Thursday 16th March at 4 pm.

Price: £110 plus VAT

6.

THIS NEWSHEET IS AVAILABLE IN LARGE PRINT FORMAT AND ON TAPE. IF YOU KNOW SOMEONE WHO WOULD APPRECIATE THIS SERVICE PLEASE LET US KNOW.

AIDS AND RACISM

The focus of this course will be to explore the relationship between AIDS and racism and to examine the implications that this relationship has on the lives of black people both in Britain and internationally who are affected by HIV, ARC and AIDS.

The aim is to enable participants to develop ways of challenging racist assumptions in relation to AIDS and to develop strategies to ensure that black people are not marginalised within the services being provided by statutory and voluntary organisations.

This course is for people working for AIDS organisations and those working in the voluntary and statutory sectors.

Dates: 7th, 8th, 9th February 1989

Price: £90 plus VAT

BASIC COUNSELLING SKILLS in relation to HIV infection, ARC and AIDS

This three day, multi-disciplinary course is intended for those people who are new to counselling and/or work around HIV infection. Issues in relation to HIV infection will be explored both personally and in the counselling relationship.

Participants will practice counselling in pairs and small groups. There will be the opportunity to discuss ways of integrating the skills developed during the three days into the work environment.

Dates: 7th, 8th, 9th February 1989

Price: £90 plus VAT

HOLISTIC APPROACHES TO HEALTH

These workshops, which will be held at London Lighthouse, are led by Anthony Hillin, who is an independent trainer. Application forms are available from London Lighthouse. For further information about these workshops, please contact Anthony on 01 521 1082.

MAXIMISING IMMUNITY AN HOLISTIC APPROACH TO HEALTH

Within this workshop, Anthony will introduce an holistic approach to health, examining the interaction between the wide variety of physical, emotional, mental and spiritual factors which can play a role in maintaining and improving peoples health and immunity.

Date: 14th January 1989 Price: £35

NUTRITION AND FOOD PREPARATION

Both the theory and practice of sound nutrition will be explored in this workshop. The role of nutrition in health and in illness will be considered. Special attention will be given to the needs of people with HIV infection, ARC and AIDS.

The benefits of raw, fresh food for supporting the immune system will be outlined. Food preparation will be demonstrated and will form the basis of a delicious lunch. Varied salads, raw dips, dressings, soups, juices, seed cheeses and breads will be included.

Date: 11th February 1989 Price: £37

EMOTIONAL HEALING AND EMPOWERMENT LED BY ANTHONY HILLIN AND RENI TAYLOR

There is much evidence that emotional release benefits the immune system as well as peoples general health and well being. This workshop will demonstrate simple yet effective approaches to emotional healing which can readily be incorporated into participants' lives, including aspects of co-counselling, the use of affirmations, visualisation and relaxation.

Dates: 18th, 19th March 1989 Price: £65

A small number of assisted places are available on these courses, please contact Anthony for further details.

ADVANCE NOTICE

Saturday 4th March 1989
Annual General Meeting of Black Lesbian and Gay Centre. Venue: Brixton Village, (St Matthews Meeting Place), Brixton Hill. Time: 3pm - 6.30pm (You can do your Saturday shopping in Tescos afterwards until 8pm - You have no excuse not to be there now!) The meeting will be only open to B.L.G.C fully paid up members. Your participation is relevant.