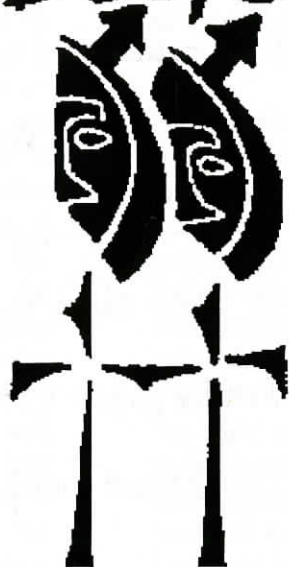


BLACK LESBIAN

&

GAY CENTRE

BLGC



Newsletter

SUMMER 2000 ISSUE

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First Word

Welcome Back. Thank you to those people who took the time to write in and contribute to this month's newsletter. Remember those of you out there who are still not contributing, put pen to paper and write a poem or letter and also let us know of any great new venues you've been to. We are keen to hear from sports men and women reading this newsletter. Do you play a sport and want some new gay men and or women to join in? If so let us know. Maybe you are the member of a fantastic gay/ lesbian or gay/lesbian friendly sports team and would welcome more supporters. If so, send us the details and we'll let people know. Thank you to those people who wrote in having discovered new web pages. Those of you on the Internet have discovered that there is large black lesbian and gay presence on line but most people still seem to be state side. Let the BLGC know of any really good sites and chat rooms and maybe we can set up a BLGC members chat on a monthly basis. This months tongue in cheek advice is about luuuuuv. Summer is coming so you single girls and boys may want to be

reminded about the golden rules when looking for someone to share your breakfast with.

Things to remember when you're dating

1. In 99% of cases, external beauty wears off with your hangover!
2. Avoid the "perfect person" syndrome. Look for "qualities" such as "someone I find easy to talk to", "someone affectionate" etc. rather than a list of status orientated attributes that ends in the letters BMW.
3. Make more friends. That girl or guy you pushed up your mouth to at the club last week may be friends with the partner of your dreams.
4. Expand your horizons. Spend the summer having fun doing all those things you said you would do when the weather got better such as joining a group at the BLGC!
5. Lavish love on yourself. Go for a Reiki massage; treat yourself to a date with yourself once a week. Yes yourself. Give yourself a long hot bath, treat yourself to a face pack, products from the body shop, chocolates etc. and spoil yourself rotten. Someone cannot love you unless you are prepared to love yourself
6. Don't look too hard, that's the surest way not to find it!

Have a good month.

Your Health

Pace workshops

PACE provides counselling, groupwork and mental health advocacy for lesbians and gay men. The pace Mental Health Advocacy Project is a free confidential and independent service for lesbians and gay men who are experiencing emotional distress. Their trained volunteers will support you in finding out what services are available to you, support you in saying what you want and can refer/accompany you to appropriate agencies or meetings.

They are based near Caledonian Road in Islington. Office hours are 10am-5pm Monday to Friday. There are separate telephone numbers available for each service:

Counselling: - 0207 697 0014

Advocacy: - 0207 697 0017

Groupwork: - 0207 697 0016

Pace also runs workshops and groups for gay men and lesbians. Telephone one of the numbers above to put your name on the mailing list. For Lesbians, a regular mental health support group meets every Wednesday afternoon from 2-4.30pm please telephone for further details.

LSD Line

If you are gay, lesbian or bi and want to talk about drugs a confidential service is provided for you by Project LSD. LSD Line is available every Wednesday from 6pm-9pm. Call: - 0207 439 0717.

The Women's Therapy centre 10 Manor Gardens, London. Advice and information Line 020 7263 6200. A new psychotherapy group for lesbians runs on Tuesday 12.30-2pm. Call first for details.

Health and Healing

A new service by a black lesbian has been developed. Reiki master healer will offer you reflexology and aromatherapy. Call for bookings and quotes on 0171 266 5821.

Yoga for Lesbians. London Bridge Tube, Crucifix Lane Corner, Bermondsey Street, Globe House, London SE1. Cost £6/£4 concessions. Info:- 020 8 981 8993.

Cara is a community of friendship for people affected with HIV. Cara is planning a Gay Spirituality week on 20th. -27th May for gay and bisexual men in Scotland. Info: - 0207 77330649.

Useful Telephone numbers

BLGC: - 0171 620 3885

Lesbian Line 0171 251 6911. Tuesday to Thursday 7-9pm

Lesbian and Gay Switchboard 0171 837 7324 (24 hours)

Samaritans 0345 6645544

SOS Millennium Drum Call



National Tour
August 19 - 26th 2000

A series of Drum workshops and events being held in Manchester, Aberystwyth & Brighton

Venues to be confirmed
WATCH THIS SPACE

Your Say

To Send a contribution to your say, write to the Editor, Your Say, BLGC or email blgc@btinternat.com

Dear Ed,

Dear Ed,
I am a Black Lesbian woman who has just bought my first home. I am getting tired of tradesmen coming into my new home and eyeing my naked female pictures etc and giving me the eye. I would like to support black tradeswomen and also, now I finally have my own space would like to feel comfortable in it. Is there some sort of directory I can use to find people?

Ed. There is not a specific directory for black lesbians. However, there is an established network of female tradeswomen. They are SOS Network. They are qualified tradeswomen in many

services including carpentry, gardening, decorating/plastering and painting. Telephone 0207 7701 8810/07940 078 727/07931 164594.

Dear Ed,

I am a black gay man who has been living in England for the last 18 months. The major difference I have noticed between the British and the Jamaican scene is that men and women seem to be segregated. I find this sad. In Jamaica men and women support one another. In England there is a definite assumption that all gay men enjoy dressing to kill and dancing until the early ours of the morning and all gay women do is read poetry. Why can't we get together and do something more creative?

Ed. Loved your letter. You didn't leave us a phone number so please contact us you sound the ideal candidate to set up a mixed group. Let us know your ideas by calling **0207 620 3885. If any other readers agree with Jacob then call in too.**

In the Spirit

A guide to Reiki

What is Reiki?

Reiki is directing your own vital life force energy to the highest point of healing. This energy in you is known as chi, some African sistahs and brothers may prefer to recognise maat isis or ra our mother and father within.

How does it work?

By placing their hands on key points on your body and aura a healer (who has been attuned by certain symbols and initiations) can re charge your chi promoting mass healing and relaxation.

This is achieved by visualising and channelling ancient symbols. The principles of Reiki next time....

Who needs Reike?

The simple answer is everyone can benefit from sessions with a qualified healer. However those with the conditions below are the most common customers of most healers.

- Stress
- Addictive behaviour including smoking and drinking
- Physical pains e.g. back ache and headaches
- Circulation problems
- PMS

Those who receive treatment talk feeling grounded, centred and reconnected to their joy. A Reiki practitioner can also recharge physical objects and spaces such as key stones, gifts and your home.

How to choose a healer

Practitioners: - A Reiki practitioner has had their energy channels opened and cleared of all obstacle and obstructions. This process is known as tuning. Exclusively given by Reiki masters who themselves have been through qualified stages of initiations.

Masters: - A Reiki Master clears practitioner's obstacles as well as practising themselves. The Master is attuned to the highest healing energy and channels light. Reiki masters teach and initiate new students into becoming Reiki 1, Reiki2 practitioner level and Reiki 3 master level.

A black lesbian Reiki Master is available for further information on 0207 266 5821

On the Town

Bars

Vespa Lounge

Open Thursday to Sunday. Find it at Upstairs at the Conservatory, Beside Centre point (opposite First Out), Tottenham Road Tube. Open 1800-2300 hrs. Tottenham Court Road Tube. (Men as guests)

First Out Café Bar

Mixed gay and Lesbian bar. Girl Friday is a popular girls night. A few sisters usually show up on Saturdays. 52 St. Giles High Street. Next to Centrepont. Open 10am-11pm Monday to Saturday and 11am-11pm on Sundays. Tottenham Court Road Tube.

Candy Bar (Precious Brown)

London's only seven night a week women only bar. The last Sunday of the month is Precious Brown, a popular RnB DJ who attracts a group of black women to the ground floor. Open Monday to Thursday 5pm to Midnight, Friday 5pm until 2am and Saturday 12 noon until 2am.

4 Carlisle Street (off Greek Street)

Glass Bar

This women only bar is casually elegant. It attracts women rather than girls. This bar starts at 6pm onwards. Thursday night is Singles Mingles. Opposite Euston Station 02073876184

Fried Green Tomatoes

Every 1st & 3rd Wednesday of the month at Café Goya, 85 Acre Lane Brixton SW2. This is a women's bar and social club with a laid back atmosphere, mood music and retro feel. 7pm till late - 0207 7274 3500.

Flirt

Sauna bar every Monday. 20 woman sauna, masseuses, rest rooms, bar and saucy video. Note the dress code is skimpy or naked. Not for the faint

hearted. 29 Endwell Street
(Covent Garden)

Clubs

Club Deb

Every Thursday at the liquid lounge. 257 Pentonville Road, Kings cross tube. 9pm-2pm. Free entry before 10pm £2 thereafter. DJ's include Debbie Smith.

Loose

Soho's only weekly girly strip night for women only. Fully nude pole dancers. Its one for a crowd of girls wanting a laugh e.g. birthdays. Loose is at sunset strip, 30 Dean Street on Tuesdays 8pm-1am. £6 before 10pm £8 after. £2 extra for non members.

Liberte

The night of nights for any self respecting Black Lesbian. RnB and soul is mixed in with just the right amount of Ragga and Soca. May 27th. Liberte is at the Oak Bar, Green Lane, Stoke Newington. STOP PRESS - Bring this newsletter with you and get £1 off the entry price before 10.30pm. Prices: - £3 before 10.30pm and £4 after.

Black Angel

A night for "queer divas and non believers". Black Angel is

the last Friday of every month. Male gay friends are welcome. RNB, Hip hop and Bhangra. Black Angel is at the Hollywood Lounge, Pheonix Centre, off Princess Street, Manchester (Rainbow Cars entrance.) Info: - 0161 835 9426.

Club Kali

This is a mixed club playing Bhangra, Hindi, house, soul and swing. £5 before 11 with a flyer then £6. £2 discount for concessions. Find Club Kali at The Dome, 1 Dartmouth Park Hill, London N19.

Off The Hook

At the Velvet Room, 143 Charing Cross Road WC2. Info 0171 439 4655. Every Monday night from 10.30. Recommended mixed RnB, Funky soul club.

One Nation Under a groove

Friday 12th May . Mixed men and women. 1-pm-5am 333 Old Street. 3 floors. £8 or £5 with a flyer and guest.

Karess

At the Unity Centre 37-39 Peckham High Street. Sat. 13th May £6 or £5 with flyer

What's on

Events

Mardi Gras 2000. July 1st. Assembly in Hyde Park, past Downing Street and The Houses of Parliament for dispersal at Victoria. We are looking for experienced pride goers to help us organise a Black Assembly point. Please contact Serena or Maxine at the BLGC. If you are interested in Marching in this year's event and want to March with black lesbians and gays contact the BLGC on 0207 620 3885 for details.

Brighton Pride 29th July Preston Park.
Begins around 2pm.

Words

Patience Agbabi will be bringing her poetry to the people with a tour throughout May. London box office numbers are below. 23rd May Blackwells, Holloway Road 02077004886, 24th May STW, Peckham Library, 02075253920, 2nd June BAAC London 0207 223 2223, 7th June Express Excess, The enterprise, London 02083487186

General release films

Boys don't cry. An Oscar winning true story about a girl whom passed for a boy. Staff at the BLGC recommends

the film but suggest you bring your tissues.

TV and Radio

Xena. Amazon leather lovers on channel 5 Fridays at 8pm. Nina Simone Show. The jazz queen's show is on Thursdays 9pm on Radio 2.

Theatre

Belly by Debbie Oaks. A police officer finds her past girlfriend and present boyfriend in the same interview room. Venue: Old Red Lion, St. John Street, and Islington Tues.-Sun 8pm. Until 20th May. 02078377816

Music

Shirley Bassey 5-18 June at the Royal Festival Hall London. Telephone 0207 7960 4242

Gabrielle 19-21 June. She is at the Shepherds Bush Empire. Telephone 0707 771 2000 and for Blackheath Halls Telephone 0208 463 0100.

Suzanne Vega. 10th July at the Richmond Theatre Telephone 0208 940 0088.

Me'Shell Ndegeocello. 11 July and Shepherds Bush Empire. Telephone 0207 771 2000.

Feminism

Women speak out is planning a week for women interested or involved in political activism. 26th-29th May 2000. For more details call 0208 3749885.

Lyrics

A big thank you to Chris for this excellent lyric

Millennium

Wander with me...
Through a thousand
years,
And whisper

To send a poem into **Lyrics** email blgc@btinternet.com or send it to the BLGC marked Lyrics to the address on the back.

Lyrics

To send a poem into **Lyrics** email blgc@btinternet.com or send it to the BLGC marked Lyrics to the address on the back.

Thank you to J Stapheton for this lyric which all BLGC staff loved. I hope you enjoy it to.

The new me

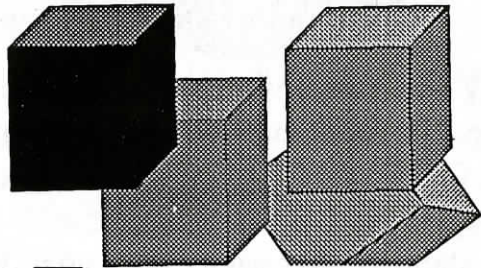
There is no use looking back on the past,
When a brighter future lays right ahead.
That person is only half the person I want to be,
I'm searching for her the new me.
She is someone my friends and family have never seen.
A knew me only I have seen and felt her,
She is inside me trying to get out, fighting to get out.
She is stronger than the old me
She is more powerful.
She knows what she wants and will get it.
She lives for the person she wants to be.
She is happier within.
She is stronger in body and in mind.
She is stronger in body and soul.
She holds a rod of irons and it is the rod of her sexuality.
She holds her head up high looking forward to her new
birth, no longer her mother's child, no longer societies
child.
She is who she is, she screams as she comes forth and is
born.
"I am bisexual, I am gay and proud of it.
I am human, I am stronger, I know who I am, What I am.
I am woman, proud in my lesbian sexuality,
Proud just being me.

Brand new
Parenting Group

Due to popular demand the BLGC will be starting a brand new parenting group on May 21 2000. We want to hear from both lesbian and gay parents and children of lesbian and gay people. Call Pauline on 0171 620 3885 to find out more details about the group and tell us the issues you would like the groups to cover. Remember.... We want to hear from your kids too so please encourage them to call and leave a message for us.

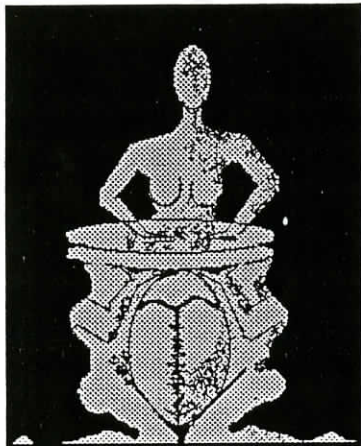
Children's Stories

If you or an elder child would like to express themselves, this newsletter is looking for people to contribute positive children's stories. The stories should be positive and representative of children of same sex parents. The stories should be aimed at the under 8's to start off with. Why not write a short story that can fit on this page with your child and send it to Pauline at the BLGC. Address on the back page



Family Page

DRUM



"I had never drummed before, Levi said that anyone could do it so I tried. After only two hours I was totally relaxed. I was surprised by how chilled out I felt. It was great therapy. Come try it"

Advanced or beginners

Call Levi for details on 0171 620 3885

Something New

Bryony is a group of unpretentious black lesbian women. We meet every 1st and 3rd Saturday of the month for discussions, social events, outings and have regular fun. (Groups are from 3-5 PM with a social planned after each) Turn up at the venue below or call for details.

Venue: - BLGC 5 Westminster Bridge Road,
Elephant and Castle Tube. Buses: 68, 188, 171, 176,
12) Details: 0171 620 3885

May 6th, 20th

On Line

If you have visited a great chat room and were impressed or disappointed by the number of black lesbians or gay men on line, e-mail blgc@btinternet.com to let us know.

Essential Web sites (Most are American based.)

www.gayblackfemale.com – Excellent web Magazine

www.blktriangurl.com – contacts, links and information for gay women of colour

www.sistahspace.com – information and contacts. Also articles for black lesbians

www.sistahscape.com – Good Web magazine for black gay women

www.aol.com/members/uloah//home.html – United lesbians of African heritage website.

www.yahoo.com/clubs/lesbiansofcolor A Chatroom, hook up with a Stateside Sistah.

<http://members.aol.com/uloah/home.html> United Lesbians of African Heritage web site.

www.khum.com/wmanit.html. Site page dedicated to great African women of power throughout history.

www.geocities.com/capitolhill/lobby/5224. This is the must see site of Alicia Banks – radical black dyke thinker.

www.gingerbeer.co.uk Lesbian guide to London

www.gaytraveling.com Good travel information. Especially for the USA

<http://dykesworld.de/Africa.html>. Site lists by sistahs for sistahs

www.kuma2.net Safe space for black lesbian erotica

CONTACTING THE BLGC

Volunteers staff the BLGC. When you call please leave a message and a telephone number on the answerphone. If you do not want to accept incoming calls, tell us when you are likely to be telephoning again and we will try and be there to answer the phone for you. The best times to call and speak to somebody are Saturday and Sunday afternoons.

You can also write to the BLGC at

BLGC
Room 113
5/5a Westminster Bridge Road
London
SE1

The nearest tube is Elephant and Castle. Take the London Road Exit to St. George's cross and turn left.

Telephone number – **0207 620 3885**

E-Mail blgc@wassup.co.uk

If you have enjoyed this newsletter and know of someone else that would like to receive it, please ask him or her to fill in the details below and post it to us

Name

Address.....

.....

.....

Telephone