

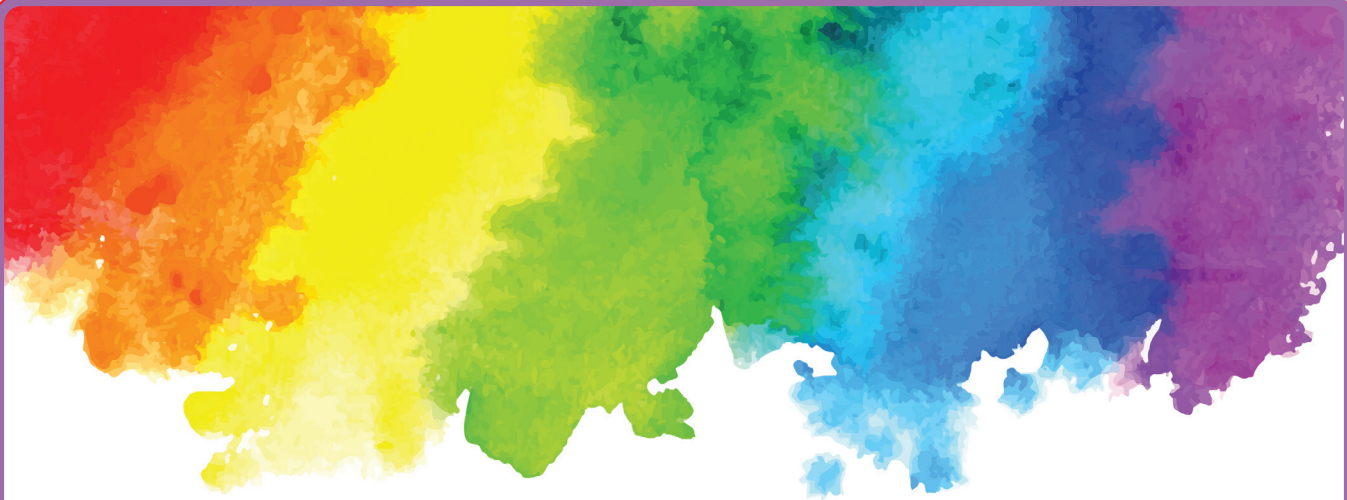
Norwich Pride Guide 2020



Let's turn
Norwich
into a
Rainbow



Souvenir
edition



Unite
supports

Norwich Pride


Saturday 25th July 2020



Supported by Unite Norwich Medical Branch

www.unitetheunion.org





PRIDE CONTENTS

THIS YEAR THE PRIDE GUIDE IS PACKED IT FULL OF
INFORMATION ABOUT WHAT'S HAPPENING ON PRIDE DAY,
INTERESTING ARTICLES AND LOTS OF DETAILS
ABOUT SUPPORT AND SOCIAL GROUPS.



Page 3 – A message from Jo Caulfield - Chair of Norwich Pride 2020.

Page 5 – The Norwich Pride Pledge – Businesses, Organisations and Groups have been signing up to the Norwich Pride Pledge all year, read what they have pledged to do for the LGBT+ community.

Page 7 – The Opening Speech from The Lord Mayor of Norwich – Councillor Vaughan Thomas

Page 9 – What is the Progress Pride Flag? – Learn the meaning of the Progress Flag.

Page 10 – What Pride Means to Me – Francis Chennell, Chair of Opening Doors tells us what Pride means to him.

Page 11 – Race Awareness Training – Jo Ogogo from Face Value Training tells us about her work.

Pages 12 & 13 – The Norfolk LGBT+ Project – Read about what this organisation does to help LGBT+ people in Norfolk.

Page 14 – Honouring Marsha – Charlie Caine, Musical Director for Sing with Pride talks about the legacy of Marsha P Johnson.

Pages 15, 16 & 17 – Local and National **Gender Support** Services and Local **Health and Wellbeing** Groups and **National Helplines**.

Pages 18 & 19 – Mental Health in the LGBT+ Community – Michelle Savage, LGBTQ+ Manager at Norfolk & Waveney Mind talks about how our mental health can be affected by society.

Pages 20 & 21 – The 25th July – Everything you need to know about what's happening on Pride Day!

Pages 22 & 23 – Question Time – Meet the panel for our Question Time event.

Pages 24 & 25 – Justin Fashanu and Proud Canaries – The enduring legacy of Justin, and the LGBT+ NCFC fan group.

Pages 26 & 27 – Local **Pubs and Clubs** and Local **Sports and Social** Groups.

Page 29 – Proud of Our History – Stevie Savage, Norwich Pride Historian talks about the Norwich Pride Patchwork Quilt.

Page 30 – Would You Like to Be Part of Pride? – How to get involved in making Pride happen.

Page 30 – Access to Pride – We are passionate about ensuring our Pride is completely inclusive, this year it has meant something different.

Page 31 – The Road to Pride Podcasts – Read about the podcasts hosted by Jo and Julie, and how to listen to them.

Pages 36 & 37 – Local and National **LGBT+ Religious and Faith** Groups and other **National and International Organisations**.

Pages 39 & 40 – A Photo History of Previous Norwich Prides.

Pages 42 – 45 – Your memories from Virtual Pride 2020.

Back Cover – Brilliant illustrations created by illustrator **Nic Gordon**.





Exercising People In Communities

NORFOLK

A not-for-profit organisation making
communities in Norfolk healthier and happier

Organised events to support and fund raise
for Norwich Pride and other LGBT+ charities



Inclusive activity sessions for
people with physical and learning
disabilities

Intergenerational sports sessions
between children and older people



Friendly sports competitions to
improve workplace health

www.epicnorfolk.com

A message from Jo Caulfield

Chair of Norwich Pride 2020

Black lesbian feminist activist poet and author Audre Lorde dedicated her life to confronting racism, sexism, homophobia, and classism. In the late eighties, while she was battling cancer she wrote: "Sometimes we are blessed with being able to choose the time, and the arena, and the manner of our revolution, but more usually we must do battle where we are standing". As is so often the case with Lorde's work, her words not only speak to her moment in time, but also to ours.

Racism is a battle where we are standing. This year, the Black Lives Matter movement is showing all of us that ending racism is our responsibility. Both collectively and personally, we must face up to and overturn racist oppression and white supremacy, and to create change. For those of us who are white, we must acknowledge that we benefit from societal attitudes that mean we are not discriminated against because of the colour of our skin, and crucially, we must use this position of power to take actions to end racial inequalities.

LGBT+ spaces are not immune from racism. Recent research by Stonewall found that 51% of Black, Asian, and minority ethnic people have experienced racism within the LGBT+ community. The real figure is likely to be much higher. At Norwich Pride, we know we have more to do for LGBT+ people of colour, both within our own organisation and within our wider community. We are committed to working with local anti-racism groups, under the umbrella of Norwich Supports Black Lives Matter, to support their wide-ranging and brilliantly organised anti-racism work. Looking at our own structures, we want to better represent LGBT+ people of colour within Norwich Pride, and to work to address racism within the LGBT+ community.

The very existence of our Pride event is thanks to the LGBT+ activists who fought before us. Trans and gender non-conforming people of colour such as Marsha P. Johnson, Sylvia Rivera, Miss Major, and Stormé DeLaverie - names once erased from our movement's history, now rightly seen as foundational to the rights we all enjoy today. Sadly, the discrimination they faced is not a relic of their era.



Last year in the UK, hate crimes recorded against trans people increased by 81%. Transphobia is commonplace in the press, frequently underpinned by high profile celebrities using their platform to undermine the painstaking progress that has been made for trans rights, healthcare, and access to gender-appropriate facilities and services. At the time of writing, our government has hinted that rollbacks of these already limited rights are under threat, and Norwich Pride will do all we can to use our platform to lobby against any changes to trans rights, and to push for better.

As a small move towards change, this year we are formally adopting the Progress Flag as our symbol of the LGBT+ community. To understand the meaning of the Progress Flag read page 9 of this guide.

Finally, Norwich Pride is run entirely by volunteers and I want to thank everyone who has contributed their time and energy this year. Moving our event online has not been without challenges, and I am so proud of the team for pulling together and making Virtual Norwich Pride 2020 happen. They really have worked incredibly hard, while juggling so many other responsibilities. Norwich Pride is a manifestation of the incredible and varied talents of LGBT+ people.

As a queer community we have achieved so much, and we have so much more to do. To LGBT+ people reading this, I hope Virtual Norwich Pride 2020 offers you a chance to fill yourself with pride at the remarkable person you are. Our world is made more perfect because you are in it.

With love, Jo



**IT'S TIME
TO TEST**



#timetotest

**TESTING FOR
HIV is...**



**Free
Easy
Confidential**

**Terrence
HIGGINS
TRUST**



**ORDER A NORFOLK
HIV SELF TEST KIT
TODAY**



**READ YOUR OWN RESULTS
IN MINUTES**

**IT'S EASY
VISIT**

<https://test.tht.org.uk/>

iCASH
Norfolk

M		R	E	
S	P	A		E
M		K		S
S		N	S	E

Get some space in your life.

**THE BIG
YELLOW
SELF
STORAGE**
COMPANY

The Norwich Pride Pledge

At the start of 2020 Norwich Pride created our 'Pride Pledge' which we ask all businesses, organisations, and groups in Norwich to sign.

We passionately believe in the pledge, as to truly enable all LGBT+ people to live and work in our city with pride every day it takes more than advertising and rainbow flags once a year. The Pledge is a statement outlining what we think it takes for a business, organisation, or group to be an LGBT+ ally

As an Official Supporter of Norwich Pride 2020 we Pledge our Business, organisation or group will Be a safe, welcoming, and friendly Place for LGBT+ Customers and Staff. We will visibly support and promote equality for LGBT+ People, Challenge homophobic and transphobic Behaviour, and have Clear reporting mechanisms for harassment and discrimination. We will ensure our staff are trained to understand the experiences of LGBT+ People and how to Be a Proactive ally.

We have had a great response to our pledge, and lots of businesses, organisations and groups have enthusiastically adopted it. One of the first to sign was Norfolk County Council.

The Leader of Norfolk County Council, Andrew Proctor, and Councillor Margaret Dewsbury, Norfolk County Council's Cabinet Member for Communities and Partnerships signed the Pride Pledge in February.

Cllr Margaret Dewsbury said "We have absolutely no hesitation in signing the Norwich Pride Pledge: the work of Norwich Pride is vital, and we are proud to be their supporter and ally. We at the County Council can take a leading role in ensuring our county is a safe, welcoming and friendly place for LGBT+ residents to live and work and, as a major employer, are working hard to ensure we offer a supportive, understanding environment for our LGBT+ staff and recognise the contribution they make to Norfolk.





LUNA GLASSWORKS

STAINED GLASS & LEADED LIGHTS



lunaglassworks.co.uk



[luna.glassworksUK](https://www.facebook.com/luna.glassworksUK)



[luna.glassworks](https://www.instagram.com/luna.glassworks)

NIC GORDON
DIGITAL ARTIST & ILLUSTRATOR

✉ gordonic@outlook.com
🌐 gordonic.com
📷 [@gordonic](https://www.instagram.com/gordonic)





We thank the Lord Mayor of Norwich, Councillor Vaughan Thomas for giving a speech to all of Norwich to Open our Virtual Pride 2020, you can watch it online, from our website, and read it here:

'Nobody would have guessed last July when 10,000 people gathered in the city for the glorious Norwich Pride march, that 12 months later we would be coming together virtually for Norwich Pride 2020. Nor that, because of the Covid-19 pandemic, I would still be mayor!

I am extremely proud to be the first mayor to speak at two Norwich Prides and it is glorious to see the rainbow flag flying across the city again, in people's homes, workplaces and on civic buildings. The Norwich Pride celebrations are now a vital part of our city's identity and calendar. Norwich Pride comes from the LGBT+ community for everyone.

At a time when we are acutely aware of the terrible impact that racism has on black people, Norwich Pride is a reminder of the importance of allies coming out - just as we come out on Pride Day to say that as a city we will not tolerate homophobia or transphobia, we are also a city that is committed to being anti-racist.

Whilst we cannot gather today in huge crowds to celebrate living in our beautiful, diverse city, we can still connect with one another and we can make the point - Norwich is a city where everyone can feel safe and proud to be themselves.'

We also thank the wonderful, bellowing Watton Town Crier Mike Wabe for his adrenaline pumped Cry 'Oh Gay, Oh Gay!' The day would not be the same without him! Watch his message to Norwich Pride online too.

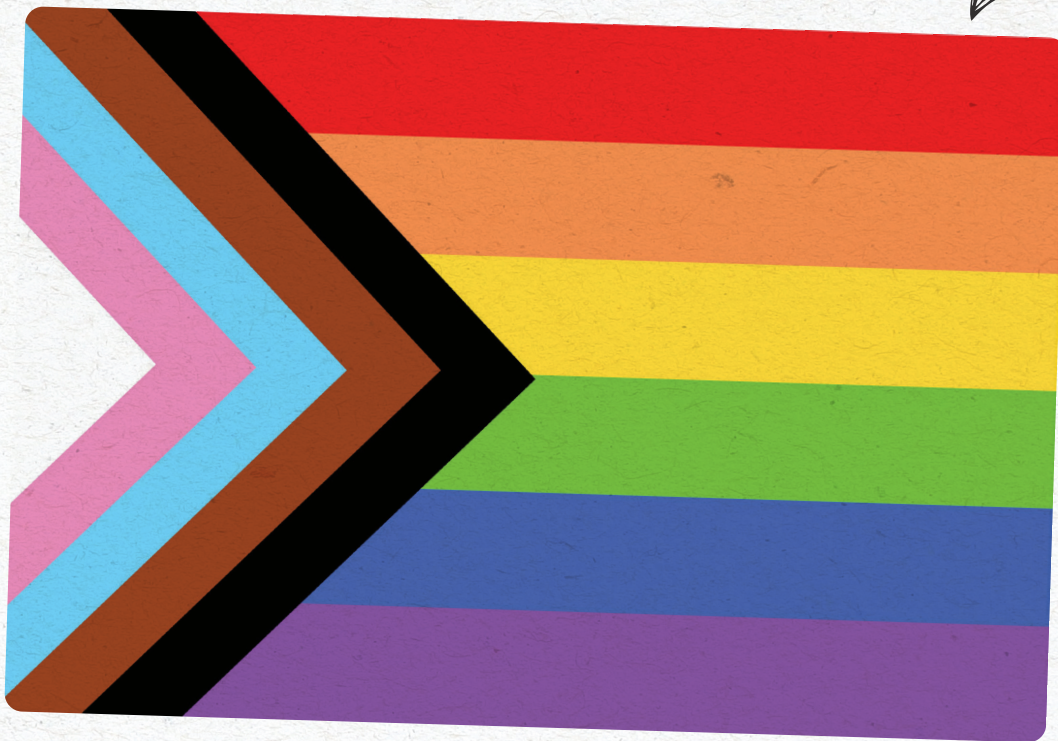
Oh gay, Oh gay Oooooh gaay



Sophie Cane
MA Communication Design,
Norwich University of the Arts



What is the Progress Pride Flag?



The Progress Pride Flag was designed in 2018 by Daniel Quasar. The flag incorporates the colours and meanings of the widely adopted six colour, 1979 version of the pride flag designed by artist Gilbert Baker. It adds a chevron arrow element on the left side which features black, brown, light blue, pink, and white stripes. These stripes represent marginalised BAME (Black, Asian, and Minority Ethnic) people, and Trans people, and those living with HIV and AIDS, including those who have been lost. The arrow points to the right to show the forward movement of LGBT+ rights but being placed on the left indicates progress still needs to be made before we have full equality.

RED = LIFE

ORANGE = HEALING

YELLOW = SUN

GREEN = NATURE

ROYAL BLUE = HARMONY

VIOLET = SPIRIT

WHITE/PINK/LIGHT BLUE = TRANS PEOPLE

BROWN/BLACK = PEOPLE OF COLOUR

BLACK = PEOPLE WITH HIV/AIDS



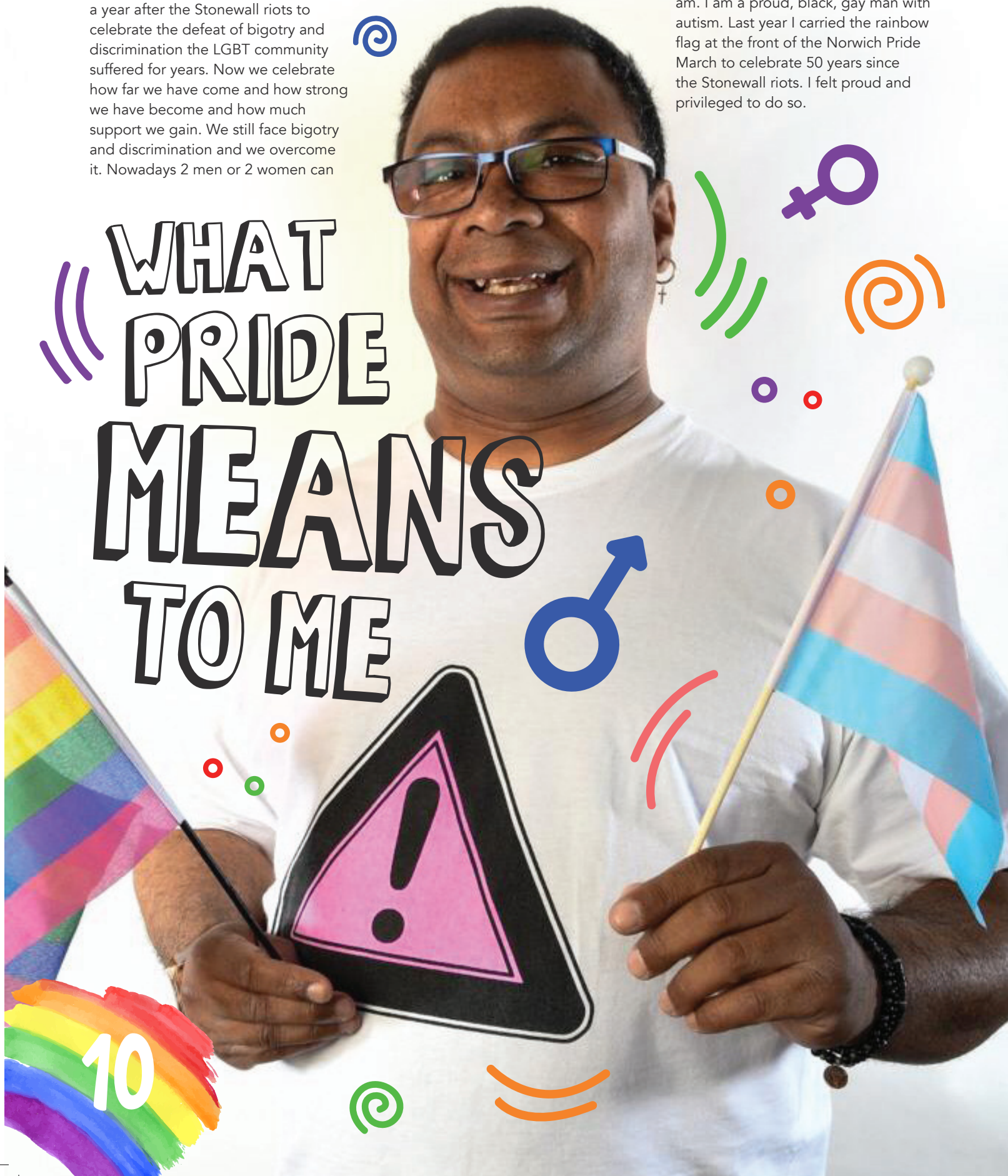
Francis Chennell, Norwich Pride Access Champion for people with disabilities, and Chair of Opening Doors explains what Pride means to him...

I've thought long and hard about the Pride movement and what it means to me. Pride was formed in New York a year after the Stonewall riots to celebrate the defeat of bigotry and discrimination the LGBT community suffered for years. Now we celebrate how far we have come and how strong we have become and how much support we gain. We still face bigotry and discrimination and we overcome it. Nowadays 2 men or 2 women can

hold hands in the street, kiss in public and no one bats an eyelid. Same sex couples can now get married in the UK, famous young people who are LGBT are loved and are popular like Olly Alexander from Years and Years. More young people are identifying themselves as LGBT and being

open about it. Pride is where the LGBT community comes together for a fun colourful day out and enjoy themselves. Straight LGBT allies come along and bring their children to learn acceptance. It's also a statement: this is me - I'm gay, lesbian, bisexual or transgender and I'm proud of who I am. I am a proud, black, gay man with autism. Last year I carried the rainbow flag at the front of the Norwich Pride March to celebrate 50 years since the Stonewall riots. I felt proud and privileged to do so.

WHAT PRIDE MEANS TO ME



race awareness training

Face Value Training encourages and enables participants to take safe and constructive action against racism.

We create a safe environment where participants can explore and question racist and offensive words and actions. The training covers interpersonal racism and how this can affect cohesion in a community, business, or organisation.

Our training addresses some of the key challenges to bystander action by exploring the complexity and ambiguity of everyday racism as well as how to overcome personal barriers that can make challenging racism difficult.

Training activities are based on experiential learning and participation in open and honest discussion and group learning.

Our approach allows participants to put themselves in realistic situations, giving the opportunity to experience and overcome the barriers to safe, effective and constructive intervention and to learn the language and tools of effective anti-discriminating practice.

We can offer these training sessions either face to face or online. Contact facevaluetraining@yahoo.com to book a session



BUILDING AWARENESS, EMPOWERING CHANGE
RACISM AWARENESS TRAINING

Jo Ogogo 07851080947
facevaluetraining@yahoo.com

11

LGBT+ Inclusivity in the Workplace



Make sure your workplace stands out and proud as LGBT+ inclusive. .

TRAIN YOUR STAFF IN LGBT+ AWARENESS.

Training is empowering and draws attention to new perspectives. It makes sure your inclusivity spreads throughout your workplace!



RECEIVE FEEDBACK

Ask the people who know your workplace best for anonymous feedback on how they think you're doing regarding equality and diversity so you know what you are doing well and where to invest in improving.



INCREASE VISIBILITY IN THE WORKPLACE.

Hang up signposting posters to LGBT+ services and use your social media to include positive LGBT+ representation. Make your inclusivity seen.



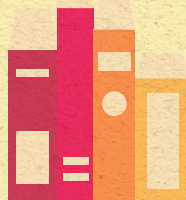
GET INVOLVED WITH THE COMMUNITY.

Celebrate Pride, IDAHOBIT, National LGBT+ History month, National Coming Out Day and Transgender day of remembrance visibly in your place of work. Use these times to draw attention to and support a variety of LGBT+ community organisations and events.



STOCK UP ON RESOURCES.

Make sure you have accessible guides for staff and service users that explain important topics like where to seek support in LGBT+ friendly terms.



REVIEW YOUR EQUALITIES POLICY.

Is it easy to find? Does it have a clear message for LGBT+ inclusivity? Would you benefit from a specific policy for transgender staff and service users?



JOIN US AND EARN YOUR AWARD!

With our new award scheme, Pride in the Workplace, we will work with you for a year to make sure you have everything you need to support LGBT+ individuals inside and outside the workplace.

We are committed to making a difference in our local community and want to share what we know with you.

For more information contact: info@norfolklgbtproject.org.uk



NORFOLK
LGBT+
PROJECT
SUPPORT INFORMATION ADVICE

www.norfolklgbtproject.org.uk

Norfolk LGBT+ Project is the county's only health and wellbeing charity, providing support to LGBT+ individuals of all age as well as those questioning their sexuality or gender identity, we also provide support to family members. We tailor the support to the needs of the individual and work in partnership with other relevant organisations. Due to the current situation re COVID-19, all our drop-in groups have been suspended, but we continue to provide email, phone and online support with our hours been extended to 9am-9pm. With thanks to The Lottery Community Fund, we are now able to provide a low-cost counselling service, for more information on this service please email counselling@norfolklgbtproject.org.uk

Amongst our services are LGBT+ Awareness Training for professionals, LGBT+ Inclusivity Workplace Award for businesses and organisations and our Educating with Pride school service, creating a safe LGBT+ inclusive environment by offering a bespoke package tailored to suit the needs of your place of education.



Whether it is support or advice that you are looking for or wishing to access our training or education service please email us at info@norfolklgbtproject.org.uk, we looking forward to hearing from you.

Our aim is to fulfil our new stated ambition - Making a difference together.
www.norfolklgbtproject.org.uk Registered Charity no 1129770



Honouring Marsha



According to Marsha P Johnson - the P in her name stood for 'pay it no mind'. She said it referred to her gender – in the 1960s, a time where there were far fewer ways to break free of the gender binary than now, she wanted people to 'pay it no mind'.

Today, you are most likely to hear that Marsha "threw the first brick" at the Stonewall Uprising - Marsha herself denied this rumour all her life, but the truth is she did so much more than that - an uprising is not just one person throwing a brick - the events that took place in the early hours of June 28th, 1969 at the Stonewall Inn, New York was the start of a mass rebellion from LGBT+ people angry and exhausted from constant violence, police harassment and discrimination. The uprising was at its most intense for the first three days but continued through a series of spontaneous protests and marches for days afterwards. The Stonewall Uprising is now internationally recognised as a watershed moment in the fight for LGBT+ rights around the world.

Marsha was at the centre of the Stonewall Uprising, along with her friend Sylvia Rivera - but her legacy, her legend and her activism has endured for years.

Known both as 'Mother' and 'The Saint of Christopher Street' thanks to her kindness and generosity, with Sylvia she formed Street Transvestite Action Revolutionaries (STAR) - homeless sex workers themselves, they provided

support to homeless LGBT+ youths and other sex workers. They demanded a right to self-determination and an end to harassment and job discrimination. Marsha dedicated much of her life to helping others.

Marsha died in 1992, at the time the police recorded her death as suicide, but her friends argued against this, stating she was not suicidal, and that evidence of a violent death was deliberately being ignored.

In 2019 New York City Hall announced its plans to erect a statue in memory of Marsha and Sylvia. Finally, two people who gave so much to the gay liberation movement will be given the recognition they deserve, which will be the first public monument honouring trans women in the world.

Written by Charlie Caine



Artist: Rachel Collier-Wilson - IG @rachelmcw



Charlie Caine

Gender Support

Local
and
National

Evolve

01603 766994

www.map.uk.net/get-help/groups/evolve/JenAlexander@MAP.uk.net

Monthly group sessions for 11-25 year olds who are transgender, intersex, genderqueer and gender-questioning young people. A safe space for young people to meet and discuss trans issues and also to just hang out in a trans friendly environment.

FTM Norfolk

www.norfolkproject.co.uk/services/ftm-norfolk/ reid@norfolkproject.org.uk

For those who were assigned female at birth and identify as male, FTM, genderqueer or who are questioning their gender identity.

Non-Binary East Anglia

www.facebook.com/pg/nonbinaryeastanglia/

Supportive of non-binary identities in East Anglia, anyone who feels or expresses themselves as anything other than 100% fe/male, a mix of both/neither

Norfolk Trans Forum

www.norfolkproject.co.uk/services/norfolk-trans-forum/ trans@norfolkproject.org.uk

For male to female trans people and those questioning their gender identity, aged 25+

Norfolk Trans SOFA

www.facebook.com/groups/Norfolk.trans.sofa/

A place for support, discussion, questions and confidential sharing for the Significant Others, Friends and Family, Allies, of Trans & Gender Variant people. Meets last Tuesday of every month in Norwich.

Oasis Norfolk

oasisnorfolk.com

A self-help and support group for trans people and their partners, family and friends. Barbara Ross OBE founded the Oasis group to provide a unique quality of advice and support for trans people in Norfolk.

Cliniq

www.cliniq.org.uk

Trans and non-binary People's Holistic Wellbeing and Sexual Health Services. Available on Tuesdays between 4pm to 7pm at King's College Hospital, closest station Denmark Hill, London. Also provides counselling and wellbeing services at our centre near St Pancras station.

Gendered Intelligence

www.genderedintelligence.co.uk

Mission is to increase understanding of gender diversity; vision is of a world where people are no longer constrained by narrow perceptions and expectations of gender, and where diverse gender expressions are visible and valued.

Gires

www.gires.org.uk

GIRES stands for Gender Identity Research & Education Society, a UK

wide organisation whose purpose is to improve the lives of trans and gender non-conforming people of all ages, including those who are non-binary and non-gender. Also delivers training, e-learning and information to public and private sector organisations.

Mermaids

www.mermaidsuk.org.uk

Helping gender-diverse kids, young people and their families since 1995. Empowering thousands of people with its secure online communities, local community groups, helpline services, web resources, events and residential weekends.

Mindline Trans+ Helpline

0300 330 5468 (Mondays and Fridays from 8pm to midnight)

www.bristolmind.org.uk/help-and-counselling/mindline-transplus/

A national helpline, you can call from anywhere in the UK. The MindLine Trans+ provides a safe place to talk about your feelings confidentially. Volunteers with lived experience of Trans+ or are Allies responding to your calls as often as possible.



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Local Health and Wellbeing groups

Norfolk LGBT+ Project

01603 219299

www.norfolklgbtproject.co.uk

A charity providing support that is relevant to the health and wellbeing needs of the LGBT+ community in Norfolk and Waveney. Services include:

- **BLAH LGBT+** Youth Group for young LGBT+ people and those questioning their sexuality and gender identity aged 25yrs and under. They currently have 4 groups – Norwich, King's Lynn, Breckland (situated in Thetford) and Great Yarmouth.
- **Time Out** for gay and bisexual men and those questioning their sexuality aged 25+
- **Norfolk Trans Forum** for male to female trans people and those questioning their gender identity, aged 25+

- **Women Supporting Women** for lesbian and bisexual women and those questioning their sexuality aged 25+
- **FTM Norfolk** for those who were assigned female at birth and identify as male, FTM, genderqueer or who are questioning their gender identity
- **From Me to You** providing advice and support for families of LGBT+ individuals.

Norfolk LGBT+ Project also work with schools, and offer LGBT+ Awareness Training and will soon be starting a LGBT+ multicultural group.

Listings compiled by Norfolk & Waveney Mind.

Norfolk and Waveney Mind

www.norfolkandwaveneymind.org.uk/lgbtq Email: lgbtq@norfolkandwaveneymind.org.uk

Our one-year pilot project is exploring the mental health and wellbeing needs of local LGBTQ+ people. Includes events, workshops, and consultations, as well as opportunities for LGBTQ+ people to volunteer and help steer the project.

Terence Higgins Trust Norfolk

www.tht.org.uk/centres-and-services/norfolk

The UK's leading HIV and sexual health charity, supporting people living with HIV, amplifying their voices, and helping the people using their services to achieve good sexual health. Services include HIV testing, STI testing, sexual health information, free condoms and training courses.

Proud to support
**NORWICH PRIDE
2020**



HELPING YOU DO
amazing things
www.eastofengland.coop/community

National Helplines



Switchboard LGBT+ Helpline

0300 330 0630 (10am -10pm daily)
www.switchboard.lgbt/help

Provides an information, support, and referral service for LGBT people – and anyone considering issues around their sexuality and/or gender identity.

LGBT Foundation Helpline

0345 330 3030 (Monday to Friday 10am - 6pm) www.lgbt.foundation/helpline

Helpline Service that provides thousands of hours of advice and support to thousands of people every year, both over the phone and via email.

Mermaids Helpline

0808 801 0400 (Monday to Friday 9am – 9pm) www.mermaidsuk.org.uk/contact-us/

Mermaids provides a helpline aimed at supporting transgender youth up to and including the age of 19, their families and professionals working with them.

Mindline Trans+ Helpline

0300 330 5468 (Monday to Friday 8pm to midnight) www.bristolmind.org.uk/help-and-counselling/mindline-transplus/

A national helpline, you can call from anywhere in the UK. A safe place to talk about your feelings confidentially. Volunteers with lived experience of Trans+ or allies.

Mind Out Online Support Web

www.mindout.org.uk/get-support/mindout-online/

A national LGBTQ Mental Health Service based in Brighton. The online instant message service is confidential, non-judgemental, and anonymous, open most evenings from 5:30-7:30pm, and on Sundays from 2-4pm.

National LGBT Domestic Abuse Helpline

0800 999 5428 – Monday to Friday 10am-5pm, until 8pm on Wednesdays and Thursdays

Part of Galop, the LGBT+ anti-violence charity: www.galop.org.uk

Listings compiled by Norfolk & Waveney Mind.



Mental Health in the LGBT+ community

Every year on the 17th May we celebrate IDAHOBIT - International Day Against Homophobia, Biophobia and Transphobia. The date was chosen because it marked the anniversary of the World Health Organisations decision in 1990 (just 30 years ago) to declassify homosexuality as a mental disorder. For me, that's personal. As I say to friends "when I came out to my parents in 1989, my mum was technically correct when she thought I was going mad." It is amazing to think

that overnight millions of people were effectively cured of their mental health issue. It is also amazing to think that transgender people had to wait until 2019 for their gender identity to no longer be classified as a mental health issue too.

So it's clear that the LGBT+ community have got a long and painful history with mental health services and whilst our sexuality and gender identities are no longer a sign of madness, the statistics around mental health in the LGBT+ community are shocking. More

than 40 percent of LGBT+ people will experience a significant mental health problem, compared to around 25 percent of the whole population. Almost half (48%) of trans people in Britain have attempted suicide at least once. 62% of Black, Asian and Minority Ethnic LGBT+ people have experienced depression in the last year. Rates of depression are highest among LGBT people who have experienced a hate crime based on their sexual orientation and/or gender identity.





Graphic Recordist Rebecca Osborne created this image as a visual transcript of Norfolk and Waveney Mind's podcast 'Trans Day Of Visibility' @rebeccavosborne



Why are these stats so huge?
Living with prejudice, hatred and discrimination takes its toll on people's mental health. We are also prone to "minority stress" - a phrase coined to explain the chronic pressure that people from minorities live with every day... do I correct people if they misgender me or my partner?

Will I be treated differently if people know I am gay? How do I respond to racism from LGBT+ friends? Can I talk to a counsellor about my deepest anxieties without them thinking it is because I'm trans?

One of the biggest antidotes to minority stress is Pride itself. Norwich Pride is a day when LGBT+ people can feel truly free to be themselves, without fear or judgement or explanation - and that's why Norfolk and Waveney Mind are always part of the celebrations. Check out our LGBTQ+ page on our website for a range of resources including podcasts, films, and our acclaimed LGBTQ+ Directory of Support: www.norfolkandwaveneymind.org.uk/lgbtq





10.30 – 11.00am

Storytime with Auntie Titania the Millennium Library, A gentle start to the day. Titania Trust reads a special story for our little ones, continuing her quest to share stories that explore the themes of friendship, identity, and acceptance. Auntie T will be reading 'Julian Is A Mermaid' by Jessica Love. Why not get into fancy dress and join in from home.



11.00 – 11.10am

We Launch the day's main events, with a rousing, unmissable message from Watton's town Crier Mike Wabe, with his now infamous cry of 'Oh Gay, Oh Gay, Oh Gayyy'. We also welcome opening speeches from the Lord Mayor of Norwich, Councillor Vaughan Thomas and Jo Caulfield, Chair of Norwich Pride 2020. Read the Mayor's speech on page 7.



11.10 – 11.30am

Live Zumba warm up with Sarah and Joe Yendell's Health and Wellness Hub; get your blood pumping to a fun live Zumba dance routine. Leg warmers optional.



11.30 – 11.50am

The Natasha Curson Memorial Trans Talk – Charlie Caine discusses the importance of Marsha P Johnson and other key black trans activists, the film includes a special recording of Charlie's composition "Pay It No Mind" performed by the 'Sing with Pride' Choir. Read Charlie's article about Marsha on page 14. And watch the wonderful Marsha P Johnson virtual experience, 'Shoulders Back, Head High' on our website.



12.00 – 12.55pm

Pride Question Time Live – Get ready to send in your questions for this interesting and diverse panel of guests. Read more about them on pages 22 and 23.



Text **norwichpride**
to 70085 to give £2.00
[www.localgiving.com/
norwichpride](http://www.localgiving.com/norwichpride)

For links to
everything go to
www.norwichpride.org.uk

Pride Day

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1.00 – 1.45pm

Our Norwich Pride Virtual March – We might not be able to gather in huge crowds this year and march through the city like a rainbow river flowing through the streets, but we have collected some wonderful clips of people to create a Virtual March which is just as colourful and filled with delight.

2.00 – 3.30pm

The Pride Show LIVE, with Titania Trust – With you all afternoon, official Diva of Norfolk (and our very own Pride), the one and only Titania Trust will be hosting a fun and diverse show featuring musical performances, short films, Pride chat and know-how. The show will also feature a special Q&A with international football legend Jess Fishlock MBE who will be joining us live from Washington!

Entertainment will come from:

- Asifa Lahore, Britain's first out Muslim drag queen
- Passion Productions
- The Squirrels
- Simon Kindleysides
- Miss Dee Licious and Mindy Pendant
- Eileen Mascoll
- Ruby Violet
- Barby Wire
- And the debut performance of the young and talented Miss Frou Frou.

You can catch all the backstage gossip and keep in touch with Titania on **@TitaniaTrust**. Send in your messages and call outs to her as you watch.

3.45 – 4.00pm

The Ship We Built – Lexie Bean reads an excerpt from their novel. If the Question Time debate made you want to know more about Lexie Bean you can listen to them read from their novel *The Ship We Built* which is noted as one of the only middle school novels from the USA about a trans boy, written by one.



4.00 – 4.30pm

LaGolda: Gamechanger – The world Premiere! LaGolda is an animation series from top director George Valencia. It's based on a multicultural, mixed gender kids football team with inclusion at the heart - and an emphasis on youngsters achieving their dreams. Be the first people in the world to watch this new episode.

4.30pm

Jess Fishlock – Interview hosted by Di Cunningham of Proud Canaries.

As the Main Pride Day draws to a close don't worry, it's not all finished, the community will take over - there is loads going on in the evening, including a show from Euphoria, and a live DJ set from Fetch Night Club, making sure we can all feel part of Pride well into the night.

And when it is dark, the Castle Museum will be lit up with the Progress Flag all night!

For links to everything go to **www.norwichpride.org.uk**

Social Media

Throughout the day we want you to share how you are spending Pride Day – Whatever you post, be it your rainbow house decoration, your (socially distant) Pride Party, or you just having fun, use the hashtag **#VirtualNorwichPride** and we will like and share as many posts as we can all day.

We may not be together in the city centre, but we are together in spirit, Let's turn Norwich into a Rainbow!

Fundraising

If you are enjoying Virtual Norwich Pride remember everything we do can only happen through lots of hard work fundraising – if you would like to donate to Norwich Pride you can go to www.localgiving.com/norwichpride and search for Norwich Pride, or you can Text **norwichpride** to 70085 to give £2.00.

Out Loud

LGBT+ Stories in the Norwich Castle Collections - Saturday 25 July – end of August

Norwich Castle Museum is releasing a new summer audio series for Virtual Norwich Pride 2020, starting on the 25th.

The series will tell the queer histories of a diverse range of objects in the museum's collections,

Listen on SoundCloud: <https://soundcloud.com/norfolk-museums>

See the objects being discussed on Instagram - **@norwichcastle**

Jess Fishlock MBE

In 2017, Jess became the first Welsh player to earn 100 caps for the national team and was named Welsh Footballer of the Year in 2011, 2012, 2013, and 2014. Alongside various awards including the UEFA Women's Champions League medal, Jess is renowned as a player (including top US Women's team OL Reign) and coach for teams across the world and was awarded her MBE in 2018 for services to football and the LGBT community.





Zelly Lisanework - A British-Ethiopian writer, Performance Artist, Poet, and human rights activist.

Zelly is one of the co-founders of the House of Guramayle, an Ethiopian LGBTQ+ Human Rights organisation whose work tries to make sense of the injustices in the world whilst also celebrating the beauty to be found. Born and raised in Addis Ababa, Ethiopia she moved to the UK in 2000 and graduated with a bachelors degree in Drama from the University of Lincoln in 2011. Her work explores the depths and intersections of issues in society and their impact on everyday life through the lens of feminism, nature, identity, social justice, sexuality and mental health; featuring her own experiences of navigating spaces as an intersectional rights activist and queer woman of colour in the diaspora. Zelly has published poetry and stories, and has been invited as a performer and panellist. She has appeared on BBC television and radio, the Asmara-Addis Literary Festival, Spill Festival of Performance, Folk East Festival, Jimmy's Festival, Primadonna Festival, Suffolk Pride, Norwich Pride and London Pride.

<https://zellylisanework.wixsite.com/zellylisanework>



Lexie Bean - Queer and Trans Multimedia Artist and Writer.

A new member to the RAINN National Leadership Council and a Lambda Award Finalist. Lexie's work revolves around themes of bodies, homes, cyclical violence, and LGBTQIA+ identity. They have performed, curated, and facilitated around the world, and became a Lambda Literary Finalist for their work with the trans survivors of domestic violence and sexual assault. *The Ship We Built* is their debut novel. Noted as the only middle school grade novel in the USA centering a trans boy to be written by one. It follows themes of isolation, imagination, abuse, incarceration, and finding a place when you do not have the words for yourself.

<http://www.lexiebean.com/>



22

QUESTION
TIME

Live 12 until 12.55
on Pride day



Juliet Jacques - Writer and filmmaker, and host of the Suite (212) arts podcast.

Her most recent book is *Trans: A Memoir* (Verso, 2015). She has also contributed to volumes published by Penguin, Influx Press. Juliet writes short fiction, as well as journalism, essays and criticism on literature, film, art, music, politics, gender, sexuality, and football. Her work documenting her gender reassignment has appeared in the Guardian in a landmark series entitled *A Transgender Journey* (2010-12). Her film work includes *Approach/Withdraw*, co-directed with artist Ker Wallwork (2016), and *You Will Be Free* (2017), a documentary entitled *Revivification: Art, Activism and Politics in Ukraine* (2018), she co-wrote *NADA: Act III* with Jasmina Cibic, and acted in *Female Human Animal* (Josh Appignanesi, 2017) and the Superflux short film *Our Friends Electric* (2017). Recently Juliet taught a course on queer fiction at City Lit in London, and has also taught at the Royal College of Art, as well as giving guest lectures and workshops at Brunel, Central Saint Martin's, Studio Voltaire, Birkbeck, the University of Sussex, The American University of Central Asia (Bishkek) and elsewhere. She completed her PhD in Creative & Critical Writing at the University of Sussex in July 2019.

<https://julietjacques.com/about/>



Michael Segalov - a journalist, writer, and producer. He writes regularly for The Independent, VICE and the Guardian.

<https://michaelsegalov.com/>



Jonathan Ward - a lecturer in American literature at King's. Wrote his PhD thesis on the construction of the black male body as threat in popular culture.



Rebecca Osborne illustrates Norwich Pride Question Time – LIVE!

Artist Rebecca Osborne returns to Norwich Pride again this year. Rebecca is a Graphic Recordist and will be illustrating the Question Time panel discussion for us.

Live graphic recording is a fantastic way to simplify complex subjects and break down barriers to learning. Rebecca uses her skills, live, to capture the flavour of the discussion in an image showing the key ideas and concepts.

Her highly visual transcription will help make this part of our online event more accessible, increase engagement and create an interactive experience for us all.

It also creates a lasting reminder of the event and ensures the messages will be revisited again and again.

Watch the live question time event online, the link and details on how to submit your question is on our website.

We have five excellent guest panellists, and we have invited a speaker from UK Black Pride to take part, a place will be held for them

www.norwichpride.org.uk

Justin Fashanu was inducted into the English Football Hall of Fame on the 19th February 2020 on what would have been his 59th birthday. He was at last recognised as one of England's all-time top footballing talents. His induction came 22 years after his death, and after several groups including Norwich Pride and Proud Canaries lobbied for years for his inclusion.

Justin remains the only gay man to be out while a professional football player, and as such is very important to the LGBT+ community in the UK, not least in Norwich, where he played between 1978 and 1981, scoring the goal of the season in 1980.

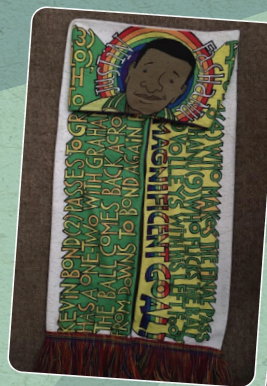
Justin's memory lives on, there have been documentaries made of his life, he was listed at number 99 in the Top 500 Lesbian and Gay Heroes in The Pink Paper. This year while football games are being played without supporters in the stands, Norwich City Football Club is honouring his memory with a fantastic design covering the empty stand, and there is serious talk of a statue at Norwich City Football Club.

Justin Fashanu



Proud Canaries

Proud Canaries is the UK's second officially recognised LGBT supporters' group in the country and was launched at the Norwich City game v Spurs in February 2014. The group is a social forum for Lesbian, Gay, Bisexual and Trans supporters of Norwich City FC but is also working with Norwich City Football Club to make Carrow Road a safe and inclusive place for everyone.



Di Cunningham of Proud Canaries gave an address at the National Football Museum on the day of Justin's induction:

'I love Justin deeply - as all Norwich fans do. He is universally revered by every Canary supporter and frankly by pretty much everyone in Norfolk. He was warm and generous and regularly supported local charities and causes. And of course, for a gay supporter Justin as the elusive out gay male player is iconic. So, I'm delighted that the NFM has awarded Justin Fashanu the accolade of a place in the Hall of Fame'.

Di's full speech can be read on the Proud
Canaries website www.proudcanaries.co.uk

For sale

To celebrate Justin's induction into the English Football Hall of Fame artist, and Proud Canary David Shenton designed fantastic fleecy scarves which have a description of the build up to Justin's famous goal from 1980. On the reverse side is the People of Colour rainbow flag with oversized Yellow and Green stripes and the Proud Canaries logo. The scarves are for sale on the Proud Canaries website, and cost £12 with £3.00 postage and packaging.

Local Pubs and Clubs

Norwich

The Castle - 1 Spitalfields, Norwich, NR1 4EY
www.thecastle-pub.com

The Catherine Wheel - 61 St Augustines St,
Norwich NR3 3BG
www.inthewheel.co.uk

Fetch - 75 Prince of Wales Road, Norwich NR1 1DG
www.fetchnorwich.com

The Loft NR1, 78-80 Rose Lane, Norwich NR1 1PT
www.loftnr1.co.uk

Lollards Pit - 69-71 Riverside Road, Norwich NR1 1TA
www.lollardspit.com

Great Yarmouth

The Dukes Head - 13 Hall Quay, Great Yarmouth NR30 1HP
www.facebook.com/DukesHeadGreatYarmouth/

Kings Wine Bar - 42 King St, Great Yarmouth NR30 2PN
www.kingswinebar.org.uk

Kings Lynn

The Hob Littleport Street, King's Lynn, Norfolk PE30 1PP
www.facebook.com/TheHob.KingsLynn/

Listings compiled by
Norfolk & Waveney Mind.



Local Sports and Social Groups

Norfolk LGBT+ MeetUp

www.meetup.com/Norfolk-LGBT-Meetup/

A very popular social group with over 900 members who aim to help LGBT+ people keep in touch with friends, make new friends, explore the area and keep active. Lots of activities and events.

Cromer Gay Community

www.facebook.com/groups/1870766656490096/

The Cromer Gay Community Facebook page is set up to bring together gay people who have a focus in and for the town.

North Norfolk Lesbians 35+

www.facebook.com/groups/1898141950479578/

A friendly place for lesbians over 35 to come and feel safe and have a chat and hopefully join us for one of our monthly get togethers!

Norwich Mature Gay Community

www.facebook.com/groups/norwichmaturegaycommunity/

A group of mature gay men, their friends and admirers who have regular informal social gatherings at Lollards Pit pub in Norwich and organise a diverse range of well attended other activities, including walks, quiz nights, and meals.

Thetford LGBT+

www.facebook.com/groups/597033837169910/

The only LGBT group for adults in Thetford aged 18+. All welcome to join, including straight friends.

Women Supporting Women

01603 219299 www.norfolklgbtproject.co.uk/services/women-supporting-women/
wsw@norfolklgbtproject.org.uk

Service for lesbian and bisexual women and those questioning their sexuality aged 25+, open to anyone who self identifies as a woman.

Gay Outdoors Club - Norfolk

www.goc.org.uk/groups/norfolk/

The Gay Outdoor Club organises events nationally through a network of groups offering a wide range of different activities. The Norfolk group generally walk on the 4th Saturday or Sunday of each month.

Ping with Pride

info@proudcanaries.co.uk

LGBT+ inclusive table tennis, coaching, practice, and fun games (and tea and biscuits). Meets at Trowse Manor Rooms on Wednesday evenings.

Proud Canaries

www.proudcanaries.co.uk. info@proudcanaries.co.uk

Official LGBT+ supporters group for Norwich City Football Club. They meet up before matches at Lollards Pit, as well as organise campaigns and events. They also have their own football team - Proud Canaries FC.

Norfolk LGBT+ MeetUp

www.meetup.com/Norfolk-LGBT-Meetup/

Lots of sporty activities and events.

Norfolk Roller Derby

www.norfolkrollerderby.co.uk/post/nrd-featured-post

LGBTQ+ inclusive - regularly support/appear at Norwich Pride.

Norfolk LGBT+ History Club

joanne.foster-murdoch@norfolk.gov.uk

Club exploring and preserving local LGBT+ history. Regular meetings, events, history walks. Works closely with the Norfolk Heritage Centre's LGBT+ archive.

Norfolk LGBT History Society

www.facebook.com/groups/lgbthm/

February is LGBT History Month. This group is a space to share events, ideas, articles, and find out all the latest local and international news on LGBTI+ issues.

Out at the Movies Norwich

www.facebook.com/groups/OutAtTheMoviesNorwich/

Facebook group to share information about LGBTQ+ movies and events at Cinema City.

Queer Art Club

www.facebook.com/groups/QueerArtClub/

Space to celebrate all things queer and arty in Norfolk, where artists can share news and talents and create a vibrant arts culture for the Norwich Pride celebrations.

Sew Gay Norwich

www.sewgaynorwich.shutterfly.com

A bunch of creative people who love to sew, knit, glue, stitch. Their current project is the Pride Patchwork - a quilt celebrating 60 years of LGBT+ history.

Sing with Pride

www.singwithpride.org.uk

info@singwithpride.org.uk

Choir from the LGBT+ community for everyone. Meets weekly on Thursdays at the Elms on Unthank Rd in Norwich. Welcomes people of all abilities: "if you love singing in the shower, you will love singing with us".

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PROUD OF OUR HISTORY

STEVIE SAVAGE, NORWICH PRIDE HISTORIAN, TALKS ABOUT THE NORWICH PRIDE PATCHWORK QUILT

For several years Sew Gay a group of LGBT+ stitchers have been making patches to compile the Norwich Pride Patchwork Quilt

The inspiration came from Lillian Dring, who in 1951 created the 'Patchwork Of The Century' for the Festival Of Britain. She gathered women with no sewing experience to produce a quilt documenting advances in women's rights over the previous 100 years.

The objective of our quilt is to bring together members of the LGBT+ community to document and commemorate some of the key events of the past 60 years of our history in textile art. Our starting place is 1960 and it finished in 2019.

We wanted to have a good representation of local, national, and international LGBT+ events and have been gathering information from the local community who have suggested events or people to be commemorated. There has been no intention to dictate what is the most important thing that happened in any year, but to encourage the LGBT+ community to come forward to make a square for a year and event that they are particularly inspired by. We will also be building a scrapbook of information, leaflets, cuttings, posters etc about both the chosen event and other important events that happened that year.

For example Harry Grace from Evolve has chosen to represent the Gender Recognition Act in 2004; the Norfolk and Norwich University Hospital have represented the start of their LGBT+ staff network in 2012; and artist Rachel Collier-Wilson made a patch to celebrate the birth of her hero Tracy Chapman in 1964.

The patchwork is almost finished but there are still a few gaps. Could you be inspired? If so please email Stevie, the Norwich Pride historian at history@norwichpride.org.uk. We hope to display the quilt in a prominent place in Norwich during Virtual Pride week.





Would you like to be a part of Norwich Pride?

Did you know **everyone** who works on making Norwich Pride happen is a volunteer? It takes a team of around 150 volunteer 'Pride Makers' to organise the day, work on the website, steward the parade, run the shops, manage the stages, look after Pride goers, make Pride accessible, take photographs and to shout about it on social media.

We welcome new people who want to join us in making Norwich Pride the best it can be, and who can agree to our core values, which you can read on our website.

Volunteering is also a great way to give something back to the LGBT+ community. But do not just take it from us. This is what volunteers have said about helping with Norwich Pride -

"Being a volunteer at Norwich Pride was such an awesome experience. It was just delightful to see so many happy smiling faces full of joy. People of all ages brimming with pride. If only you could bottle that!"

"Wonderful, colourful, happy, fun and friendly atmosphere. Really enjoyable day and new friends made."

"As someone that is quite new to Pride celebrations (my first parade was in 2018), I was scared the first time I attended. I wasn't out to my parents yet and was terrified that they'd

somehow find out. The whole bus ride there I was contemplating just going home, giving up on attending. But once I got there, it was the happiest I had felt in a while. I finally felt like I belonged".

"I chose to volunteer this year so I could make a difference for someone else. So I can make them forget about their home life, make them feel like they belong.

Going to Pride made me accept that I am who I am and there's no changing that."

"For me it's a feeling of purpose, inclusion and euphoria. To share this wonderful experience of unity."

"The joy of being a volunteer is the friends you make on that day. Seeing the younger people now not afraid to be who they are, having people both young and old visit the stall, and youngsters who bring parents along."

"Pride feels a safe place for me as a person with learning disabilities. I don't go out much and the biggest place I go to is Pride. I find it inclusive and a really happy place to be. I read our poetry for Pride so it's nice to get other peoples; views across from a learning disabilities perspective. I want to share their stories. I love it!"

If you are interested in volunteering at Norwich Pride, please complete the application form on our website, or email: volunteer@norwichpride.org.uk

Access to Pride

Usually at this point in the Pride Guide we tell you all about the accessible viewpoints at the stage and on the March; the Quiet Spaces where you can relax and take time out, the accessible toilets and changing spaces. These are things we haven't had to arrange for Virtual Norwich Pride but that doesn't mean we haven't had to work hard to make it as accessible as possible.

One of the things we've concentrated on is making information easy to understand. We have provided Easy Read information to engage people with learning disabilities in the process; as well as an audio version of the Pride Guide. We are endeavouring to get films signed and subtitled and where that's not possible we've provided audio transcripts.

One of the exciting things about Virtual Norwich Pride is that we can potentially reach more disabled and isolated people than ever before. Those who found it hard to make it into the city centre or be in a large crowd, can now participate fully from their own home. We're learning a lot about how to reach people and we will not forget the learning. Enjoy Virtual Norwich Pride and if you'd like to meet others with access needs why not join our Norwich Pride Access Group on Facebook.



THE ROAD TO PRIDE PODCASTS!



We have recently launched The Road to Pride Podcast series, Jo and Julie from Norwich Pride talk with LGBT+ people about issues that matter to our community and discuss what Pride means to them.



Episode One – You Gotta Have Faith is all about being LGBT+ and belonging to a faith community. The episode features Asifa Lahore (left) - Britain's first out Muslim drag queen, and Rev. Graham Kirk-Spriggs (right), a Church of England Priest based in Norwich. They discuss how they have dealt with issues of homophobia and transphobia in religious communities and offered very honest reflections on their own relationship with their faith and how it has shaped their experience of the world.

Episode Two – The Fight for Trans Rights, we take a deep dive into this crucial issue, talking to local trans and non-binary activists Cleo and Rhy (left), and Professor Alison Phipps (right) – Professor of Gender Studies at Sussex University. Through their intelligent and in-depth analysis of how transphobia plays out in 2020 and sharing their personal experience of addressing it in academia, they offer strong arguments for how we can make the world a better place for trans people.



Episode Three – Schools' Pride, is a special edition recorded as part of Norwich Pride's Schools' Pride Week (13-17th July 2020), featuring Elly Barnes MBE (left), CEO and Founder of charity Educate and Celebrate, and Nick O'Brien (right), Assistant Headteacher and Trustee of Norwich Pride. Drawing on their extensive experience in working to make schools more LGBT+ friendly environments, Elly and Nick talk about queering the curriculum, how to address bullying, what parents can do if they think their school should be doing more, and they shared brilliant examples of where they've seen schools get it right.

Episode four – What's Queer About Dolly Parton? Is all about looking at the work of Dolly Parton, and country music more generally, from a queer perspective. James Barker (below), PhD student at Newcastle University (and former Norwich resident!) gives us an interesting look at how LGBT+ people can see themselves reflected in country music, its culture, and in Dolly Parton's work. James discusses how country music is often seen as homophobic, but that this is not always the case, and how issues of class and race play out in the way country music is perceived.

In future episodes we'll be covering LGBT+ mental health, LGBT+ activism, Black Lives Matter, what drag means to our community and so much more.

You can find The Road to Pride by searching on Spotify, Apple or Google Podcasts, most other podcast providers, or by heading to our Simplecast site: road-to-pride.simplecast.com





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Girls can BE PROUD

Girlguiding Anglia is very proud to support its LGBTQ+ members at Norwich Virtual Pride events and due to the Covid 19 situation we are very sad that we won't be able to see you all face to face this year.

We want you to know that we are still celebrating Pride and the brilliant contributions of all our LGBTQ+ members. We also want to reinforce that at Girlguiding we are fair, open and inclusive.

We welcome members and supporters irrespective of their faith, race, culture, nationality, sexual orientation or gender identity.

If you would like to find out more about Girlguiding please check out our website at girlguiding-anglia.org.uk



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Girlguiding Anglia



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Local and National LGBT+ Religious and faith groups



Created

www.created.org.uk

For LGBT+ affirming Christians in the Norwich and Norfolk area. A meeting place for to connect, gather together and share experiences; a place of acceptance and a space of encouragement.

Octagon Unitarian Chapel

www.octagonunitarianchapel928549612.wordpress.com/lgbt/

A welcoming community of open hearts and minds who seek meaning, nourish the spirit and engage with our diverse and changing world. Hosts a monthly LGBTQ+ Coffee and Cake event. Come and enjoy a cuppa and a piece of cake, stay as long as you wish.

St John's Timberhill

www.stjohnstimberhill.org

Church of England, Church Family of all ages and backgrounds. The AIDS Remembrance Book for the Diocese is held here and each year they host the World AIDS Day service on 1st December. They have also organised an annual LGBTQ+ Carol Service for over 20 years.

- Christians at Pride www.christiansatpride.com
- Galva supports LGBTI Vaishnavas and Hindus: www.galva108.org
- Imaan is the UK's leading LGBTQ Muslim Charity: www.imaanlondon.wordpress.com
- KeshetUK is for Jewish LGBT+ people and their families: www.keshetuk.org
- Quest provides pastoral support to LGBT+ Catholics: www.questlgbti.uk
- Sarbat addresses LGBT issues from a Sikh perspective: www.sarbat.net
- LGBT Humanists www.humanism.org.uk/community/lgbt-humanists/

rainbow badges



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All profits go to Norwich Pride

www.facebook.com/rainbowbadges
www.numonday.com/shop/rainbow-badges

Agrespect

www.agrespect.com

Promoting and supporting diversity in the countryside. There are thousands of LGBTQ+ people in the countryside. Agrespect wants to unite them, celebrate them, and encourage inclusiveness in rural communities.

A-Sexual Visibility and Education Network

www.asexuality.org

The world's largest online asexual community as well as a large archive of resources on asexuality.

Bi Community News

www.bicommunitynews.co.uk

Bi-monthly bisexual magazine. Lots of information and resources on the website.

Black Pride

www.ukblackpride.org.uk

UK Black Pride is Europe's largest celebration for LGBTQ people of African, Asian, Caribbean, Middle Eastern and Latin American descent.

Galop

www.galop.org.uk

Galop is the UK's only specialist LGBT+ anti-violence charity. Mission is to make life just, fair and safe for LGBT+ people. Provides advice, support and advocacy to people who have experienced hate crime, domestic abuse and sexual violence.

Intersex UK

www.facebook.com/intersexuk/

Intersex UK works to protect the bodily autonomy of intersex children, teens, and adolescents through government lobbying and educational outreach in the UK and Ireland.

National and International organisations

Opening Doors London

www.openingdoorslondon.org.uk

Helping LGBT+ over 50 to live happy, sociable, and independent lives. Runs groups, activities, befriending, telefriending and training.

Pink Therapy

www.pinktherapy.com

The UK's largest independent therapy organisation working with gender and sexual diversity clients. They have an online directory of therapists who work with gender and sexual diversity clients from an affirmative standpoint across the UK.

Regard

www.regard.org.uk

National organisation of LGBTQ people who self-identify as disabled. Follows the Social Model of Disability - a way of thinking about disability that says it is society that needs to change by

removing the barriers that deny us inclusion and equal rights. Provides information, advice, and support; raises awareness and campaigns; aims to combat social isolation. In terms of local support for LGBTQ+ disabled people, Norwich Pride's Access Group is a space where people can share ideas and news, ask questions and plan their Pride day: www.facebook.com/groups/NorwichPrideAccessGroup/

Stonewall

www.stonewall.org.uk

Stonewall campaigns for the equality of lesbian, gay, bi and trans people across Britain. They have got lots of very useful research and resources on their website.

UK Lesbian and Gay Immigration Group

www.uklgig.org.uk

UKLGIG supports lesbian, gay, bisexual, trans, queer or intersex (LGBTQI+) people through the asylum and immigration system.

Listings compiled by Norfolk & Waveney Mind.







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norfolk.police.uk/join-us.

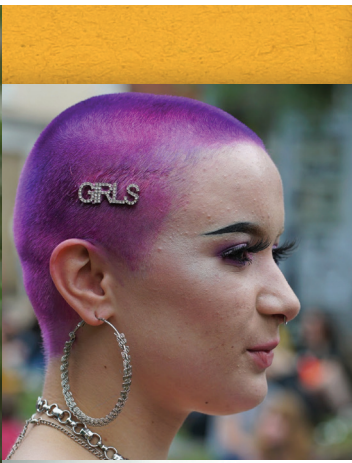


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Happy Pride





Happy Pride continued



Thanks to all the Pride Photographers who shared their talents so generously with us



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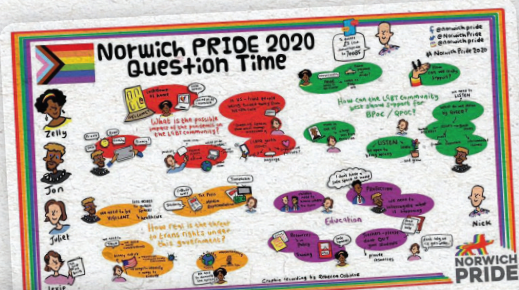


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**Virtual
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The Inspiration Trust wishes everyone a happy Pride!

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- MICAH
BAZANT

