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Come down to the Royal Arcade and choose your favourite set of wings. Share your selfie on Facebook and Instagram for a chance to win a bespoke jewellery voucher!

Must hashtag #ShowYourWings and tag @sonkaijewellers to enter

We will pick our favourite photo and announce the winner on 2nd August 2021, who will be contacted by @sonkaijewellers via DM. Voucher value of £200 can be used against any item or service at Sonkai Jewellers - this cannot be cashed out or refunded.



🗣 9 Royal Arcade, Norwich, NR2 1NQ 📞 01603 625533 🔀 mail@sonkai.co.uk





the Salge from Joe Ballard Chair of Norwich Pride 2021

Pride means different things to different people.

It's not about abbreviations or group of letters, which app you use or who features the most on your playlist. Pride reminds us and shows the world that we all have far more in common than any differences that may divide us.

Pride helps us remember the achievements of the past, the sense of togetherness we have today and that there is still more to do for the future with our endeavours for equality and attitude change across the world. It brings the message home when there are still 69 countries where it is illegal to be gay and even in the first half of this year, different states of the USA passed over 100 new bills that restricted the rights of trans people – all whilst trans people are still be targeted and killed on the streets across the world.

The Government here in the UK recently admitted they had scrapped all plans for

the LGBT Action Plan, which included reforming systems of the NHS for the better, ensuring children and young people felt supported in schools and education, revised approaches to reporting and responding to hate crimes, developing the gender recognition act and a commitment by the Government to act on new learnings about those who identify as non-binary or intersex. The Government has also kept stalling on the many calls to ban conversion therapy whilst advancing their own views of 'free speech' in defence of hate speech across university campuses.

These are all reasons why we still march, and why we still have Pride. Pride is a movement, and it will keep moving until everyone - no matter where they are feels safe and supported both under the law, its systems and society's attitudes. Amongst the cake, cocktails and glitter, Pride is definitely still all about politics!

From politics to pencils - we're very proud of our Pride School's Week campaign, with so many different schools and colleges taking part. Schools are still crawling out from the shadow of Section 28 and we all sincerely thank the individual teachers who work on, support and share Pride with their pupils.

I'd like to thank all our allies and supporters, and the hardworking team behind this year's Pride. In whatever way you choose to celebrate or take part in our special Pride this year, you are ensuring the spirit of Pride carries on in the most individual ways - as individual and unique as you are.

Yours in Pride,

About Norwich Pride

The first Norwich Pride took place in 2009 and has grown and grown each year. It is run by volunteers and relies on the support of the community to make it happen.

www.norwichpride.org.uk

On all the socials: @norwichpride Email: info@norwichpride.org.uk

Registered office address: 10 Cathedral Street, Norwich, NR1 12LX.

Norwich Pride is a Charitable Incorporated Organisation registered in England and Wales, charity number 1184491.



This year's Norwich Pride may be presented differently, but it still carries the spirit of Pride that envelops all of us for the peak of the summer.

Norwich Pride Inspired

is about officially welcoming events run by the community into the family, ensuring events are run with our core values at heart.

Norwich Pride at Home

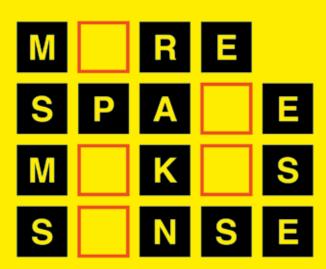
will ensure there are many different ways to celebrate at home or work, from creative ideas and downloads!

Norwich Pride Presents

Rounds up our key events, from the Virtual March for this year to Pride Show Live!

All our events on the day will be streamed onto our website and our Facebook page. Join our mailing list via our website to keep up-to-date.













We are a transgender support group serving the East of England

Contact our website for more details Www.oasisnorfolk.com

Can we help you?

Are you transgouder?

Do you think you might be transgender?

If you are questioning or coming to terms with your gender identity and would like more information, incluand advice, or just wish to meet with like-minded people, contact our website for information.

- Friendship and support
- Help and advice
- Monthly meetings
- Safe and secure meeting place
- Changing facilities
- Visits to places of interest

Last year we launched our Norwich Pride Pledge

As an Official Supporter of Norwich Pride, 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 are delighted to say over 60 Norwich and Norfolk businesses signed up to the pledge this year, take a look at the Allies page on our website to see just a few of our wonderful supporters. OUR OFFICIAL NORWICH PRIDE TOWN CRIER HAS BEEN INSPIRED TO WRITE A CRY THAT REALLY SUMS IT ALL UP.

O GAY O GAY O GAY

The sun is shining and summer's here, But no Pride March again this year. For sixteen months we've worn a frown, Started when Covid came to town.

We've socially distanced or not gone out, The rules and regs we did not flout. Then came the news of vaccination, Something that could free our nation.

Today let's celebrate, side by side, Display the rainbow flag of Norwich Pride. Whether black, disabled or LGBT, Norwich is home to diversity.

A city that's safe for all to say, I'm lesbian, bisexual, transgender, gay. Here I stand and to you exhort For Norwich Pride, show your support.

We can choose to spend our time in dread, Yet there will be better days ahead. Smile and wave, show your understanding, Cast off your cares with gay abandon.

God save you Queens.

Look out for him performing live on the streets of Norwich on the 31st July for our live streamed Pride Show.









Norwich Pride



Nick O'Brien, our education lead says: "Pride Schools Week is the perfect opportunity for schools to reset and give out a clear message that homophobia and transphobia of any kind will not be tolerated; and we have some fantastic resources to help schools do this."

We talked to Stephanie Harvey from Horning Community Primary School to find out how they celebrate Pride Schools Week.

"Our involvement with Pride has grown steadily over the years. It started as stories based on the Challenging Homophobia in Schools scheme by Andrew Moffat, and because the response from children was so passionate and enthusiastic it continued to grow to where we are now. Every year we introduce something new, for example, we have looked at the use of the word 'gay' as an insult and the discussion that arose from this was fascinating. The children really got behind this and now challenge when they hear the word being used out of context.

Our Pride Schools Week celebrations have been embraced by children and parents alike. We have a number of same sex parents, who really value it. We usually start the week looking at different family units, using Norfolk and Waveney Mind's 'I love my family' film and the children describe their family, draw it, talk about it and explain why theirs is special. This opens up discussions on stereotypes, challenges preconceptions and allows children to share how their family is special but also different.

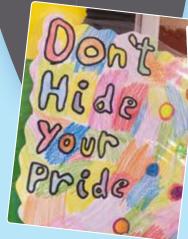
5th - 9th July 2021

This year we wrote our own fairytales using traditional fairy tales and a colouring book called 'Sometimes the spoon runs away with another spoon'. We've also written our own Pride Guides to explain in their own words, to people their age, what Pride is all about.

Pride Week is also the perfect time to involve the wider community. During Pride Week we have worked with writers such as James McDermott; we've sung with the 'Sing with Pride' choir and have made our own banner with 'Sew Gay'. The children carried this in their own mini march around the school and the Norwich Pride March. As a finale to our week, we held a Pride Picnic at school and the children sent invites to their families who cheered them on as they marched around, each year group in a different colour, making our own rainbow.

Every year brings something new; we just keep looking for new ideas and inspiration and take our lead from the children".

"MY FRIEND HAS 2 MUMS! I DON'T. HE'S LUCKY BECAUSE HE HAS 2".





'SO PROUD OF YOU GUYS WHO EDUCATE OUR CHILDREN.'

norwichpride.org.uk.Schools/









Pupils of Inspiration Trust recently took part in an LGBT+ themed art month project aimed at boosting creativity and mental health. The brief for the pupils was to create a piece of art that focused on LGBT+ role models, but pupils was to create a piece of art that focused on LGBT+ genre. Dr Elly Barnes MBE of most pupils decided upon a general LGBT+ genre. Dr Elly Barnes MBE of Educate and Celebrate judged the artworks and picked the winners







LGBTQ+ flags by Evie Postlethewaite













Our LGBT+ awareness training courses will help people and agencies to better support LGBT+ individuals.

We develop tailored training sessions to meet the particular needs of your team to help to improve inclusivity on both a personal and organisational level.

The training aims to give you an understanding of:

- The difference between sex, gender and sexual orientation
- LGBT+ terminology
- How to support transgender individuals
- Understanding the effects of LGBT+ discrimination
- Understanding Equality Law
- · Practical ways to make your workplace more inclusive
- And much more.....

The training is suitable for those with no knowledge of LGBT+ issues or for those requiring a refresher.

Certificate and Proud Ally badges given on completion of training.



We also cover specialist topics on request.

For more information please email joe.henson@norfolklgbtproject.org.uk

Norfolk LGBT+ Project

is a registered charity, providing support, information and advice to all age groups that is relevant to the health and wellbeing of the lesbian, gay, bisexual and transgender community in Norfolk and Waveney since 2007.

What we do...

One-to-one support that suits your needs















Annual award working in partnership with us to make your workplace LGBT+ Inclusive.



One-to-one low cost counselling sessions to LGBT+ people and for those who may be questioning and experiencing issues relating to their sexuality or gender identity.

LGBT+ drop-in groups

Meet biweekly or monthly













Creating a safe LGBT+ inclusive environment by offering a bespoke package tailored for your school.



Support group for parents/carers of LGBT+ children and young people living in Norfolk and Waveney

We are here to offer a safe space for parents/carers to find support and to connect with other parents.



We tailor the training to suit your organisations needs or you can attend one of our OPEN sessions. Provided via Zoom or face-to-face.

For more information: info@norfolklgbtproject.org.uk 01603 219299 • www.norfolklgbtproject.org.uk









MAKING A DIFFERENCE TOGETHER
www.norfolklgbtproject.org.uk



Q: Please can you fill in a few details about yourself.

A: Hello, my name's Adrian, I'm 23 and I identify as male. For me this means that I wasn't born in the right body but I'm transitioning to male, to look as male on the outside as I feel on the inside.

Q: Tell us what led up to you transitioning.

A: I found out I was transgender around the age of 16/17. I hadn't heard of it before but as soon as I discovered what it was, it slowly started to feel more like me – after plenty of denial and struggling with an identity I originally didn't want and was afraid of being. I realised fighting against who you are would always be worse than just embracing it. Now, 6 years after coming out, I'm so glad that I did, and I wish I'd done it sooner!

Transitioning in the UK can be a long and hard process, and you're faced with many obstacles and waiting lists, but no matter how lost you might feel at times, it's 100% worth it: because

this year, in March, I finally started testosterone! My journey so far has been incredible and a great learning experience, and I cannot wait for the rest to come.

Q: How has life changed for you?

A: Before transitioning, as you can imagine, I never felt right in my body and it caused me a lot of mental health issues. Gender Dysphoria can bring with it a lot of anxiety and low moods. But since starting my medical transition with hormone replacement therapy (HRT), my world has changed. It's hard to describe what it's like, after fighting for so long to show the world that this is who you are, to finally be able to see yourself growing into that person and recognising yourself more and more in the mirror every day. It's amazing. Of course, the tough emotions are still there but I feel happier than ever before.



Q: What does Pride mean to you?

A: Pride has always meant community to me. I remember celebrating Pride every year, from my young teens, and I always felt like I was a part of this much bigger community, so volunteering for Norwich Pride felt like joining something I had already been a part of for years. My biggest reason for joining would be to help a community that gave and continues to give so much to me.

Q: How did you get into modelling?

A: Fashion, social media and modelling are all great passions which made getting into modelling a very natural process for me.
But the main way I got into it was through social media. I did my

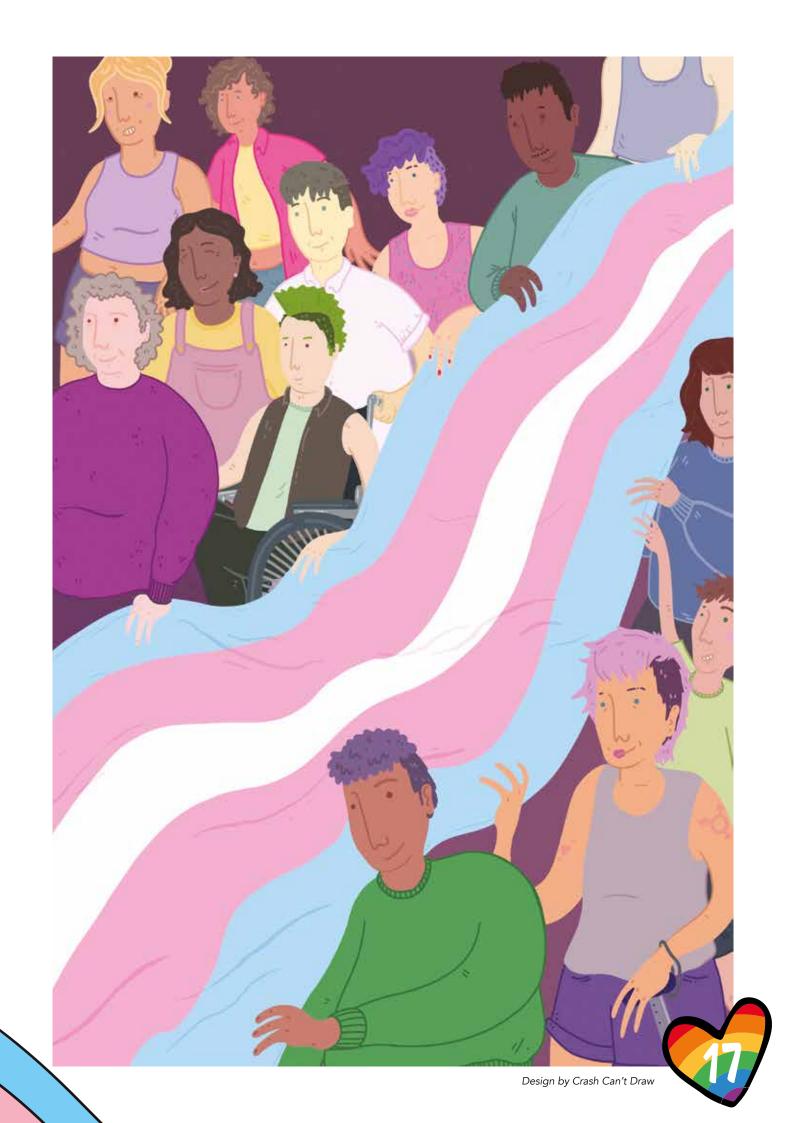
research, stayed committed and just threw myself in. I started with some help from friends, was able to start making some small brand deals, and things just grew from there.

Q: How important is it to you to be a role model for other trans / queer young people?

A: I think this is one of the most important things. I wish I'd had more trans role models when I was younger. I'm always open and happy to help and educate. I have been making monthly Youtube video updates on my transition and will be making educational ones in the future. My messages are always open to any questions. I'll leave my social media links below.







NOT FOR PROFIT LAW

Community Interest Company



Free Change of Name Deeds



To celebrate Norwich Pride we are offering free Change of Name Deeds to our friends in the trans community living in Norfolk.

Book an appointment before the end of July 2021.

Not For Profit Law is a social enterprise founded by Laura van Ree and Trina Worden, two local solicitors with more than 30 years experience between them.

Resolving to do law differently, we offer expert legal advice at lower rates than traditional law firms whilst feeding profits back into the local community.

We offer free Will reviews, free Probate advice, and advise on Estate Administration, Trusts, Powers of Attorney and the Court of Protection.





ura

Trina

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Happy to help and answer any questions with no obligation



Hello, we are Opening Doors, a user led charity run by and for people with learning disabilities and autism. We have talked about having a LGBT+ group for a long time as there is not a lot of support about sexual and gender identities for people with learning disabilities and autism.

In January 2021, Opening Doors set up our LGBT Zoom Get Togethers for people with learning disabilities and autism. We meet every fortnight and have special events for Learning Disability Pride and Norwich Pride. The Get Togethers are chaired by Hales and Francis and we have got two supporters Shelly and Joe. If you'd like to join us email admin@openingdoors.org.uk. It will be great to see some of you there on Zoom

Hales is a poet and she has written this poem about the group....

Our LGBT+ Get Togethers Zoom Group

Asking questions and learning more about LGBT and what it stands for To shout out loud and to be free knowing its ok to be who you feel to be It's been a long time for this group to arrive we want to carry this on and to thrive We saw the moment we took its hands for us to be heard and to make a stand We do exist, we're all people like you we are a supportive friendly and funny too Speakers, games and learning new things excitement about what each meet up brings No judgements are made for us to hear a safe place to talk freely without any fear

Hayley Burwood

IGBT+ Zoom Get Togethers For people with learning disabilities and autism

Access at Norwich Pride

At Norwich Pride we are committed to making the celebrations as accessible as possible. One of the advantages of going virtual for Norwich Pride 2020 was that we got some great feedback from disabled people who said they felt more included than ever before. People who had rarely been able to enjoy the whole day were able to watch everything at home; send in clips for the Virtual March; switch on subtitles; post photos on social media and feel really engaged.

We are keen to not lose the learning we're gaining in these Covid-safe days - for example, when we have a fullscale Norwich Pride, we are looking to live-stream events. We are very lucky to have Francis Chennell as our Access Champion. Francis is the chair of the local charity Opening Doors and he has been developing their Zoom groups for LGBT+ people with learning disabilities and autism. We have a facebook group called the Norwich Pride Access Group for people who want to share ideas about access. You can also email Francis at access@norwichpride.org.uk or check out the Access page on our website.

GBT+Staff networks

In the LGBT+ Staff Network at the Norfolk & Norwich University Hospitals Foundation Trust we have established that our main purpose is to represent and support the diverse network of LGBT+ staff within the trust. We strive to steer policy and guide NNUHFT to truly embody the phrase 'Our Hospital for All'. To achieve this, we host regular forums where we exchange views and discuss issues affecting LGBT+ members. We consult on guidelines and procedures the Trust seeks to introduce and provide a safe haven for LGBT+ staff to express their feelings and share their experiences.

A popular aspect of the Network has been the hugely successful 'Rainbow Badge' initiative. Staff members who submit a pledge in support of LGBT+ matters receive a Rainbow NHS Badge. This badge is a great tool to increase visibility and ensure LGBT+ staff and patients know they have an ally close at hand. But visibility isn't our only goal, as a Network we have six key aims, we will -

- **1** Support awareness of LGBT+ matters within NNUHFT.
- **2** Assist in formulating new policies and procedures and review existing ones.
- **3** Help the Trust identify areas where LGBT+ staff representation could be increased.
- **4** Enable staff to raise their concerns in a safe and confidential environment.
- **5** Celebrate the diversity of the trust's workforce by participating in national and local events.

6 Promote opportunities for social networking and maintain a social forum for staff.

Pride is, of course, a major part of the Network's activity. Pride 2020 was somewhat of a departure from normality for many of us, so we had to get creative in our approach. We marked the day with a virtual march. Photographs of staff in offices, outdoor spaces and homes brought us together to mark an important day in the LGBT+ calendar. The pandemic may have kept us apart, but the spirit of Pride is maintained.

For Pride 2021 we are building on our experience. A virtual march, a rainbow walk at the hospital, and an information stall form the backbone of our plans for 2021. We are also seeking to install a Pride pedestrian crossing at the main hospital building, a rainbow reminder of our commitment to LGBT+ staff and patients.

As a Network we welcome anyone with an interest in LGBT+ matters and strive to be safe and inclusive space for staff to contribute to the Trust goal of creating 'Our Hospital for All'. If you would like to share your thoughts or just get in touch with us, please email equalityanddiversity@nnuh.nhs. uk and mark your message for the attention of the LGBT+ Network. We always enjoy working with people to improve the Trust, and if you're a member of staff why not join a meeting or check out our LGBT+ Staff Teams Social Channel?









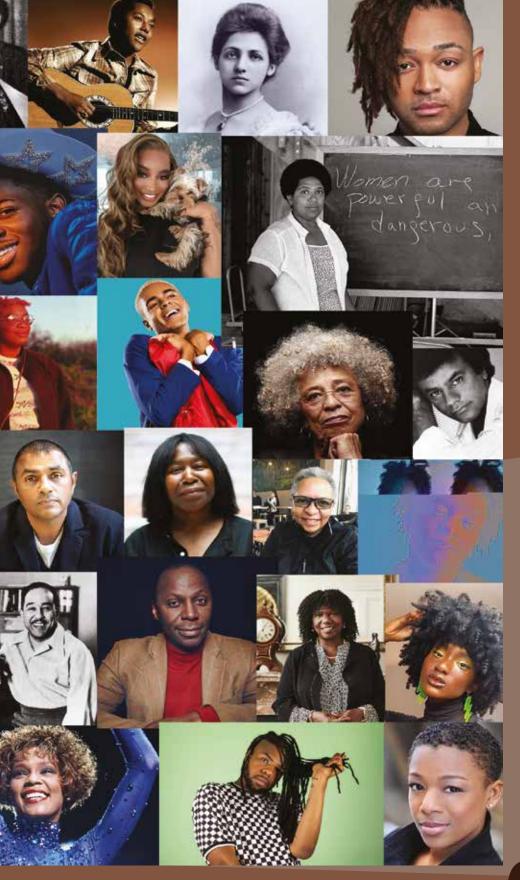




OUR BLACK HISTORY MONTH LG8T+ HEROES

In October 2020 we celebrated **Black History Month** (BHM) by doing a callout for Pride people to nominate their BHM LGBT+ heroes.

We wanted to have 31 heroes so we could post one a day across our social media channels and website. In the end we got over 50! We created this collage to constantly inspire us.



It is filled with activists, actors, writers, dancers, musicians, politicians, models, filmmakers and even an inspirational aunty. Here are some of the nominees -

Marsha P. Johnson was nominated by our Access Champion Francis Chennell. Francis tells us "Marsha. P. Johnson was a black trans woman whose bravery and courage led to the pride movement and the fight for trans rights. She suffered bigotry discrimination racism and homophobia during her life, but it didn't stop her, unfortunately sadly she was murdered in 1997, a terrible shock in the LGBT+ community. Nowadays thanks to Martha and people like her the LGBT+ community can be proud of who they are and be open. She sounded like a beautiful, brave courageous woman"

Princess Catherine Duleep Singh was nominated by The Teenage History Club

They write "Princess Catherine lived with a woman called Lina Schafer for most of her life. Catherine was born on 27 October 1871 and was the second daughter of Maharajah Duleep Singh. Catherine was an active member of the women's rights movement all her life. In 1908 Lina and Catherine moved to Germany and set up house together. During the 1930s the couple's neighbours said, "the local Nazis disapproved of the old Indian lady". Despite this, Catherine remained with Lina until she died on 26 August 1938 aged 79. In November 1938 Catherine sold everything and returned to England. Before she left, she was able to help the Hornstein and Meyerstein families escape the Nazis. Catherine died on 8 November 1942 and was cremated, she requested that her ashes be "buried as near as possible to the coffin of my friend Fräulein Lina Schafer at the Principal Cemetery at Kassel in Germany".

James Baldwin was chosen by writer James McDermott

James said: "he was a pioneer for black and gay rights and reading Giovanni's Room at 18 years old made me feel seen, understood, less alone and showed me that gay lives could be the stuff of literature. The book also taught me the best life lesson: "love him and let him love you. Do you think anything else under heaven really matters?"

Ana Guina e Silva local filmmaker was nominated by Pride volunteer Colleen Lee.

She wrote: "Ana is a documentary producer covering LGBT+ issues, and the black experience. Together, we have made the 'What does Pride mean to you?' LGBT+ musician's doc for Wild Paths and Norwich Pride, and a short documentary about socio-politics in Mozambique. Happy to let you know that "A Rich Country" received an official selection from Lift Off Sessions 2020, on top of the Africa Film for Impact Festival 2020 selection!!"

At Norwich Pride we are committed to being a passionate and creative antiracist organisation, raising the voices and sharing the stories of BAME LGBT+ people. If you would like to know more about our BAME LGBT+ Forum, please email Pride historian Stevie at history@norwichpride.org.uk



All our events will be streamed on our website at www.norwichpride.org.uk and on our Facebook page.

We want to hear from you all day - Tag us @norwichpride and #norwichpride with your photos, videos, and love!

10am Welcome

An introduction to the day from the team and Joe Ballard, Chair of Norwich Pride.

10:15 - 10:55am The Big Warm Up

Zumba with Yendell's Health and Wellness Hub. A Pride favourite way to start the day, to get your blood pumping with a fun Zumba dance routine. Leg warmers optional!

11 - 11:30am

Rainbow Baking and Decorating Demonstratio

We love a bit of cake, whether it's full of butter, sugar, and cream or wheat-free, gluten-free or vegan, as long as it looks like a rainbow! This cookery demonstration will guide you through the steps necessary to bake your own creation with a special guest baker! Check out our Norwich Pride at Home pages of our website for the recipe.

11:35 - 11:55am (ocktail (lass

Fancy something a bit fruity? Short or tall? This cocktail making class will tickle all your fancies, from a menagerie of spirits to a non-alcoholic Mocktail, leaving you both shaken and stirred. Check out our Norwich Pride at Home pages of our website for a list of ingredients so you're ready in advance.

Pride Question Time

Peter Tatchell, Asifa Lahore, Lisa McIntyre, and Josh Rivers are this year's panel in our annual question time event. Turn to page 26 to meet the guests.

1.15 - 1.50pm o March

Our March is an integral part of the day – it shows solidary, strength in numbers and community and you can be part of it! Open to individuals, families, neighbours, businesses, groups, schools, and pets Go to our website to submit your video and photos to appear in our Virtual Pride March!

show Live

Join us for an afternoon of fun, facts, frolics, fanciful tunes and campery.







Norwich Pride Question Time, 12-1pm streamed live at www.norwichpride.org.uk and our Facebook page.

Meet this year's panel:

Peter Tatchell is a longtime Human Rights Campaigner.

In over 50 years of fighting against intolerance and injustice Peter has brought

about immense shifts in political and public opinion of LGBT+ people across the world, often using shocking tactics to get his message heard he has been inspirational to legions of human rights activists for decades. The documentary 'Hating Peter Tatchell', on NETFLIX is a fascinating review of his work.



Asifa Lahore is Britain's first out Muslim drag queen, pushing the boundaries of what it means to be LGBT+ South Asian and Muslim.

Asifa came into the national spotlight in 2014 when she was censored by the Birmingham Central Mosque from discussing Islam and Homosexuality on BBC Free Speech. This caused uproar in the British press and allowed Lahore the rare opportunity to speak openly about the topic.





Lisa McIntyre is an artist, author, and campaigner for disability rights.

She is an active member of the Labour Party, Labour Representative Committee, and DPAC (Disabled People Against Cuts). She lives in Norwich UK. Her novel 'Transfixed' is an uplifting story of personal struggle, of perseverance, and of redemption. Lisa's aim in writing the book is to educate people who are not trans, what the life of this trans woman is.

Josh Rivers is Head of Comms for UK Black Pride and the host of the Busy Being Black Podcast.



His podcast explores how to live in the fullness of queer Black lives. Josh is also a former editor of Gay Times.

Pride Inspired Events



At the time of going to press we are still hearing about all the wonderful events local venues, businesses, artists, and allies are planning to hold in July, here are just a few. Go to www.norwichpride.org.uk for full joining details on these and many other events.

Queer Norfolk Stories - YNA project - from the 8th July.

An audio tour around Norwich City centre that shares local LGBT+ experiences and history using the free Echoes app.

Ancient House Teenage History Club host Pride of the People: Helping History Out of the Closet 17th July 10am to 4.30pm. Ancient House Museum of Thetford Life, White Hart Street, Thetford, IP24 1AA

A pop-up exhibition curated by Ancient House Teenage History Club explore local queer history including the life of Princess Catherine Duleep Singh and her twenty-year love affair with Lina Schafer.

Co-op Join In Live Local - 19th July 11.00am. Online.

Join in Live Local is all about staying connected with Co-op customers and community groups. With a particular focus on LGBT+ projects, guest speakers and colleagues will be talking about the work being done to support Norwich.

Norwich Castle Museum and Art Gallery – from the 19th July -Instagram @norwichcastle

Join Norwich Castle Museum and Art Gallery for crafting tutorials inspired by some of the decorative arts in our collections., watch for inspiration on how to decorate your own space for Norwich Pride At Home in celebration of the LGBT+ community in our city.

There's Something Queer About This Art – 20th July to the 1st August. Circle Space Gallery, 29 St Augustines Street, Norwich, NR3 3BY.

An exhibition featuring works from Norwich and nearby lesbian, gay,

bisexual, trans and queer (LGBTQ) identifying artists. There's Something Queer About This Art aims to showcase art by our queer community artists. The subject matter doesn't necessarily represent queerness, it just happens to be that the artists are LGBT+. The diverse media, styles, and themes of the exhibition, combined with the varied backgrounds and experiences of the artists themselves, gives the viewers a look into our diverse creative community.

Cinema City St Andrew's Street, Norwich, NR2 4AD.

26th July 8.30pm - My Beautiful Laundrette film screening. Written by Hanif Kureishi and directed by Stephen Frears, My Beautiful Laundrette tackles the issues of homophobia, racism, bigotry, violence, and politics in early 80s Britain and still manages to be compassionate, humourous and hugely entertaining.

29th July 6.30pm - The Sparks
Brothers + Live Satellite Q&A with
Edgar Wright. How can one rock band
be successful, underrated, hugely
influential, and criminally overlooked all
at the same time? A musical odyssey
through five weird and wonderful
decades celebrating the legacy of
Sparks: your favourite band's favourite
band. Followed by a live Q&A with
Edgar Wright and special guests,
broadcast from Sundance Film Festival:
London 2021.

The Pride Ball 30th July 8.00pm Norwich Arts Centre St Benedict's Street, Norwich, NR2 4PG.

Category is PRIDE! The Pride Ball is a drag show extravaganza in celebration of the local LGBT+ community, hosted by Norwich drag superstar, Liv. Featuring an all-star line-up of fierce drag talents and YOU! Grand prizes await those who can work the catwalk, in one of four categories...Face, Body, Fashion and Bizarre.

Norfolk and Norwich Millennium Library Millennium Plain – 31st July 9.30am to 6.30pm.

Various events including

- Pride under 5 story, bounce, and rhyme time
- Norfolk LGBT+ History Talk
- Norwich LGBT+ History Walk
- Pride spoken word workshop for 13–18-year-olds with James McDermott
- Adult Pride Poetry Workshop with James McDermott
- Norfolk Heritage Centre LGBT+ Archive Collection - book in to browse the collection

Pre-booking will be essential for all our events due to limited numbers allowed in the library at any one time to make it COVID-SAFE - look out on our social media pages/website for when bookings open.

Curious Pegasus 31st July to the 1st August.

A rainbow trail around the city involving multiple venues and LGBT+ products and artists.

Hustle - 31st July 10.30am The Arena, Unit 7, Avian Way, NR7 9AT.

Boxing Fitness Workout followed by Pride cake sale.

RISE collective - Saturday 31st July 11.00am to 8.00pm. Sunday 1st August 11.00am-5.00pm.

Studio 20 Wensum Street, NR3 1HY RISE exhibition brings together female and LGBTQ artists to collaborate and elevate. Featuring all new work from Knapple, MissE., Sharpay Salazar, Kez Allen, Katherine Gilmartin, Trisha Margolis, and Emma Arnold. With evening drag performances and raising money for local charity LGBT+ PROJECT.





flags. Why? Our mission is that we live in a city where everyone can feel safe and proud to be

The rainbow flag is the international symbol of LGBT+ Pride and wherever you see it flying, you know you're near to LGBT+ people or allies who want to signal to you that you are safe here.

themselves.

Remember how lovely it was when children painted rainbows in windows in the first lockdown to send a message to their friends that although we couldn't be together, we were still there for one another?

Remember when people put Black Lives Matter posters in their windows when George Floyd was murdered and how it felt like Norwich was a city filled with people who were deeply committed to being anti-rascist?

Well, this Norwich Pride, we want nobody to be in any doubt that Norwich loves and celebrates its LGBT+ community - we want the entire city to come out and show their rainbow colours.

Allies we need you to make this happen. Pride at Home is an opportunity for you to rainbow up your houses, gardens, workplaces, pets, toys, children and celebrate living in a diverse city.

We can't all be together for a mass gathering this year, but we can still gather as the Pride family wherever we are.

We are loving the stories we are hearing about people organising their own Covid-safe Pride parties and BBQs, children's parades and rainbow cake sales, and planting their gardens so they are filled with a rainbow of flowers in July.

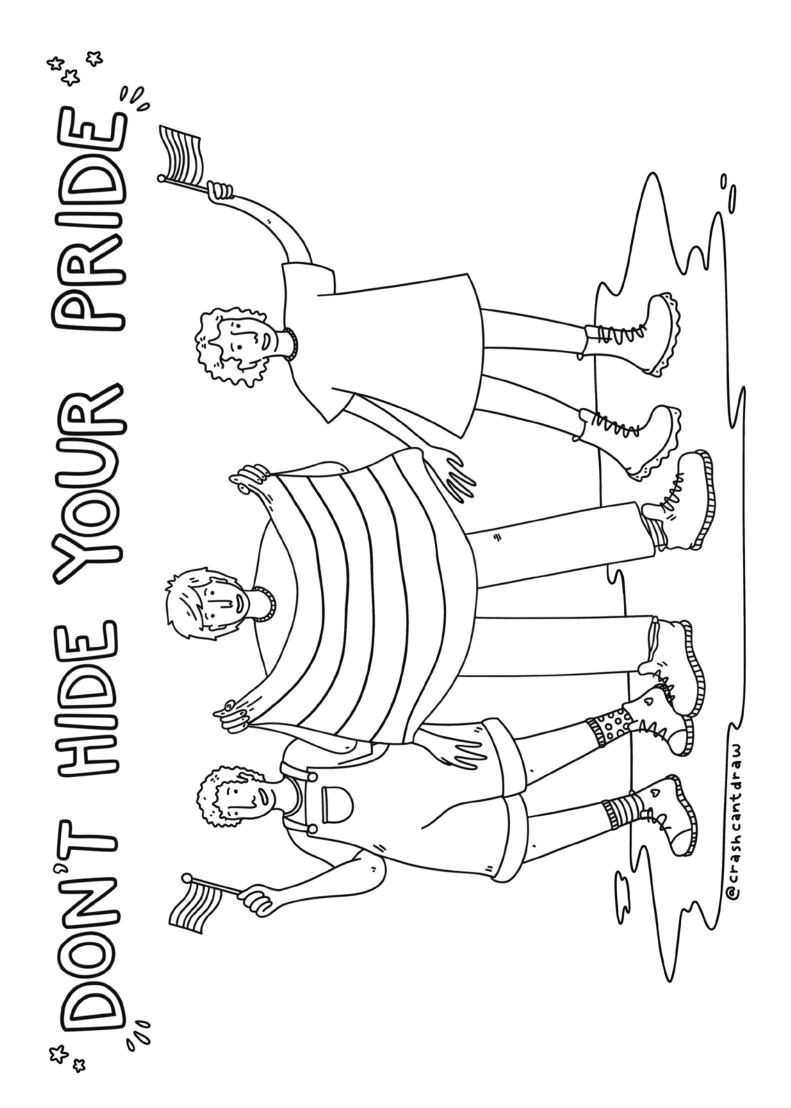
We are working with local artists to create downloadable posters and bunting and worksheets and everything we can think of to inspire you to celebrate Pride in your homes and in your streets. Please upload your photos to social media and tag #NorwichPride and #PrideAtHome and we will be sharing them across Pride Week.

And if, due to these two years of Covid-safe, socially-distanced Norwich Prides the rainbow stretches further across the city than it ever has before, well, then something very beautiful will have come out of these dark times.

Stay Proud everyone.









100 Years in the Forest by Colette Garrigan Sleeping Beauty: A Pocket-Sized Puppet Panto by Mark Mander



October 2021



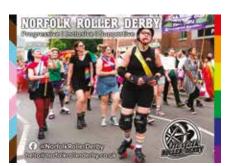
Norwich Puppet Theatre
wakes up with
Sleeping Beauty the Trilogy

PLUS a Halloween Cèilidh Tickets Coming Soon Sleeping Beauty

www.puppettheatre.co.uk | Box Office: 01603 629921

③ ② @NorwichPuppetTheatre | ② @norwich_puppet | Norwich Puppet Theatre, NR3 1TN | Reg. charity 271041

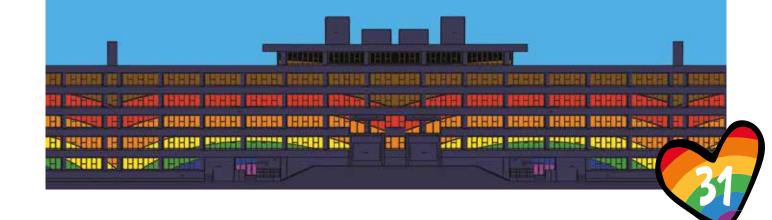




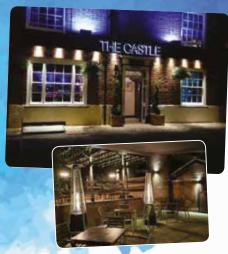




UEA IS UNITED







The Castle

1 Spitalfields, Norwich, NR1 4EY (01603 768 886).

This LGBT+ bar has a beer garden and offers food.

Manager Lee said: "Lockdown has given us time to get on with a lot of work on the garden and painting. We got a lot of support when we opened up again, it was nice. The weather has been really good so most people want to sit in the garden even though they could be indoors.

"We get no sleep during Pride Week – it's a hectic and busy time. It's an opportunity for everyone to enjoy themselves and be whoever they are. We welcome everyone."

Catherine Wheel

61 St Augustines St, Norwich, NR3 3BG (01603 627 852).

This LGBT+ pub has a beer garden and is owned by Bernice and Dawn, who used the "difficult" time of lockdown to do some work on the pub and garden.



you're all treated the same. We have a fun vibe, and hold events like karaoke nights. We are committed to the safety and security of our customers.

"Pride is important - we shouldn't lose sight of where we came from, and we can't be complacent. Pride Day here is manic, exhausting and fun from the minute we wake up to the end of the day. We love it!



Lollards Pit

69-71 Riverside Rd, Norwich, NR1 1SR (01603 624 675).

Manager Billy said this LGBT+ venue with beer garden is "a fully accessible and inclusive pub with a local feel.

"Lockdown was pretty challenging. During the first one we did takeaway sales, but we weren't able to open later in the year as we don't do food. When we opened up again it was nice to see everyone back.

"Groups use us such as Proud Canaries and Norfolk Mature Gay Community (NMCG). They like it because we're more of a pub than a bar. We're inclusive and open to everyone. We are a friendly bunch."



Fetch

75 Prince of Wales Rd, Norwich, NR1 1DG.

This LGBT+ bar is open Friday-Saturday. To book a table call 07903 127 560 or get in touch via social media.

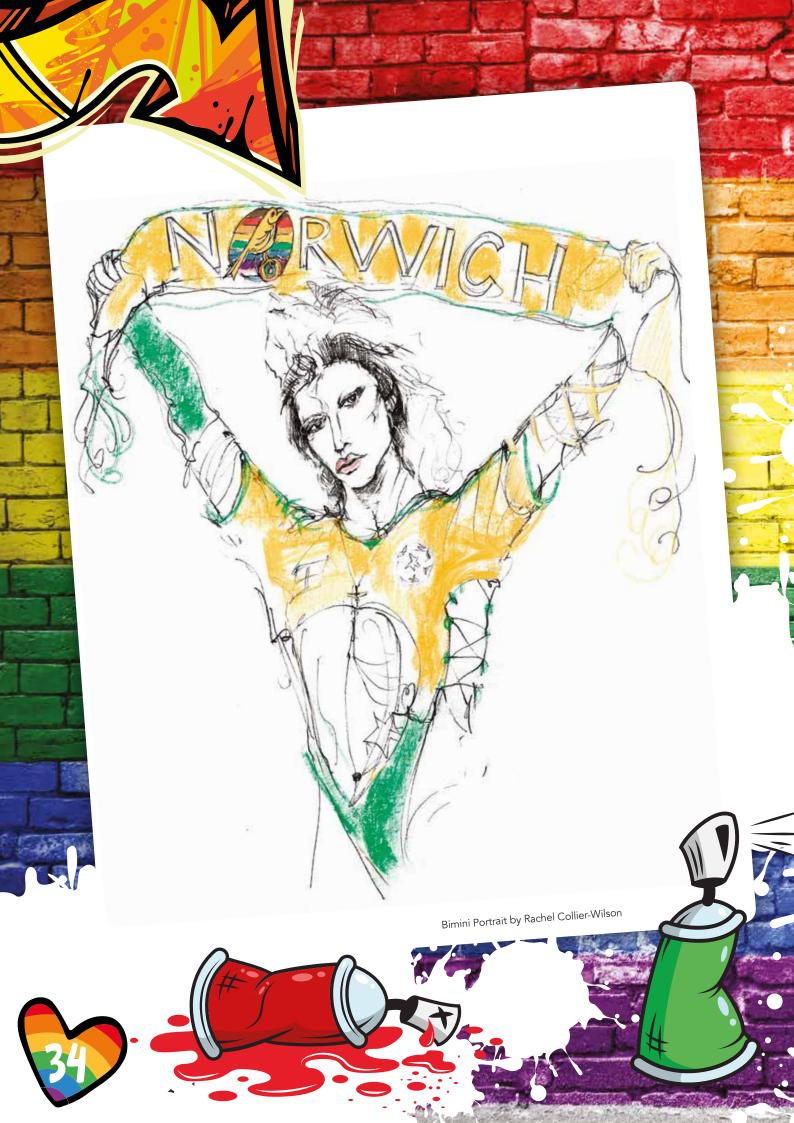
The Loft

78-80 Rose Lane, Norwich, NR1 1PT (01603 623 559).

The Loft nightclub has been serving the Norwich LGBT+ community for over 30 years. It has a spacious dancefloor, bar and seating area.









Featuring an all-star line-up of flerce drag talents and YOU!

PRIDE

Ball

Hosted by Norwich drag superstar, Liv



Category

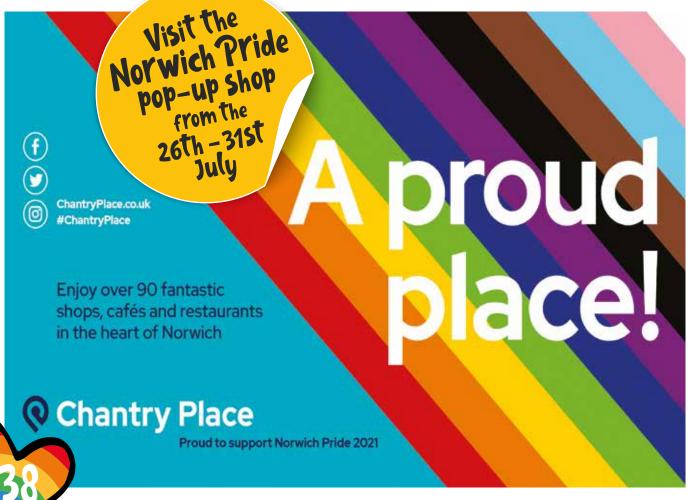
A drag show extravaganza in celebration of the local LGBTQ+ community,

At Norwich Arts Centre on Friday 30 July 2021 at 8PM Price from: £8

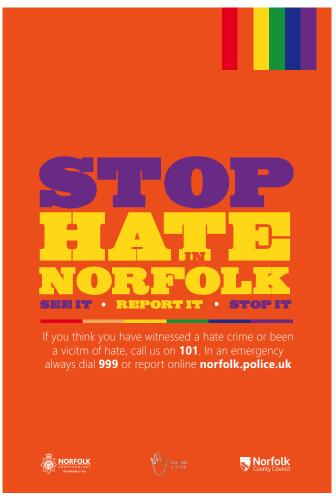














Norwich Pride Youth Reporter Oscar Coveney tells us about witnessing transphobia towards his mum

SICK, SCARED AND ON THE VERGE OF TEARS

That's how you feel when someone you love is being discriminated for who they are.

Growing up I've witnessed transphobia towards my mum, year after year, and for some of the worst instances, I was too young to comprehend what was happening.

The fact that I wasn't there to understand or help when I was younger frustrates me, because like so many others who have had similar experiences, mum was alone.

These incidents weren't frequent, but they didn't have to be to have an impact on us as a family. Sometimes I found myself looking out for anyone who could have been targeting

my mum. This can make you become paranoid out of fear and protection for a loved one and that, for anyone, is not ok. What we have experienced as a family has been horrible, but it was important to us that we continued to enjoy our lives, to stick together and support each other.

This was something reflected during my time at secondary school. The atmosphere at my school was a welcoming one, but not knowing anyone, coupled with my situation, made me incredibly nervous.

However, thanks to the support from the school and my head of house, I never had anything to worry about.

Another place we were welcomed was by my family's favourite football team, Norwich City, thanks to the club's official LGBT+ group, Proud Canaries.

Much like how starting secondary school was tough for me, going to our first football match together was daunting for my Mum. It was very easy for us to make negative assumptions about what it would be like. On our first visit, we got



to meet Di Cunningham from Proud Canaries, and she was incredibly helpful and put any worries we had to rest. She also put us in contact with the football team's supporter liaison officer who since then has looked after us at home and away games making sure that we feel safe and comfortable. Since our first time going to the matches, it quickly became apparent that not only was it safe, but we also absolutely loved it.

We still go to matches as a family and never let anyone stop us having a good time. Nowadays it's not often that we get transphobic discrimination, the world is increasingly changing, more people are becoming more and more accepting. It's always getting better.

I spoke to my Mum, Christine, looking back on how far we've come together. She said:

"Oscar was a fantastic support and helped me through some difficult situations, sometimes just by being there and giving me confidence whenever it was lacking. We've been fortunate enough to discover caring support from people, that has made our lives considerably more comfortable. When we have needed to speak up about an incident, more support and action has been taken and that shows how much change we're witnessing, much of which is due to the much more accepting attitude of young people today."

What I witnessed growing up really opened my eyes to not only transphobia, but discrimination in all of its awful forms.

My teachers and Di Cunningham have given me a great insight into how much more people now care, but there is still work to be done. I think that the most crucial thing is to have confidence in yourself and your family and know that you should be proud of who you are.

Proud Canaries is Norwich City's LGBT+ fan group recognised officially by the club and a key part of the Carrow Road fan family.

We often have a drink before and after home games at Lollards Pit pub and sometimes attend away games together, meeting up with other clubs' LGBT+ fans when we can. We have a regular dialogue with club management and link up with other supporter groups - working together to combat discrimination and champion inclusion.

Join us via our website www.proudcanaries.co.uk and follow us on socials: @proudcanaries (Twitter) @proudcanaries (Insta) @proudcanaries (Facebook)



SAINT OR SINNER?

IAN Mckellen







STEPHEN FRY













FROM EXECUTIVE PRODUCERS ELTON JOHN & DAVID FURNISH

HATING PETER TATCHELL





















D DOWN BLOCK DO SET AMERICATO LIEL PLINETS LIMITED AND CONTEST WHIT, M.J. INDICES RESERVED.

COMMUNITY GROUPS CONTROLLED IN Norwich

There are loads of LGBT+ community groups in Norwich and Norfolk where people of all ages can meet one another for fun and support. The Norfolk LGBT+ Project run a variety of groups and here are some others you might like to check out:

EVOLVE

Web: www.map.uk.net/get-help/groups/evolve/ Email: evolve@map.uk.net

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

NORFOLK LGBT MEETUP

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

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

NORWICH MATURE GAY COMMUNITY

Web: 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.

NORFOLK LGBT HISTORY CLUB

Email: 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.

SEW GAY NORWICH

Web: 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

Web: www.singwithpride.org.uk Email: info@singwithpride.org.uk

The choir from the LGBT+ community for everyone. Meets weekly (though sadly Covid has put a stop to rehearsals for a while). Welcomes people of all abilities: "if you love singing in the shower, you will love singing with us".

PROUD PARENTS AND GUARDIANS NORWICH

Web: www.facebook.com/ groups/1433940136899093

An opportunity for same sex families in Norwich to share advice, information, support and to be sociable.





Volunteer For Pride!

We desperately want to return to the city centre in 2022 for a full-on physical event, we want to build a 'better than ever', joyful, world class event that will truly turn Norwich into a rainbow.

To achieve this, we need a bigger team, and not just on the ground on the day itself, but also in the planning stages – if you have a skill you could share with us, even for short periods through the year, we want to hear from you.

Maybe you have some experience in fundraising, organising events or exhibitions, social media, public speaking, journalism, shopkeeping, project management, photography – whatever you have to offer, get in touch with us at norwichpride.org.uk/volunteer

We dream of a diverse, creative, and focused team all working on making Norwich Pride stronger and more effective in delivering our core values of promoting equality, celebrating diversity, and raising awareness of LGBT+ issues.

Volunteering is a great way to give something back to the LGBT+ community and to make a difference. You'll meet new people, make new friends, You may build on skills, learn new ones, and improve your confidence.

But don't just take it from us. Hear what current volunteers think of it, and what Norwich Pride can mean to the people who come.

"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 forgot about my home life for the day and just enjoyed being myself."

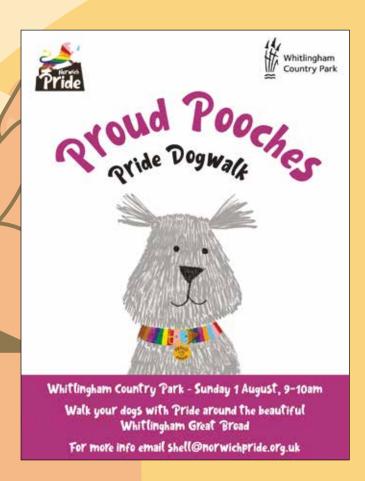
"For me it's a feeling of purpose, inclusion and euphoria. To share this wonderful experience of unity."

"Being a volunteer for Pride helps me focus on other people so we can live a more equal life. There's nothing to fear when you're at Pride because everyone has everyone's back. It means getting people's voices heard who don't have a voice."

"Was a pleasure and a privilege to be involved. Anyone thinking of volunteering, just do it. You can't help but be swept along - sharing in the joy"



Norwich Pride Needs You!







A few weeks ago, we were very shocked and saddened to learn of the tragic death of Andy Hornby, the official Pride Photographer in 2009. Andy was an exceptionally talented photographer and helped to record the colour and joy of the first ever Norwich Pride, his photographs are a permanent record of that watershed moment in the history of Norwich, and he was wonderful ally and friend. He will be greatly missed. Our love to









PHILIP BROWNE HUSTLE







