

Alphabet Soup



**The official online magazine of
OutREACH Cumbria
Issue 7 - June 2021**

A note from OutREACH

Cumbria ...

Happy Pride Month and welcome to our 7th issue of Alphabet Soup.

June is a month for celebration, but also a time for reflection. We have achieved great changes in the World, but we still have a long way to go yet.

Our aim at OutREACH Cumbria is to support the LGBT+ community within Cumbria and the surrounding areas. We encourage local businesses and organisations to become an annual OutREACH partner and learn more to be able to offer LGBT+ safe spaces and services. Details of our OutREACH partners can be found within this issue as well as on our website.

We aim to support well-being and mental health, and our Talk-It-Out Therapy is available free of charge to our community offering LGBT+ specific mental health counselling to individuals, couples and family groups. You can find out more about our Talk-It-Out Therapy on our website where you will also find our referral forms.

We hope you enjoy this issue of Alphabet Soup, You are welcome to share this with your colleagues, family and/or friends. If you'd like a pdf copy via email, or would like to be added to our mailing list to be notified when future issues are released, please drop us a line.

mag@outreachcumbria.co.uk



www.outreachcumbria.org.uk



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Alphabet Soup is edited by OutREACH Cumbria, but we welcome everybody to be a part of it. If you have a story to share, a project you're working on, or a topic you feel passionate about then please get in touch ...

mag@outreachcumbria.co.uk

HAPPY PRIDE MONTH!

To celebrate Pride Month this year we have been sharing some facts about Pride ...



- ✂ The first rainbow flag flew at the Gay Freedom Day Parade in San Francisco in 1978. The flag had 8 coloured stripes and was designed by Gilbert Baker. Each coloured stripe meant something. Hot pink = sexuality. Red = life. Orange = healing. Yellow = sunlight. Green = nature. Turquoise = magic and art. Indigo = serenity and harmony. Violet = spirit.
- ✂ The Stonewall Inn was a bar in New York. In 1969 while homosexuality was incorrectly classified as a 'mental illness' Police often raided this bar knowing it to be a place LGBT+ people would go to. On 28 June 1969, the police forced over 200 people out of the bar and onto the streets, and then used excessive violence against them. This time however, members of the LGBT+ community decided enough was enough and fought back!
- ✂ Amongst those standing up for gay rights at the Stonewall Inn on 28 June 1969, was Marsha P Johnson a black transgender woman. She resisted arrest, and in the following days led a series of protests and riots demanding rights for gay people!
- ✂ A month after the Stonewall protests, the first openly gay march took place in New York. This was a pivotal moment for the gay and trans community everywhere!
- ✂ At the 1973 Christopher Street Liberation Day March, transgender activist Sylvia Rivera called out transphobia in an epic speech, proving that transgender people have been part of our community's activism forever!

- ✂ A year after the Stonewall Inn riot (1970) thousands of LGBT+ New Yorkers gathered for the Christopher Street Liberation Day March along Sixth Avenue from Greenwich Village to Central Park, chanting, "Say it clear, say it loud! Gay is good, gay is proud!"
- ✂ A proposal was made for an annual march to take place on the last Saturday in June with no dress or age restrictions to honour the Stonewall Riots and continue to push for LGBT+ rights. When the organisers were looking for a slogan, L Craig Schoonmaker suggested 'Pride'.
- ✂ As a bisexual woman, Brenda Howard was instrumental in organising the Christopher Street Liberation Day March. She came up with the idea of a week-long Pride Festival with parades, rallies and dance parties, which has been kept since She is now known as the "Mother of Pride".
- ✂ A group of lesbian and gay people supported striking miners forming a group called LGSM which stood for Lesbians and Gays Support the Miners. Miners then joined lesbian and gay people to march alongside them in 1985 in support of gay rights.
- ✂ London was selected to hold the first Europride in 1992. Around 100,000 people attended.
- ✂ To meet increasing demand for the flag, Gilbert Baker approached Paramount Flag Company for mass production. There was an unavailability of hot pink, so this stripe was dropped from the design. To keep an even number of stripes, turquoise and indigo were integrated into royal blue. The 6 stripe rainbow flag is now recognised internationally as a symbol of LGBT+ Pride.



- ✘ Cumbria held its first Pride event in 2009 at Carlisle's University Campus.



People enjoying the first Cumbria Pride (photo courtesy of Cumbria Pride)

- ✘ In 1994 for the 25th anniversary of the Stonewall Riots, Gilbert Baker made the World's largest rainbow flag. The flag used was the 6 stripe design that is popular today. It measured 30' wide and was confirmed as the largest flag in the World at that time by the Guinness Book of World Records.
- ✘ At the 16th annual conference of InterPride members voted to establish 'World Pride'. The first World Pride event was held in Rome in the first week of July 2000.
- ✘ Silloth held their first Pride event in 2019.



The amazing graffiti art by Beardy Synergy at Silloth's first Pride event on the green in Silloth (photo taken by OutREACH Cumbria)

- ✘ The first UK Pride took place on 1 July 1972 in London. The date was chosen as the nearest Saturday to the anniversary of the Stonewall Riots on 28 June 1969. Approximately 2000 people attended. This is now an annual event.
- ✘ In 1981 the Pride march moved from London to Huddersfield in an act of solidarity with the Yorkshire gay community who stated that West Yorkshire Police were harassing them by repeatedly raiding the Gemini Club
- ✘ In 1983 the London march became known as 'Lesbian and Gay Pride' and gradually became more of a carnival type event. Then in 1996 following a vote by the members of the Pride trust, the event was renamed 'Lesbian, Gay, Bisexual and Transgender Pride' which rightly recognises the original collective force for the beginnings of the Pride movement!
- ✘ Barrow held their first Pride event in 2017.



Dancers from PiNC (Pride in North Cumbria) at Barrow Pride (photo courtesy of PiNC)

- ✘ Pride month is for everyone. The aim is for inclusion and equality where a person's sexuality or gender makes no difference. People who do not identify as LGBT+ are therefore fully welcomed to be included in celebrations of unity.
- ✘ The largest known Pride Parade in the World is in Sao Paulo, Brazil. Starting in 1997 with a humble 2000, they went on to be named by the Guinness Book of World Records as the largest Gay Pride celebration in the world with 2.5 million attendees.
- ✘ Pride is often viewed as an acronym for Promoting the Respect, Inclusion, and Dignity of Everyone! However it has also been reported to mean similar phrases including 'Professionalism, Respect, Integrity, Diversity and Excellence' and 'People Recognising Individual Differences Equally'.

- ✎ In 2018 Cumbria Pride hosted the county's first Pride march through Carlisle.



The Cumbria Pride Committee holding their banner as they lead the marchers through Carlisle (photo courtesy of Cumbria Pride)

- ✎ Pride has not always been like the Prides today, they were more likely to be referred to as 'Gay Liberation' or 'Gay Freedom' marches. But as the militancy slowly decreased in the 1980s events moved towards a more parade like structure and the "Pride" language began.
- ✎ In 2003, Gilbert Baker made another giant rainbow flag that stretched a 1¼ miles across Key West Florida.

- ✎ For June 2017 the city of Philadelphia updated the Pride rainbow flag to incorporate a black and brown stripe to represent communities of colour.
- ✎ London hosted World Pride in 2012.
- ✎ Pride day is celebrated on 28 June in tribute to those involved with the Stonewall Riots, however the entire of month of June is known as Pride month.
- ✎ Daniel Quasar redesigned a flag for Pride by adding a 5 colour chevron to the original 6 stripe rainbow. The 'Progress Flag' as it known is used to place a greater emphasis on inclusion and progression, ensuring that people of colour and transgender members of the community were not forgotten.



- ✎ Cumbria Pride celebrated their 10th anniversary holding an Pride event on 28 September 2019 in Carlisle Castle.



The 'King' and 'Queen' in the grounds of Carlisle Castle celebrating 10 years of Cumbria Pride (photo courtesy of Cumbria Pride)

Some positive changes at the University of Cumbria

- Roxie Ralphson, LGBTQ Network Lead

The LGBTQ student network was created this academic year at the University of Cumbria. Since then, it has grown to a community of 31 members. The network has worked hard to make all students feel welcome and to provide a safe space for LGBTQ related issues. The students raised issues with the name change policy earlier this year and campaigned for this policy to be changed to make it easier for student to use their preferred name and pronouns. This campaign was successful.

The network has also created safe social spaces by making a monthly 'meet and chill' event, this has been virtual so far but has attracted several members who have

enjoyed the monthly social event. We also have our own merchandise to promote the network which includes hoodies with an LGBTQ themed 'University of Cumbria' logo and 'LGBTQ Liberation Network' on the sleeve, this has proven to be popular. The network also gives out free lanyards to network members as another way to promote the network and get ourselves known and out there.

We are excited for the future of our network and the community and hope to see it grow in the next academic year. The network is open to all students of the University of Cumbria whether you are a member of the community or an ally!



*The crowd at the University of Cumbria (Brampton Road, Carlisle) enjoying Cumbria Pride 2018
(Photo courtesy of Cumbria Pride)*

Gaming and Mental Health

- Joshua Cox

There are a lot of things people do to relieve stress and help their general mental health. One of the ways in which adults do this is by gaming. Did you know that 62% of adults played games during the pandemic. That is more than half the population in the UK playing video games to relieve stress and to help them escape the troubles of the world. People often ask though, is gaming good or is it actually bad for your mental health?

This question has been asked many times before throughout the years and many people have done studies on the effects games have on people's mental health.

Here I am going to break down some of the benefits and downfalls of using gaming in regards to mental health.

Good aspects

Playing video games has numerous benefits for your mental health. Video games can help you relieve stress and get your mind going. Some benefits include:

Mental stimulation: You need to do some thinking to be able to play and complete video games. Some games can be rather complex and require quick thinking to be able to analyse and work out strategies. In order to reach this higher level thinking needed to play these types of video games, almost every part of your brain is working, helping to improve and develop critical thinking skills.

Feeling accomplished: In each game there are goals and objectives to reach, and when you meet these targets you feel a sense of achievement. This helps improve your overall well being. Some games also award trophies or badges for certain goals which strengthens the sense of achievement further. Having further goals and targets to reach gives you something to work towards.

Mental health recovery: Playing video games can help with trauma recovery, where the game offers distractions from pain and psychological trauma. Video games can also help people who are dealing with mental disorders like anxiety, depression, attention deficit hyperactivity disorder (ADHD), and post-traumatic stress disorder (PTSD).

Social interaction: Multiplayer games encourage cooperation, and working together to achieve a shared goal. Online games offer virtual social interaction and offer a great opportunity for you to test out talking to others and foster relationships with new people.

Emotional resilience: It can be frustrating when you fail in a game, and the same can be said to failure in other situations. Video games help people learn how to cope with failure instilling a keep on trying attitude. This is a really important tool for children to learn and use as they get older.

Whether you're using gaming to spend time with your friends or to release some stress, it's a great option. Playing video games boosts your mood and has lasting effects.

WebMD. 2021. Are There Mental Health Benefits of Video Games?. [online] Available at: <<https://www.webmd.com/mental-health/mental-health-benefits-of-video-games>>



Negative aspects

Depression: There is a noted correlation between gamers and increased depression. However, this correlation does not necessarily mean that video games cause depression. As video games are known to help suppress negative emotions, people who are already unhappy or depressed may therefore be drawn to them. The difficulty is they can then develop a gaming habit.

Anxiety: Our mind has the ability to predict potential future problems, but when this ability gets out of control, this is what we call anxiety. Video games do not necessarily cause anxiety, but becoming addicted to video games can increase anxiety, due to the time spent gaming meaning that time is not spent addressing other areas in life. We then become anxious about the possible future consequences of not addressing these things in the past or present.

Low self-esteem: While gaming online people are not judged for external things such as their appearance, their choice of clothing, their sexuality, their gender, how much money they have, etc, everything just revolves around the game. In the real world

however, sadly people can be judged for these things which can make someone feel really uncomfortable. For some they may avoid going outside and meeting with others, favouring the gaming world where they can be anyone. This can make their low self-esteem even worse and their confidence continues to decrease over time.

Healthygamer.gg. 2021. Video Games and Mental Health Explained | Healthy Gamer. [online] Available at: <<https://www.healthygamer.gg/blog/video-games-and-mental-health-explained>>

Conclusion

After looking at all the information that I have found in my opinion it is good that people game but it needs to not be in excess otherwise we run the risk of falling in to the negative aspects of gaming.

There are a lot of positive aspects to gaming that can help someone's mental health, however, just like anything in this world we need to keep close so that we are not falling into bad habits. Gaming can be a great tool for people. Let me know your thoughts.



Our Talk-It-Out Therapy is now available

Further information and Referral Forms can be found at:

www.outreachcumbria.org.uk/Talk-It-Out-Therapy



Why Pride?

- PiNC (Pride in North Cumbria)

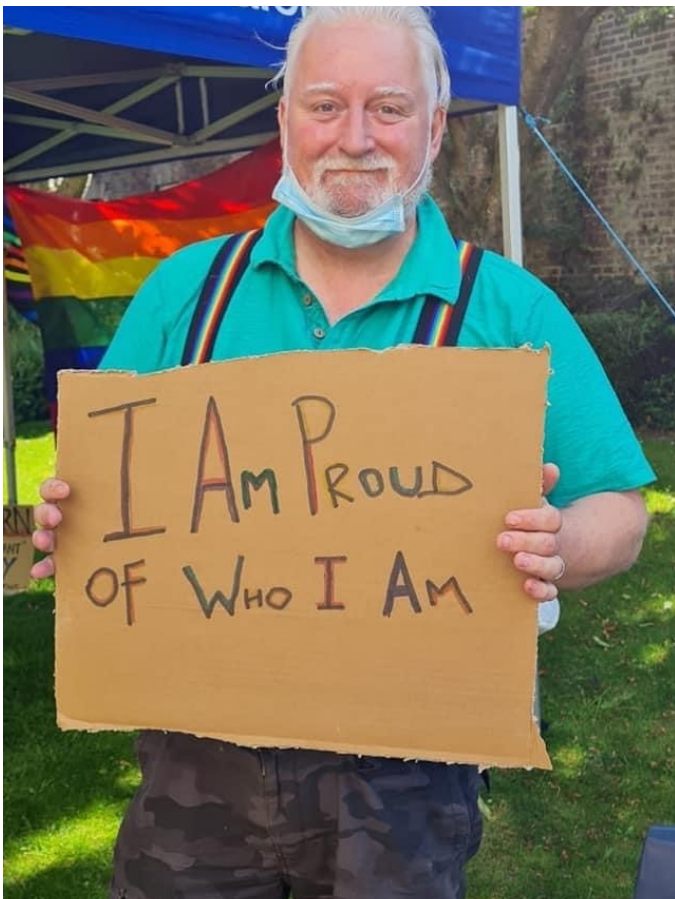
We have Pride events happening all over the world now. Obviously, they are really important as a celebration, but they can be quite commercial. Lots of people get on board to support Prides which is fantastic, but people often forget why Pride started in the first place.

Pride actually started as a protest so our 'Why Pride?' project is something to take out that commercial element and just focus on the bare bones of Pride.

'Why Pride?' will run from June to September, and you can find further details of everything that we have going on, on our website www.prideinnorthcumbria.org. Our 'Why Pride?' events include a drag make-up session, an open-mic night, and some creative workshops. So come and have a go if you think you're art enough!



The Queen is not amused, supporting Why Pirde? by holding a placard (Photo courtesy of PiNC)



PiNC Project worker holding a placard (Photo courtesy of PiNC)

The project started off at the beginning of Pride month in Tulle House with a placard making drop in session and a chance to meet the Queen, HRH Billie Raymond. We invited everyone to come and make their own placards with a message of solidarity, or to talk about what they are proud or angry about. Photographs of people with their placards will be included in an exhibition at Tullie House.

There needs to be more visibility of LGBTQ+ people in Cumbria, so we are also planning some speaker events where members of the community will share their experiences. It's about visibility, but it's also a chance for people from the LGBTQ+ community across the county to come together.

We'll have lots going on right up until September when 'Why Pride?' will come to

LGBT+ Public Transport Experience Survey

- Lindsey Stack and Richard Adams, Atkins

Lindsey and Richard are transport planners who work for engineering and design consultants, Atkins. We are currently writing an independent research paper about LGBT+ experiences of public transport and how we can deliver more inclusive transport systems.

From our initial findings, we suspect that the LGBT+ community may be deterred from using public transport due to fears about their personal safety. There is also evidence to suggest that hate crimes against the LGBT+ community are increasing across British transport networks, but that also many hate crimes go unreported. However, there is very little research on how the LGBT+ community feel towards using public transport and how safe they consider it to be.

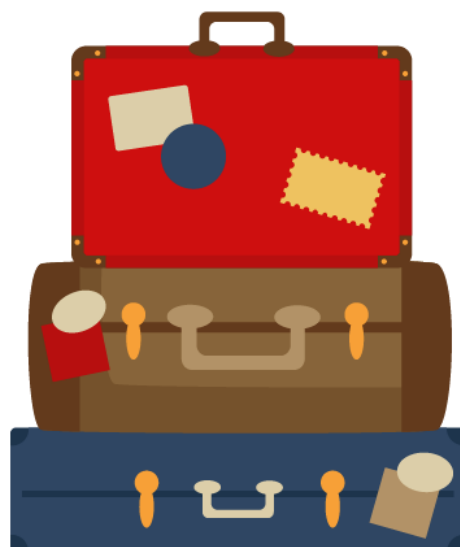
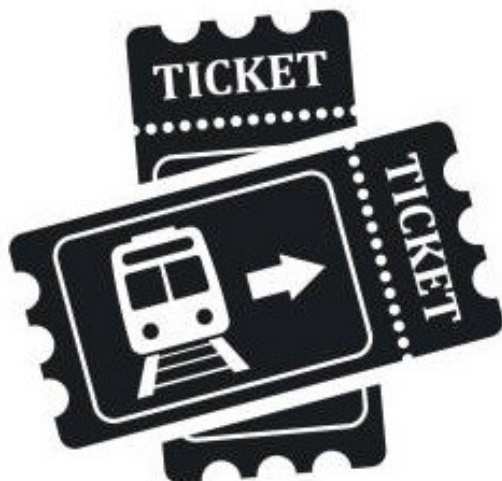
We've created an anonymous survey to gain some insight into people's perceptions and experience of public transport, and how they

identify in terms of gender and sexuality. We are really excited to get some much needed data on a broad spectrum of LGBT+ individuals and hope the data will provide evidence and opportunities that define how we can plan inclusive transport systems in the future and ensure that transport is inclusive for all.

The results from the survey will be combined with feedback from stakeholder interviews we are undertaking with LGBT+ groups and transport operators, as well as desktop research we have undertaken. The research report will be available later in the year and we are planning to share the findings with the transport industry and use them as a call to action to improve public transport. Our research abstract has also been accepted by two transport planning conferences and we plan to present our results at these later in the year.

The survey can be found at:

<https://forms.office.com/r/KrbHL7hJPJ>



Events and Information ...



QUIZ NIGHT & RAFFLE!

8pm, Friday 2nd July 2021
@Sticky Bits Café

Everyone Welcome! Teams of up to 4 people, £2 per person
Food and drink available. (Money raised for Cumbria Pride)

Contact: 07971 253241
Sticky Bits Café, 21 Victoria Place, Carlisle

IN CONVERSATION WITH MINA BANISAEID

COMING OUT AS AN IRANIAN WOMAN

FRIDAY 9TH JULY
LGBTQ HQ CARLISLE
21 Victoria Place, CA1 1EJ
STARTS 7PM
FREE EVENT WITH
LIMITED SEATING



OPEN MIC NIGHT!



A FREE, FUN AND FRIENDLY STAGE FOR LGBTQ+ VOICES

PiNC in friendship with Folded Zine bring you the first of many LOUD AND QUEER events, as part of 'WHY PRIDE?'

WEDNESDAY 23RD JUNE 6.30PM - 10.00PM
CAKES AND ALE CAFE, BOOKENDS, 17-19 CASTLE STREET, CARLSILE CA3 8SY
FREE ENTRY FOR ALL AGES AND ABILITIES, JUST COME ALONG!



Radical Self-Care

We are delivering our Radical Self-Care courses free of charge in partnership with Lancashire Mind and Lancashire LGBT.

Radical self-care is an 8 week programme for people who identify as part of the LGBTQ+ community, aimed at developing our ability for self-kindness and self-soothing and is proven to improve mental wellbeing and resilience and to foster a sense of connectedness with ourselves and others. Particularly helpful in these challenging times.

On this online course you'll learn new mindfulness and self-care techniques in a safe group environment for 2 hours per week with 2 experienced practitioners. We'll give you recorded practices to download and use between sessions. By the end of the course you'll have a personal toolkit of practical resources to help support your emotional wellbeing.

The next course date is Tuesday 13th July at 6-8pm

To book a place please visit: eventbrite.co.uk/e/free-lgbtqia-radical-self-care-course-tickets-157794815541

mindinsalford.org.uk



POETRY SLAM

An informal workshop of poetry writing followed by an open mic evening for anyone wanting to perform.


THURSDAY 5TH AUGUST
 WRITING 3PM-5PM
 SLAM 6PM-8PM

HERE AT LGBTQ hq 21 Victoria Place CA1 1EJ

COME AND MEET OUR IN HOUSE POET SHARVI FOR A FUN FRIENDLY WORKSHOP IN MODERN POETRY WRITING, GATHER INSPIRATION TO CREATE YOUR OWN PIECE OF WRITING.

STAY OF FOR A POETRY SLAM DOWN!
 FREE AND OPEN TO ALL ABILITIES
 PLEASE BOOK VIA PINC_CUMBRIA@HOTMAIL.CO.UK

Sharvi has a passion and skill for poetry and creative writing and writes hard hitting poems about their lived experience. They have also written the script for our PINC Panto!



KALEIDOSCOPE

G U B P T P Q O + R T

A safe space for our adult LGBTQ+ community to meet.
 Every Wednesday 7pm-9pm
 22A Duke Street
 Barrow-in-Furness
 LA14 1HH
 Contact us on 01229812888
drop_zone@btconnect.com






Our OutREACH Partners

Below is a list of LGBT+ safe spaces that are now OutREACH Partners. OutREACH Partners promise to keep their workspace free of homophobia and transphobia and are helping us to work towards LGBT+ equality in Cumbria. If you own a business that is an LGBT+ safe space and would like to be added to our list and be advertised in every issue of Alphabet Soup then please email us for details at info@outreachcumbria.co.uk.



Always Another Way, Cumbria Ltd

A not-for-profit community interest company building stronger communities through local projects. They run LGBTQ+ support for 8-24 yr old and their families, Mental Health support, coping skills sessions, sign language classes and more!

Website: www.alwaysanotherway.co.uk

Facebook: /AlwaysAnotherWay

Email: info@alwaysanotherway.co.uk

Phone: 07516 319860

Atomic Scents

Homemade scented candles. Please check out our Etsy shop.

Website: www.etsy.com/uk/shop/AtomicScents

Facebook: /AtomicScents

Border City Roller Derby

BCRD is a friendly, inclusive, all gender, roller derby league based in Carlisle, welcoming people from all backgrounds who would like to learn to skate and play roller derby.

Facebook: /BorderCityRollers

Email: bordercityrollers@gmail.com

Carlisle Cult Cinema Club

An alternative to the mainstream, bringing cinematic trash and treasure to all cult film fans.

Email: kerrymilgate@googlemail.com

Phone: 07495709792

Carlisle Eden Mind

Carlisle Eden Mind is a local charity, affiliated to Mind, supporting people with mental health problems across the Carlisle and Eden Districts

Website: www.cemind.org

Facebook: /CarlisleEdenMind

Email: info@mindlinecumbria.org

Phone: 0300 561 0000

Cumbria Alcohol and Drug Advisory Service (CADAS)

We provide support for individuals, family members and carers – promoting recovery in the community. We also offer free public health information, education and training as part of our preventative strategy.

Website: www.cadas.co.uk

Phone: 0300 111 4002

Cumbria County Council

Cumbria County Council is responsible for the strategic local services of the county, including education, libraries and youth services, adult social care, children's services, public health, highway maintenance, waste disposal, emergency planning, and consumer protection.

Website: www.cumbria.gov.uk



Cumbria LGBT Pride

Cumbria Pride is a volunteer-led community organisation that seeks to ensure that the LGBT+ community of Cumbria and its supporters are recognised, celebrated and supported through an annual Pride event.

Website: www.cumbriapride.org

Facebook: /CumbriaPride and /CumbriaPridesVirtualProject

Email: info@cumbriapride.org

First Step

We provide talking therapies for adults with depression or anxiety disorders who are registered with a North Cumbrian GP (Allerdale, Copeland, Eden and Carlisle). Please see our website for details. We are working hard to ensure that the service is a safe space for those within the LGBT+ community and we are able to meet the needs of our whole community.

Website: www.cntw.nhs.uk/services/first-step/

Harraby Community Campus

Our new community hub includes – a Café, Bar (event times only), Library, Pennine Way Nursery, Community Centre & Theatre, 3G Sports Pitches & Indoor Sports Arena, Pennine Way Primary School and St Aidan's Nursery.

Website:

www.harrabycommunitycentre.org.uk

Address: Edgehill Road, Harraby, Carlisle, CA1 3SN

Over the Rainbow Support CIC, Cumbria

'We aim to provide a safe and inclusive space for people to be themselves in an effort to reduce stigma, discrimination, social exclusion and isolation as well as providing support and advice to those in need.

Website: www.overtherainbowsupport.co.uk

Address: Berwick Street, Workington, Cumbria, CA14 3EN

Trans Family Carlisle Support Group

Family support group for transgender people and their families.

Email: transfamilycarlisle@outlook.com

Victim Support

The leading independent charity in England and Wales for people affected by crime and traumatic events

Website: www.victimsupport.org.uk

Phone: 0300 30 30 157 (open Monday-Friday 8am-6pm)

The next issue of Alphabet Soup will be available in August 2021.

If you would like to be a part of it, please send your stories, posters, photographs, etc to mag@outreachcumbria.co.uk by 31 July 2021.