

Alphabet Soup

The official online magazine of OutREACH Cumbria

JULY 2019 | ISSUE 4

A Note From Alphabet Soup

In our fourth issue we would like to share with our readers the exciting events that we have upcoming within OutREACH Cumbria.

2019 marks 25 years that OutREACH has been helping the LGBT+ community and to mark this milestone we are reigniting the Celebrate project from 2016. You can read more about the project on page 6 where you will also find the details of our Summer Party and our achievements with the National Diversity Awards.

In addition to the events associated with the Celebrate Project we have also just launched new merchandise which will help us to continue our great work within the LGBT+ community. Items available to purchase include t-shirts, button badges and reusable straws - with more to come! Details on products and how to order are on page 7.

We hope you all enjoy the fourth issue. Feedback is strongly welcomed via our email: mag@outreachcumbria.co.uk or message us at the OutREACH Cumbria facebook page /OutreachCumbria.

-The Alphabet Soup Team

The Front Cover

This issue's front cover is by talented photographer Vivian Russell. You can see more of her work throughout this issue. We'd like to thank her for supplying her photos at a moments notice, allowing us to get this issue out on time!



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Alphabet Soup is edited by Louise Askew, OutREACH Cumbria volunteer.



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Local Events Calendar

Transgender Family Support Group -

Pennine Way Community Development Centre, Harraby, Last Saturday of every month, 1pm-3pm

To find out more information please contact transfamilycarlisle@outlook.co.uk

LGBT+ Youth Group - *Always Another*

Way- for ages 8-24 years, Saturdays, 12pm-4pm

To find out more information please contact *always another way* via their website www.alwaysanotherway.co.uk

Connect: Mental Health Drop In -

Always Another Way - Whitehaven Library, Mondays, 1pm-3pm

To find out more information please contact *always another way* via their website www.alwaysanotherway.co.uk

Cumbria Pride - September 28th, 12pm onwards, Carlisle Castle

Be Aware 2019 - August 3rd, 12pm-6pm, Royal Scott in Morton, Carlisle
More information on page 8

If you have an event that you'd like advertised in the next issue of Alphabet Soup then please email mag@outreachcumbria.co.uk

OutREACH Day - August 16th, all day event. Help us to continue to support the LGBT+ community and work towards equality in Cumbria by wearing rainbows or bright colours and donating to OutREACH Cumbria via the website

OutREACH's 25th Birthday Event -

August 17th, 1pm onwards, Harraby Community Campus

More information on page 6

The Celebrate Project Tour- The celebrate project will be touring Cumbria at 5 destinations. Dates and times will be released shortly on our social media so make sure to follow us to find out when we are coming to you!



Image by Vivian Russell

Silloth Rotary Celebrates Successful First Pride!

On Saturday 29th June Silloth Rotary Club held the first ever Silloth Pride event on Silloth Green. 1,000's of people flocked to Silloth Green to help celebrate the LGBT+ community. The day was started off by Malcolm Grainger deputy mayor of Allerdale welcoming everyone and wishing the day success.

The Green was awash with colour as the crowds headed to the stage to enjoy a full day of entertainment, which started with the amazing Willow Jarvis. There was seven hours of entertainment including Mama Sang and the Robot, Jewels of the Desert belly dancers and much more. The fun didn't stop there with circus skills workshops, graffiti and dance workshops, local crafts, support from the local emergency services including the police and crime

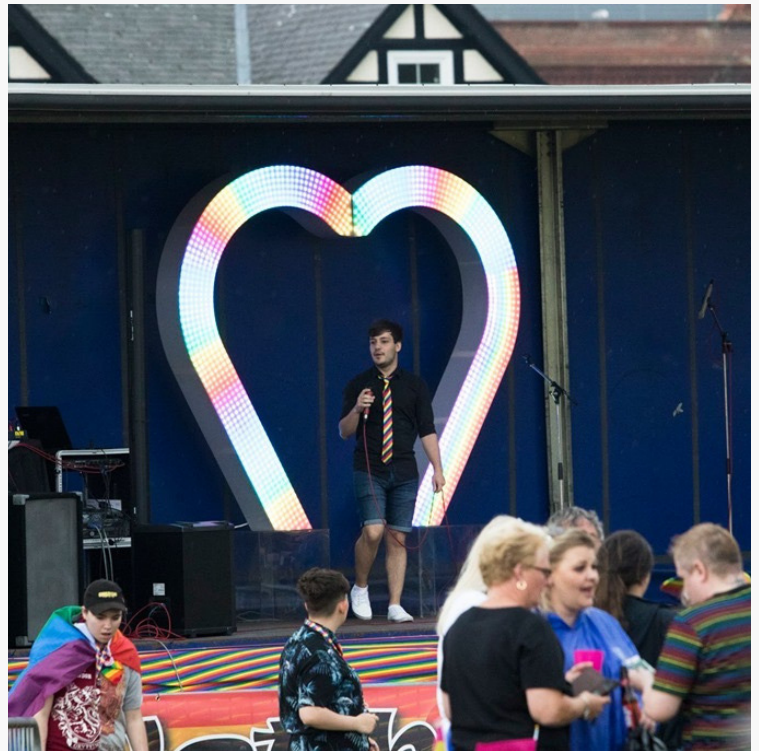


Image by Vivian Russell

commissioner who said "It was a brilliant event" and fun fair. Sue Hayman MP also joined in the "carnival atmosphere" as she described and took to the stage to say a few words about the event.

One of the organisers Owen Martin, President of Silloth Rotary club said " What a fabulous day we've had for our first Silloth Pride. We have seen overwhelming support from all over the country and it was great to see some people who were once sceptical of the event on the Green joining with this great diverse celebration. Thanks to everyone who helped and supported the event, making it the success it was."



Image by Vivian Russell

Spilling the T with Nagatha Christie

Episode 3: Coming Out in The Media

National and International media is full of stories of people 'coming out', mainly guys coming out as gay. But is this really the way forward?

It's common knowledge that in today society if you are a celebrity of some form, from A list to Z list, you make some statement to your fan base that you have finally brushed off the cobwebs and stepped out of the closet. Usually to the dismay of all those teen girls who swanned over you for the last several months declaring their undying love for you. But is this really how we want society to act?

In this day & age, we as the LGBT+ community must go through one of the most difficult experiences... 'coming out'. For some, this is as easy as waking up on a morning and doing their daily routine. But for some, this nightmare of a task can be dragged out for as long as 20+ years, desperately in fear of world rejection by those close to them, family and everyone else. For some the release to tell the entire world on Youtube or some other highly social media focused platform has become almost the norm. You search Youtube for 'coming out videos' and you are suddenly inundated with teens crying out for the world's approval of them being... well, themselves. Nothing changed about them in the few seconds it took to say 'I'm gay'. Maybe a huge weight off their shoulders, and the utter relief of getting it out there, but they haven't transformed into a 'Gay' or something different. They are still very much themselves.

What I am trying to get at is, why come out at all? News outlets, LOVE a good 'coming out' story and it seems it's a hot topic currently. Now don't get me wrong, I see the benefits: Celebrity, public eye, comes out, struggling kids see it and realise it's Ok to be who they are and they aren't alone.

But aren't we inadvertently just holding on to the 'coming out' process just a bit too much? In a perfect world, no one 'comes out', we are all just who we are and we get on with things, well how



about we start making that change happen? Stop making 'coming out' such a big deal. Every 'celebrity' who comes out, people I've never heard of who has 1000 followers on Youtube for singing other people's songs, and yet they appear in a news article... who cares? No seriously... who cares? You came out, good for you, welcome, your welcome package is in the post. Stop over glorifying 'coming out' as a big thing! For those struggling it not only sends the positive message of 'Ok, I'm not alone, I can do this.' It gives off this HUGE impression that you must do the same thing. Make some big announcement that you are attracted to the same sex as you - something you have no control over.

How about we stop mainstreaming the 'coming out' news, stop covering it at all. It's not important. What is important is putting messages out there that shows LGBT+ people in all their glory. Loving one another for who they are. That way, the kids of tomorrow aren't gonna sit there and say, 'oh I need to tell everyone I'm gay to be gay.' It will simply show them to just be who they are, not having to justify themselves to anyone. It will give them the confidence to see people just being themselves in society, loving who they do without any justification.

Yes, we will still have some haters, but to help the change happen we now need to make it as 'normalised' as possible that you don't need to 'come out'. That you just simply are who you are and no justification required.

Advice From Nagatha

I have had a few questions come through from DM's on my Twitter @Nagatha_Rants so here is my advice.

Q. Hi Nagatha, So I have a slight issue. Me and this guy are flirting but he's in a relationship, but he's not happy. I am kinda feeling like he's emotionally cheating on his boyfriend with me, and I don't know if I should be doing this or if it's right. Any advice?

A. Ok, so firstly, you're not technically doing anything wrong. Flirting is something EVERYONE does, even in relationships and nearly all will deny they flirt with anyone else. You all do it, even if it is subconscious. I would ask how far the flirting has gone and judge it from there, but since I don't have that much to work on. No. I think you're fine. It's his decision to flirt with you too, and at the end of the day if he's not happy then he should really end it with his boyfriend. Just don't become the other person and enable him to physically cheat. That takes it to a level even I don't agree with.

Q. Hey Nagatha, I'm still in love with my ex and have met this amazing girl who I get on so well with! She knows about my ex and knows I still love her, but she keeps throwing digs at me saying things like 'Well this won't work out if you're still in love with her'. What do I even say to this? She's making me feel bad for feeling something I can't control. Please help.

A. Ok, so firstly, I am sorry you broke up from your ex and are still in love with her. I know that feeling, I've personally been there and know how hard it is! But don't EVER feel guilty for how you feel! You can't help being in love with someone.

It's not as if it's a switch you can shut off. Once you have fallen in love with someone, it's for life, regardless if you have stayed together or not. As for this new girl, may I suggest you simply put your foot down and tell her that yes, you still love your ex, but it's not going to get in the way of a possible future with her. It seems like this new girl has quite a bit of self confidence issues by saying this and it is unfair of her to put them on you in this way. In fact if you are going to be technical it's a form of mental abuse, and that is not a healthy way to start a relationship.

Everyone comes with 'baggage' into a new relationship, but it's about accepting that and being respectful. I'd be careful about it and if it gets worse, end it.

Q. So Nagatha, I am in love with my best friend. And he has no idea. And he's straight. Do I tell him?

A. Well, this is an easy one. Yes. Tell him, as it will just start affecting your relationship if you don't. These feelings of love may not actually be romantic love feelings, but more a companionship love feelings. You see in him what you are looking for in a partner and there's nothing wrong with that. But like I always say, HONESTY IS THE BEST POLICY! ALWAYS BE UPFRONT AND HONEST! If he really is your best friend, he won't mind that you've got these feelings, or are thinking you have! He will accept you and help you understand it more.

Peace and love to you all!



Nagatha Christie

Big Things Happening at OutREACH

Celebrating 25 Years of OutREACH

This year marks 25 years since the start of OutREACH Cumbria! We are planning some celebratory events and hope to see some of you there. 2019 is set to be a big year for us, with a number of new projects taking shape and we'd love your help to raise some funds! Take part in OutREACH day by wearing rainbows or bright colours and donating either via the QR code below or through our website outreachcumbria.org.uk. Want to do more? Could you do a sponsored run? Nominate us as your work place's charity of the year? A bake sale? Anything you could do to raise money will help. Get in touch if you have any ideas – we'd love to support you!



National Diversity Awards

OutREACH Cumbria are delighted to let you know that we have been shortlisted for a National Diversity Award. Last issue we told you about our nomination, and we asked for your support – and we got it! We want to extend our thanks to all who gave us a nomination. We have been shortlisted in the category of Community Organisation Award for LGBT. Over 28,000 nomination were received for this years award and so to be among 8 shortlisted organisations in our category is a huge achievement. We will be attending the ceremony on 20th September in Liverpool – keep your fingers crossed for us! A full list of the shortlist is available at www.nationaldiversityawards.co.uk/shortlist

Celebrate Project Renewed

OutReach Cumbria are delighted to announce that we have received a grant of £7,700 from the National Lottery Heritage Fund to update our CELEBRATE project to coincide with our 25th Anniversary!

The CELEBRATE project was an exhibition covering the LGBT+ history of Cumbria and we are now updating the resource to understand what has changed in Cumbria over the past 25 years. This exhibition will be multimedia and crowd sourced – that means we want to hear from you! If you have memories or photos of your LGBT+ history in Cumbria, get in touch and share it with us.

We are launching the exhibition with a special free family friendly celebration starting at 2pm on Saturday 17th August at Harraby Community Campus. We will have entertainment during the day for the whole family, including face painting, glitter hair, live painting from Beardy Synergy and more! And, if you want to join us in the evening, the bar will open at 6pm and we will be celebrating with entertainment from the wonderful Miss Pearl.

Following the launch event, we will be touring Cumbria with our exhibition so those who don't live in Carlisle can get to view it closer to home, and add their own memories. Keep an eye on our social media for dates and locations so you can see when we are coming to a location near you!

We hope you can all join us to celebrate our birthday, and discover the rich heritage of our community in Cumbria.

Contact Louise at

louisea@outreachcumbria.co.uk

for more information, to add your stories or photos, or if you would like to volunteer with us on the day.



OutREACH Launches New Merchandise

We are delighted to announce our new range of merchandise. Show your support for the LGBT+ community and OutREACH Cumbria! Tag us in any photos of your new merchandise on social media and we'll repost our favourites. All profits will go back into helping OutReach continue to support the LGBT+ community in Cumbria. Available to order now through our Facebook page. Pay £2.50 for delivery or collect for FREE at our 25th birthday party.



Sexualitees

T-shirts, available in sizes S to XL 'Love is Love', 'Out for OutREACH', 'Ask me about my pronouns' and 'Human' with more designs being revealed soon! £15



Bamboo reusable straws

Displaying the phrase Love is Love. Save the planet and show your support! £2



Lanyards

Rainbow coloured lanyard displaying both Love is Love and Out for OutReach. Perfect to show support in your professional life.£2



We'll soon be adding button badges at £1 each or £3 for 4. We'll also have tote bags coming soon too priced at £10 each. Both of these will be available with any of the slogans available on our sexualitees INCLUDING the new designs that will be revealed soon!

Be Aware 2019

'Be Aware 2019,' is a fundraiser to raise money for Ward 43 Neuroscience at Newcastle RVI. Newcastle saved my life and even though I was told I wouldn't; because of them I have made a full recovery from Encephalitis. There-fore I would like to raise as much money as possible to help them continue their amazing work!

On the day there will be: face painting, archery, falconry, pole dancing classes, live music, buffet, bingo and AMAZING raffle prizes such as 2 X entry to the legendary Jess Glynn at Bits Park! The Royal Scot has an amazing play park and there will be plenty to do for ALL ages ALL day; with NOTHING to pay for once you're inside! There will also be a few surprises on the day! See you all on Saturday August 3rd at the Royal Scott in Morton, Carlisle! - Vickie x

Be Aware 2019!
Saturday 3rd August
12pm - 6pm

£5^{pp}
excluding bingo
and raffle

Vickie Harkness hosts a family FUNdraising event
Raising awareness about encephalitis and funds for ward 43 Neuroscience at Newcastle RVI

THE DAY WILL INCLUDE...

Face Painting
Stardust parties

Live Music from
CAKE JUNKIES
2 OF A KIND

Children's Archery
54° Sport

Falconry from Silverband Falconry

+ BUFFET AND SPECIAL POLE DANCING CLASSES

RAFFLE PRIZES INCLUDE...
£50 Cumbria Guide voucher
Jess Glynn Tickets

Glo & Go Ladies Night
Glo & Go Tanning Ladies Night

JESS GLYNNE
PLUS SPECIAL GUEST
JOHN NEWMAN
19
TICKETS ONLY
JESSGLYNNE.COM

The Royal Scott, Langrigg Road, Carlisle CA2 6DX
Charity Registration Number 1057213

The Life and Love of Ellen DeGeneres

By Rebecca Edger

In April of 1997, Ellen DeGeneres made history when her TV persona, and she personally, came out as lesbian. As a direct result of this, the show faced strong criticism and was cancelled the following season due to declining ratings. However, the show received a great amount of praise from gay-friendly activists, including DeGeneres' mother herself, who appeared in various talk shows to support her daughter.

In 2003, Ellen tried again, after her previous failed attempt, in 2001 and launched her daytime talk show "The Ellen DeGeneres Show". Despite the new talk show crop being competitive and thick that year, her show rose to the top and has been extremely popular ever since. DeGeneres made her daytime show into her own by adding her signature touch- marking each episode with a dance and involving her audience. Her show is light hearted and carefree, allowing the audience to forget their troubles.

DeGenres began dating Australian actress Portia De Rossi in 2004, best known for the TV show 'Arrested Development' and got married on August 16th 2008, just months after the California Supreme Court overturned a ban on same sex marriage. When DeGeneres and De Rossi first met socially, both women felt a connection. De Rossi revealed that, for her, it was love at first sight, although it took her three years to reveal her feelings to DeGeneres as she was not living as an openly gay woman, 'I was closeted and very, very afraid that if I talked about being gay, it would be the end of my career'. In 2010, De Rossi legally changed her name to Portia Lee James DeGeneres. 'I'm so grateful for the love in my life' DeGeneres told 'People' in her 2016 cover story, 'because not everybody finds that. Not everybody finds that best friend'. She goes on: 'Portia and I constantly say to each other, 'We are so lucky'. To this day, DeGeneres and de Rossi arguably remain the



Image by Vivian Russell

most iconic lesbian couple in Hollywood.

In November 2016, when then-President Obama awarded Ellen DeGeneres the Presidential Medal of Freedom, the highest civilian honour, he reminded those attending the event why DeGeneres was such a pioneer: 'It's easy to forget now, when we've come so far, where now marriage is equal under the law, just how much courage was required for Ellen to come out on the most public of stages almost 20 years ago... Just how important it was not just for the LGBT community, but for all us to see somebody so full of kindness and light... challenge our own assumptions'. Obama's remarks showed that DeGeneres was so much more than a comedic star: she was a seminal figure in changing America's attitudes towards LGBTQ people and showing them in a positive light.

DeGeneres has helped raise awareness against bullying and tragedies involving LGBT+ youth suicides including donating \$25,000 to a fund for the survivors of the Pulse nightclub shooting. Ellen DeGeneres continues to be an inspiration for many, whether they be straight men, women or a part of the LGBT+ community. Her coming out 22 years ago showed the nation there is nothing more rewarding than living as your most authentic self.

A New Sense Of Pride In West Cumbria

By Chloe Jones

29th June was a significant date for Pride in England, with events in East London, Great Yarmouth, Colchester and Crewe. Quietly waving the rainbow flag for the first time however, was the inaugural Silloth Pride in West Cumbria. Organised by one Owen Martin and the Rotary Club of Silloth, it was the first event of its kind in the West.

There was a Barrow Pride back in 2017, but despite its success it was a one-off. And of course there's the well-established Cumbria Pride in Carlisle, now in its 10th year. Naturally it's the urban events which get all the media coverage, but Silloth Pride was a stark reminder of why the more localised, humbler events are so important in their own way.

For a start, Silloth Green is an ideal location – it's popular, it's central and if you're travelling through town, it's unavoidable. This means that it can draw the attention of a wide variety of people of all ages – those travelling to Silloth specifically to attend the event;



Image by Vivian Russell

curious attendees; those unaware of the event who get drawn in; and people who never give a Pride event a second thought, including many young people.

Of course it's wonderful to have an event in the West where LGBT+ people can mix and relax, and in an environment created specifically for them. Lots of them will be diehard Priders who regularly attend events across the country. But for many of them, especially the younger ones, this will have been their first pride. It will mean so much to them, and you can be sure many of them will return.

Equally important though are those passing by, on the outside looking in. Most will shrug and simply press on, but some will be gay, or trans, or some other queer denomination. Perhaps they are out, perhaps they are questioning. But when they see us, they see that not only are we loud and proud and right in front of them, but that we will be here for them too, in the years to come.



Image by Vivian Russell

Being queer can be lonely and isolating when you're younger, as you feel different to your peers, and worry about rejection and bigotry. But when events like this are on, if it reassures even one secretly queer teenager that they are far from alone, and that Pride is potentially a future haven for them, then part of the job is done.

I attended the event with a close friend, and what I personally enjoyed most about it was how laidback it all was. Local acts, local organisations and some talented singers crooning hits all classic, modern and originals.

It was fantastic, and a wrench to have to leave early for the last bus. But as mentioned earlier, the central location of the event is so important. Some events now charge people for tickets to attend, making them little more than echo chambers, coming across as some

sort of insiders party. But Pride is not a party – it's a protest.

So as long as Silloth Pride remains on the green, it's a powerful and euphoric protest. The event itself was the antithesis of some of the major prides, which many argue have become so commercial they dilute the message. Some political commentators have even suggested we don't need Prides anymore. We've got loads of legislation protecting LGBT rights now, and more education on LGBT issues is coming to a school near you in the not too distant future. So why do we need Pride anymore? Well, on the way to the event, I overheard a few women chatting in front of us on the bus. "Did you hear there was a gay pride event on here today?" asked one. "Ooh, I know! Terrible, isn't it?" opined the other. That's why.



Image by Vivian Russell

GSRD Access to Mental Health Services

by Lynsey Blacklock on behalf of First Step
Diversity & Inclusion Champions

In this issue we hope to promote awareness around suicide and accessing appropriate support. We will do so whilst considering how the above impacts the GSRD (Gender, sexuality and relationship diversity) community.

Suicide

'Suicide' can be defined as 'intentionally causing one's own death'.

It is estimated that around 17% of the general population of the UK have had suicidal thoughts and considered plans, whilst 3% have continued to make an attempt of suicide.

Thoughts of suicide can be very common when we are experiencing issues with our mental health but at the same time many people who engage in suicidal behaviour do not necessarily have a mental health problem. Sometimes these thoughts can escalate or become more intrusive, at times leading to consideration of plans. Individuals may have thoughts as an expression of their distress, sometimes they can come as a comfort, but for others they can be very upsetting. It is important to remember that thoughts in themselves are common when we are having a tough time.

What might thoughts of suicide look like?

Thoughts can come in different forms and using different words. We might experience passive thoughts of suicide such as 'everyone is better off without me' or 'what's the point?' These thoughts can often come as an expression of hopelessness. A person



Image by Vivian Russell

might have these thoughts but not really associate them with suicide, or without actually wanting to end their life. This might be language we or others use in a casual sense. For others, there may be more meaning attached to these thoughts. It is subjective to the individual. Others may have active thoughts of suicide. Active thoughts tend to consider the idea of suicide in a literal sense. They may have considered plans or taken steps towards a plan. The language used in active thoughts might seem more imminent and certain such as, 'I am going to kill myself' or 'there's no other way out for me, I need to end my life for this to be over.'



Image by Vivian Russell

Plans of suicide

Sometimes thoughts of suicide can escalate into consideration of plans. A person might think of a potential plan quite quickly such as a flash of 'well I would do it this way,' this might be the end of the thought process or as in-depth as it gets. For others, plans can become in depth and they may consider practical factors (such as when, how, where, etc.)

A plan for suicide might lead to actions taken to delivering the plan out. Examples of actions might be: buying equipment, writing a letter or saying goodbye to a friend. At the time, the intention of these actions might not be obvious to those around us.

It is important to remember that sometimes we can also experience intrusive thoughts about suicide (for example, walking in front of a car) that would not necessarily mean that we might act on these thoughts. Images of these can be distressing and cause us concern as to why they are in our mind. As distressing as they can be, the thoughts in themselves don't always indicate a desire to complete suicide.

How does this impact the GSRD community?

There is a wealth of evidence reinforcing the high numbers of GSRD people and mental ill health, with 52% reporting experiencing Depression in the last year. These figures are even more startling in regards to suicide, which we have detailed below. Everyone's experience of mental illness and suicidal ideation are unique, but there may be common factors (or challenges) faced by the GSRD community that lead to the statistics being much greater than that of the general population: discrimination, experienced inequalities, social support, to name but a few. On these grounds alone, it reinforces the importance of inclusive support from services, and consideration of common challenges faced by the GSRD community.

- Thoughts of suicide in the Trans community 46%
- Attempts of suicide in the Trans community 12%
- Thoughts of suicide in the LGB community 31%
- Attempts of suicide in the LGB community 2%
- Thoughts of suicide in non-binary people 50%
- Attempts of suicide in the non-binary people 11%

Who can I, or someone I care about, turn to for support?

If you feel that your mood is deteriorating, please contact your GP within their opening hours. The Cumbria Health On Call team (CHOC) are also available out of hours on 111. The Samaritans are available 24 hours a day on 116 123.

Alternatively visit the First Step website, which details all services and processes we would recommend for access during a point of crisis in your mental health:

<https://www.cumbriapartnership.nhs.uk/our-services/mental-health/help>

If you are interested in sharing a story in *Alphabet Soup* please email us at mag@outreachcumbria.co.uk

Yoga with Martyn Blacklock

By Martyn Blacklock

I am delighted to have been asked to feature and look forward to sharing my passion for how challenges presented through yoga offer such great potential for personal growth and inner peace.

I am keen to share the valuable knowledge I have gained from others and through my own practice about the importance of careful preparation, building strength, understanding the body and its motivations, being patient and to practice, practice, practice with full awareness. Most importantly, to share the journey of finding a way to accept where you are and learn whatever lessons can be learned through being present to help you progress on your life path. To realise everything is perfect as it is.

I will offer a 'pose of the month', describing the holistic benefits of the pose, both on and off the mat; helping you explore the transformational benefits of yoga.

This month's pose is Virabhadrasana II or Warrior 2.

The mythical story behind the Warrior poses signifies our posture as fallible souls who all engender completely natural human responses to emotions. We all make mistakes. Sometimes, life gets confusing. There is often an innate urge to overlook natural human emotions like anger, jealousy, and bitterness in spiritual pursuits like yoga. At times, we think that in the interest of becoming of true yogi, we must be devoid of all negativity. But, we're all human. Things happen. Eliminating all hardship from our lives just isn't feasible. And, we all engage in little battles throughout the day...we fight with our spouses, roommates, our boss. We harbor resentment towards our friends and neighbors.



Warrior 2 pose as demonstrated by Martyn Blacklock

Every single relationship produces complications and stress that engender completely natural human responses. And, that is OK.

Being a “yogi” isn't about existing in a permanently blissful state. Being a “yogi” means being able to successfully navigate the often complicated world of relationships and emotions. We become true warriors when we understand how to fight our battles with the proper weapons.

Along with the extraordinary range of emotions we exhibit as humans, we also have the unbelievable capacity for reflection. And so, when our battles scale beyond our control, we possess the most important tools of the “spiritual warrior”, which is compassion and forgiveness.

Please connect with me on Instagram: @martyblacklockhealing, Facebook: Martyn Blacklock and visit my website www.martynblacklock.com

The Spotlight

Each issue we will be putting a sexuality or gender identity into The Spotlight to give it some much needed love and attention. This issue we are going to be looking at:

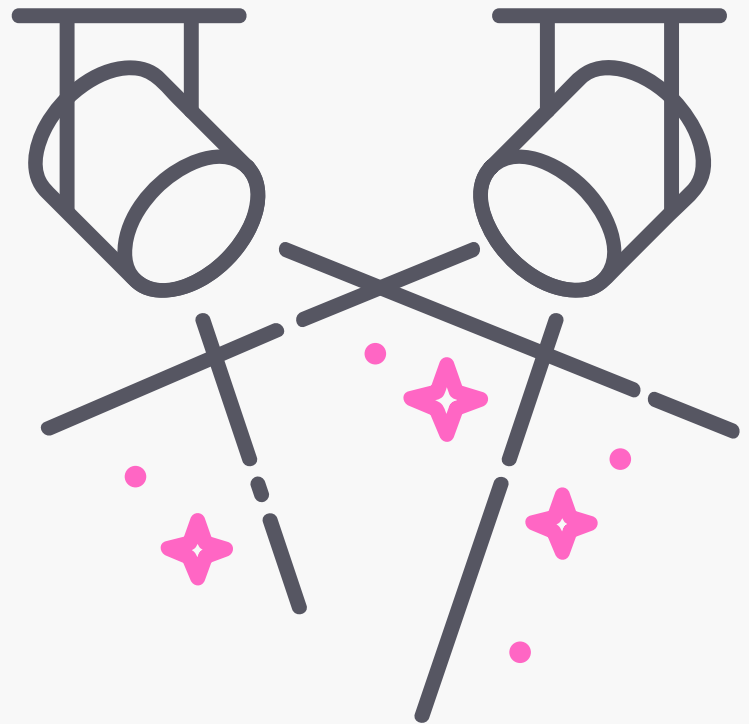
Non-Binary

Non-Binary refers to a person that does not identify as either of the binary genders of male or female and use they/them or ze/zer pronouns. Another word for non-binary is enby which comes from the initials N.B.

Gender identity is separate from sexual or romantic orientation and non-binary people have a variety of sexual orientations, just as transgender and cisgender people do.

The Flag

The yellow on the flag represents people whose gender exists outside the binary, purple represents those who feel their gender is a mixture of – or between – male and female, black represents people who feel as if they have no gender and white represents those who embrace many or all genders.



Public Figure

Bex Taylor-Klaus has starred in many different media projects, such as Arrow, scream and more recently Dumplin'. On the 30th July 2018, they came out as non-binary. They came out by tweeting "I came out as trans non-binary in a room full of people today. Guess it's time for me to do that on here, too... Hi. I'm Bex, and the rumours are true. I'm v enby."

They have openly spoken about how they enjoy being able to portray a spectrum of gender expression and sexualities through their acting and hopes that their doing so can help people watching realise that they can do be who they are. They hope to be an example of an enby embracing both feminism and masculinity on a spectrum without it infringing on their gender identity.

LGBT+ Safe Spaces

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.

OutREACH Partners are also listed on our website and are the first to know about upcoming opportunities within OutREACH.



- **Always Another Way**

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!

Contact: Email

info@alwaysanotherway.co.uk or
Phone 07516319860

- **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

Contact: Facebook/BorderCityRollers
Email: bordercityrollers@gmail.com

- **Cambridge Weight Plan**

The 1:1 Diet by Cambridge Weight Plan - Cumbria.

Contact: irenecwp@gmail.com

- **Cumbria County Council**

Contact: www.cumbria.gov.uk

- **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

Contact: Phone 03005610000 or
email info@mindlinecumbria.org

- **Carlisle Cult Cinema Club**

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

Contact: Email

kerrymilgate@googlemail.com or
Phone 07495709792

- **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.

Contact: Visit www.cadas.co.uk or
phone 0300 111 4002

LGBT+ Safe Spaces

- **The Fairydust Emporium**

The Fairydust Emporium in Silloth welcomes you.

Contact: Facebook/FairydustHQ
booking highly recommended:
016973 31787

- **First Step**

We provide free talking therapies for depression and anxiety disorders for adults in Cumbria

Contact: www.firststepcumbria.nhs.uk
or phone 03001239122

- **Katia's LDC Driving Instructor**

Fully qualified female driving instructor, providing a safe and friendly environment for all pupils to achieve their driving ambitions.

Contact: info@passwithkatia.co.uk or
phone 07502411040

- **Mentoring in Cumbria**

Jude Beveridge works with adults and young people helping them to raise their self-esteem, improve mental health and boost confidence

Contact: Email
littleyam@btinternet.com or Phone:
07919 837592

- **Mike/Dr Beet**

Body piercer / not a real doctor.

Contact: Instagram @drbeetpiercer;
Phone 01228514115; or visit Immortal
Art Studio, Carlisle

- **Miss Pearl**

Vintage and modern professional singer

Contact: Instagram
[@misspearlsinger](https://www.instagram.com/misspearlsinger) or
[facebook/MissPearlSinger](https://www.facebook.com/MissPearlSinger)

- **Mobile Beauty in Cumbria**

Luna is a mobile beauty and holistic therapy service. Relaxation and beauty in the comfort of your own home.

Contact: Facebook/sarahlunaholistics
or phone 07984245593

- **Trans Family Carlisle Support Group**

Family support group for transgender people and their families.

Contact:
transfamilycarlisle@outlook.com

- **Victim Support**

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

Contact: Phone 0300 30 30 157 or
visit www.victimsupport.org.uk open
Monday-Friday 8am-6pm

If you own a business that is an LGBT+ safe space and would like to be added to our list then please email us for details at mag@outreachcumbria.co.uk

Have Your Work Published in Alphabet Soup!

We want to give a voice to as many LGBT+ and GSRD individuals in Cumbria and the surrounding areas as we can but anyone is welcome to write for Alphabet Soup.

If you have a story you would like to share, a project you are working on or a topic you feel passionate about then drop us an email at mag@outreachcumbria.co.uk and we will work with you to help get your work into the magazine.

In addition, if you are an artist or photographer we would love to showcase some of your art and even direct people to where they can find more of your work.

If this is of any interest to you then please email mag@outreachcumbria.co.uk and our team will guide you in getting your first piece published!

We're also looking for businesses that are LGBT+ safe spaces to add to our list of OutREACH Partners. Your business would be advertised in every issue of Alphabet Soup. If you own a business that is an LGBT+ safe space and would like to be added to our list then please email us for details at mag@outreachcumbria.co.uk

Help Us With Our One Year Special Issue

To celebrate one year of Alphabet Soup we are hoping to create a special edition issue and need your help to do so. The issue will include the coming out experiences from the LGBT+ community in Cumbria. We want to share your experiences with coming out to your friends or family and any advice you may have to people who may be considering coming out. In addition, we'd like to share the experiences of those friends and family members who have had someone close to them come out. We want to share your stories too in order to shed some light on that experience and also any advice that you may have for people who may be in the same position.

There is no 'right' or 'wrong' stories here! If you have an experience that you would like to share, we want to hear it.

Your story can be up to 800 words and you may include pictures you wish to share or alternatively we can use generic photographs from a photographer so that you can remain anonymous. If you include your own photographs please make sure that you have the approval of the people in them. You can email your story to mag@outreachcumbria.co.uk or DM us on facebook for more information.