

Alphabet Soup



Cumbria's LGBT+
magazine by
OutREACH Cumbria
Issue 8 - Autumn 2021

A note from OutREACH Cumbria ...

Hello and welcome to our Autumn issue of Alphabet Soup. Alphabet Soup is a free LGBT+ magazine produced and written by volunteers within Cumbria and the surrounding areas. Everyone is welcome to be a part of Alphabet Soup, so if you have a story to tell, or some news to share, please get in touch. (Articles can be submitted anonymously).

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.



www.outreachcumbria.org.uk



[/OutreachCumbria](https://www.facebook.com/OutreachCumbria)



[@OutreachCumbria](https://twitter.com/OutreachCumbria)



[@OutreachCumbria](https://www.instagram.com/OutreachCumbria)



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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



WHAT HAPPENS AT CARLISLE UNITED COMMUNITY SPORTS TRUST

- Carlisle United Community Sports Trust



At Carlisle United Community Sports Trust, we offer a wide range of programmes to encourage an active, healthy lifestyle within schools and around the wider community. All our programmes are delivered by highly qualified staff who are fully DBS checked and have experience in the relevant subjects.

Our Vision

To inspire people to participate, develop and achieve their goals through the power of sport and education.

Our Mission

To deliver an innovative and attractive range of activities to educate, inspire and improve the health and wellbeing of people in the local and wider community.

Our Values

Inspire change and fulfil potential
Respect individuals and celebrate diversity
Value, and are valued by the community



Barn Close Exercise Session
(Photo courtesy of Carlisle United Community Sports Trust)

The types of provision we offer is extensive, some of which are listed below:

- * Football Development Scholarship
- * University South Wales: Foundation Degree
- * Walking Football
- * Mental Health Programme
- * Fit Fans
- * MIND-Community focused activities
- * Barn Close-Residential home activities
- * Fans Fund
- * Dementia Group-Focused activities
- * Traineeships-Employability programme (16-18 years)
- * Disability
- * Core Funded Projects
- * Premier League Kicks
- * Premier League Primary Stars
- * Richard Rose – (School partnership)
- * Saturday Match Club
- * Football camps/holiday courses
- * Various Community Projects



Mental Health Football Sessions
(Photo courtesy of Carlisle United Community Sports Trust)



Providing vital help during the pandemic
(Photo courtesy of Carlisle United Community Sports Trust)

During the pandemic we continued to support our community, and volunteered with many projects:

We worked with the Community food hub in delivering free school meals and food shopping/prescriptions to the most vulnerable and those that were self-isolating. We also worked with RRCA in delivering goodie bags to over 100 students within the local area, organised check in zoom calls/quizzes with many of the groups we work with.



Providing vital help during the pandemic
(Photo courtesy of Carlisle United Community Sports Trust)

We strive to support all members of our community; and welcome any new suggestions on ways we can work together to celebrate our diverse community.

If you have any inclusion projects/ideas, you would like to suggest and discuss in further detail please contact John Halpin CUFC CST manager on:

01228 554169

Email: manager@carlisleunitedcst.co.uk



Providing vital help during the pandemic
(Photo courtesy of Carlisle United Community Sports Trust)

CUMBRIA PRIDE 2021

- The Cumbria Pride Committee



Cumbria Pride's main event for 2021 was held on Saturday 25 September 2021 in Carlisle Castle's outer ward.

We had very mixed emotions this year. Last year nobody could attend Pride, this year only a limited number could. We were genuinely heartbroken that we couldn't open it up to everyone! Covid saw around 18 months without any physical Pride events anywhere. It's not a concert, or a party, Pride means so much more. We were faced with a choice to either reduce the numbers or cancel the event. Cancelling really was not an option, we know how much this is needed and how desperate our LGBT+ community was for it. Pride events are vital for people accessing support and hearing important messages! In an attempt to be as fair as possible, tickets were allocated via a free to enter raffle. We chose this method so that everybody had an equal chance to attend.

Whilst being very sad that we couldn't bring this event to everyone, we were thankful that we were able to bring it to some, especially as so many Pride events had to cancel again this year, including Silloth.

We invited Pride radio to come along so that people could tune in from home, and were really grateful to BrewDog and Tribe in Carlisle who held a Pride day where people who couldn't get tickets were able to safely visit to hear some of the event. We have also shared our committee footage via our Virtual Project.



A view from Cumbria Pride 2021, Mandi Leonard wows the crowds at the Castle. (Photo courtesy of Cumbria Pride)



Kyle Finn's conga line at Cumbria Pride 2021
(Photo courtesy of Cumbria Pride)

We introduced our Virtual Project after cancelling our 2020 event, which we know was not the same but it was the best that could be done under the circumstances. Following our recent survey, we have listened to our community, and will continue with the Virtual Project but will now be bringing short snippets of information virtually whilst hopefully planning lots of physical events too.

It really was amazing to be able to hold our event after 2 long years of planning. Of course the event had to be a bit different to how we would have liked. Sadly we had to cancel our march as this could not have been done safely in light of Covid. The march is a very special part of Pride, helping to increase our visibility and giving us the opportunity to protest for our equality. We aim to plan a Pride march as soon as it is safe to do so, and will work in partnership with the LGBT+ organisations in Cumbria including OutREACH.

Fundraising was very tricky this year, so we really would like to thank everyone for their support, especially our sponsors ...

Sellafield Ltd

Carlisle City Council

Cumbria County Council and Cumbria Fire Service

North Cumbria Integrated Care (NHS)

Story Contracting

Adopt Coast to Coast

Duke Hare Barbers

Glasshouse

Rolling Pub Co

Stagecoach

Sticky Bits Cafe

Unison North West LGBT+ and joint Cumbria Branches (Cumbria and North Lancashire Health Branch, Cumbria County Branch, Cumbria Police Branch, and South Lakeland Branch)

University of Cumbria

Without sponsorship we would not be able to run. Our sponsors don't just support the event but they support our work right throughout the year. We were also grateful to receive funding from **Cumbria Community Foundation** and **The National Lottery Community Fund**, and would also like to thank **The Rainbow Lottery** who give us 50p for every ticket sold on our Rainbow Lottery page.

The atmosphere at the Castle this year was amazing, and we were truly humbled by the comments of thanks from people visiting us at our Pride stall. Marc Allan and Soraya Vivian hosted Cumbria Pride 2021, and we had performances from Ada Wood, Cascada, Conleth Kane, Channy, Jenny Ball, John Hastings, Kyle Finn, Liam Moorhouse, Mandi Leonard, Michael T Ogilvie, PJ Taylor, Ronan Parke, Ross Alexander, Shane Nolan, Sh-Boom, Soraya Vivian, Stevie D and Tom Stevens. John Hastings delivered a poem fit for the occasion, and we had speeches from the Mayor of Carlisle Pam Birks, Cumbria Police and Crime Commission Peter McCall with the emergency services, Eyes Open, and Brian and Molly from the University of Cumbria.



Marc Allan and Soraya Vivian singing 'We are Family' to celebrate the unity felt at Cumbria Pride
(Photo courtesy of Cumbria Pride)

We had another emotional announcement made on stage this year. Pam Eland who has been part of the committee since the beginning, announced that she would be retiring from Cumbria Pride. The remaining committee would like to wish her well in her future work for LGBT+ in her role at PiNC (Pride in North Cumbria Youth Group) and Sticky Bits Café.



Members of the Cumbria Pride committee join Stage Manager Glenn Anderson and hosts Marc Allan and Soraya Vivian on stage for a selfie with the crowd at Cumbria Pride 2021
(Photo courtesy of Cumbria Pride)

BEING OUT IN THE OUTDOORS

- Words and Art by Tessa

I grew up in a small Cumbrian village - over an hour's drive from anywhere important. My parents let my brothers and I run free. Every night until sunset I paraded around that village, dragging behind me my reluctant little brother and the only other girl my age. I felt like the queen of this kingdom, which stretched from the river at the bottom of the hill, through overgrown woods, up the 'back road', across wide green fields full of bleating lambs, all the way up to the cusp of the Howgills. Beyond these boundaries I did not care to know or understand. This land made me feel bursting with potential – oh the places I could go!

As I grew into a teenager and learned about the wider world, the smallness of my home dawned on me. It contained me and stunted my growth – where were the opportunities I once felt this green land afforded me? I realised that to develop as a person I had to move away, to the big city, for a dose of culture, to see different ways of living, and to wise up.

So, at 18, with a false sense of maturity, unknown naivety, and full of promise, I moved to Manchester. I hated it. Squashed into a mouldy magnolia matchbox bedroom, which stacked neatly into a concrete complex of thousands of other lost teenagers, my pretence of being the queen of a kingdom was shattered. No more was I a big fish in a small pond - more like a minnow in the ocean. Feeling overwhelmed and overlooked, I slipped into a pattern of self-loathing and panic.

With significant effort, things did get better. And in hindsight, Manchester and its diverse people taught me a lot. The movers and shakers of Canal Street showed me the existence and validity of Queer identities. My university friends made me confront my own privilege of growing up with free access to open green space. Feminist protesters demonstrated the importance of standing up for what you believe to be right. Manchester opened my eyes, gave me tolerance and empathy, fired up my inner activist, and most importantly, illuminated my own Queerness.



Last year I burned out from 5 years of bustling city life and felt a calling back to a slower pace of life - to the winding lanes, dry-stone walls, and bleak fell tops of Cumbria. Once again, I had a head for the hills. Realising my blissful childhood featured precisely zero LGBTQIA+ role models, I was understandably apprehensive to return to my roots. I feel Cumbria is a world away from Manchester in terms of inclusivity and diversity. When I walk down the street holding hands with my girlfriend, I am aware that people's heads turn. Knowing I do not fit in, I live in fear that someone's second glance may turn into a homophobic slur or punch.

When I've had enough of worrying whether every person I meet is going to accept me, I switch off my phone, head for the hills, and finally get to breathe. There is solace in climbing the mossy branches of a tree or dunking in the ice-cold gurgle of a stream - nature accepts me with open arms and without question. The forests and the rocks and the flowing rivers and the towering mountains and hedgehogs don't care if I'm Queer. By being 'out' in the outdoors I escape the confines of human prejudice and feel at home. In the immersive outdoors I can be myself.

I set my imagination alight with spontaneous and somewhat clumsy outdoors adventures. I have set off on 'serious' runs only to end up scrambling up a river joyously looking at rock formations. I have abandoned a 3km lake swim to dive down to the murky bottom and observe sun rays shimmering through luscious lily pads. I chase anything in the Cumbrian landscape which makes me feel alive and electric. I soak all that goodness up and use it as fuel.

Through life my feelings towards Cumbria have changed. Now I realise that at its heart, it is both beautiful and brutal. Whilst its natural landscape offers escapism and acceptance, its communities need to show greater LGBTQIA+ visibility, inclusivity, and equality. Therefore, the work of OutREACH is crucial and the more people that get involved the better! And to anyone who feels isolated, please know that nature accepts you as you are. I promise you there are plenty of potential LGBTQIA+ adventure buddies and I urge you to get OUT in the OUTDOORS!



Events and Information ...

SILLOTH pride

18TH JUNE 2022

**LIVE MUSIC - YOUTH ZONE - STALLS - TRADITIONAL FUNFAIR
DANCERS - ENTERTAINMENT - HEALTH & WELLBEING ZONE
LOCAL CRAFTS - POETRY**

HIGHLIGHTING DIVERSITY IN RURAL CUMBRIA!

WWW.SILLOTHPRIDE.COM

KALEIDOSCOPE

G U
B P
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Q O
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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 who are 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!

Address: Frizington Youth Club, Off Church Street, Frizington, CA26 3SS
Website: www.alwaysanotherway.co.uk
Facebook: @AlwaysAnotherWay
Email: info@alwaysanotherway.co.uk
Phone: 07516 319860



ATOMIC SCENTS

Handmade scented candles!
Can be customised into Pride flag colours on request.
Please check out our Etsy shop.

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



BORDER CITY ROLLER DERBY

Border City Roller Derby 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: @BorderCityRollerDerby
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: 07495 709792



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



CARLISLE UNITED COMMUNITY SPORTS TRUST

Inspire people to participate, develop and achieve their goals through the power of sport and education. We deliver the following:

- * Football Development Scholarship (16-19 years)
- * University of South Wales (USW) * Traineeships (16-18 years)
- * National Curriculum Coaching - Sports in Schools
- * Soccer Schools * Walking Football
- * Mental Health/Disability Sessions * Kicks Programme

Website: www.carlisleunited.co.uk/community
Facebook/Twitter/Instagram/LinkedIn: @CUFCCST
Email: manager@carlisleunitedcst.co.uk
Phone: 01228 554169 or 07923 244854



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
Facebook: @CADAS
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 @CumbriaPrideVirtualProject
Twitter/Instagram/TikTok: @CumbriaPride
SnapChat: cumbria_pride YouTube: Cumbria Pride
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.

Address: Edgehill Road, Harraby, Carlisle, CA1 3SN
Website: www.harrabycommunitycentre.org.uk



MAT THE FLETCHER

A friendly neighbourhood Fletcher, making great arrows for great folk. Always willing to lend an ear or a hand.

'an arrow never flies straight, they fly true'

Website: www.matthefletcher.co.uk
Facebook: MatTheFletcher
Email: matthewthefletcher@gmail.com



MENTORING IN CUMBRIA

I am a counsellor and mentor working with young people's mental health and self esteem. I work on Zoom and offer weekly sessions.

Website: www.mentoringincumbria.co.uk
Facebook/Twitter/Instagram: @MentoringInCumbria
LinkedIn: Jude Beveridge
Email: Jude@mentoringincumbria.co.uk
Phone: 07919 837592



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.

Address: 25 Berwick Street, Workington, Cumbria, CA14 3EN
Website: www.overtherainbowsupport.co.uk
Email: info@overtherainbowsupport.co.uk
Phone: 07707 030766



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)



Is your business an LGBT+ safe space? Does your organisation offer LGBT+ friendly services?

BECOME AN OUTREACH PARTNER AND LET CUMBRIA KNOW!

By becoming an annual OutREACH Partner you'll be helping us in our mission as we work towards equality in Cumbria.

As an OutREACH Partner your business/organisation will be listed on our website as an LGBT+ safe space, letting everyone living in or visiting Cumbria know they are welcome and safe at your business, or when using your services.

For more information please visit www.outreachcumbria.org.uk or email info@outreachcumbria.co.uk

What is an OutREACH Partner?

An OutREACH Partner is a business/organisation that is an LGBT+ safe space. You will find our partners listed on our website, and within every copy of our LGBT+ magazine 'Alphabet Soup'.

What is an LGBT+ safe space?

A safe space is somewhere that a person who identifies as LGBT+ can safely visit and feel supported. This can be within a physical location and/or when engaging with and using services. LGBT+ safe spaces should be welcoming of everyone from the LGBT+ community, and should not tolerate any homophobic, transphobic or other discriminatory practices or actions.

How can I become an OutREACH Partner?

If your business or organisation fits the above criteria, please contact us at info@outreachcumbria.co.uk and let us know how you are an LGBT+ safe space. We have partnership packages starting from just £20 where you will be added to our 2021-2022 partnership list. LGBT+ charities are welcome to be included free of charge when sharing our information with their service users.