

Alphabet Soup

The official online magazine of OutREACH Cumbria



OCT 2019 | ISSUE 5

A Note From OutREACH Cumbria

In our fifth issue we would like to thank all who attended our 25th birthday party in August and the Celebrate tour that we took around Cumbria throughout September. We were overwhelmed with the love and support that has been shown to OutREACH Cumbria over the past two months and for that we are extremely grateful. Our website has also been updated so you can now view the celebrate project online if you weren't able to join us on the tour. You can read more about our 25th birthday and the Celebrate tour on page 4.

Once again, we would like to thank you for the ongoing support that we have received for Alphabet Soup and we look forward to hearing what readers think of this issue. If you have anything that you would like to publish in our next issue please get in touch.

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

- OutREACH Cumbria

The Front Cover

This issue's front cover is by editor Louise Askew taken at the 10th Annual Cumbria Pride event. All photos throughout this issue were taken by Louise at Cumbria Pride unless otherwise stated.



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



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Take Part in the Census Rehearsal and Make a Real Difference to Your Community

Two new questions on sexual orientation and gender identity in the 2021 Census will help shape public services to meet the needs of the LGBT+ community – and Carlisle has been chosen as one of just four places to ensure it is a success. The area has been selected by the Office for National Statistics (ONS) to rehearse some of the systems and processes it has put in place ahead of the digital-first 2021 Census in England and Wales.

And the rehearsal this October will be the first time ever that two new voluntary questions on sexual orientation and gender identity have appeared together on any UK census questionnaire.

People over the age of 16 will be asked these questions in addition to the usual question on being male or female which is compulsory for all ages. Answers will help local communities by allowing charities, organisations, and local and central government to understand what services people might need and ensure public sector equality duties are met.

Everyone living in the Carlisle local authority area should have already received their letter inviting them to take part in the census rehearsal. They are now urged to complete their online questionnaires about those who will be living in their households on rehearsal day – 13th October 2019.

In most cases, each household will complete one questionnaire between them but anyone can request their own form in order to answer these new questions confidentially. All census data remains anonymous for 100 years.



Image by Louise Askew

Deputy National Statistician Iain Bell said: “Everyone benefits from the census. It informs decisions nationally and locally on vital services and issues like diversity.

“And it is a massive undertaking. In 2021, we’ll be contacting nearly 30 million households and we’re holding a rehearsal in your area now, to make sure everything is working as it should. “Now you’ve got your letters, please go online and complete your questionnaires.”

For more information on the census and the rehearsal, visit: <https://census.gov.uk>

According to the 2011 Census, in Carlisle:

- There was a total of 107,524 residents living in 48,342 households.
- Among them were 18,839 households with no dependent children and 1,622 with three or more.
- There were also 21,006 single people, 40,976 were married and 523 people were in a civil partnership or cohabiting with a partner of the same sex.
- There were 9,682 secretaries, 1,059 farmers, 676 bar and catering staff and managers, and 58 artists.
- And just 13 people were keeping the city's historic leather industry going, working in the manufacture of leather and related products.
- The city's least common jobs included water transport operatives, boat builders and tool makers. 31,932 residents either answered that they had no religion or did not specify. There were also 74,296 Christians, 455 Muslims and 277 Buddhists – making up the city's most popular religions. The city's population was made up of 67 different ethnicities. Excluding 'white British', the two biggest groups were made up of 1,220 Polish and 405 Irish people. 11,932 households said they did not have a car or van but 14,631 households had two or more – together, households owned a total of 55,512 cars or vans.



We're counting on Carlisle.

The Census 2021 rehearsal is happening in Carlisle now.

If you've received a pack in the post, please complete your online questionnaire.

Because, when it comes to getting our fair share of services, like healthcare, housing, education and transport, the census really counts.

And what makes the census count is all of us.

www.census.gov.uk

census 2021
Everyone counts.

 Office for National Statistics



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

OutREACH Cumbria Summer Party

On Saturday 17th August, OutReach Cumbria celebrated their 25th Birthday at Harraby Community Centre. We opened the day with 40 VIPs attending for a sneak peak of our updated history project, CELEBRATE OutReach at 25. We had The Mayor of Carlisle as well as the High Sheriff in attendance among other notable guests. That's TV Cumbria were there and you may have seen us on their daily show. You can still catch it on their YouTube channel if you missed it!

We took over the community centre to showcase the LGBT+ History of Cumbria in the past 25 years, and a retrospective of the work OutReach Cumbria has done in this time. Guests were given the opportunity to learn more about the changing political landscape of Cumbria, the UK and the world in the past quarter of a century – and it really has changed a lot!

We then spent the afternoon celebrating with a summer party. We had games, face painting, pebble art and hair glitter on offer and a wonderful live painting display by the talented Beardy Synergy. The evening entertainment was provided by the exceptionally talented Miss Pearl.

It was a wonderful way to celebrate the work we do and the people we help. We signed up some new OutReach partners and volunteers, gathered some new ideas for the future and raised some much needed funds.



Image by Louise Askew

We want to thank everyone who came to celebrate with us. Ultimately we'd love to not have to exist for another 25 years as we would like to see full equality achieved in that time. But if we are still around – we'll see you at our 50th!

Special thanks to Louise Askew, Laura Cairns and Jane-Ann Clark for all of their hard work to make the day a success.

CELEBRATE Roadshow

Following our Summer Party, we took our CELEBRATE project on the road! It was important to us to make sure that we visited other areas of Cumbria that might not otherwise get to see this sort of exhibition. We travelled with the exhibit to several venues throughout Cumbria. This was an opportunity to hear about things going on in other areas of the county, to share our own work and find out about other past events and memories we hadn't included.

If you didn't get to see our exhibition but would like to see what it was about and maybe add your own information, you can visit our website as we have the whole exhibition available to view online.

You can still donate to OutREACH Cumbria in a variety of ways, check our website for more details.



Image by Louise Askew

23 Years of Survival

By Joshua Cox

It's amazing how much time passes us by. In the blink of an eye your whole life flashes before you. Those important meetings you have with work, those wild nights you have out with friends, all become just memories in your mind.

Time moves so quickly.

As humans we don't make time to reflect on what we have done in our lives or what led us to where we are now. We are so focused on the every day mundane things that we don't tend to think about how we got here, in the positions we are in. It's only when we hit rock bottom that we truly then reflect on what our lives are. How we came to be in the positions we are in. It's only in the darkness that we then try to look back on our lives. I believe it's because we try to find the light at the end of the tunnel. We try to find the solution to how we got into these dark places by searching our pasts and seeing the key bits that led up to it.



Image by Louise Askew

I believe that it's our survival instinct that makes us do this. Makes us reflect when we hit those dark corners in our lives. They say time is a good healer, by this I believe what they mean is your mind, heart and soul has time to reflect so much that people bring themselves out of those dark places and start to look towards the future. It's not that those dark times are over because no one ever truly gets over them. It is just that people move forward with their lives a little bit more wiser and a little bit more stronger.

The main reason for this post and the reason why I always reflect on this date is due to a road traffic accident I had at the age of 7. This incident gave me a severe head injury and brain damage. It was the first time my mom had let me out on my own with a friend, we lived right opposite a park but there was a road separating us. As we were coming back over the road I went to cross thinking a car was letting me cross but they were not and I walked into the bonnet of the car, this caused me to break my right leg. Me being only 7 at the time instinctively got up and through massive pain fell back down again this time hitting the left side on my head on the curb. This is how the head injury was caused. If wasn't for an off duty fire fighter who was behind the car coming to my aid I would not be here now to tell this story. Yes I have some issues for it. But I am lucky to be alive.

Well today (16th September) marks 23 years since that accident and each year I am so grateful that I am alive because it could have gone the other way. I reflect a lot on my life. It may not be perfect. I may not that dream job, I may not have that dream house or lots of money. But what I do have is my life. I am so blessed to have my family, my friends and an amazing fiancé who supports me in everything that I do. I look back on the person who I used to be and I look at who I am now.

I am proud to be me. 23 years later and I am still going strong.

National Diversity Awards

We told you in our last edition that we had been shortlisted for a National Diversity Award! We were shortlisted in the category 'Community Organisation Award LGBT' with 7 other incredibly deserving organisations from around the UK. We were shocked and delighted to have been shortlisted, and our Chair, Laura Cairns and our Trans and Talking Therapies Lead, Debbie Wood attended the awards. They travelled down to the Liverpool Anglican Cathedral on 20th September for a black-tie event attended by celebrities such as Chris Kamara, Jennifer Ellison, Philip Olivier and stars from Hollyoaks and Emmerdale. It was humbling to hear stories of where people and organisations had gone above and beyond in their fight for equality and diversity.

We didn't win the award – that honour went to CliniQ. We are genuinely so pleased for them as the work they do is invaluable and they deserve the recognition. We do however hope that us being shortlisted might help to throw a spotlight on the work we do and therefore reach more people that would have otherwise not been aware of us.

The event was live streamed on the ITV News website and YouTube channel and is still available to watch if you didn't get a chance to watch live. We would like to thank all of our nominators – we feel truly grateful to you all.



Image taken at the National Diversity Awards 2019

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

Cumbria Pride 2019

By Thomas Burkes

On Saturday 28th September, Carlisle celebrated Cumbria Pride 2019, the city's tenth Pride event, on the fiftieth anniversary of the Stonewall riots. Once again, the celebration was a great success, but for those who didn't make it there, here's a quick run-through of the day.

The Pride parade tradition continued from last year, with the march beginning at the Civic Centre, and then making its way through the city centre. There seemed to be more people in attendance this year, and as the flags of the community flew overhead, the drums and whistles were in good voice. It was nice to see so many shops and businesses with the rainbow flag waving in their windows, showing how much the city supports the cause. The march ended at the gates of the castle, which was a perfect opening to the Pride celebration inside the castle itself.

With a stage packed with such acts as Heather Peace, Sonique, and Christopher Maloney, it was



Image by Louise Askew

the big inflatable grandstand that dominated the inner courtyard of the castle. This area was facing the numerous stalls that represented various groups, such as OutREACH Cumbria, the Labour Party, and the NHS. The atmosphere was electric for most of the day, and the weather was beautiful for the third year in a row! There was a variety of food available too, to keep stomachs from rumbling.

There were some downsides to the day however. The queues for the only bar and only set of portaloos were very large, snaking their way throughout the crowd watching the exciting acts onstage. This took away from some of the atmosphere, but due to the closeness of all of the stalls, you were not likely to miss anything even if you were stuck in a queue somewhere. It was also a shame that so many young people left after Christopher Maloney had finished his set. Perhaps there will be more acts next year that would appeal to that younger audience.

Negatives aside, it was a great day for Cumbria Pride 2019. The sun shone, the community celebrated, and Carlisle was, once again, Proud.



Image by Louise Askew

OutREACH New Merchandise is a Hit

We are delighted to see so many people in the community showing their support for the LGBT+ community and OutREACH Cumbria by buying our new merchandise. Since the launch, we've added 8 new t-shirt designs which are also now available as button badges. All profits made from the merchandise goes back into helping OutREACH to continue to support the LGBT+ community in Cumbria. You can now order your merchandise on our website and pick up from Harraby Community Campus or at any of the events that we attend.



Sexuali-tees

T-shirts, available in sizes S to XL and in black or white. for all designs, please see our website - £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

For all available merchandise and to order, please visit our website:
outreachcumbria.org.uk/Merchandise.php

GSRD Community and Self-Harm

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

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

Self-Harm

'Self-harm' can be defined as 'deliberate injury to oneself.' An estimated 3% of the population of the UK have engaged in deliberate self-harm.

Why is self-harm used?

It is common for people to use self-harm as a form of expression when they are struggling with overwhelming emotions. Some people report that it brings them some relief, whilst others experience the contrary. Self-harm is a separate entity to suicide and one does not necessarily indicate the other. Often self-harm is used as a coping mechanism. Individuals will differ in how open they are to discussing their self-harm, and some might try to hide their injuries/ scars.

In some cases we might impulsively harm ourselves and only become aware of this afterwards. This can happen in moments of intense emotional distress, or can be an ongoing habit that we don't associate with self-harm. An example of this might be a person repeatedly scratching their arms when feeling anxious.

What might self-harm look like?

People choose to self-harm in different forms and the experience is unique to the individual. Well-recognised examples of self-harm might include cutting, scratching or burning. However, self-harm can come in ways that we might not typically associate, such as: drug or alcohol misuse, banging of the head or pulling hair out. It can also be the case that some people might use food restriction, purging and bingeing as a



Image by Louise Askew

means of self-harm. Although this can be recognised in terms of disordered eating, often people might view it as a way of punishing themselves. Professionals will always have a priority of helping to ensure a person's safety. They might look at ways in which the self-harm can be made safer (for example clean equipment, knowing when and how to seek support, etc.) The hope is that self-harm can be a short-term coping mechanism, but that in the long term it could be replaced by a strategy more helpful for that individual that has long-term benefits. This might be achieved through accessing appropriate support.

How does this impact the GSRD community?

As stated above round 3% of the population has engaged in self-harm but the numbers are much higher in the GSRD community, as shown below.

- Self-harm in GBT men - 12%
- Self-harm in LGBT women - 20%
- Self-harm in the Trans community - 35%
- Self-harm in non-binary people - 41%

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.

There are many local and national services in place to support those who are experiencing mental ill health and self-harm. All services will prioritise ensuring a person's safety, and helping them to access support that will hopefully lead them towards recovery. For details on all services and processes we would recommend for access during a point of crisis in your mental health, please visit: <https://www.cumbriapartnership.nhs.uk/our-services/mental-health/help>



Image by Louise Askew

What is Health Anxiety?

We can all have moments of worry about our health, sometimes triggered by actual physical illness or by becoming aware of an illness. In some cases this worry can escalate and become very distressing. When their preoccupation with physical illness snowballs, it can be easy to get into a vicious cycle which maintains and worsens things. Someone with Health Anxiety may focus their worries on their health above other topics.

How can I get help?

Speaking with your GP should be a starting point and they may recommend a referral to First Step. It can be useful to reduce alcohol and caffeine as these can have adverse effects on anxiety, and to exercise regularly. Your GP might recommend medication or offer advice on self-help and relaxation.

Symptoms will depend on the severity and person, but some common ones are;

- A high frequency of worries about your physical health

Increased awareness of bodily sensations/ changes

- Googling physical health symptoms
- Frequent GP/ hospital appointments and tests
- Alternatively, a strong avoidance of medical appointments and tests
- Reduced physical activity as a means of keeping yourself safe
- Regular checking (e.g. checking skin, or throat in the mirror, etc)

Yoga with Martyn Blacklock

By Martyn Blacklock

This month's pose is Baksana (Crow Pose)

Bakasana inspires us to rise above our perceived limitations and take off in flight.

Physically, when we cultivate that deep inner, center strength, we do not have to rely solely on our arm and wrist strength, these become peripheral, and we can fly on the wings of our inner strength.

Bakasana inspires me learn to trust my inner voice, my intuition, instead of looking only to what is externally available for guidance.

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



Crow Pose as demonstrated by Martyn Blacklock

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

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:

Gynosexual and Androsexual

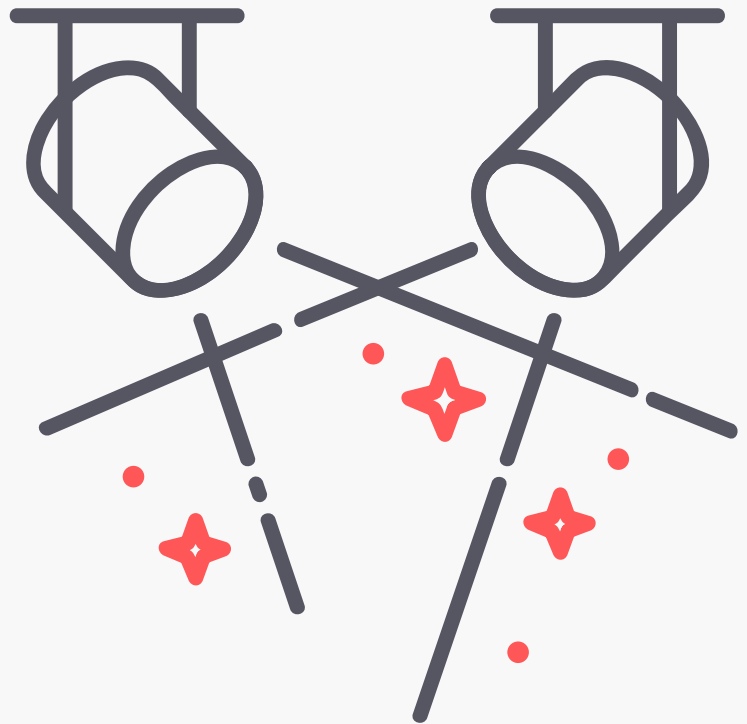
Gynosexual and Androsexual are mainly, but not exclusively, used by non-binary, genderqueer or genderfluid people as heterosexual or homosexual don't necessarily apply to them, since their genders may not necessarily have opposites.

Gynosexual refers to anyone who experiences attraction towards feminine people. This can be a woman, but also a person with any other gender identity that has a feminine aesthetic. Similarly, Androsexual refers to anyone who experiences attraction towards masculine people. This can be a man, but also anyone with another gender identity that has a masculine aesthetic.

Gynosexual Flag



Androsexual Flag



Flags

In both flags, the top stripe is taken from the trans flag and the bottom from the genderqueer flag. The centre, brown stripe represents stability in both cases.

On the Gynosexual Flag, the pink represents women and the green represent non-binary/no gender. On the Androsexual flag, the blue represents men and the purple represents androgyny/no gender.

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

- **Beardy Synergy**

A collaborative project between two art loving friends to create high quality pieces of artwork using spray cans, brushes and anything else we can get our hands on

Contact: Facebook/BeardySynergy

- **Cambridge Weight Plan**

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

Contact: irenecwp@gmail.com

- **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 County Council**

Contact: www.cumbria.gov.uk

LGBT+ Safe Spaces

- **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

- **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

- **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

Contact: www.harrabycommunitycentre.org.uk or visit Harraby Community Campus, Edhill Road, Carlisle

- **High Sheriff of Cumbria-Marcia Reid Fotheringham**

"As High Sheriff, I intend to ensure that my year will be a most memorable one for the entire community of Cumbria."

Contact:

www.highsheriffcumbria201920.com

- **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 or facebook/MissPearlSinger

LGBT+ Safe Spaces

- **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

- **The Hangry Lemons**

A small market cafe selling hot and cold food and drink

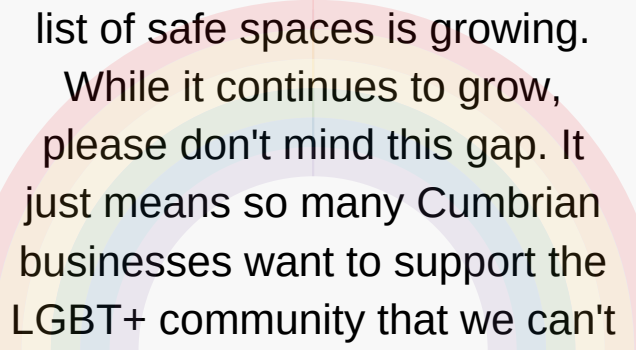
Contact: Facebook/The Hangry Lemons or Visit 50-52 The Market, Scotch Street, Carlisle

- **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



We are always happy that our list of safe spaces is growing. While it continues to grow, please don't mind this gap. It just means so many Cumbrian businesses want to support the LGBT+ community that we can't fit them all on one page!

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 Research

Over the years, OutREACH has participated in various research, one major report was around the barriers faced by the LGBT+ community of accesses mainstream services for Sexual Abuse and Violence. This paper is readily available and can be downloaded from our website.

We have also done a lot of work around hate crime, of which we are currently seeking people to answer a short research questionnaire about experiences of LGBT+ hate crime in Cumbria. Please note that you do not have to have experienced hate crime to complete the questionnaire; we just want to hear your opinions on it.

Please visit <https://bit.ly/2PRAHP7> to help us with this research. Thank you