

Alphabet Soup

The official online magazine of OutREACH Cumbria

MARCH 2019 | ISSUE 2

A Note From Alphabet Soup

On the launch of our second issue, we would like to thank the readers of Alphabet Soup for the overwhelming support of our first issue. We were blown away at the amount of people reading the magazine and sharing it on social media and are very grateful for the ongoing support of the community. Thank you to everyone who submitted an article in our first issue- we've had a lot of positive feedback back and hope that you all enjoyed sharing your stories with the readers of Alphabet Soup.

The Alphabet Soup team would also like to say thank you to Maggie. She helped us to get the magazine started and has done a lot of work voluntarily in getting the magazine advertised and providing content for us. Unfortunately, Maggie has left our little team to move to Japan! We wish you all the luck in the world Maggie and hope that you enjoy every second. Hopefully, Maggie will still be writing the odd article for us from Japan but she will be strongly missed within the team.

We hope you all enjoy the second 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 cover is a photograph taken by talented photographer Matthew Feltham. He exhibits people from the LGBT+ community in his work. You can read more about his photography on pages 3-4 and see more of his work throughout the issue.



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- Page 2- What's on?** A calendar of events happening in Cumbria in the next 2 months.
- Page 3&4 - We Are Family** A look at Matthew Feltham's LGBT+ photography project
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- Page 8&9 - Freddie Mercury** Everything you need to know about the life and love of Freddie Mercury
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Local Events Calendar

International Day Against Homophobia, Transphobia and Biphobia - 17th May 2019

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

Connect: Mental Health Drop In -
*Always Another Way - Whitehaven
Library, Mondays, 1pm-3pm*

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

Party in the Park - *Vulcan Park,
Workington, Sunday 25th May*

The Diverse Cumbria Awards - *The
Halston Hotel, Carlisle, Friday 17th May
6:30pm-11:30pm*
For more info and to buy your ticket visit
www.diversecumbria.co.uk

Blackpool Pride- Saturday 8th &
Sunday 9th June

Lancaster Pride- Saturday 22nd June

Silloth Pride- *Silloth Green, Silloth,
Saturday 29th June 2019*

Ceri Dupree: The Ladies I Love - *The
Carnegie, Friday April 26th, 7:30pm*

Feel Good Festival - *Kirklington Hall and
Gardens (Nr Carlisle), Friday 14th -
Sunday 16th June*

Carlisle Colour Run - *Carlisle
Racecourse, Sunday 12th May*

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

We Are Family

By Matthew Feltham

'We Are Family' is a photographic project expressing personal and intimate stories of individuals within the LGBT+ community in Cumbria. Each individual has their own perception of their sexuality and how it has shaped their lifestyle and made them who they are today.

With myself being a gay man within Cumbria I felt the need to create a project that would celebrate the LGBT+ community in a way that shows these people for who they truly are, not being defined by their sexuality or their gender. I titled the project 'We Are Family' as because of my sexuality, I have connected with many people within the LGBT+ community forming strong friendships that feel as though they are my second family.

The project was designed to fit to an audience that would help to educate those who sometimes misunderstand what it is to be a member of the LGBT+ community and how sexuality should be something we embrace with an open mind; however, it tends to be met with confusion and boundaries of acceptance. Another reason it is important for this project to have exposure is that it has the potential to reach those who aren't able to truly express their sexuality or gender in a way that they feel comfortable with, therefore I want people to see this project and for them to not feel alone. We all have our own battles and conflicts with ourselves, however it doesn't mean we have to face them by ourselves.



When photographing content for this project it was important to me for the work to feel natural and relatable. I wanted the audience to connect with these people and feel comfortable and accepting of these individual's hardships and triumphs within their lives. However, celebrating these people was my main focus. It was also important for me that these people weren't being defined for their sexuality or gender so to break away from this I also photographed small details on each individual that strayed away from their profile or their pasts and I photographed details such as their glasses, the way their hands were resting or small clothing details that break away from how these people are stereotyped for their appearance or how they act and more on the smaller details that contribute to how they choose to present themselves.

I worked with a range of people within the community from lesbian, gay and bisexual viewpoints, each person photographed had very different ideas of how their sexuality has affected their lives and I thought it vital to document this. Due to photographing a mix of genders this allowed me to be able to show a more diverse range of stories these people have experienced, some met with acceptance and pride and others with hardships and struggles that have had to work/working hard to overcome.



For example, Emma (26, from Northern Ireland) expressed her struggles with being a lesbian in a religious community that would not accept her for her sexuality. Because of these struggles and lack of acceptance within her religion and the consequences this had on her family it pushed Emma to move to Carlisle and today she has established a positive lifestyle with a healthy relationship, good friends and a career.

Ryan (24, from Carlisle) expresses his story of how growing up in Carlisle is in comparison to now living in Manchester and how that has changed his life to feeling like he can be more open about his sexuality and they he acts and feels about himself in a more accepting culture. So from these stories I wanted people to know that even through the hard times and oppression that comes with being LGBT+ that it can and WILL get better.

The project also touches base of subject matter such as how these people find social media impacts on the community, whether they feel there is enough exposure of role models within the celebrity world and if they are appropriate for the younger generation and also their views on how the community has developed since their coming out.



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

Spilling the T with Nagatha Christie

A warm welcome readers and a quick introduction from myself to start. I am Nagatha Christie, your slightly friendly, sarcastic, but very much on a 'rantpage' Aunt. I am here to listen and give, sometimes bluntly honest, advice to those of you who may need it.

I shall start by saying everything I write in my time here at Alphabet Soup is of my own opinion and not those of anyone else, including the lovely lot at OutREACH Cumbria who have kindly said I can be a part of this forward-thinking magazine. About time we had one in Cumbria! Anyhow, I am flattered for the opportunity to rant my way to stardom.

Each issue I will rant about a particular topic, or collection of, and do some 'Agony Aunt' style answers for those who wish to Tweet me some questions, after all I am Agony's non-binary Aunt. My twitter handle, for those of you who know what that is, (to the older generation it's what I am called on Twitter, for the younger generations, Twitter is another social media platform that isn't Facebook or the 'the Gram'.) is:
[@Nagatha_Rants](#)

Episode 1: Diverse Relationships

So readers, for my first episode I thought we would talk about Diverse Relationships. A diverse relationship is basically any type of relationship that does not consist of the heteronormative assumption that it should only be two people. The world of diverse relationships is not a new one by any means, and yet it seems to be frowned upon by so many, not only in the LGBT+ world but also the straight one too.



My personal stance on relationships is that two people in a relationship actually works for very few, but good for you if that's what makes you happy. But for the rest of us, it simply isn't what we want, crave or desire. There's so much social pressure that people should settle, with one person, for life and ignore all basic instincts of wanting to explore relationships (in whatever form) with other people. It does not mean you don't love the person you are with just because you want to have sex with someone else. That's not what love is about. And the stereotypical assumption that you can only love one person at a time is, in my opinion, absurd. We simply aren't built that way genetically.

A diverse relationship can be anything from a couple opening up their sex life to include others or it could be a group of people who want a relationship together. It could literally be anything you want it to be. Do you regularly join in on another couple's lives? Diverse relationship right there. Have you and your partner ever talked about letting someone else in to 'try new things'? Diverse relationship. My point is, a relationship doesn't have to be about two people against the world anymore. It never has been.

I suppose this rant requires explanation of monogamy too, but I shall leave that for another time. For now, I basically want us all to just accept people for who they are. Stop asserting your beliefs on someone's legitimate relationship preference that doesn't coincide with your own. Just because you think you have found 'the one' doesn't mean they want everything you do in a relationship, and at the same time it does not diminish the way they feel about you.

I came close to a situation a few years back where I was dating someone who wanted me to be monogamous with them and they wanted to settle down with it just being us two. I simply can't do that as it does not feel right to me. You may think I have 'commitment issues' – which their family were happy enough to say behind my back. But I'm not scared of commitment at all, in fact I love it. I'm committed to everything I do, but commitment doesn't have to mean monogamy, and just because that's what you believe in does not mean you can 'shame' me or make me feel like I am a bad person because I don't feel the same way.

My choice to have diverse relationships is just that, MY choice, respect it. At the end of the day, I don't hurt anyone in my relationship preferences because I am up front and honest about what I want and don't want. If you find yourself in a situation where you want to act upon the urges you get, be honest about it if you are with someone. Yes, they may get mad, but that's out of lack of understanding and certainly not your fault. But they also may say the same thing too, and from there you could start a diverse relationship you are both happy with. Life is about exploring things. At the end of the day if you opened up your relationship to someone else coming in and it didn't work, it didn't work. Simple as. You pick yourself up and move on to something that does work for you.

My advice for you all is to not sit and settle because it's what you feel you 'should do'. What you should do is find someone, or a group of people, who is honest and open enough to share the same views as you and explore something that may actually end up being something very special and meaningful.



Image by Matthew Feltham

Peace and love to all!

A handwritten signature in black ink, appearing to read 'Nagatha Christie'.

Nagatha Christie

All views discussed by Nagatha are their own.

Silloth Pride - 2019

On Saturday 29th June 2019, Silloth Rotary Club are hosting Silloth's first ever Pride event, helping to support, highlight and promote diversity and equality in rural communities. Supporting the LGBT+ community within low population areas is highly important due to the fact that people feel isolated and alone. Silloth will swing open its doors with a festival style parade, fun filled family day with street artists, live bands, fun fair and kids area. A key area will be a health and education zone which will include everything from family support to sexual health education.

If you are interested in getting involved please email pridesilloth@outlook.com



**Saturday 29th June 12-7PM
ON Silloth Green**

**Live Music ~ Youth Zone ~ Stalls - Graffiti
Traditional Funfair ~ Dancers ~ Entertainment
Health & Wellbeing Zone ~ Local Crafts ~ Poetry
Great Speakers including
HIV Activist Jonathan Blake
Featured In The Film Pride
Highlighting diversity in rural Cumbria!**



Rotary  Club of
Silloth on Solway

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

The Life and Love of Freddie Mercury

By Rebecca Edger

Childhood and Adolescence

Freddie Mercury was born Farrokh Bulsara in Zanzibar, Tanzania on September 5th, 1946, to his Persian parents Jer and Bomi Bulsara. At age 9, he was enrolled in St Peter's English boarding school in Panchgani where his friends began to call him Freddie, and later his family. He loved music and played records on the family's old record player; he would sing along and prioritised music over school work. The headmaster of St Peter's noticed Mercury's musical talent and suggested his parents allow him to properly study music. He then began to learn to play the piano, became a member of the school choir and took part in school productions. In 1958, him and four friends formed a rock 'n' roll band, the Hectics, where Mercury was the piano player. They would play at school parties, dances and annual fetes.

In 1962, Mercury finished school and in 1964, alongside his parents, he migrated to England due to political unrest in Zanzibar. He took a variety of jobs to earn money; he had told his co-workers he was a musician just 'filling in time'. In 1966, Mercury was accepted into Ealing College of Art after getting a grade A pass in Art at Isleworth Polytechnic.

The Band and Their Rise to Fame

In college Freddie befriended several musicians, including his future bandmates: drummer Roger Taylor and guitarist Brian May who, at the time, played in a band called Smile with vocalist Tim Staffell. Mercury also played with various bands including a group called Ibex, which he later left behind. Staffell left Smile, to later be replaced by Mercury and in 1971, Mercury dubbed their group Queen. The same year, bass guitarist John Deacon joined forces with the trio, and they played their first gig together.

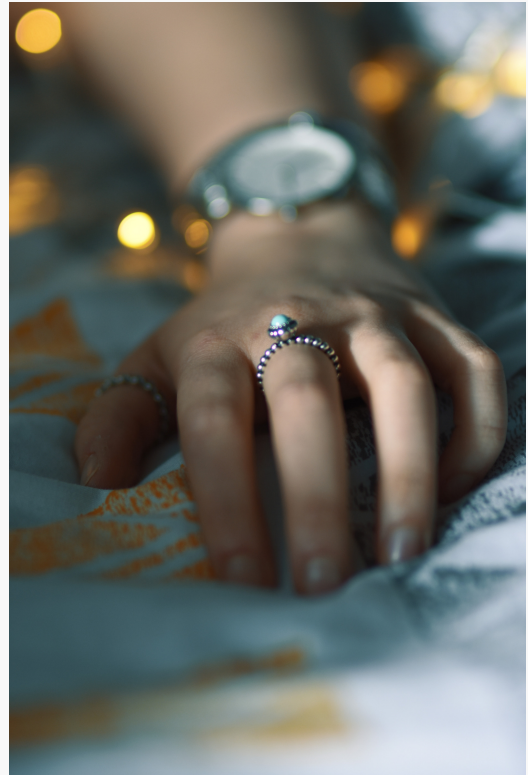


Image by Matthew Feltham

In 1973, they released their first self-titled album *Queen* and in March 1974, their second album *Queen II*. In addition to Mercury's talents as a singer and songwriter, he was a skilled showman: he enjoyed strutting around stage wearing skin tight costumes, encouraging fans to join in the fun. He also actively designed the art for many of the group's albums.

Freddie's Sexuality, Living with Aids, and Death

Offstage, Mercury was open about his bisexuality. He kept his relationships with women and sex life private, however he was notorious for having sexual affairs and threesomes with men. He wrestled with his sexuality throughout his life and although he never told his parents he was bisexual, it was later claimed he used the track 'Bohemian Rhapsody' as his coming out song, hiding his feelings behind the obscure lyrics.

Always one for a party, he threw himself wild celebrations where cocaine was served. Allegations of excessive drug use followed Mercury throughout his life and even after contracting HIV and AIDS, he maintained an active social life. He celebrated his 41st birthday in Ibiza with one of the wildest parties the island had ever seen, just months after his diagnosis.

In 1991, Queen released their second-to-last album *Innuendo*, prior to Mercury's death, with notable songs being 'The Show Must Go On' and 'I'm Going Slightly Mad'. On November 23rd 1991, Mercury released a statement to his fans regarding his HIV and AIDS and the next day, he died from AIDS-related bronchial pneumonia at his London mansion, aged only 45 years old. On April 20th 1992, a tribute concert in his memory was held at Wembley Stadium, but arguably the best tribute to Mercury was the album *Made in Heaven* released on November 6th, 1995, which included the final ever songs he composed and recorded.

Freddie's Relationships

It was in 1969 when Mercury met the love of his life and blonde bombshell Mary Austin, 'He was like no one I had met before', 'he was very confident—something I have never been.' 'We grew together'.

In 1973 on Christmas Day, Mercury proposed to Austin. Unfortunately, the wedding was called off after Mercury's affairs with other men and when he came out as bisexual. However, the pair remained close friends, with Mercury buying her a home and publicly speaking fondly of her. It is speculated that Mercury referred to Austin in their 1975 hit, 'Bohemian Rhapsody', after his first sexual encounter with a man while in a relationship with her.

In 1984 Mercury met his final lover, whom

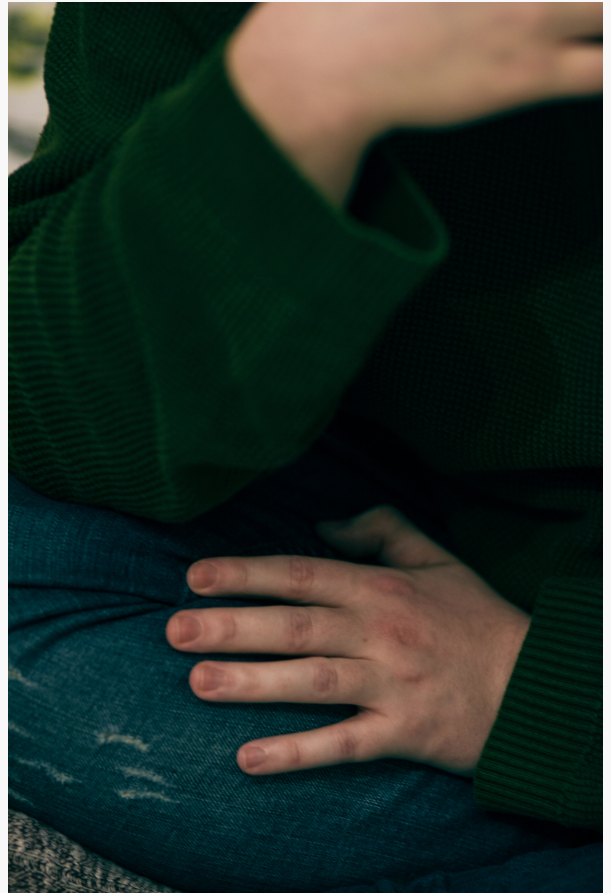


Image by Matthew Feltham

he dated up to his death, Jim Hutton in a London gay bar. The singer, who was three years older than Hutton, offered to buy him a drink. Hutton, who didn't recognise the star, rejected the offer. However, 18 months later, they reconnected. They then began dating, with Hutton moving into Garden Lodge. Although the couple faced ups and downs, Hutton witnessed historic moments, like Queen's Live Aid performance in 1985. The couple's last conversation took place a few days prior to Mercury's death, "It was 6 A.M. He wanted to look at his paintings. 'How am I going to get downstairs?' he asked. 'I'll carry you,' I said. But he made his own way, holding on to the banister. I kept in front to make sure he didn't fall. I brought a chair to the door, sat him in it, and flicked on the spotlights, which lit each picture. He said, 'Oh they're wonderful'.

GSRD Access to Mental Health Services

By Laura Cairns, on behalf of the First Step
Diversity and Inclusion Champions

What is mental health?

Just like physical health, we all have mental health, and it usually relates to our emotional and psychological well-being. And just like physical health, it can impact on other areas of our life, and there can be things we can do to look after our mental health.

It isn't uncommon that at some stage in life, we will experience some difficulties with our mental health. This can be as a result of difficult life events, but some times it just happens with what feels like little warning or explanation. Sometimes these can be what we describe as common mental health problems – things like depression and anxiety, or it can be more severe mental illnesses such as psychosis or bipolar disorder. In the following issues of Alphabet Soup, we will be writing more about some of these disorders, how they might affect you and what you can do to get some help.

How does it affect the Gender, Sexuality and Relationship Diversity (GSRD) community?

There is a lot of research out there on the mental health statistics in different populations and there is evidence that says that people that identify as part of the GSRD community are at a higher risk of experiencing poorer mental health. There are some suggestions on why this might be the case, for instance the community may experience more discrimination, inequality, a greater risk of hate crime, and minority stress.



Image by Matthew Feltham

What can I do?

There are a number of different services who are able to help, but it can be difficult to know which one is right for you. We would always recommend speaking with your GP initially as they will have knowledge of mental health problems and the services that can help. They can offer you advice, make referrals to the right team and if it's right for you they might prescribe you some medication.

How you can help improve mental health services in Cumbria

At OutReach Cumbria, we are keen to understand more about your experiences with mental health services and we would therefore be grateful if you could take some time to complete our short survey here <https://bit.ly/2DaR47L>





Image by Matthew Feltham

What to do if you feel you are at risk

Sometimes when people experience mental health problems, they will have thoughts of ending their life or harming themselves in some way. While these thoughts can be distressing, they are not uncommon. However, if you are actively thinking about ways to harm yourself or you do not feel you are able to keep yourself safe, then you need to contact someone straight away.

You can speak to your GP if you are concerned you might harm yourself. They will work with you to consider the best option for you right now. This doesn't have to mean you have to spend time in a mental health hospital as there are community teams such as the Crisis and Home Treatment Teams that your GP can refer you to. Alternatively, you can call NHS 111 to talk about how you feeling or the Samaritans on 116 123. If you have a trusted friend, family member or teacher you might also want to let them know how you are feeling and you could ask for their help to contact any of the above services.

Every issue we will highlighting a mental health issue and telling you more about it. This issue we are looking at depression.

What is depression?

Depression is a common mental health problem, that affects around one in 10 people at some point in their life. It is more than just feeling sad, and will usually last for several weeks or months rather than just a few days.

How can I get help?

Speaking with your GP should be a starting point. They may recommend therapy or medication, or a combination of both. In the meantime, making some lifestyle changes can help. Regular exercise and healthy eating can help to improve the symptoms of depression, as well as cutting down alcohol intake and quitting smoking.

Depression can range from mild to severe and the symptoms can include:

- Feeling down, low in mood or hopeless
- Not enjoying things you used to enjoy
- Tearfulness
- Sleep problems (too much or too little)
- Feeling tired or having little energy
- Problems with appetite, or over eating
- Feeling bad about yourself or having low self esteem
- Difficulties with concentration or memory
- Reduced interest in sex
- Having thoughts of suicide or self-harm

In the Community – HIV Prevention Project

Back in 2016, Outreach Cumbria was awarded funding from Public Health England to set up rapid HIV testing in selected local pharmacies across Cumbria. This meant that you could walk into one of 16 satellite pharmacies across the county and get an instant result for HIV.

You can get a HIV test from places such as the Sexual Health Clinic or your GP, but those involve someone taking blood via a needle and then having to wait an eternity (around 1 week) for the results. Not pleasant for most people. So, we made sure that the process is now quick and painless and you get the results there and then. It involves a simple prick on the finger and that's it. You wait less than 2 minutes for the test to do its thing and you know there and then what the result is. What's even better is we also added a test for syphilis to it too, so it's basically a two in one!

Since the project finished in May 2018, Cumbria County Council have taken it on as part of their Sexual Health Services in the county, which means you can still go and get a rapid HIV test from one of the 9 satellite pharmacies in the county.



In Cumbria we have one of the highest rates of late diagnosis in England



Scan the QR code to find your nearest pharmacy

The main aim behind it all was so that people would go and get a HIV test. In Cumbria we have one of the highest rates of late diagnosis in England, that means there are people out there who don't know they have it and are unintentionally passing it on to others. Getting a HIV test can be scary, but having HIV is not a death sentence anymore. In fact, everyone who is taking HIV treatment and their viral load is undetectable, they are untransmittable to anyone else, basically they cannot pass it on.

There are an estimated 103,700 people in the UK living with HIV, and out of that 1/5 don't know they have it! So, you need to ask yourself "is it time you got a HIV test?" Go get a finger prick today and get the results in minutes.

To see where you can get a test visit our website and look on our HIV page for an interactive map of where your nearest pharmacy is visit <http://www.outreachcumbria.org.uk/hiv-awareness-project.php> or scan the QR code above

Prestigious Diversity Awards to Showcase Work Being Done in Cumbria

It has been announced that The Halston Hotel, Carlisle will be this year's venue for the prestigious Diverse Cumbria Awards, which are being held on the 17th May 2019 to tie in with IDAHO day.

Now in its fourth year, the Diverse Cumbria Awards are growing every year and this year the team want to make the evening for everyone and are encouraging not only professionals to attend, but to invite and bring along the people they are working with too. They are seeking a night where everyone feels safe, supported and celebrated, a night to bring together services users and professionals to cheer on those who have been shortlisted and wait in anticipation for the winners to be announced.

The team behind the Awards were seeking nominations of people, organisations, companies and events that were deserving of recognition for their work in equality, diversity and inclusion in Cumbria. Nominations closed this year on the 15th March and judging is happening on the 29th March, where shortlists will be announced the next day on Saturday 30th via their website and social media. Tickets are on sale but are selling fast! Guests this year will be greeted with a free welcome drink, provided by the Halston Hotel and as they step onto the red carpet to enter the incredible Mail Exchange room, photo opportunities will be taking place. Guests will then have a chance to network and find their seats before the welcome speeches commence. They will then enjoy a



delicious two course meal before the Awards Ceremony commences. The night will contain a few special added surprises this year too, so best buy your tickets quick to avoid disappointment.

The Awards are being sponsored by some big names this year including Sellafield, ITV News, jointly by the NHS Trusts in Cumbria and Cumbria's Police and Crime Commissioner, Peter McCall. There are still sponsors opportunities available until the end of April and can be found on the Diverse Cumbria Website.

To buy tickets, see the shortlists or just to find out more about the awards visit www.diversecumbria.co.uk or find them on social media by searching for Diverse Cumbria.

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:

Genderfluidity

Genderfluidity lies under the 'genderqueer' umbrella. A person who identifies as genderfluid has a flexible gender identity and don't identify themselves as strictly male or female. They may feel more male some days, and more female other days. Equally, a genderfluid person may feel like neither binary gender and feel more gender neutral sometimes. Their gender expression fluctuates between all or some genders. Being genderfluid has nothing to do with genitalia or the person's sexual orientation.

Public Figure

Ruby Rose identifies as gender fluid and their sexuality is lesbian, as they admitted, 'I am very genderfluid and feel more, like when I wake up everyday, sort of gender neutral.' Ruby announced this a week before their song 'Break Free' was released in which a very feminine person turns into a heavily tattooed and masculine person. It gave a great representation of Ruby's gender and helped people understand a little better what genderfluidity is.



The Flag

The flag has five colours: pink, white, purple, black and blue. The pink represents femininity; the white represents the lack of gender; the purple represents a combination of masculinity and femininity; the black represents all other gender identities distinctive from strict femininity or masculinity; and the blue represents masculinity.



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.

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

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

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: www.cemind.org
Facebook/Carlisle Eden Mind
Phone 0300 561 0000 or email info@mindlinecumbria.org for mental health support and information

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

Luna Beauty and Holistics

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

Join Our Team

OutREACH Cumbria provides advice and support for the LGBT+ community throughout Cumbria. We are engaging in some exciting new projects such as social groups, an information telephone line and a new counselling service. We have a dedicated committee of around 12 people from the LGBT+ community and we are looking to recruit a treasurer or book keeper to join our team. This is a voluntary position and is a great opportunity to be part of an exciting phase in the development of a local charity.



Image by Matthew Feltham

We are ideally looking for someone with a background in book keeping, accounting or have previously held the role of treasurer, but training will be provided. You will be required to oversee the finances of the charity, including fundraising, funding and payments, and work with our accountant on preparing our accounts. You will also be required to feed back on financial matters at our committee meetings, which are held once a month on Monday evenings in Carlisle.

We are also looking to fill other roles on the committee, including leadership roles in fundraising, organising social groups and helping to run our information telephone line. Other voluntary positions are available, get in touch to find out more!

If you would like to apply, or are interested in knowing more, please email us on info@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 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.