

Gay West Magazine



January 2016 £1.00

Chairs Blog

Some of you will be reading this before the New Year, maybe recovering from too much food and drink! This time of year can increase the level of drug taking and excessive drinking, more of which is covered in this magazine. Unfortunately many Gay people will spend the festive season on their own. Loneliness among LGBT people is on the increase, also sexually transmitted diseases are increasing among the younger gay community. I can remember being among heavy drinkers (I was not innocent here) I have seen the problems with drugs, including tobacco smoking but this was all done because that is what you did to be a cool Rock dude. Loud music, dance, clubbing, all areas where these excesses take hold.

Gay life can increase the demand and use of these so in 2016 we must do all we can to change this lifestyle. Nothing wrong with loud music (It can though cause hearing loss) or rock and roll (some of us may have passed this stage). As an organisation GayWest will always give support and help those with any of these problems, as we have always done, by putting those in need in touch with the right support groups.

As you may know we have strong ties with Ashfield Prison in Pucklechurch and have now received a request from Leyhill and Dartmoor Prisons regarding inmates who need our support and who would like GayWest to visit them.

2016 will be another busy year for your committee as there is a lot happening with GayWest. We are gaining more members which is good and many of these are making contact with us through the Website. In the New Year we hope to launch informative sessions at the Rainbow Cafe, about I,T, so those of you who wish to use the website to better effect, may benefit.

By the time of our next committee meeting this month your committee will have rested so will be raring to go at full speed into the New Year.

Best wishes Colin.

Ideas for January

Things to do on a Saturday Morning in January

1. Get to the January sales in Bath.
2. Buy that special gift for your loved-one.
3. Organise your next visit to the Theatre or Cinema.
4. Buy yourself a small indulgence to take home.
5. Pop into the Rainbow Café, 10.30am—12.30pm, meet your friends and enjoy the convivial atmosphere.

The Annual Christmas Dinner - the cover pictures are of another great event which was enjoyed by all who were able to attend.

Contact us on:- GayWest PO Box 586, Bath. BA1 2YQ

Website :- www.gaywest.org.uk Email :- info@gaywest.org.uk

Facebook :- gaywest.org.uk Twitter :- [gaywest social](#)

Drugs, Sex, & Rock and Roll

CHEMSEX....

This is a term used to describe the use of Drugs with or for Sex.

It is when one or a variety of drugs are used to enhance the sexual performance.

The number of gay or bisexual men who take drugs is said to be small, but there is concern because of the increase of all the sexually transferred diseases, some of which are proving resistant to the standard treatments.

The most common drugs used are Crystal Meth often referred to as (Tina or T), Mephedrone which is snorted as a powder, GBH, GBL or G, Smoked or injected. This is often referred to as the unholy trinity.

G Liquid is “Shotted” with a soft drink in measured doses and at timed intervals. Drugs, may be considered by some as fun to use but they can have some serious side effects.

From some of the reports I have read, they imply that it is easy to be led into accepting a drug with the promise of a good experience, but you must be aware of the consequences and refusal is the best option.

Loss of dignity, STD’s which include Hepatitis C and HIV are possible consequences. Drug use is addictive. There is a lack of personal control and awareness of the events happening around you, and can possibly lead to death.

If you have no idea what I am talking about, then at least go and see the film CHEMSEX. Help and advice can be got from the following:-

London Friend which is the oldest LGBT charity and the only specialist drug and alcohol service. www.londonfriend.org.uk/antidote

or Narcotics Anonymous www.ukna.org

Pace LGBT Mental Health Support

Questions Answered

What is HIV? -

HIV stands for Human Immunodeficiency Virus

It is a virus that weakens your immune system, the part of your body that helps to fight diseases.

If you have HIV you are described as being HIV Positive.

If someone with HIV does not receive treatment, they could develop a range of illnesses known as AIDS.

(Acquired Immune Deficiency Syndrome).

It is not possible to develop AIDS unless you are already HIV Positive.

Thanks to advances in treatments, far fewer HIV positive people in the UK go on to develop AIDS.

Dr. Christian Jessen.

Film Review

Tangerine - A transgender comedy drama, about a Sex worker who's ventured into the seedier streets of Hollywood.

It was shown at The Sundance Film Festival and wowed audiences at The London Film Festival in October.

It opened in cinemas from November 13th.

Carol - is also currently to be seen at some local cinemas.

Chemsex - Peccadillo Pictures

See Main Article on this Subject.

A harrowing bold documentary -

Showing the invisible line between action and consequence.

Reflects the British Drug Culture from Ecstasy—Gay Group Sex where day and night has no boundary.

The drugs most commonly used are GHB , Crystal Meth and Mephedrone.

This documents the real and serious events of a small but significant number of gay men. **It is a wake-up call!**

Kinky Boots - The musical version of this has just won the BBC audience award for the best musical .

The Danish Girl - Eddy Redmayne has been short listed for the best actor category for his role as Lili Elbe the transgender artist.

LGBT History Month

The National LGBT History Month for 2016

A Talk about GayWest:

We may not spill the beans,
we might not dish the dirt, and
we probably won't spread the gossip,
but GayWest will tell you
what we've been up to in the last 40-years.

A talk by **Colin O'Brien** and **James Whatmore**
highlighting GayWest's history, activities and
its successful Rainbow Café for the LGBT Community.

Sunday 21 February 2016

Studio 2 at 13:40hrs

M-Shed, Bristol

Leisure

GAY OUTDOOR CLUB (GOC)

A wide range of walks and other outdoor activities locally and nationally. For further details see the GOC web site <http://www.goc.org.uk> .

Local telephone contacts are: Nigel 01793 770099 Ken 07790 759162 or Bill 07503 650354.

LOCAL EVENTS THIS MONTH

Sun 10 Jan 2016 Cheltenham, Glos. Parks and open spaces.

This month we are staying in the confines of Cheltenham town and enjoying all the parks and open spaces this beautiful spa town has to offer.

A 6 mile ramble, with little mud, and a lunch stop at Wetherspoons , Bath Road, Cheltenham. Walkers are invited to eat at a GOC member's home after the walk..

Sun 17 Jan 2016 Colerne near Bath A winter walk in the pretty Cotswold countryside just to the east of Bath.

The Rainbow Café

The Rainbow Café meets every Saturday Morning

From 10.30am -12.30pm

At St. Michael's Day Centre,

St. Michael's Place, Bath.

(Next to the Little Theatre Cinema)

The Rainbow is open to all.

First-time visitors are made very

welcome and are entitled to their **first drink FREE.**

GayWest Events

December

Wednesday 23rd **Bath Pub Evening 8.30pm**
Mandalyn's Cancelled

January 2016 **5th,6th & 7th** Russian State Ballet of Siberia
(Nutcracker, The Snow Maiden, and Swan Lake)
Bristol Hippodrome

Wednesday 13th **Bristol Pub Evening**
Old Market Tavern 8.0pm

Wednesday 27th **Bath Pub Evening 8.30pm**
Mandalyn's

February

Wednesday 10th **Bristol Pub Evening**
Old Market Tavern 8.0pm

Friday 19th — Sunday 21st
National Festival of LGBT History at M.Shed

Wednesday 24th **Bath Pub Evening 8.30pm**
Mandalyn's

March 2016 **1st—5th** Matthew Bourne's
Gothic re-write beguiling and true Sleeping Beauty
Bristol Hippodrome

Business

The GayWest Constitution

The 2015 update of The GayWest Constitution has now been loaded onto the Website under Magazine on the front page. It is available for you to read, download and print.

For those members who have a printed magazine, you will receive a printed copy.

We are always looking for members who feel that they have a talent for Committee work, so whatever you are good at, why not give a little of your time and talent to Gaywest with all the things we do.

It would really be appreciated. Many thanks

Political Notes

In a Commons debate on the decline of the bee population the tory MP for Chesham and Amersham, Cheryl Gillan, said the large drop in the honey crop was 'due to poor weather, windy conditions, and queen issues in the hives'.

Quick as a flash Ben Howlett, the Tory MP for Bath who initiated the debate, retorted: 'Many a time I have ended up having to stand up and respond to queen issues. That is an in-joke'.

The Chamber collapsed laughing - Howlett is openly gay.

*The next committee meeting will provisionally
be held on of 19th January 2016*

World AIDS Day



Sing Out Bristol

World AIDS Day held at Armada House Bristol on the 28th November 2015

Put on by THT Bristol and the Brigstowe Project Bristol an HIV support service and peer mentoring scheme for people living with HIV along with support for their partners and family members.

For World AIDS day this year the GayWest Committee decided it would be a great opportunity to take part in the day's events held at Armada House Bristol, to give us the opportunity to network with others along with promoting Gaywest as a social group for the LGBT community in the South West. John Martin

Thought of the Month



Picture supplied by a GayWest member