

Leeds Virtual Pride 2020 Programme

#LeedsVirtualPride

#PartnersInPride



SUNDAY 2ND AUGUST

12PM - 1PM

VIRTUAL HOME WORKOUT - STRENGTH BASED FITNESS CLASS FOR LGBT+ PEOPLE AND ALLIES

Outlift Leeds - Ksenija Rociok personal trainer. Wake up and stretch out and get ready for Pride week! Join members of Leeds Outlift for a fun beginners exercise class. Open to all abilities. This event will be hosted take place on Facebook Live. Please follow Outlift Leeds on Facebook -

<https://www.facebook.com/outliftleeds> they will go live at 12pm on the day.

1PM - 3PM

VIRTUAL DJ SET WITH DJ JORDAN

Pride Special of R'n'B With Edges. Virtual DJ Set with DJ Jordan & Guests at Bar Fibre, Leeds. 2 hours of great music played by DJ Jordan covering R'n'B, Rap, Dancehall, House, Afrobeat and More. Socially Distanced Dancers from DAZL and the Local Community will keep the Pride Party going. This event will take place on Instagram live. Follow [@BLGBTQRNB](#) on Instagram, they will go live at 1pm on the day.

3PM - 5PM

KICK-OFF PARTY AND PRIDE QUIZ

Dress up in your finest Pride gear and join us for a virtual party to kick off the week's events. We'll be hosting a Pride Quiz and choosing the best dressed partygoers. Tickets are available from Eventbrite:

<https://www.eventbrite.co.uk/e/leeds-virtual-pride-kick-off-party-and-quiz-tickets-114537831738>

5PM

WRITER ADAM LOWE SHARES SOME POETRY

'For T' Culture' is a digital arts platform that empowers under-represented creatives in West Yorkshire to share their artistry, without traditional barriers. Follow the link to watch Adam Lowe -

<https://bit.ly/2CVPDKO>

MONDAY 3RD AUGUST

10AM - 11AM

LEADERSHIP MASTERCLASS WITH GAMAL TURAWA

Gamal Turawa or 'G' as he prefers to be called is currently a serving police officer with the Metropolitan Police. He is a highly skilled public speaker and as such is in demand nationwide and delivers dynamic thought-provoking inputs on the human side of diversity. He is a visiting Lecturer - Central European Police College & the College Of Policing (UK), as well as an associate Trainer for the European Fundamental Rights Agency (Vienna). Follow the link to watch Gamal's Leadership Masterclass - <https://bit.ly/2ZpMYBW>

12PM - 2PM

LUNCH WITH FREDDIE MERCURY & OTHER HEROES

Join the Live Well LGBTQI+ Social for a discussion of heroes, past and present. We will be talking about the music that helped us to come out and the heroes that inspire us every day. Bring your own LGBTQI+ Hero to the chat, or just come to listen. This event will be hosted on Zoom. To book a place, please email pride2020@touchstonesupport.org.uk - **SPACES LIMITED**

2PM - 3PM

TALK ON AIDS ACTIVISM IN LEEDS IN THE 1990S WITH RICH GARLAND & MICK WARD

Rich and Mick will outline the prejudice, ignorance and discrimination taking place in Leeds in the 1990s around HIV & AIDS and show how ACT Up Leeds took direct action locally, nationally, and internationally to challenge this. This event will be hosted on Zoom. To book a place, please email pride2020@touchstonesupport.org.uk

MONDAY 3RD AUGUST

3:30PM

SHORT VIDEOS BY YORKSHIRE MESMAC

Yorkshire MESMAC celebrating the Stonewall anniversary. Follow the link to watch -

<https://bit.ly/3fVI05A>

For Mental Health Awareness Week, Yorkshire MESMAC workers recorded a discussion where they talked about questions they have been asked by young people during lock down and the answers they have given. Follow the link to watch -

<https://bit.ly/30HADZ8>

4PM

NATIONAL HIV TESTING WEEK AT TOUCHSTONE

National HIV Testing Week takes place every year from November 16-24th. Last year, Touchstone held a testing session with our partners Skyline on the 20th November for our BAME service users and staff. Our CEO, Alison Lowe and Operations Director, Arfan Hanif led the way in showing commitment to being tested and were filmed. Follow the link to watch -

<https://bit.ly/30G3LQv>

4.30PM

HAPPY PRIDE MONTH FROM BHA LEEDS SKYLINE

Pride is important to us all here at Skyline and we wanted to show what it means to us. Follow the link to watch - <https://bit.ly/33pQkHF>

5PM

MEET QUENBY CREATIVES

Quenby is a queer creative based in Leeds, in this video they reflect on trans hypervisibility and their fraught relationship with passing privilege as a non-binary person. Follow them on social media

[**@quenbycreatives**](#) Follow the link to watch Quenby - <https://bit.ly/3ghjmN7>

TUESDAY 4TH AUGUST

10AM - 11AM

LEADERSHIP MASTERCLASS WITH SOPHIE COOK

Ex-RAF, motorbike racer, newspaper editor, Premier League football and rock photographer, self harm and suicide survivor and transgender. Sophie Cook is a media personality and activist whose wide portfolio of work includes presenting, producing, writing and photography. She became the first transgender woman to work in football's Premier League as club photographer for AFC Bournemouth following her transition from Steve to Sophie in the summer of 2015. Follow the link to watch Sophie's Leadership Masterclass - <https://bit.ly/32U0jEu>

11AM

SHORT VIDEOS BY MERMAIDS UK

A series of short videos about supporting your transgender child. Follow the link to watch - <https://bit.ly/2Ee9CVN> For more information about Mermaids UK click here <https://mermaidsuk.org.uk/>

2PM

MEET CHEDDAR GORGEOUS

Hear Cheddar chatting on their YouTube channel and much more! Follow the link to watch - <https://bit.ly/2WQ0uwX>

3PM

SHORT VIDEO BY YORKSHIRE MESMAC

During lockdown, MESMAC created a series of videos to ensure the safety of people meeting up. Here is Cj talking about how to hook up and meet up safely. Lock down may be eased, but a lot of these points are still sound advice! Follow the link to watch - <https://bit.ly/2OMf1Fs>

TUESDAY 4TH AUGUST

4PM

WHERE'S STEVE? - THE EFFECTS OF QUARANTINE ON SOMEONE WITH DEMENTIA BY BROWN BOY PRODUCTIONS

“Where’s Steve?” is a short film highlighting some of the challenges families and primary carers encounter when providing support to people with dementia during the COVID-19 pandemic. Eric, who has early-onset dementia, arrives home from hospital after overcoming COVID-19 to discover his partner is still in hospital, uncertain of his future. Due to the lockdown restrictions, Eric is unable to visit his partner and relies on Benny, his carer to help him through his confusion. Starring Terry George and Leon Lopez. Follow the link to watch - <https://bit.ly/2EdvoZL>

5.30PM

FIND OUT ABOUT THE PROJECT FREEDOM

Join Project Freedom and find out more about this exciting LGBT+ housing and community centre project in Leeds. Which aims to ensure the creation of a vibrant and sustainable LGBT+ community in central Leeds where LGBT+ people can live, work and enjoy life independently through:

- Pride of Place Living: a variety of affordable and accessible accommodation with the availability of extra-care for those who need it.
- Pride of Place: a fully accessible and thriving LGBT+ Community & Cultural Arts Centre.

To book a place, please email
pride2020@touchstonesupport.org.uk

WEDNESDAY 5TH AUGUST

10AM - 11AM

LEADERSHIP MASTERCLASS WITH STEPH CALVERT

Steph Calvert was born in 1958, and only realised she was officially a boy on seeing her first brother in the bath when she was two. Decades of confusion and distress followed, along with two suicide attempts, before she decided to attempt to live as the most masculine man possible. That didn't work, and finally she accepted the inevitable and spoke to her closest friends, her doctor and her line manager. She was referred to Charing Cross, and has transitioned to the life she should have led from the start. A frontline Customs (now Border Force) Officer for 36 years, she appeared in several fly-on-the-wall documentaries looking rather different to the way she does now. Her situation has meant that she has not had the option of a private and discreet transition, and she therefore chose to use her visibility to help others. Follow the link to watch Steph's Leadership Masterclass - <https://bit.ly/3hkpKmQ>

12PM - 1PM

PRIDE THROUGH CRAFTIVISM WITH KAT DENVIR

A mini and entirely self-taught cross-stitch tutorial. Starting with what craftivism is, the mental health benefit of crafts and a tutorial. Follow the link to watch - <https://bit.ly/30qaGOK>

2PM - 2.45PM

A TALK ON MARCHING OUT TOGETHER - THE LEEDS UNITED LGBT+ SUPPORTERS GROUP WITH MICK WARD

Mick will outline the work of Marching Out Together - and how they worked in partnership to make LUFC one of the most LGBT+ Friendly football clubs in the country (you don't need to be a football fan for this (though it might help!) - There may also be mention of Leeds getting promoted! This event will be hosted on Zoom. To book a place, please email pride2020@touchstonesupport.org.uk

WEDNESDAY 5TH AUGUST

3PM - 5PM

PRIDE THROUGH CREATIVITY

Adam Lowe (he/his, mainly) is a poet who writes about black, queer and disabled lives. He also performs in drag as Beyonce Holes. Adam will perform a selection of poems which will feed into a discussion of pride, poetry and politics, followed by a chance for the audience to share their own creative work. Hosted by the Live Well Leeds LGBTQI+ Social Group. This event will be hosted on Zoom. To book a place, please email **pride2020@touchstonesupport.org.uk - SPACES LIMITED**

5PM

MEET TOM SHILLITO

This is a short video outlining Tom's experience improving trans and nonbinary inclusion in their workplace. They discuss the steps they took and give some advice on how others can undertake similar improvements in their own workplaces. Tom Shillito is a transmasculine brummy who lives in Leeds with their husband, son and two boisterous dogs. Follow the link to watch Tom - **<https://bit.ly/2DmTr8d>**



THURSDAY 6TH AUGUST

10AM

ARTS & CRAFTS SESSION WITH INK WELL

Bev from Inkwell will be running a family friendly art/craft session on the Inkwell Facebook page at 10am. Follow Inkwell on Facebook <https://www.facebook.com/Inkwellarts/>

7PM

RAINBOW/PRIDE THEMED ART SOCIAL ON ZOOM

Staff from Leeds Mind are hosting an art social for Virtual Pride 2020. There will be 5 pride themed prompts, each with a shorter and shorter time limit! This event will be hosted on Zoom. Tickets are available from Eventbrite:
<https://www.eventbrite.co.uk/e/inkwell-pride-art-social-tickets-113880852696>

ALL DAY

CONTENT FROM ARTISTS DISCUSSING HOW THEIR SEXUALITY INFLUENCES THEIR ART

Throughout the day we will be posting blogs/videos from local LGBT artists discussing how their gender/sexuality influences their art.

ALL DAY

KEVIN'S PRIDE MIX

Kevin from Leeds Mind is making a Pride Mix with photos of art from anybody involved with their services. Follow the link to listen to Kevin's Pride Mix - <https://bit.ly/2EDBlIP>

FRIDAY 7TH AUGUST

10AM - 11AM

DISCUSSION WITH OUTLIFT LEEDS - LGBT+ PEOPLE & INCLUSION IN HEALTH & FITNESS

Join us as we talk to organisers of Outlift, Leeds very own LGBT+ weight lifting club. We will chat to Ksenija Rociok, a non-binary Personal Trainer and explore the benefits & barriers LGBT+ people face when accessing health and fitness spaces. To book a place, please email [**pride2020@touchstonesupport.org.uk**](mailto:pride2020@touchstonesupport.org.uk)

12PM - 1PM

LGBTQ+ AND NEURODIVERGENT: OUR STORIES

A one-hour video compilation of neurodivergent (autism, dyslexia, dyspraxia, dyscalculia, ADHD and Tourette's) LGBTQ+ people sharing their stories about their experiences of being both LGBTQ+ and neurodivergent. Stories could take the form of performance poetry or personal stories/anecdotes. See poster on the following page for more details. Follow the link for the stream which will go live at 12pm on the day -

[**https://www.facebook.com/leedsautismaim/live**](https://www.facebook.com/leedsautismaim/live)

3PM - 4.15PM

PRIDE SPECTACULAR QUIZ TIME

An interactive Pride quiz challenging your knowledge on LGBT+ music, literature, icons, TV/film, history, drag and flags. This event will be hosted on Zoom. To book a place, please email [**pride2020@touchstonesupport.org.uk**](mailto:pride2020@touchstonesupport.org.uk)

4.30PM

MEET MALAIKA

Malaika talks on Being Black/Non Binary, discussing how those two things affect zir and the wider community. Looking specifically at how Black trans people are particularly targeted by racism, and at how the Leeds community can help. Follow the link to watch Malaika - [**https://bit.ly/3gqUd2D**](https://bit.ly/3gqUd2D)

FRIDAY 7TH AUGUST

5PM

STAYING GROUNDED IN LOCKDOWN WITH KAREN MARSHALL TOUCHSTONE'S LGBT+ LEAD

Follow the link to watch staying grounded in lockdown - <https://bit.ly/2BUXCYj>

5.30PM

INTRODUCTION TO BREATHING TECHNIQUES WITH LEEDS COMMUNITY PAIN PEER SUPPORT

Follow the link to watch introduction to breathing techniques - <https://bit.ly/3gn8VHM>

6PM

BICONOGRAPHY BY LEEDS BI GROUP

Biconography is a project working to raise bi+ visibility and celebrate the diversity of people and experiences within our community. We normally run in-person photoshoots but during lockdown we replaced there with a series of "Bi-Solation" virtual shoots. Follow the link to watch - <https://bit.ly/3fsdteK>

6.30PM

MEET INGI

I am 26, born and raised in Leeds and this is my video outlining some of the difficulties face by non binary people and queer folx generally but also those at the intersections of race and gender and informing allies and others about how to uplift and support their communities. Follow the link to watch Ingi - <https://bit.ly/2Dbgkf8>

7PM

VIRTUAL PLAYLIST WITH DJ JORDAN

Pride Special of R'n'B With Edges. Virtual DJ playlist by DJ Jordan! 2 hours of great music put together by DJ Jordan covering R'n'B, Rap, Dancehall, House, Afrobeat and More. Follow the link to see the playlist - <https://bit.ly/2PrOYUf>

CHARITY LINKS

YORKSHIRE MESMAC - WWW.MESMAC.CO.UK

Yorkshire MESMAC is one of the oldest and largest sexual health organisations in the country. We offer services to various communities across Yorkshire, including men who have sex with men, African and other BAME people, people misusing drugs, sex workers and LGBT+ young people and adults.

MARCHING OUT TOGETHER - WWW.MARCHINGOUTTOGETHER.CO.UK

Marching Out Together is a group for Leeds United 's LGBT+ fans and their proud allies and friends.

MERMAIDS - WWW.MERMAIDSUK.ORG.UK/DONATE

Mermaids has been supporting trans and gender-diverse children, young people, and their families since 1995.

NON-BINARY LEEDS - WWW.PAYPAL.ME/NONBINARYLEEDS

Non-Binary Leeds is a peer-led support and social group for non-binary people in Leeds and the surrounding areas. We provide practical and emotional support in a safer, friendly environment.

TRANS LEEDS - WWW.TRANSLEEDS.LGBT

TransLeeds is a support and advocacy group for transgender identifying people in Leeds and the surrounding area, as well as their families and friends. We aim to provide practical help with all stages and aspects of transition. TransLeeds is run by dedicated volunteers from the community who will always give a warm welcome to new visitors. We are able to attend appointments, offer advice, and provide one to one support for trans and gender variant people.

LEEDS BI GROUP - WWW.LEEDSBIGROUP.COM

Leeds Bi Group has been running since October 2014 and provides a variety of spaces for bi+ people and allies in Leeds, West Yorkshire.

BHA LEEDS SKYLINE - WWW.THEBHA.ORG.UK

An HIV support and prevention service, providing information and support to anyone living with or affected by HIV. HIV prevention sessions & rapid HIV testing.

MINDWELL LEEDS - WWW.MINDWELL-LEEDS.ORG.UK

LEEDS MIND PEER SUPPORT - WWW.LEEDSMIND.ORG.UK/OUR-SERVICES/PEER-SUPPORT/

PARTNERS IN PRIDE IS HOSTED BY:



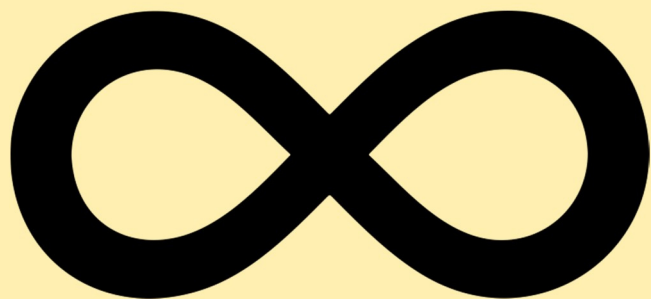
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LGBTQ+ and Neurodivergent: Our Stories

Video, audio and written
stories from neurodivergent
LGBTQ+ adults in Leeds

SHARE YOUR STORY

If you are an LGBTQ+ neurodivergent adult in Leeds, we would welcome contributions in video, audio or writing about your experience.

Please send your contribution by email to leedsautismaim@advonet.org.uk by **Tuesday 4th August**. The video will be shown as part of the online #PartnersInPride event on **Friday 7th August at 12 Noon**.

WE ARE FUNDED BY:



Leeds Autism AIM is part of the
Advonet Group



Yorkshire MESMAC

Yorkshire MESMAC is one of the oldest and largest Sexual Health charities in the UK. In Leeds, we provide sexual health support and resources to Men who have sex with other Men (MSM) & Trans Folk. This includes:

- Over the phone support with home testing kits
- HIV, Chlamydia & Gonorrhoea testing
- Information & resources on PrEP & PEP
- One-to-one support
- Counselling and mental health support
- Targeted Outreach & Online Support
- Support & social groups for older LGBT people (SAGE)
- Gender Outreach Workers for support with Gender Identity

General enquiries:

E: Leeds@Mesmac.co.uk

T:0113 244 4209

Free condom postal service for MSM and Trans folk in Leeds:

www.mesmac.co.uk/resources/condoms-and-lube

Yorkshire
MESMAC

For more information please visit
www.mesmac.co.uk





Leeds Gypsy and Traveller
Exchange
loves
LGBT+ Travellers



What does LGBT+ mean?



LGBT stands for:
Lesbian
Gay
Bisexual
Transgender



Leeds Gypsy and Traveller Exchange loves LGBT+ Travellers



LGBT+ Support:



Leeds GATE is a safe space for LGBT+ People and if you need further support, get in touch with us.

Homophobia is a hate crime and Leeds GATE can support you to make complaints of hate crime.



LGBT+ Support:

Leeds Survivor-Led Crisis Service LGBT Support Group - Max Peake
on 0113 260 9328 (Mondays - Fridays)

Live Well Leeds LGBT+ Social Group - 0113 219 2727

LGBT Foundation - call 0345 330 3030 (Monday to Friday from 10am-6pm)

Stonewall - call 0800 050 2020 (Monday to Friday from 9:30am-4:30pm)

National LGBT Domestic Abuse Helpline (Galop) -
call 0800 999 5428.

