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In Greater Fort Lauderdale, we welcome everyone who shares our spirit of spontaneity. Discover a colorful collection of cultures, activities and events as unique and individual as you. Visit sunny.org/Pride2020
Trains will run all night to make exit from the city for visitors smoother following this year’s Brighton & Hove Pride celebrations.

Govia Thameslink will run longer trains all day and throughout the night during Brighton & Hove Pride this year while operating a ‘rainbow themed’ queuing system to help disperse crowds quickly and safely from Preston Park. Last year, following the appearance of Britney Spears on the main stage at Pride, the train company struggled to disperse the crowds from Brighton Station quickly and effectively after Sussex Police gave the order to lock the gates to Brighton station, leaving departing trains running empty from the station.

This year, a new queuing system with rainbow signs will be in operation to help crowds disperse quickly after the appearance of Kylie Minogue at Preston Park on Saturday, August 3.

Angie Doll, Passenger Services Director for Southern and Gatwick Express, said: “We’re really proud to play our part in making sure travellers can get to and from this year’s Pride, which promises to be another dazzling celebration of inclusivity. This year, we’re really pleased to support the organisers and partner agencies with an enhanced queuing system which will really help get people safely away from the event towards the train station. We’re providing extra services but as you would expect for such a popular event, it will be very busy, so I would ask everyone coming to the event to plan ahead and allow plenty of time to get home.”

A spokesman for Govia Thameslink, added: “We have additional trains late into the night from Brighton which will provide capacity for 10,000 extra passengers into London after 10.30pm on Saturday, August 3. All our London trains except one will be full-length, 12-carriage services (normally many are eight-to-10 carriages long).”

Paul Kemp, Managing Director of Brighton & Hove Pride 2019, said: “Pride is an important event for our city with visitors coming in from across the UK and worldwide. We are extremely heartened by the positive working partnership and support over Pride weekend and the enthusiasm from all at Govia Thameslink.”

For more info view: http://govia-thameslink.com

Brighton & Hove Pride Community Parade - Generations of Love, celebrating 50 years of campaigning with Pride, has a new route in 2019. Due to Brighton & Hove City Council carrying out landscaping work around Old Steine and Victoria Gardens as part of the controversial Valley Gardens Scheme, the Brighton Pride Community Parade on Saturday, August 3 has been re-routed.

Starting as usual at 11am on Hove Lawns seafront by the Peace Statue, the parade will pass eastery along Kings Road seafront turning left up West Street.

The Parade will progress past the clock tower along Queens Road towards Brighton Station, turning right down North Road just past Community Base. At the bottom of North Road, the parade will turn left to re-join the old route and progress up Gloucester Place and London Road finishing in Preston Park.

Brighton & Hove Pride raises money for the Brighton Rainbow Fund who give grants to local LGBT+/HIV organisations delivering effective frontline services to LGBT+ people in the city. The present Pride organisers have raised more than £705,000 for good causes in the city.

For more information about the Brighton & Hove Pride Community Parade, view: www.brighton-pride.org/pride-parade/
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NEW INCLUSIVE MEMBERS’ GROUP FOR THE CITY

1. One Planet, a new members’ association in Brighton & Hove for men and women aged over 18, inclusive of all sexualities from gay to mixed and straight people, aims to be welcoming, inclusive and community/outward looking.

One Planet will be launched at the Cornerstone Community Centre, Church Road, Hove BN3 2FL at 1.30pm on Saturday, July 20. The venue is near to a bus stop, on many bus routes and close to Palmira Square. At the meeting, a committee will be elected, a constitution agreed and plans for future gatherings, including trips and eating out opportunities, will be discussed.

The new association aims to offer good companionship in safe environments, including open venues and members’ homes enabling members to make new friends and contacts. There is no membership fee and events are intended to be low or no cost. Everyone is welcome to attend, including unwaged, disabled and homeless people.

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BRIGHTON GAY MEN’S CHORUS RAISE OVER £1,000 FOR RAINBOW FUND

The Brighton Fringe Festival turned out to be an exceptionally busy and exciting time for the Brighton Gay Men’s Chorus (BGMC). After performing its own successful show, Opening Up, on the opening weekend of the Festival, BGMC was thrilled to be invited by the Ambassador of Sweden to celebrate Brighton as the city that launched ABBA’s global success. The sold-out concert took over the sumptuous Spiegeltent in the heart of the city.

Both events were extremely well received, by audience and press alike, and they proved excellent opportunities for the Chorus to maximise its fundraising effort for the Rainbow Fund, raising £1,086.13 in total. The ABBA concert also helped to raise awareness, amongst an entirely new audience, of the work this unique, grant-giving charity does.

Vaughan Leyshon, Chairman of BGMC, said: “We were delighted with the incredible support and rave reviews we received for Opening Up, our Fringe show. After which - and in less than three weeks - we pulled out all the stops, under the energetic direction of our Chorus Director, Joe Paxton, to deliver another entertaining evening. It was a tremendous honour to sing for the Swedish Ambassador and his delegation. But then, how could we possibly say ‘no’ to an invitation to present an evening of ABBA songs – particularly when we knew that every penny raised will be awarded by the Rainbow Fund to local deserving LGBT+ and HIV/AIDS organisations?”

The Chorus will be celebrating the 50th anniversary of Stonewall with its Pride show, In Time For Pride, on Friday 26 and Saturday, 27 July at St George’s Church, Brighton.

The Rainbow Fund give grants to LGBT+/HIV groups and organisations who deliver effective frontline services to LGBT+ people across the city.

SEA SERPENTS CYCLE 500 MILES TO RAISE FUNDS TO ATTEND NEXT BINGHAM CUP IN CANADA

Brighton & Hove Sea Serpents RFC will be fundraising on Sunday, July 21 at Amsterdam Bar & Kitchen to help towards the cost of playing at the 2020 Bingham Cup in Ottawa, Canada. The Sea Serpents were the winners of the challenger bowl at the 2018 Bingham Cup in Amsterdam. To defend their title in 2020, and hopefully finish higher than they did in 2018, they need to field a full team of local players at the tournament in 2020 which will be hosted by the Ottawa Wolves RFC.

For the first of many fundraising activities planned for the Sea Serpents RFC this summer, there will be four static bikes loaned by Pure Gym on the terrace to help members cycle on the spot for 500 miles. Drop by to see them (members of the team and club membership!) compete in the challenge and raise loads of money towards the cost of making the trip.

Go along, learn more about the club, buy some raffle tickets, sponsor the riders and put some money in the buckets while enjoying a pint on the Amsterdam Bar & Kitchen patio.

The Serpents recently played in the Union Cup in Dublin, where they reached the semi-finals before being knocked out by the London-based Kings Cross Steelers.

For the last two years the club have been voted Brighton’s Favourite LGBT+ sports group by the readers of Gscene at the Golden Handbag Awards.

Brighton & Hove Sea Serpents are sponsored by Bar Broadway, and are members of the Sussex RFU, the RFU and IGR - the body that encourages inclusive rugby around the world.

Brighton & Hove Sea Serpents RFC’s 500 mile static cycle ride fundraiser on Sunday, July 21 at Amsterdam Bar & Kitchen, 11-12 Marine Parade, Brighton BN2 1TL. It’s a free event and it’s on all day so pop along at any time sponsor the cyclists, put money in the buckets and buy some raffle tickets. Every penny helps!
SUMMER FUNDRAISER
10TH AUGUST 2019 FROM NOON
GARDEN PARTY
IN AID OF THE RAINBOW FUND
BOOK NOW AT WWW.THEROTTINGDEANCLUB.COM/WHATSON
LGBT+ AND HIV ORGANISATIONS CELEBRATE VOLUNTEERING AT ‘WORKING TO CONNECT’ SHOWCASE

Fourteen local LGBT+ /HIV organisations attended the Working to Connect showcase event on Thursday June 6 at the Friends’ Meeting House in central Brighton. Lloyd Russell-Moyle, Labour MP for Brighton Kemptown & Peacehaven, was present, but sadly local councillors were scarce on the ground except for Cllr Phelim MacCafferty, the Convener of the Green group on Brighton & Hove City Council, and last year’s Mayor, Dee Simson, the Conservative councillor for Woodingdean ward. Finola Brophy, chair of Working to Connect, welcomed everyone to the showcase, introducing Sam Hall, chair of Clare Project, Angela Green from Trans Pride, John Moore, chair of BLAGSS, and Gary Pargetter from Lunch Positive, who all spoke of the benefits of membership of Working to Connect. The evening concluded with a wonderful buffet provided by Lunch Positive, the HIV lunch club, giving everyone the chance to chat and get to know each other better.

Working to Connect was established in 2014 with the aim of creating a network of smaller LGBT+ and HIV+ groups and charities based in Brighton & Hove. The network operates primarily to encourage peer support to member organisations, advocate for equality in the statutory and third sector, and provide a mechanism for distribution of public infrastructure funds. Working to Connect meets four times a year to share experiences, information, resources and to support capacity building.

Groups interested in membership must be not-for-profit, mainly volunteer-led, provide services to the LGBT+ /HIV+ communities and aspire to a formal constitution with an Equality & Inclusion policy. To apply for membership, contact via www.lgbt-groups.org or by post: Working to Connect, c/o Community Base, 113 Queens Road, Brighton, BN1 3XG

Groups at the showcase, included: Accessibility Matters, BLAGSS, Brighton Bothways, LGBT Community Safety Forum, Lunch Positive, MCC Brighton, Navigate Brighton, Older & Out Brighton, Peer Action, Rainbow Chorus, the Clare Project, Trans Pride Brighton, Trans Can Sport and Village MCC.
NEW SERVICES AVAILABLE AT SUSSEX BEACON
The Sussex Beacon offer a range of new services to people living with HIV and their supporters:

POSITIVE LIVING
- Exercise and active living can improve physical and emotional health and help build resilience and confidence. This programme provides a combination of exercise and learning, in an inclusive and non-competitive setting. The classes are weekly, for one and half hours at the Sussex Beacon (in Bevendean Road).
- Everyone who attends starts with an assessment from a physiotherapist to ensure that the content of the class is appropriate for them and meets their needs.
- Feedback from people attending the course reports how their mood, as well as their physical wellbeing, has been lifted by the exercises, many of which they can also do at home. You can apply for the course yourself or ask your GP, consultant or other health worker to make a referral. For more information, view: www.sussexbeacon.org.uk/services-we-provide/positive-living-programme/

MINDFULNESS FOR CARERS AND FAMILY MEMBERS
- Mindfulness courses, funded by the Rainbow Fund, are some of our most popular run at the Beacon. In August they will be starting a new course especially for carers and family members of people living with HIV. These courses offer time out to consider mindful living and to look at some of the ways of thinking and reacting that we tend to fall into, that may not serve us well. For more information about the course, view: www.sussexbeacon.org.uk/services-we-provide/wellbeing-groups-and-mindfulness/

NEW DAYTIME SERVICES FOR EAST AND WEST SUSSEX
- The Sussex Beacon has recently been awarded funds from the National Lottery Community Fund to extend their well used group work and case work services to people from East and West Sussex. Keep watching their website for news on this development.

VOLUNTEERS
- The Sussex Beacon are always looking for new volunteers and have a range of vacancies: reception, driving, working in their shops in Brighton and fundraising among them. The Beacon are very proud of Team Beacon, the dedicated group of volunteers that are at the heart of the Sussex Beacon. They’d love to have you join them. They are always looking for Peer Mentors, people living with HIV who are prepared to give some time to mentor someone else who needs some support in their life with the virus. For more information about volunteering for the Sussex Beacon, view: https://www.sussexbeacon.org.uk/volunteer-with-us/

SEASIDE SPECIAL
- Finally, don’t forget their Seaside Special event at the Grand Hotel on Friday, July 19. Hosted by Miss Jason, Maisie Trollette, Pooh La May and Davina Sparkle, this is the must-have ticket of the summer season! Tickets available from the Sussex Beacon shop on St James’s Street, Kemptown.

TOM ADAMS 22/7/1957–5/6/2019
- Tom Adams passed away in the early hours of June 5 in the Martlets Hospice, Hove after a long illness.
- Tom, a proud Scot, came to live in Brighton in 1996 after selling the successful Why Not Sauna in Amsterdam. He bought the rundown Kennedy Palace Hotel on Brighton seafront, completely gutted it, and launched the Amsterdam Hotel, Bar & Sauna on to an unsuspecting Brighton public in 1999. It was an instant success.
- The Amsterdam brought a continental vibe to Brighton’s commercial gay scene. It was loud, bold, visible and was crucial to the development of the commercial LGBT+ scene on Brighton seafront at the end of the 1990s. City centre bars, such as Charles Street and Kruze followed very quickly helping earn Brighton the title of ‘Gay Capital of Europe’. However, he never really settled in Brighton and didn’t like having to deal with the commercial scene’s ‘chattering classes’.
- Tom was one of those rare people who could start an argument in a room with only himself in it and over the years he had some legendary clashes with the local authorities and difficult customers.
- Many’s the time I’d be asked by the local radio to defend the Amsterdam and Tom who felt that Brighton Council did everything in their power to make his life running a high profile LGBT+ venue on the seafront as difficult as possible. Tom loved it all, and more importantly loved the free publicity he got every time the BBC ran with a news story about the Amsterdam and his battles with authority. The Amsterdam was pivotal to the successful emergence of the commercial gay scene in Brighton around 2000 and my memories of those times are all happy ones.
- Tom sold the Amsterdam and decided to travel the world, but never found anywhere that he liked to live. He eventually settled back here in Brighton.
- Tom was decent, honest and fair, always loyal to his friends and always supportive behind the scenes of LGBT+ organisations when asked. He was also very stubborn and would never concede his position.
- His husband, Tommy, and his former manager at the Amsterdam, Matthew Warren, were with him when he passed on.

£1,953.22 RAISED BY EASTER BONNET PARADE & DRAG RACE
- Danny Dwyer, the Donation Coordinator at the Brighton Rainbow Fund, presents Adam Brooks with a certificate of thanks for the £1,953.22 raised at this year’s Easter Bonnet Parade and Drag Races on Easter Sunday.

LGBTQ+ COCAINE ANONYMOUS MEETING
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LUNCH POSITIVE CELEBRATE 10TH ANNIVERSARY IN STYLE WITH MAYOR

Lunch Positive, the HIV lunch club, celebrated their 10th anniversary on Friday, June 7, with a special lunch and a visit from the Mayor of Brighton & Hove, Cllr Alexandra Philips who is also the new Green MEP for the South East. Lloyd Russell-Moyle, the local MP for Brighton Kemp Town & Peacehaven, also joined in the celebration which attracted over 80 people to the weekly lunch club at Dorset Gardens Methodist Church in Kemp town.

Lunch Positive was formed in 2009 to fill a much needed gap in local HIV service provision following the closure of the long-standing Open Door project. Lunch Positive brings people together to find social and peer support, share a healthy meal, find advice and information, and access to a wide range of other support and services. The HIV lunch club has been built on the involvement of its members and contributions of volunteers. Volunteers have given over 50,000 hours of time since the service started. The service remains strongly grassroots, involves and supports an increasing number of people each year, and is expanding the activities provided.

Gary Pargeter, Service Manager said: “It has been an amazing ten years so far, with everything we do based upon the amazing contributions of volunteers, our members, the community, friends and supporters. For all of us involved at Lunch Positive it is an immensely rewarding thing to actively be part of something that is based on values of supportiveness and caring about our community. Thank you everyone who has supported us and who has helped us to deliver our work. The lives of many hundreds of people have been touched by the contributions you have made.”

For more information about Lunch Positive, view: www.lunchpositive.org

£323.89 RAISED BY REGENCY TAVERN CUSTOMERS FOR RAINBOW FUND

Louis Fear, Jason Thorpe and Simon Ebers receive a certificate of thanks for the £323.89 that Regency Tavern customers raised on Good Friday for The Brighton Rainbow Fund.

WORTHING PRIDE RECEIVE 10K BIG LOTTO GRANT

Worthing Pride organisers are “absolutely overwhelmed and delighted” after receiving a Big Lotto grant of £10k to help fund the towns second Pride event on Saturday, July 13, 2019.

The grant was secured following the positive reaction of the local communities and businesses who embraced the towns first Pride in 2018 which helped change perceptions of the seaside town.

Josie Kelly, founder of Worthing Pride, said that the self-funded event relies on the generosity of supporters and sponsors to cover essential set-up, build and services costs as income from ticket sales is not released till one week after the event. She added: “with this amazing funding generosity from Big Lotto, not only has this given Worthing Pride a lifeline to cover many essential costs for this years Pride, but also ensures we have funds to cover costs for Pride 2020.”

Worthing Pride’s chosen charity, Horsham-based HOPE Charity Project, who support young and vulnerable children suffering from mental health issues, were also an integral part of the Lotto grants’ decision to award the event.

Claire Sparrow, founder of HOPE, charity, said: “This is an incredible award for Worthing Pride, thanks to their generosity, this also means that more proceeds from the event can be donated to the charity, and will ensure that more local children, and their families receive the care and support they urgently need now. Thank you Big Lotto, we are so grateful.”

For more information about Worthing Pride, and to buy tickets online, view: www.worthingpride.co.uk or check our Facebook page.
GHSCE 17

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The LGBT Community Safety Forum is an independent group of lesbian, gay, bisexual and trans (LGBT) volunteers in Brighton & Hove.
For more info visit: lgbt-help.com call: 01273 855620 option 4, email: info@lgbt-help.com or pop into The Rainbow Hub at 93 St James Street, Brighton, BN2 1TP

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Rainbow Fund
It was dancing room only at BLAGSS’ Summer Social at the Queens Hotel on Saturday, June 8 with members and friends dancing all night to the fabulous Dusty Springfield tribute act Tina Oberman and DJ Louise from Loutina playing retro disco classics and iconic tunes from the 1960s to the 1990s, with some Motown classics thrown into the mix. BLAGSS (Brighton Lesbian & Gay Sports Society) is an LGBT+ sports group that has around 450 lesbian, gay, bisexual and transgender members from across Brighton & Hove, Sussex and beyond. Members come in all different shapes, sizes, ages and abilities, and participate in sports as varied as badminton, tennis, squash, golf, table tennis, running, ten pin bowling, football, dancing, cycling and many, many more.

There’s also a fantastic social side to BLAGSS with over 700 sporting and social meetings every year. Have fun playing sport and then a good old chat about it in the pub afterwards. BLAGSS is a great way to meet people, keep fit, and have fun. You can try BLAGSS for free! You can go along to your sport of choice with a FREE one-day membership (court fees may apply), try it out and see if you enjoy the experience. Just go to the relevant sport page on www.blagss.org and message the organiser. After you’ve tried a BLAGSS sport for free you must join in order to continue - membership is just £15 per year.

To join BLAGSS, view: www.blagss.org/join/
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Switchboard

Connecting you to LGBTQ+ support
American dancing troupe fights prejudice and discrimination to lead the Brighton Pride Community Parade.

Prancing Elites are a seven-piece black male dance troupe based between Baton Rouge, Louisiana and Mobile, Alabama. During 2015 and 2016, the group appeared in the reality TV show The Prancing Elites Project, which was broadcast on All 4. After Pride shared their social posts last year showing the prejudice and discrimination they received from some of the community in Alabama, and the hugely supportive response they received from the global Pride family, Brighton Pride organisers invited them to Brighton to appear on the main stage of Pride in the Park for their first ever UK performance to strut their stuff and lead the Brighton Pride Community Parade.

The troupe’s members include: Adrian, a classically trained dancer who turned down an invitation to join the famed Alvin Alley Dance Theater; captain Kentrell, who is devoted to the group’s growth; former football player Kareem, who wants to be a role model to others; Jerel, who believes the Elites have a deeper message to share than just dance; and Tim, who is often at the centre of any drama.

We caught up with the group’s founder Kentrell Collins to talk about how they deal with the haters, Beyoncé’s legendary Coachella performance, and how he got on during his time in the army.

How did the Prancing Elites come to be?
“Back in high school, I always wanted to dance as part of the dance team but males weren’t allowed to audition, yet we were often the ones teaching the girls behind the scenes. I was in the band and my senior year was very much something I was tired of. So I decided to rebel and start the group. I just felt why can’t we do it? Why can’t we be ourselves? Just because the school system says so?”

What was the response like?
“Back then, in 2004, people didn’t respond well at all. We got a lot of looks and called a lot of names; it wasn’t something anyone was too fond of. We used to dance at football games and there were times when the police escorted us out of the stadium.”

Do you still get bad responses?
“Yes, I can give you an example of a parade. We were just dancing and marching and we got to a particular area and someone in the crowd threw a beer keg and we didn’t know what was happening until we looked up and we’re all wet with beer. That was a moment for me when we had to sit back and think ‘did we do something wrong?’ It was embarrassing but it kept us going.”

How do you deal with negative reactions?
“There’s never really honestly an easy way to deal with them besides just dealing with it, you know? We’ve never got to the point where we just gave up. When people do things like that it just motivates us to keep going.”

Do you get a different response depending on where you perform?
“When we go to California, we get major love. In New York, it’s major love. In Atlanta the response is a bit iffy. In New Orleans it’s a little better. I’ve learned that different parts of the world are more open to things compared to how it is down south where we’re all from. We’ve performed in Canada. That experience was something else. It was very friendly. The police even had rainbow flags on their cars.”

How did the TV show come about?
“We were all just doing what we normally do and a video that we posted on social media went viral on Facebook – back when viral wasn’t even a thing. You really had to be doing something in order for a video to go viral. We posted it to Youtube and Shaquille O’Neal tweeted it and him being this big masculine basketball player, everyone retweeted it. Shortly after, we had tons of emails and phone calls from production companies. After speaking with a few different companies, we narrowed it down and ended up being on [US network] Oxygen.”

What was your response when Shaquille O’Neal tweeted the video?
“It felt unbelievable. We still haven’t met him yet. But it just feels unreal. The question I’ve always wanted to ask is ‘how did you find us?’”

How did the TV show change your life?
“The notoriety is still there. I can still go to a Walmart and fans want to take my picture. I can go to a nightclub and people will recognise me. The success of the show also allowed me to create a non-profit organisation called HCBU Dance Affair, which I’ve taken to six different cities and put on dance shows. I believe all kids should be able to see dance shows and know they can take part if they want to.”

Are there many other all-male dance groups?
“I’ve seen plenty of people trying to do what we do and create their own team – but it’s nothing like the original, if that makes sense.”

How often do you practice?
“Usually when people ask us to perform. It’s probably once or twice a month we get to practice now. It’s difficult for us to rehearse like we want to because three of us live in a different state so we travel back and forth every weekend or every other weekend. They live three hours away but with our passion for the dance we drive those three hours.”

Where do you get inspiration?
“I guess it all comes from within. We all pretty much have our own thought process when we come to dance. We all just love it and want to do it. Musicians we love are also inspirations.”

Beyoncé…?
“Yes, Beyoncé of course. We’ve actually taken some of what we’ll be performing at Brighton Pride from her Coachella performance.”

Did you do the whole club thing and take inspiration from watching people dance?
“I definitely did the whole club thing. I may take inspiration from people dancing in the club but usually we’re the ones dancing all night.”

You spent time in the army. Did you enjoy it?
“Yes. I enjoyed my time in the army as far as the training. I was posted in Germany and that was cool. It was just not something I wanted to do at the time (I was 17, 18). But the experience really inspired how I train for dances – everything has to be right and correct.”

Any exciting projects lined up?
“We’re in talks to work on something. Our show was never cancelled. Basically what happened was the network changed format and pulled everything that wasn’t a crime show. We had the highest rated show on the network though, so watch this space.”

MORE INFO
The Prancing Elites will perform on Friday, August 2 at the Pride Opening Party in the Pride Pleasure Gardens; and on Saturday, August 3 they will lead the Pride Community Parade and then perform on the main stage at Pride In The Park in Preston Park.
Hookups = SQUIRT.org

Visit www.squirt.org to hook up today
WHAT’S THE LINK BETWEEN MENTAL HEALTH AND FOOD ADDICTION?

Bunmi Aboaba, a Recovery Coach specialising in food addiction, discusses the link between poor mental health and food addiction.

As the famous saying goes: “You are what you eat”. Not-so-famous is: “What you eat affects who you are on a day-to-day basis”. We have a strong psychological connection with food, which can be positive and negative. Some foods evoke warm memories of childhood, such as a homemade stew or a certain chocolate bar you used to buy after school, but they all come with a biochemical and physical connection, affecting our mental health.

The connection between stress and eating can, sadly, start at childhood. A study by Dr Hill at School of Psychology, University of Leeds, looked into this further (www.ncbi.nlm.nih.gov/pubmed/29203444). Dr Hill said: “It is well established that stress is linked to changes in eating behaviours. The current findings are concerning as they suggest the impact of stress on unhealthy eating may begin as early as eight or nine years old.”

Many people don’t realise the significant correlation between food and mental health... and how damaging it can be. It’s essentially a vicious cycle, so it’s crucial to know why our mental health is affected by food and what we can do about it.

Sugar
Using sugar as an example: sugar causes diabetes and heart diseases such as high blood pressure and hyperlipidaemia (high levels of fat in the blood that can ultimately block arteries). All of these can cause strokes, heart attacks and more. It’s one of the most dangerous food substances in terms of the effect it can have on your body physically. It also has a big effect on your brain and, in turn, your mental health.

A recent investigation comparing sugar and cocaine consumption in rats revealed something remarkable (https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0000698). The rats took small amounts of cocaine until they were addicted and dependent on it. They were then given a choice between carrying on with the cocaine or switching to sugar. A staggering 94% of rats opted for sugar and demonstrated a lot more interest in the sweet stuff compared to cocaine!

Physical effects
The physical long-term effects of food addiction can also lead to poor mental health. Coping with diabetes, weight gain, high cholesterol, high blood pressure, reproductive problems, heart disease and gallstones will have a detrimental effect on the person’s psyche and self-esteem.

We can use stress eating and sugar as a benchmark for the link between food addiction and mental health. As you probably know, sugar can induce a very short-term rush of dopamine, but it also means you’ll get the dreaded ‘sugar crash’ where your body tries to bring your blood glucose back to normal by triggering more insulin. This can make some of us crave even more sugar, leading to a vicious cycle of binge eating. Your adrenal gland is also working overtime and pumping out cortisol and adrenaline at an alarming rate. These are the famous ‘stress hormones’. Many of us turn to sugar to get this quick fix. As a result, ‘stress eating’ sugary foods can actually greatly increase stress.

Food addiction is a one-way ticket to setting up a vicious cycle where the person will binge again just to make themselves feel better. They do it to release the serotonin and the dopamine to get the endorphins rushing... to create that high, only to crash again and feel depleted and crushed, and round we go again.

And what happens when you feel crushed? Psychologically you may feel disgust in yourself, asking “Why did I do it? I don’t feel too great”. This is only a fraction of what someone who is suffering from food addiction will feel.

Food addiction and mental health
Studies suggest that there is a solid link between food addiction, depression and anxiety disorders and there are higher rates of depression within the food addicted group than individuals who aren’t addicted (www.camh.ca/en/camh-news-and-stories/the-emerging-link-between-food-and-mental-health).

Conversely, food addiction might also be the result of psychological factors. Factors included in this category are emotional or sexual abuse, being a victim or survivor of a traumatic event, having an inability to healthily cope with negative situations, chronic low self-esteem, or experiencing grief or loss. Psychological factors such as these can influence an individual to use food as a coping mechanism to relieve the painful emotions that may have resulted.

Binge eating will initially lead to feelings of relaxation and comfort, which I call a “carb high”, followed by what can only be described as severe emotional distress. You may find yourself using words used such as ‘shame’, ‘disgust’, ‘guilt’ and even ‘I loathe myself’.

The effort it takes for many to keep this going is monumental, from the minute the person wakes up, the obsession and compulsion is there. Food is the predominant, overriding thought of the day. Not only does binge eating itself damage your mental health, it takes up a lot of mental energy to plan a binge whilst going about daily routines. Procuring food is a ritual and a military operation.

On top of all that, people may feel exhausted in the morning after a carb hangover, this all leads to poor mental health. Anxiety and stress sets in and life becomes unmanageable. The person finds it harder and harder to cope with daily life, leading them to binge even more.

Chicken or egg?
Overall, it is definitely a chicken and egg scenario. Some specialists choose to treat the psychological factors first before the addictive behaviour around food and others treat the food addiction first before addressing the person’s psychological issues.

I lean towards approaching the food side of things first with a support system in place so mental health issues can be addressed.

ABOUT THE AUTHOR
Dr Bunmi Aboaba is a Recovery Coach specialising in Food Addiction, helping clients to achieve a healthy relationship with food to meet long-term health goals. Dr Aboaba’s work covers the full spectrum of disordered eating, including overeating, compulsive eating, emotional eating, addicted eating and other associated patterns. Dr Aboaba is also creator of the first Certified Food Addiction Certification to support nutritionists, personal trainers, dieticians and clinicians to help their clients achieve long-lasting results. Dr Aboaba also runs seven-day Self-care Retreats for clients suffering from disordered eating.

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www.thefoodaddictioncoach.co.uk
www.linkedin.com/in/bunmiaboaba/
facebook.com/thefoodaddictioncoach/
I’M STOPPING HIV.
I test regularly.

Most people get HIV from someone who doesn’t know they have it.

Find out all the ways to stop HIV
StartsWithMe.org.uk
Since Trans Pride Brighton & Hove commenced in 2013, organisers have endeavoured each year to produce a bigger and better event with more variety and choice - this year is no different! Trans Pride Brighton & Hove (TPB&H 2019) have partnered with more people this year to bring something for everyone, including favourites such as the Film Night, the Park Event and the Afterparty. This year sees the return of the highly successful After-Gig, a punk night presenting some of the not-so-family-friendly bands that can’t be featured on the main stage at the Park Event as well as the introduction of a brand new punk, metal, rock DJ night to cater for those with alternative music tastes.

This year’s focus has been on increasing what’s on offer to include several sports activities too. The programme will feature wheelchair basketball, where you get to have a go at whizzing around a basketball court with Sussex Bears Wheelchair Basketball: the much-loved long-running Trans Swimming Evening; and Beach Volleyball with Trans Can Sport. This year sees the return of the Sports Area at the Park Event, which this year will feature demonstrations from sports people, personal trainers and fitness groups from the trans communities. For the first time ever, there will also be a Trans Fun Run - the very first fun run organised by and for people in the trans communities. You can choose to do 2.5km or the full 5km and because it’s a flat tared route, the run is open to wheelchair users too. After the Fun Run, you can pop along to the annual picnic to wind down, hang out and relax. TPB&H 2019 remain true to their grassroots beginnings and are committed to make sure that their main Park Event is always free and all their events remain affordable.

In order to balance these priorities against the ever-growing cost of staging the event, TPB&H 2019 have had to seek funding from outside of the community. The vast majority of funding this year has come from grants, with organisers being very selective and only accepting grants and sponsorships from ethical sources that have proven track records supporting the TNBI communities. They also try and consider the environmental impact as well. This year, grants have been received from Brighton & Hove City Council; Sports England, specifically to support the sports events happening throughout the week; the National Lottery Community Fund, specifically to replace the ageing infrastructure; the Co-op Community Fund; and Bupa Healthcare. Disabled toilets have been sponsored by UNISON while the stage and all its surrounding infrastructure has been sponsored by Unite South East Region LGBT in memory of Rianna who was a member of Unite South East Region LGBT.

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**TUESDAY 16**

**TRANS WHEELCHAIR BASKETBALL with SUSSEX BEARS**

**TIME:** 8–9pm  
**WHERE:** Manor Gym, Hove, BN2 5EA  
**TICKETS:** Free  
**ACCESS INFO:** Wheelchair accessible, sports wheelchairs will be provided.

TPB&H 2019 have paired up with Sussex Bears Wheelchair Basketball to host a taster session for the communities. This is part of their countdown to the Paralympics and marks 406 days to the 2020 Summer Paralympics. Sports wheelchairs will be provided, and the event is open to wheelchair users and non-wheelchair users. You'll get instructions on how to use a sports wheelchair, do some drills and shoot hoops followed by a quick game. Spaces are limited, so to sign up send an email to sports@transpridebrighton.org

**WEDNESDAY 17**

**TRANS SWIMMING**

**TIME:** 8.30–9.20pm  
**WHERE:** St Luke’s Pool, St Luke’s Terrace, Brighton BN2 9ZE  
**TICKETS:** £4.95/£2.95 concessions  
**ACCESS INFO:** Adapted for wheelchairs, wheelchair poolside facilities, ramp access.

TPB&H 2019 join up with Trans Swimming hosted by Freedom Leisure and Brighton & Hove City Council. It’s a dedicated time slot for trans people to feel comfortable.

**TRANS VINYL UNDERGROUND**

**TIME:** 8–11pm  
**WHERE:** Dead Wax Social, 18A Bond St, Brighton, BN1 1RD  
**TICKETS:** Free  
**ACCESS INFO:** The venue main entrance is wheelchair accessible to the lower bar area only. To enter the upper event space, speak to a volunteer or staff member. Record Auction raising money for TPB&H 2019 with members of the Trans Pride Committee on the decks. You have the length of the track to bid. Winner takes home the disk.

**THURSDAY 18**

**TRANS CAN VOLLEYBALL**

**TIME:** 8–9pm  
**WHERE:** To be disclosed on booking  
**TICKETS:** £6 to book by email: transcansport@gmail.com

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**FRIDAY 19**

**TRANS PRIDE FILM NIGHT with MY GENDERATION**

**TIME:** 6–8pm  
**WHERE:** Duke of York’s Picture House, Preston Rd, Brighton BN1 4NA  
**TICKETS:** £7.50  
**ACCESS INFO:** There is step-free access to the entire downstairs of the venue, via the main entrance into the foyer and the auditorium.

**My Generation** is an ongoing film project that celebrates trans lives and experiences. What makes My Generation unique is that they produce films made by trans people, about trans people, for a much wider audience. As trans people that are heavily involved in the fight for equality, the organisers are aware of the diversity of the trans communities, along with the challenges and inequalities that trans people face in society.

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**TRANS PRIDE BRIGHTON GAMES NIGHT hosted by B&H LGBT GEEKS**

**TIME:** 7–10pm  
**WHERE:** Loading Brighton, 11 Lower Promenade, Madeira Drive, Brighton, BN2 1ET  
**TICKETS:** Free but there will be donation buckets for TPB&H 2019 in the venue.  
**ACCESS INFO:** Loading Brighton is wheelchair accessible, has an accessible toilet and non-gendered toilets.

Members of Brighton & Hove LGBT Geeks welcome all levels of gamers and will be on hand to go through the rules of the games with you. There will be a variety of games played in terms of skill level and duration, and feel free to take along any games you have been wanting to try. There will also be outside seating for those who just want to hang out and enjoy the atmosphere. Loading Brighton serves food and drinks, including veggie and vegan options with a good range of non-alcoholic drinks available too.

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**TRANS PRIDE BRIGHTON 2019 JULY EVENTS**
SUNDAY 21

1. FUN RUN
TIME: Registration 8.30am, run starts 9.30am
WHERE: Near the Lawns Café on Hove Lawns, Hove, BN3 1FR
TICKETS: £8/£3 conc, limited number of £10 concs from sports@transpridebrighton.org

PARIS LEES APPOINTED NEW UK AMBASSADOR FOR PANTENE

Paris Lees, ‘Britain’s leading trans activist’, has been appointed by Procter & Gamble as its new UK Ambassador for Pantene. At Fortune’s Most Powerful Women International Summit in London last month, Alexandra Keith, CEO of P&G Beauty, bestowed the accolade on the multi-award winning writer, campaigner and broadcaster. Paris has been described as ‘The voice of a generation’ by i-D magazine, ‘Britain’s leading trans activist’ by The Evening Standard, and one of Britain’s ‘New suffragettes’ by British Vogue, where she is now a regular columnist.

Alexandra Keith said: “We’re really trying to bring back the mission and purpose of our brands, so for Pantene, which is all about giving women healthy, beautiful hair, we did a study with Yale University. Following studies with 8,000 women, in 11 countries, we found that across the world, hair is more important than almost anything else to the way a woman expresses herself. So our new platform is about the transformative power of hair. Here in the UK, I’m really proud to announce our partnership with Paris to help bring to life Paris’ story and journey, and the role that her hair has played.”

The Fortune Most Powerful Women International Summit is an opportunity to connect with female change makers in the UK, Europe, and beyond to exchange ideas and forge new alliances. The theme of the 2019 programme was Leading Together.

Paris added: “When I first transitioned as a teenager, I was messed about by the NHS like many trans people are. I wasn’t actually getting the support that I needed, and I didn’t have any medical interventions or hormones at that point… [So] the way that I was communicating to the world that I was female… was through my hair, make up and clothes. These things don’t make us women, but it was just such a powerful way for me to express myself. There is such an emotional element to hair. It’s such a powerful expression of femininity. For me, my hair is my crowning glory because it grew out of my head – it’s me, it’s indissoluble from me.

“When I was growing up the only time I saw trans people in the media was when we were presented as objects of pity, ridicule or disgust. We were never celebrated and there was a caricature of ‘too much make up, fake hair, fake boobs’ – this idea that you were artificial. I never thought that trans people would be celebrated – I thought that we could maybe reduce the stigma, but I didn’t realise we would be winning awards and appearing on the front of magazines. What a great message for kids when they are turning on the TV or looking online, brands are celebrating [people like me].”

MORE INFORMATION
www.transpridebrighton.org
Trans Pride Brighton
@TPrideBrighton
In the same week that model and TNBI activist Munroe Bergdorf absolutely crucial in ensuring and enabling transphobia and hate incidents are sky-high. The current attack is explicit in its visibility. National Lottery Funding to TNBI charity for the UK’s longest standing, most regular TNBI support service, the 1990, the charity facilitates a drop-in every Tuesday; a recently founded monthly workshop and discussion group called TNB and various other socialising activities including meals out, volunteering opportunities and activities. Having seen thousands of TNBI people from all walks of life come through their doors, the Tuesday drop-in has proved to be a lifeline for many, offering regular opportunities to socialise, laugh, cry, and be part of what so many of us rely on – a community.

Supported by the Rainbow Fund and BHCC, the Clare Project has undergone a significant developmental shift, which continues to enable sustainable growth and support for years to come. In recent months we’ve seen the opening and launch of TNB, successful recruitment of new trustees, new resources and information for service users, alongside research and engagement with local organisations and communities. It’s early days, but we’re going in the right direction, while continuing to see our TNBI engagement increase and diversify throughout our services.

**SWITCHBOARD**
Opportunities in partnership between the Clare Project and LGBT+ organisations have also arisen, including Switchboard’s Trans Engagement role in relation to Health & Inclusion work, which provides huge insight into TNBI experiences of healthcare in our area. Further to this, the Clare Project has recently become named-partner in a BHCC-funded Working Smarter initiative. Chris Brown, Project Lead, says: “We’re excited for the project that will bring together Switchboard, the Clare Project, Allsorts and MindOut to streamline pathways to our training offers and inclusion awards. We will be holding a couple of Training for Trainers courses to develop a pool of trainers that we can all use, and will have a particular focus on recruiting, working with and supporting TNBI workers.”

Alongside this, TNBI affirmative projects and services continue to grow and become Sussex-wide. Alongside their Trans Engagement work, Switchboard provide the social-prescribing TransLink service in partnership with Brighton & Hove Impetus, with the core focus of decreasing social isolation among our community.

Recent achievements of Switchboard also include crowdfunding over £2,300 for their Older People’s Project, and securing funding for a further three years for the Disability Project, which supports areas of our community further under-represented.

**ALLSORTS YOUTH PROJECT**
Despite the recent backlash concerning young people’s education, Allsorts Youth Project continues to stand on the frontline in supporting our young TNBI communities. Ryan Gingell, Project Manager, highlights their recent achievements in expansion of services: “The last two years has seen Allsorts continued to expand its services into West Sussex, now running LGBTU services in Horsham, Chichester and Worthing, reaching a wider area to meet the needs of young people in rural locations.”

**TRANS PRIDE BRIGHTON & HOVE**
Vitally, TNBI-led grassroots and smaller community groups continue to provide irreplaceable opportunities for empowerment and visibility of our community. Last year, Trans Pride Brighton & Hove saw its biggest turnout yet, welcoming thousands to their march and park event. As it prepares itself for another busy season for its seventh year, their week-long event programme now includes a diverse range of activities including sports, gaming nights, Trans Pride Season at the Marlborough Theatre, while continuing to host its social group Trans Pride Brighton Friends.

**NAVIGATE AND TRANS CAN SPORT**
Navigate, Brighton’s trans-masculine and non-binary group, is re-launching its monthly support groups, and Trans Can Sport continues to go from strength-to-strength providing subsidised activities for our community.

Although Pride season comes once a year, our TNBI organisations, frontline services and community groups are here year-round. Our fight for equality isn’t part-time. Our existence isn’t part-time. Our desperate need for positive representation, support from our allies and empowerment from privileged groups, isn’t part-time. All our groups rely on volunteers, donations and ongoing support from allied communities. Allyship and support can commit itself in a variety of ways. Our challenges, achievements and developments happen behind the scenes. Please recognise our ongoing struggles and our accomplishments with us; and ensure we’re recognised, visible, empowered, and celebrated beyond one season a year.

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**THE CLARE PROJECT**
Brighton is nationally recognised as home to the UK’s longest standing, most regular TNBI support service, the Clare Project. Founded in 1990, the charity facilitates a drop-in every Wednesday, with a recently founded monthly workshop and discussion group called TNB and various other socialising activities including meals out, volunteering opportunities and activities. Having seen thousands of TNBI people from all walks of life come through their doors, the Tuesday drop-in has proved to be a lifeline for many, offering regular opportunities to socialise, laugh, cry, and be part of what so many of us rely on – a community.

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Recent achievements of Switchboard also include crowdfunding over £2,300 for their Older People’s Project, and securing funding for a further three years for the Disability Project, which supports areas of our community further under-represented. Sarah-Kye, Project Lead, highlights how the Disability Project “Envisage to create a space where our multiple identities are accepted and celebrated,” and ensures accessibility is priority: “Hoping that in the near future, accessibility issues will no longer be an afterthought.”

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**MORE INFO**
For info on all the organisations mentioned, visit the Rainbow Hub website: [www.therainbowhubbrighton.com](http://www.therainbowhubbrighton.com)

Or email: tcpbrighton@gmail.com
Eric Page catches up with Lisa Honan, founder and director of Gender Free World Clothing, established in 2015, now an international brand based in the city.

From clothing to gifts, toys and toiletries, we’re forced to define a gender before making purchases. Gender Free World aim to bring quality, comfort and choice to their customers with no added gendered nonsense.

What has gender got to do with pants?
“Haha! Wow, that’s a corkscrew of an opening question. Gender has nothing to do with pants... we can all like different styles of underwear: lacy, boxer, tiny white slips, and that has nothing to do with gender but style preferences.”

What else do you sell?
“We began with shirts in 2016 as that’s my personal passion. I always bought men’s shirts and adapted them to fit my shape as I couldn’t see stuff I liked in the women’s aisles. The unisex boxer was launched in November 2018. We also have a new range of slogan T-shirts made from 100% recycled material: 40% organic cotton/60% polyester from plastic bottles.”

Was it easy to find garment makers?
“We decided that we’d work with British shirt manufacturers so we could keep an eye on the production process. My business partner, Nel, researched patterns and bodies to develop our initial body shapes. When we launched we had three different shapes and seven sizes per shape, making 21 variants. Most shirts come in seven sizes so finding someone who was happy to do a relatively small run with lots of variants at a cost which wasn’t too prohibitive was a challenge. A factory in Tottenham worked with us to produce our first runs. The underwear is made in a factory in Manchester, by the same company who makes Mary Portas’ Kinky Knickers range.”

Your marketing is very polished, who do you see as your customers?
“Thanks, we’re keen to have models from within our local communities, as LGBT+ is under represented in all advertising. People want to see people who look like them, not tall skinny models. How can you tell how the shirts or boxers will fit if you can’t see it on a similar body to yours?

“Our customers are majority LGBT+ but not exclusively. If you like a fun, well-fitting shirt we’ve got you covered. If you’re forced to shop in the women’s section on the high street because of the shape of your body it can be a very dispiriting process. Women’s shirts can be overly fitted, have the odd lacy frill, or strange collars and often in muted or dull fabrics... nothing wrong with that if you like that style, but what if you want a more classic cut with bold and bright patterns?”

You’ve an international brand but are based in Hove, what attracts you to Sussex?
“M y business partner and I both live around the corner so we can walk to work – nice. W e love Brighton & Hove and its diversity, so no need to go anywhere else. Seriously though, when you’re selling online it doesn’t matter where you’re based, 30% of our customers are from the USA.”

You have a very clear commitment to quality, durability and honest locally produced products, why is this important?
“I don’t want to get on a soap box but fashion is a very polluting industry and fast fashion is horrific. Why do people buy anything only to be worn a couple of times? New Look and Primark have a lot to answer for especially with regard to pricing and influencing consumers’ expectations of what to pay. How can they afford to sell a shirt for £14? How much did the fabric cost? How much were the workers being paid? We produce shirts in limited edition runs, which provides customers with a unique product but also eliminates much left-over waste in the production process. Parliament (with the help of Extinction Rebellion) has declared a climate emergency and we all have to do what we can. We have big ambitions and yes, why not the next gender free Johnnie Lewis.”

Describe the design nuances in your garments.
“Of our first shirts, four were fairly traditional, checks, black and a denim look and one was wacky – a penguin print. The penguin print sold more than all the others combined and we realised that people of all genders were crying out for fun shirts. We’ve retained the fun element through all our subsequent ranges, so even if it’s a plain fabric it’ll have a pop of colour on the collar, cuff or stitching. The clothes you choose are an expression of your style, which may or may not tie in with your gender identity. For us, gender is irrelevant, we just want to make well-fitting clothes.”

What would your grandmother say about your pants, would she wear them?
“I never saw my grandmother’s pants! But I reckon she would give them a go.”

Is comfort more important than style?
“I’d say both are important. Something that looks good doesn’t need to be uncomfortable. If something is well designed it should be comfortable. Garments that are designed to be thrown away after a short life don’t have a lot of thought put into them (back to the point about fast fashion).”

Worst item of clothing ever given to you?
“A brown corduroy pinfaro dress when I was eight. I suspect it’s the height of fashion now.”

Who are the most interesting designers working with a post-gender world in mind?
“To be honest we don’t pay much attention to high fashion designers, we beat our own path.”

MORE INFO

@genderfreeworld

Check out the full range of GFW Clothing at: www.genderfreeworld.com or pop into their shop at: 102 Portland Road, Hove, BN3 5DN.
Gresham Blake arrived in Brighton from Tunbridge Wells at 19 years old with a backpack, £40 cash and the shirt on his back. He hid his belongings under the pier and made his way to the queer scene of the time and was embraced by the family of the Zap Club. The local queers took him in, he sofa Surfed his way through his formative years in Brighton and this year he is celebrating his 20th year in business. Gresham Blake is one of our city’s homegrown success stories and as part of his 20th year celebrations he is releasing a coffee table book. I had the privilege to be asked to feature.

I went to meet Gresham at his Brighton shop in the Lanes and was transported into a world of high-end tailoring in a quirky shop of ready to wear fashion. The comforting smell of wool hung in the air and I was surrounded by mannequins dressed in Gresham’s now familiar style. Upstairs in the consulting rooms I sat with Gresham and his head tailor and area manager, Nathalie May, where photos of high profile clients wearing Gresham’s creations hang on the walls. Nathalie has been with Gresham for five years and brings with her 18 years of experience in tailoring. Over coffee and swatches of wool and silks we agreed upon the style of suit that I’d feel not only comfortable, but empowered in. Fal Blake, co-founder and director, and experienced tailor with 17 years’ experience, took detailed precision measurements of my body from which my suit would be made.

Over subsequent visits to the tailor shop, where we pinned, chalked, pinched, hemmed, chatted and laughed, I began to get to know the man who started as a sofa surfing club kid and now lends his name to a chain of tailors and workshops. Gresham did an art foundation course and then a fashion and business degree at Brighton Uni where he met his wife, Fal, who was studying chemistry at the time.

He opened the original Brighton shop in the Lanes, a small premises on Bond Street, which expanded over the years as neighbouring shops came onto the market. With a sentimental smile he speaks of his first high profile client, J-Kay, of Jamiroquai fame. He fondly recalls his first press
was in *Latest Homes* in 1999. Fast forward 20 years and it is Rag’n’Bone Man hanging on the walls.

Gresham Blake has tailor shops in London and Brighton and workshops in Leeds and Aldgate. His corporate clients include the Brighton Grand, the Savoy, the Hard Rock Hotel and Soho House. A famous part of Brighton seafront is the entrance to the Grand Hotel where its doormen are beautifully turned out in Gresham’s designs.

Corporate and high profile work for televisual appearances aside, it’s clear that the people that work for Gresham Blake, and Gresham himself, really care about their clients’ needs and expectations. Over the multiple visits I made to the Bond Street shop I saw many a happy client and tailor working together to create something special. Part of the business that is ever-evolving is the wedding business, particularly Queer Weddings. The team relish being challenged by those in love who want help creating something bespoke which has sentiment to them.

Congratulations on your 20th anniversary, Gresham. Here’s to the next 20. Cheers!

**CREDITS:**

**Design:** Gresham Blake  
**Tailors:** Fal Blake and Nathalie May  
**Creative Assistant:** Stephanie Simmonds  
**Hair:** Daniel Leo Stanley @ Simon Webster Hair  
**Make Up:** Xoë Kingsley  
**Photography:** Kenny McCracken
For the second year running the weather wasn’t kind to Brighton Bear Weekend organisers. The heavens opened during the Garden Party in Dorset Gardens giving everyone a soaking. However, the weather didn’t deter the artists who valiantly carried on performing while the crowds took cover under the trees and ate homemade burgers cooked by Lunch Positive the HIV Lunch Club.

The three day festival, featured a full programme of events starting with the annual BBW Quiz at the Camelford Arms, which got the fundraising weekend off to a great start, raising £500 for the Brighton Rainbow Fund. The rain held off for the opening party at the Amsterdam Bar & Kitchen on the evening of Friday 14 which was mobbed, as was the Mr Brighton Bear competition later in the evening at Subline, won in style by trans bear Taylor Leigh with Thad Evans coming second and Andreas Sandfalt third.

A tour of the Royal Pavilion on the morning of Saturday 15 proved a popular prelude to the Garden Party in Dorset Gardens hosted by Jon B with entertainment from Krissie Ducann, Colin Blanchflower and Zoe, Pat Clutcher, Jason Thorpe, Chris Hide, Kara van Park, Sally Vate, Dave The Bear, Lola Lasagne and Dave Lynn, who all donated their services free as did the Rainbow Chorus and Actually Gay Men’s Chorus who battled against the elements and entered into the community spirit of the afternoon. Following Bear-a-oke at Bar Broadway the bears moved on to the Rialto Theatre for Beefmince who made their first appearance in Brighton. Events on Sunday 16 included an LGBT walking tour of the city, roast dinners served at the Amsterdam and Camelford Arms, and cabaret sessions at the Amsterdam Bar & Kitchen, Charles Street Tap and Affinity Bar with Dave The Bear, Sally Vate and Kara Van Park. The weekend was brought to a raunchy end with an Underbears party at Subline.

BBW is organised by an enthusiastic team of volunteers, chaired by Graham Munday. No-one gets paid and all efforts go to raising money for the Brighton Rainbow Fund who give grants to LGBT/HIV organisations providing effective front line services to LGBT+ people in Brighton & Hove. Money raised will be distributed in the Brighton Rainbow Fund’s annual grants round at a ceremony at the Old Ship Hotel in September.
RAINBOW CHORUS @ BBW GARDEN PARTY

BBW OPENING PARTY @ AMSTELMEN BAR & KITCHEN

LUNCH POSITIVE @ BBW GARDEN PARTY

BBW MR BRIGHTON BEAR @SUBLINE

TAYLOR LEIGH WINS BBW MR BRIGHTON BEAR @SUBLINE
Karol stroked his hand for the last time.

Their Instagram friendly looks were their relationship they had travelled the world not merely for show, they presented daily an impenetrable ideal of togetherness not only to their native Poland, Marcin and Karol had found not only love in one another, but the freedom their relationship on show for the world to see. Here in the UK to live openly and freely with Marcin left the home in Hove that he shared with Karol to go for a walk. Upon discovering Marcin had left behind his keys and his phone ran out of the house turning left to run to the seafront to search for his partner, lover and best friend. Marcin had turned right and unknown to Karol, hung himself in nearby Hove Park. He was discovered early the next day.

Since Marcin’s death Karol has been piecing together segments of the past few weeks which didn’t hold such weighted significance until now. “I wish I had seen the signs more clearly. Marcin would say ‘will you look after yourself when I’m gone?’, which I used to brush off and say ‘what are you talking about?’, but now I see that he was thinking about this [suicide] all along”.

Karol instinctively knew something was wrong and was overcome with a sense of fear as he ran out of the house turning left to run to the seafront to search for his partner, lover and best friend. Marcin had turned right and unknown to Karol, hung himself in nearby Hove Park. He was discovered early the next day and died later that afternoon in hospital as Karol stroked his hand for the last time.

Having escaped a lifetime of homophobia in their native Poland, Marcin and Karol had found their relationship they had travelled the world not merely for show, they presented daily an impenetrable ideal of togetherness not only to their native Poland, Marcin and Karol had found not only love in one another, but the freedom their relationship on show for the world to see. Here in the UK to live openly and freely with Marcin left the home in Hove that he shared with Karol to go for a walk. Upon discovering Marcin had left behind his keys and his phone ran out of the house turning left to run to the seafront to search for his partner, lover and best friend. Marcin had turned right and unknown to Karol, hung himself in nearby Hove Park. He was discovered early the next day and died later that afternoon in hospital as Karol stroked his hand for the last time.

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Karol and Marcin both experienced extreme homophobia in their country of birth, punched in the face in the street for having an eyebrow piercing and Karol’s father threatened to kill himself when he found a photograph of his son kissing a man.

Before meeting Karol, Marcin would travel across Europe to meet gay men as he didn’t want to meet them in Poland. “In Poland we would never be able to walk around holding hands or be openly gay. Over the past few years of living in Britain it was my saving grace to have a Polish boyfriend and now that rock is gone.”

Karol also speaks about the impact of the Brexit debate upon Marcin. “Marcin had a strong Polish accent and his English wasn’t as confident as mine. He has been threatened many times which he found terrifying. This is not the Britain it was when I arrived here 14 years ago and yet we can’t go back. People say we’ve come here to take their jobs but I’m an artist, just whose jobs am I taking by making art?”

Following Marcin’s death, Karol has been surrounded by friends who have cared for and supported him. He is accessing local mental health support through MindOut, the LGBT+ Mental Health Service, to help him manage his own feelings during his time of grief, support he had previously sought some years ago when he too found himself in crisis. However, he fears this may not be enough: “I may leave Brighton for a time as we built a life here together. Marcin is going to be a constant memory for me here in every restaurant, café, every pebble on the beach. We didn’t seek emergency help, had I known it was this severe I would have done something more. He wasn’t just my partner - he was my best friend, companion and soul mate.”

Karol’s message to the Brighton communities is clear. “Please, look out for each other. Seek help. Talk to each other. In the modern day of rage politics, building walls and creating enemies, only through sticking together and looking after one another will we make sense of the world around us.”

More Info

Karol has set up a GoFundMe page to raise money for Marcin’s funeral and to cover the cost of sending his ashes back to his family in Poland. If you would like to make a donation, view: gofundme.com/for-karol
THE BASEMENT CLUB

GLITTER CURIOUS
Next Parties Monday 1st July & 5th August
Then Every 1st Monday Of The Month

SHOTS £2
SELECTED DRINKS £2.50
11pm - 3am
FREE ENTRY

M

ICE
11pm - 3am / free entry

SELECTED BOTTLES £2.50
HOUSE SPIRIT & MIXER £2.50

W

NOW! THAT'S WHAT I CALL LEGENDS
It's a retro 70s, 80s & 90s party with DJ Claire Faller

SELECTED DRINKS £2.50
11pm - 3am
FREE ENTRY

TH

GlitteR
Friday night disco
11pm - 4am / free entry

DJ David Roakes

F

FRIDAY 12TH JULY

LEE DINNER
or Bimbo Jones

Guest DJ

S

FUSION
Saturday Night Dance Party
11pm - 4am | free entry all night

Chart & Club remixes
DJ Peter Castle

SU

POP!CANDY
Sugar coated pop
With DJ Claire Faller
11pm - 6am | free entry

SU

PRIDE BRIGHTON + HOVE
The Only LGBT+ Venue Sponsor
terrace parties until late throughout pride weekend

marine parade | brighton
01273 624462
@LegendsBrighton
legendsbrighton.com
mon, wed, thur & sun 11pm-3am
fri & sat 11pm-4am
free entry

prices & promos may be subject to change - deals exclude certain products - mixer from gun - T&Cs apply
JULY LISTINGS

AFFINITY BAR
- 129 St James’s St, BN2 1TH, Tel 01273 567935; www.affinitygaybar.com
- OPEN daily from 12pm -12am.
- DRINK PROMOS: Thirsty Thursday: £3.50 drinks including Fosters, double house gin/vodka and house wine.

TUESDAY 2
- AFFINITY BAR Free F jokebox 12pm
- BAR 7@CRAWLEY Crewsday: DJ Lewis Osborne 9pm
- BAR BROADWAY Piano Singalong 8pm
- BULLDOG Green Light Cruise Night 8pm
- CHARLES ST TAP Mrs Moore’s Bona Bingo Bonanza: THT fundraiser 8.30pm
- MARINE TAVERN Pink Pound 7pm
- PARIS HOUSE Live music: The Jam Session 8pm
- QUEEN’S ARMS Sally Vate Show 10pm
- SUBLINE Joystick Jockeys gaymers night 8pm
- THREE JOLLY BUTCHERS Live football: Women’s World Cup Semi Final 8pm

WEDNESDAY 3
- AFFINITY BAR Karaoke with Tommy Tanker (aka Pat Clutcher) 7pm
- BAR 7@CRAWLEY Midweek Chill 7pm

THURSDAY 4
- AFFINITY BAR Lydia L’Showbies: Lydia L’Scablies performs homages to TV, film & musical theatre 10pm & 11pm
- BAR 7@CRAWLEY Weekend Warm-Up 7pm

FRIDAY 5
- AFFINITY BAR Wigs & Beads Karaoke 8pm
- AMSTERDAM cabaret: Spice 9.30pm

Information is correct at the time of going to press. Gscene cannot be held responsible for any changes or alterations to the listings.

MONDAY 1
- AFFINITY BAR all day karaoke 12pm, karaoke with Tommy Tanker (aka Pat Clutcher) 7pm
- BAR BROADWAY Classics Jukebox 6pm
- BASEMENT CLUB@LEGENDS Glitter Curious: sing-along party with Patrick Cawley & Maria Gardner 11pm
- BULLDOG Monday Glitter Ball: 60s-00s tunes 4pm
- CHARLES ST TAP Gaymers Night: consoles/board games 8.30pm
- LEGENDS BAR Miss Jason’s Monday Madness 9.30pm
- PARIS HOUSE live jazz: Nils Solberg-Mick Hamer Trio 2pm; Sarah Harris Trio 8pm
- QUEEN’S ARMS Kara Van Park’s Musical Mondays 9pm

AMSTERDAM BAR & KITCHEN
- 11-12 Marine Parade, BN2 1TL, Tel: 01273 670976; www.amsterdambrighton.com
- OPEN daily from 11am - late.
- FOOD Mon-Fri from 11am -8pm. Sat from 10.30am -8pm. Sunday roasts from 12.30pm till they run out, booking recommended: 01273 670976. Full tea and coffee menu available.
- DRINK PROMOS: Bottle of house wine £10.90, 2 cocktails £15.

ONE FOR THE DIARY Thursday 25: The Write Release host an evening of entertainment to raise money for HIV charity, the Martin Fisher Foundation, from 7.30pm. Expect a raffle with brilliant prizes and entertainment hosted by Stella Pinto, including: a number of pre-bookable open mic slots, spoken word artists, improv, drag, comedy and more! Entry is free and donations in the collection buckets welcome.

ONE FOR THE DIARY Friday 26: #Transvolve Tuesday: camp karaoke w ith Tom m y Tanker (aka Pat C lutcher) at 8pm. Select a song, pick a wig, choose your accessories and the stage is yours! Sunday CAMP CABARET with some of the brightest stars of the cabaret scene at 5pm: Spice (7), Dave Lynn (14), Pat Clutcher (21) and Stephanie Von Clitz (28).

REGULAR BAR FRIDAYS with top entertainers at 9.30pm: Spice (5), Rose Garden (12), Poppycop (19) and Kara Van Park (26). Saturday is KARAOKE w ith Jason Thorpe at 9.30pm. Get up and sing your heart out, or, if you ask him nicely, Jason might just sing your favourite song for you! Sunday entertainment w ith Brighton’s best singers serenading you after lunch from 5pm. Paul Middleton (7), Jamie Watson (14), Chase Adams (21) and Gabriella Parrish (28).

BAR BROADWAY Tabitha Wild’s Karaoke 9pm
- BASEMENT CLUB@LEGENDS Ice: DJ Claire Fuller 11pm
- BOUTIQUE Student Sessions 8pm
- BULLDOG Green Light Cruise Night 8pm
- CHARLES ST TAP Mrs Moore’s Bona Bingo Bonanza: THT fundraiser 8.30pm
- MARINE TAVERN Pink Pound 7pm
- PARIS HOUSE Live music: The Jam Session 8pm
- QUEEN’S ARMS Sally Vate Show 10pm
- SUBLINE Joystick Jockeys gaymers night 8pm
- THREE JOLLY BUTCHERS Live football: Women’s World Cup Semi Final 8pm

BRACE YOURSELF
- 129 St James’s St, BN2 1TH, Tel 01273 567935; www.affinitygaybar.com
- Open daily from 12pm -12am.
- Drink promos: Thirsty Thursday: £3.50 drinks including Fosters, double house gin/vodka and house wine.
- One for the diary: Saturday camp cabaret at 6pm. Pat Clutcher (6, 13 & 27) and Miss Jason (20).
- Stick around for Karaoke with Pat Clutcher from 7pm.
- Miss Jason (20) has been entertaining audiences up and down the country and abroad for many years with his hysterical mixed cabaret show! Expect quick wit, and camp ditties to get you chuckling. Affinity Bar say: “The legendary Miss Jason is back at Affinity Bar. Get down early so you don’t miss out on the amazing talent that is Miss Jason. Comedy, innuendo, laughs and much more is guaranteed. Make Affinity Bar your Saturday entertainment venue!”

Regulars Mon & Wed Karaoke w ith Tommy Tanker (aka Pat Clutcher) at 7pm. Thursday is Lydia L’Showbies w ith Queen of Flea herself Lydia L’Scablies at 10pm and 11pm. Affinity Bar say: “The award winning bimbo performs her greatest homages to TV, film and musical theatre! Cheap dinks and shot specials to keep you lubricated.” Friday is Wigs & Beads Karaoke from 8pm. Select a song, pick a wig, choose your accessories and the stage is yours! Sunday Camp Cabaret w ith some of the brightest stars of the cabaret scene at 5pm: Spice (7), Dave Lynn (14), Pat Clutcher (21) and Stephanie Von Clitz (28).

Monday 1
- Affinity Bar all day karaoke 12pm, karaoke w ith Tommy Tanker (aka Pat Clutcher) 7pm
- Bar Broadway Classics Jukebox 6pm
- Basement Club@Legends Glitter Curious: sing-along party w ith Patrick Cawley & Maria Gardner 11pm
- Bulldog Monday Glitter Ball: 60s-00s tunes 4pm
- Charles St Tap Gaymers Night: consoles/board games 8.30pm
- Legends Bar Miss Jason’s Monday Madness 9.30pm
- Paris House live jazz: Nils Solberg-Mick Hamer Trio 2pm; Sarah Harris Trio 8pm
- Queen’s Arms Kara Van Park’s Musical Mondays 9pm

Tuesday 2
- Affinity Bar Free Jokebox 12pm
- Bar 7@Crawley Crewsday: DJ Lewis Osborne 9pm
- Bar Broadway Piano Singalong 8pm
- Bulldog Green Light Cruise Night 8pm
- Charles St Tap Mrs Moore’s Bona Bingo Bonanza: THT fundraiser 8.30pm
- Marine Tavern Pink Pound 7pm
- Paris House Live music: The Jam Session 8pm
- Queen’s Arms Sally Vate Show 10pm
- Subline Joystick Jockeys gaymers night 8pm
- Three Jolly Butchers Live football: Women’s World Cup Semi Final 8pm

Wednesday 3
- Affinity Bar Karaoke w ith Tommy Tanker (aka Pat Clutcher) 7pm
- Bar 7@Crawley Midweek Chill 7pm

Thursday 4
- Affinity Bar Lydia L’Showbies: Lydia L’Scablies performs homages to TV, film & musical theatre 10pm & 11pm
- Bar 7@Crawley Weekend Warm-Up 7pm

Friday 5
- Affinity Bar Wigs & Beads Karaoke 8pm
- Amsterdam cabaret: Spice 9.30pm
BAR BROADWAY

- Open Mon-Thur 6pm-1am, Fri 5pm-3am, Sat 4pm-3am, Sun 4pm-1am
- One for the Diary Mon (from 8) is New Comedy Jukebox with those musical songs that make you laugh and smile from 6pm; then Charmaine Davies’ COMEDY NIGHT at 9pm.

One for the Diary Bar Broadway’s 5th Birthday Weekend Thur (25) is Bar Broadway’s Birthday Quiz with Ross Cameron hosting and a £500 jackpot from 8.30pm. Fri (26) is Live Music from Nikki Red & Burgandy Williams at 9pm. Bar Broadway say: “From Broadway, NYC to Broadway BTN. From last year’s X-Factor, Burgandy flies in to perform with Nikki Red - two powerhouses on one stage!” Sat (27) is Live Music from Pop Idol winner Michelle McManus at 9pm. Sun (28) is Live Music from Eurovision act SuRie performing Storm and songs from her latest album Dozen at 8.30pm. Bar Broadway say: “Hey, Hey Broadway, do you remember the time we all sang to SuRie? A ’Dozen’ months on and SuRie is back on the Broadway stage!”

Pre Pride Talks Mon (29) is This Is Me – A Trans Veteran’s Story, an inspiring and insightful true story from Vicky at 6.30pm. Tue (30) is Then All the World – The Gilbert and Gordon Story at 6.30pm. Gilbert Bradley and Gordon Bowsher wrote more than 600 letters to each other from the front line. At the time, homosexuality in Britain was illegal. These letters are a fascinating historical insight into love, war and society. Bar Broadway say: “Please join us for the second of our Pre-Pride talks; a forbidden love story set to the backdrop of WW2.”

Regulars Tue is Bar Broadway’s Piano Sing-Along from 9pm. Wed is Tabitha Wild’s Karaoke at 9pm. Thur is Bar Broadway’s Big Quiz with host Ross Cameron and prizes at 9pm. Sun Fireplace Sessions present top acts from 8.30pm. Chris Hide (7), Kicking Off Their Heels with Tom Redgrave aka Pat Clutcher (14) and Debbie Bridge (21).

Bar 7@Crawley 7 upstairs 9pm
Bar Broadway Jukebox 5pm
Basement Club@Legends Glitter: DJ David Noakes 11pm
Boutique Summer Sessions with DJ Cee 7pm
Bulldog Friday Night Live: camp karaoke & DJ Glynn-Sing 9pm; ShowTime with Domina Tryx 11pm
Camelford Arms Friday Club 6pm
Charles St Tap Fabulous Friday: DJ Morgan Fabulous 9pm
Env’y Polyglamorous club night 10pm
Fallen Angel Disco 7pm
Grosvenor Bar Cabaret: Dave Lynn 9.30pm
Legends Bar Brighton Belles: local cabaret stars & guests 9pm
Marine Tavern Linda Gold’s Eurovision Drug Contest 8pm
Paris House DJ Chris Hav vox 9pm
Queen’s Arms Big Friday Cabaret: Lola Lasagne 10pm
Regency Tavern Caba Regency: Brighton students perform 9pm
JULY LISTINGS

BAR 7 CRAWLEY
- 7 Pegler Way, Crawley, RH11 7AG, Tel: 01293 511177, www.7crawley.co.uk
- OPEN daily from 6pm.
- DRINK PROMOS Tue, Wed, Fri, Sat & Sun all night
- ONE FOR THE DIARY Friday: DRUNKEN DOG GUILTY PLEASURES 7pm, DJ Patrick Cawley from 8pm, £5 entry.
- REGULARS Fri is 7-UPSTAIRS with DJs pop/dance/guilty pleasures at 8pm, free till 11pm.
- SUBMISSIVE SATURDAY party with tunes at 9pm, free till 11pm.
- SUNDAY SOCIAL KARAOKE at 6pm.
- TUES CREWSDAY with DJ Lewis Osborne at 7pm.
- Wed is MIDWEEK CHILL at 7.30pm.
- Thur is WEEKEND WARM-UP with DJ Lewis Osborne at 7pm.
- Fri from 7pm is Miss Thunderpussy, plus tunes courtesy from DJ Patrick Cawley from 8pm, £5 entry.
- One for the diary is CABARET from drag superstar Miss Thunderpussy, plus tunes courtesy from DJ Patrick Cawley from 8pm, £5 entry.
- REGULARS Fri is 7-UPSTAIRS with DJs pop/dance/guilty pleasures at 8pm, free till 11pm.
- SUBMISSIVE SATURDAY party with tunes at 9pm, free till 11pm.
- SUNDAY SOCIAL KARAOKE at 6pm.
- TUES CREWSDAY with DJ Lewis Osborne at 7pm.
- Wed is MIDWEEK CHILL at 7.30pm.
- Thur is WEEKEND WARM-UP with DJ Lewis Osborne at 7pm.

BOUTIQUE
- 2 Boyces St, West St, BN11AN, 01273 327607 www.boutiqueclubbrighton.com
- OPEN 11pm–late Wed, 7pm–late Fri, 1pm–late Sat.
- DRINK PROMOS Summer Sessions on Fri: two cocktails for £10.
- ONE FOR THE DIARY Saturday: ROOF TERRACE PARTY with DJ/live bands from 1pm, then free cocktail making in bar 2 and cool vibes and hefty beats from superstar DJ King Sol; free cocktail making (6), free shot drops on the hour till 3am (20).
- REGULARS Wed STUDENT SESSIONS with tunes, student prices and vibes from 8pm.
- Fri is PARTY TIME with DJ CEE bringing the house down with old school bangers from 8pm.

SUNDAY 7
- AFFINITY BAR cabaret: Spice 5pm
- AMSTERDAM cabaret: Paul Middleton 5pm, 10pm–till gone
- BAR 7 CRAWLEY karaoke 6pm
- BAR BROADWAY Fireplace Sessions presents: Chris Hide 8.30pm
- BASEMENT CLUB@LEGENDS Pop/Candy: DJ Claire Fuller 9pm
- BULLDOG Sunday Funday 12pm, camp karaoke 5pm
- CAMELFORD ARMS Bear Bash: free food/raffle 5pm, roasts/select menu 12pm–till gone
- CHARLES ST TAP cabaret: host Sally Vale + Martha D’Arthur 7.30pm, Sally’s Rock & Roll Bingo 8.30pm, roasts 12pm
- LEGENDS BAR cabaret: Dave Lynn 8.30pm, roasts 12.30–4pm
- MARINE TAVERN roasts 12–5pm
- QUEEN’S ARMS Sunday Funday: double cabaret: Davina Sparkle 6.30pm & 10pm
- REGENCY TAVERN roasts 12-6pm
- ROTTINGDEAN CLUB Governor’s Ball: garden party for landlord Paul with Miss Jason, Jo Alexander as Dolly Parton & Bermondsey pie & mash pop-up 12pm
- SUBLINE Guilty-Free: DJ Screwpulous 9pm

KARAOKE SATURDAYS with Jason Thorpe - Starts 9.30pm
- 5th Spice
- 12th Rose Garden
- 19th Poppycop
- 26th Kara Van-Park
- Starts 9:30pm

SUNDAY SERENADE
- 7th Paul Middleton
- 14th Jamie Watson
- 21st Chase Adams
- 28th Gabriella Parrish
- Starts 9:30pm
Three Jolly Butchers

Football: Women’s World Cup Final
3pm MONDAY 8

Affinity Bar

All day karaoke
12pm

Bar Broadway

Comedy Jukebox
6pm

Bulldog

Monday Glitter Ball: Chill out with classics from the 70s/80s/90s/00s
4pm

Charles St Tap

Mandatory Night: Consoles/Board Games
8.30pm

Legends Bar

Miss Jason’s Monday Madness
9.30pm

Paris House

Live jazz: Nils Solberg-Mick Hamer Trio
2pm

Queen’s Arms

Kara Van Park’s Musical Mondays
9pm

Tuesday 9

Affinity Bar

Free Jukebox
12pm

Bar 7 @ Crawley

Crewday: DJ Lewis Osborne
9pm

Bar Broadway

Piano Singalong
9pm

Bulldog

Transvolve Tuesday: Wonda Starr & Sam Pink bring camp, karaoke & queens
8pm

Charles St Tap

New food, gin & cocktail menu launch
10am

Marine Tavern

Curry & Quiz with Nat
7.30pm

Paris House

Live music: Scott Booth
8pm

Queen’s Arms

Lola Lasagne’s Summer Camp
9.30pm

Wednesday 10

Affinity Bar

Karaoke with Tommy Tanker (aka Pat Clutcher)
7pm

Bar 7 @ Crawley

Midweek Chill
7pm

Bar Broadway

Tabitha Wild’s Karaoke
9pm

Basement Club @ Legends

Ice: DJ Claire Fuller
11pm

Boutique

Student Sessions
8pm

Queen of the Night

Wonda Starr’s Karaoke Camp + your fav floor fillers
9pm

Sunday Funday

12 till 4pm – Camp Karaoke 5 till midnight
JULY LISTINGS

CAMELFORD ARMS
- 30-31 Camelford St, BN2 1TQ, Tel: 01273 622386, www.camelfordarms.com
- OPEN daily from 12pm. The Camelford is dog friendly.
- FOOD Mon-Sat 12-9pm, seniors’ lunch Wed 2-3.30pm, two courses £9.50. Sunday roasts and select menu served 12pm-4pm.
- LIVE SPORT Wimbledon on the big screens in July.
- ONE FOR THE DIARY Sun (14) is the Wimbledon Men’s Final with free strawberries & cream from 12pm.
- REGULARS Thur is the BIG CASH QUIZ with a £300 cash prize, free samies and great atmosphere at 9pm. Sun is the BEAR BASH with free food & raffle at 5pm.

THURSDAY 11
- BULLDOG Green Light Cruise Night 8pm
- CHARLES ST TAP Mrs Moore’s Bona Bingo Bonanza: THF fundraiser 8.30pm
- MARINE TAVERN Pink Pound 7pm
- PARIS HOUSE live music: Chris Coulis & band 8pm
- QUEEN’S ARMS Sally Vate Show 10pm
- SUBLINE Hump Day 9pm

BASEMENT CLUB@LEGENDS Now That’s What I Call Legends: DJ Claire Fuller 11pm
BULLDOG #Transolve: camp karaoke & queens with Wonda Starr & Sam Pink 8pm
CAMELFORD ARMS £300 Big Cash Quiz 9pm
CHARLES ST TAP Throwback Thursday 9pm
GROSVENOR BAR Abel Mabel’s Bingo 8.30pm
MARINE TAVERN Throwback Thursday 80s: Night 8pm
PARIS HOUSE World Music: Miguel Ramirez & guests 8pm
QUEEN’S ARMS Brighton’s Leading Ladies cabaret: Dave Lynn 7pm
REGENCY TAVERN Open Mic with Jason Thorpe 9pm
SUBLINE Brace Yourself 9pm

FRIDAY 12
- AFFINITY BAR Wigs & Beads Karaoke 8pm
- AMSTERDAM cabaret: Rose Garden 9.30pm
- BAR 7@CRAWLEY 7 Upstairs 9pm
- BAR BROADWAY Jukebox 5pm
- BASEMENT CLUB@LEGENDS Glitter: DJ David Noakes & guest DJ Lee Daggar of Bimbo Jones 11pm
- BOUTIQUE Summer Sessions with DJ Cer 7pm
- BULLDOG Friday Night Live: camp karaoke & DJ Glynn-Sing 9pm; ShowTime with Domina Tryx 11pm
- CAMELFORD ARMS Friday Club 6pm
- CHARLES ST TAP Fabulous Friday: DJ Morgan Fabulous 9pm
- FALLEN ANGEL Disco 7pm
- GROSVENOR BAR cabaret: Dave Lynn 9.30pm
- LEGENDS BAR Brighton Belles: local cabaret stars & guests 9pm
- MARINE TAVERN Jukebox Disco 9pm
- PARIS HOUSE DJ Chris Hoxov 9pm
- QUEEN’S ARMS Big Friday Cabaret. Salsa 10pm
- REGENCY TAVERN Caba Regency: Brighton students perform 9pm

CHARLES STREET TAP
- 6 Marine Parade, BN2 1TA, Tel: 01273 624091, www.charles-street.com
- OPEN daily from 11am–2pm (closed 7–9pm Sat/Sun) to prep for Trans Pride Party.
- FOOD daily from 10am–10pm, inc. breakfasts from 10am. Tue 4 chicken wings or vegan cauliflower wings £1; homemade Sunday roasts for £9 from 12pm: hand carved roast beef/turkey, roast pork with crackling, nut roast, roast lamb from £11.
- NEW MENU Tue (8) is the launch of the new food, gin and cocktail menu. Charles Street Tap say: “We’ve got some amazing new dishes including eight new vegan dishes, some incredible new offers and introducing the all new pizza cone wrap, which has to be seen to be believed! All this plus some beautiful new long drinks!”
- DRINK PROMOS Mon–Thur 5–8pm all cocktails £4.95, Mon from 5pm pints craft draught beer/cask ale £4; Thu all day: 50ml gin of the month & fever tonic £5; Fri 5–9pm bottles of Prosecco £15 all night & half price drinks; Sunday Craft Club from 5pm: any two craft cans or bottles £6.

REGULARS FABULOUS FRIDAYS with DJ Morgan Fabulous spinning house tunes from 9pm. Sat is FIERCE with Brighton’s best DJs and your favourite dance/house anthems from 9pm. Sun CABARET with host Sally Vate at 7.30pm. Martha D’Arthur (7), Spice (14). Drag With No Name (21) and Sandra (28). Stick around for Sally Vate’s ROCK & ROLL BINGO right after! Mon is GAYMERS night: board games, consoles, card games and tournaments at 8.30pm. Wed is Mrs Moore’s BONA BINGO BONANZA raising money for THF from 8.30pm.

ENVY CHARLES STREET TAP
- POLYGLAMOROUS Friday (5) is the POLYGLAMOROUS queer club night from 10pm. entry £5. £7. Envy say: “The club that everyone is talking about is back! Make sure you’re early as we will go to capacity!”
- TRANSPIRIDE Sat (20): Traumfrau presents the TRANS PRIDE PARTY at Charles Street Tap and Patterns from 9pm – 2 buildings, 3 venues and 1 ticket for a night-long festival of top entertainment with performances from Creature Cramps, Noe Warren, Monsur Mansoor, Lucille Power and Emma Frankland, plus tunes from DJs S/HE and El Tuma. Tickets: free/£8/£10/£12 from DICE. Charles Street Tap will be closed from 7–9pm for prep, they apologise for any inconvenience.
CHARLES STREET TAP
8 MARINE PARADE

MRS MOORE’S BONA BINGO BONANZA
Wednesdays from 8.30

NEW MENU
Launches Tuesday 8th

TRAUMFRAU PRESENTS

BANDS + DISCO
THE BIGGEST AND MOST DIVERSE
PARTY EVER

LIVE ACTS + SHOWS

DJs ALL NIGHT
From 9pm til 4am

SATURDAY 20TH JULY

TRANSPRIDE

TWO VENUES!
ONE WRISTBAND

Cabaret + Djs

Www.charles-street.com for full July Listings. B-9 Marine Parade, Brighton. 01273 624091

*All drinks offers subject to terms and conditions available at the bar. Not in conjunction with any other offer and may be withdrawn at any time without notice. No punishment, ID & search conditions of entry.
**JULY LISTINGS**

**FALLEN ANGEL**
- 24 Grafton Street, Kemp town BN2 1AQ Tel: 07949590001
- OPEN Tue - Fri from 3pm. Sat & Sun from 2pm. Fallen Angel is dog friendly.
- DRINK PROMOS daily specials, pop in for more info.

**ONE FOR THE DIARY** Fallen Angel is the new name of the Crown Kemp town. The owners say: “We have transformed The Crown little by little during the past two years; now we feel that it’s the right time for this rare independent pub to have a new name to fly with our ethos. A little bit of heaven in Kemp town that deserves a heavenly name - Fallen Angel - a lovely and charming little pub.”

**REGULARS** Friday DISCO with up-tempo ditties from 6pm

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**GROSVENOR BAR**
- 16 Western Street, Hove, BN1 2PG, www.thegrosvenorbar.com
- OPEN daily from 1pm-late.
- DRINK PROMOS Mon - Fri from 1-5pm, all pints £3.50.

**ONE FOR THE DIARY** Friday it’s CABARET with the legendary Dave Lynn sparkling up the Grosvenor stage every week from 9.30pm. Drag queen of drag queens and star of stage and screen, Dave has been bringing his distinctive cabaret shows to audiences in Brighton, the UK and abroad for more years than he would care to remember! With cocktail of song and caustic wit, which hits the right spot every time, this is one superstar you don’t want to miss!

**REGULARS** Thurs is ABEL MABEL’S BINGO at 8.30pm. Sat is top-flight CABARET with stars of the cabaret scene at 9.30pm: Spice (6), Davina Sparkle (13), Miss Jason (20) and Trudi Styles & the Piano Man (27).

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**BAR 7 & THE LOUNGE @ 7**

**CRAGLEY’S NEW GAY BAR**
- CHECK CLUB WEBSITE & FACEBOOK PAGE
- BAR 7 & THE LOUNGE @ 7
- 7 DODGER WAY CRAGLEY BN1 7AD
- WWW.7CRAGLEY.CO.UK

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**THURSDAY** at 8.30pm
Abel Mabel’s Bingo

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**FRIDAY** at 9.30pm
Dave Lynn
5th/12th/19th/26th

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**SATURDAY** at 9.30pm
6th Spice
13th Davina Sparkle
20th Miss Jason
27th Trudi Styles & The Pianoman

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**MONDAY** at 9.30pm
ABEL MABEL’S BINGO at 8.30pm.
- Sat is top-flight CABARET with stars of the cabaret scene at 9.30pm: Spice (6), Davina Sparkle (13), Miss Jason (20) and Trudi Styles & the Piano Man (27).

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**BAR 7 SUBLINE** Dirty Tackle: sports wear party 10pm
ZONE cabaret: Topside Redfern 10pm

**SATURDAY 13**
- AFFINITY BAR cabaret: Pat Clutcher 6pm; karaoke with Pat Clutcher 7pm
- AMSTERDAM Karaoke with Jason Thorne 9.30pm
- BAR 7 @ CRAWLEY Submissive Saturday 9pm
- BAR BROADWAY Jukebox 4pm
- BASEMENT CLUB@LEGENDS Fusion: DJ Peter Castle 11pm
- BOUTIQUE Summer roof terrace party: live band/DJ 1pm; Saturday Night Fever: DJ King Sol & free cocktail making 6pm

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**Sunday**

**SUNDAY 14**

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**SUNDAY 15**

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**BASEMENT CLUB@LEGENDS** Pop/Candy: DJ Claire Fuller 9pm
BULLDOG Sunday Funday 12pm, camp karaoke 5pm
CAMELFORD ARMS Wimbledon Men’s Final with free strawberries & cream 12pm; Bear Bash: free food/raffle 5pm; roasts/select menu 12pm-til gone
CHARLES ST TAP cabaret: host Sally Vale & Spice 7.30pm; Sally’s Rock & Roll Bingo: 8.30pm; roasts 12pm
LEGENDS BAR cabaret: Topside Redfern 3.30pm; roasts 12.30-4pm
MARINE TAVERN roasts 12-5pm
Drag Open Mic; Stephanie Von Clitz 9pm
PARIS HOUSE Bastille Day Celebrations: Lo Polidoro with band & Can Can girls 4pm; Marilyn du Sax 7.30pm; Andy the Dandy DJ 9pm
QUEEN’S ARMS Sunday Funday: double cabaret: Fanny Burns 6.30pm & 10pm
REGENCY TAVERN roasts 12-6pm
SUBLINE Guilty-Free: DJ Screwpus 9pm
THREE JOLLY BUTCHERS Wimbledon: Men’s Final 12pm

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**BULLDOG** Wonda Starr’s Queen of the Night: camp karaoke, prizes & tunes 9pm
CHARLES ST TAP Fierce DJ 9pm
GROSVENOR BAR cabaret: Davina Sparkle 9.30pm
LEGENDS BAR Pre-club DJ 7pm
MARINE TAVERN Candi Reil’s Karaoke & Cabaret Party 8.30pm
PARIS HOUSE All That Jazz: the Monday Boys 4pm; DJ Andy the Dandy 9pm
QUEEN’S ARMS OA Triple cabaret: Poppycock 6pm; Betty Swallow 8pm; Cherry Liqueur 10pm
REGENCY TAVERN cabaret: Trudi Styles & the Piano Man 9pm
SUBLINE The Men’s Room: DJ Screwpus 9pm
THREE JOLLY BUTCHERS Wimbledon: Women’s Final 12pm
ZONE cabaret: Chris Hide 10pm

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**SUNDAY 14**

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**SUNDAY 14**

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**SUNDAY 15**

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QUEEN’S ARMS Sunday Funday: double cabaret: Fanny Burns 6.30pm & 10pm
REGENCY TAVERN roasts 12-6pm
SUBLINE Guilty-Free: DJ Screwpus 9pm
THREE JOLLY BUTCHERS Wimbledon: Men’s Final 12pm
LEGSND BAR
- 31-34 Marine Parade, BN2 1TR. T: 01273 624462, www.legendsbrighton.com
- OPEN daily from 11–5am.
- FOOD Mon-Sat breakfasts & lunch served 11am–5pm. Sunday breakfasts from 11am, lunch from 12.30–4pm. choose beef, belly pork, chicken supreme or nut roast served with roast potatoes, seasonal veg, homemade Yorkshire pudding and real stock gravy. Make sure you leave room for one of the moreish desserts.
- DRINK PROMOS Mon-Fri from 12–11pm. buy one bottle of wine and get 2nd half price.
- ONE FOR THE DIARY Sunday Cabaret at 3.30pm Dave Lynn (7), Topside Redfern (14), Davina Sparkle (21) and Lisa O Jones (28). The creation of RuPaul’s Drag Race star Charlie Hinds. Lisa O Jones (28) is the owner of the Curl Up & Dye Hair Salon, a mother of three and an amateur theoretical physicist. She’s here to tell you some outrageous stories and expound upon her unique view of the world!
- REGULARS Friday is The Brighton Belles with legends of the Brighton stage live at 9.30pm. Saturday: Pre-Club DJs from 7pm. Miss Jason’s MONDAY MADNESS returns from 9.30pm.

LEGSND BASE CLUB
- 31-34 Marine Parade, BN2 1TR. T: 01273 624462, www.legendsbrighton.com
- OPEN Mon (1), Wed–Sun 11pm.
- DRINK PROMOS from £2 on Mon (1) & Fri. selected bottles and house spirit & mixer £2.50 on Wed, from £2.50 on Thur & various promos on Sun.

ONE FOR THE DIARY Friday (12) is GLITTER with DJ David Noakes & guest DJ, the Grammy-winning Lee Dagger of Bimbo Jones spinning dance and chart tracks, free entry. From Miami to Marrakech, Hong Kong to Helsinki, Australia to Russia, South Africa to Ibiza, Lee Dagger has played the hottest clubs in the world alongside the world’s biggest names, including: Faithless, Eric Morillo, Paul Oakenfold, David Guetta, Tenaglia, Carl Cox and Bob Sinclair. He’s performed at Glastonbury, headlined the 2010 Mardi Gras Harbour Festival in Sydney, Australia, sharing the bill with David Guetta, Carl Cox, Kelly Rowland and George Michael. Bimbo Jones is the studio partnership between Lee Dagger and Marc JB, one of the UK & USA’s top remix production teams with over 80 No1s on the club chart and two weeks at No1 on the UK national chart with co-production of Meck It Leo Sayer’s ‘Thunder In My Heart Again’. They’ve reworked tracks by Lady Gaga, Rihanna. The Killers, Keri Hilson, Kanye West, Britney, Usher, Tom Jones, Annie Lennox and many more!
- REGULARS Fri is GLITTER with DJ David Noakes sparkling up the venue with a shimmering set. Sat is FUSION with DJ Peter Castle spinning chart / club remixes. Sunday: POP CANDY with DJ Claire Fuller’s pick & mix of new and retro pop tunes.
- Mon (1) is GLITTER CURIOUS, a monthly queer sing-along party with curators Patrick Cawley & Maria Gardener at 11pm. free entry, cheap drinks and fab giveaways/surprises in store.
- Wed is ICE with DJ Claire Fuller melting the dancefloor with chart/house/80s.
- Thur NOW THAT’S WHAT I CALL LEGENDS with DJ Claire Fuller taking you on a journey through the 70s/80/90s!

WEDNESDAY 17
- AFFINITY BAR Karaoke with Tommy Tanker (aka Pat Clutcher) 7pm
- BAR 7@CRAWLEY Midweek Chill 7pm
- BAR BROADWAY Tabitha Wild’s Karaoke 9pm
- BASEMENT CLUB@LEGSND Ice: DJ Claire Fuller 11pm
- BOUTIQUE Student Sessions 8pm
- BULLDOG Green Light Cruise Night 8pm
- CHARLES ST TAP Mrs Moore’s Bona Bingo Bonanza: THF fundraiser 8.30pm
- MARINE TAVERN Pink Pound 7pm
- PARIS HOUSE live music: Will Gardener Trio 8pm
- QUEEN’S ARMS Sally Vate Show 10pm
- SUBLINE Hump Day 9pm

THURSDAY 18
- AFFINITY BAR Lydia L’Showbies: Lydia L’Scabies performs homages to TV, film & musical theatre 10pm & 11pm
- BAR 7@CRAWLEY Weekend Warm-Up 7pm
- BAR BROADWAY Big Quiz: host Ross Cameron & prizes 8.30pm
- BASEMENT CLUB@LEGSND Now That’s What I Call Legends: DJ Claire Fuller 11pm
- BULLDOG #Transolve: camp karaoke & queens with Wonda Starr & Sam Pink 8pm
- CAMELFORD ARMS £300 Big Cash Quiz 9pm
- CHARLES ST TAP Throwback Thursday 9pm
- GROSVENOR BAR Abel Mabel’s Bingo 8.30pm
- MARINE TAVERN Throwback Thursday 80s Night 8pm
- PARIS HOUSE World Music: Babou with Abraham de Vega 8pm
- QUEEN’S ARMS Brighton’s Leading Ladies cabaret: Vivic Viavivi 10pm
- REGENCY TAVERN Open mic with Jason Thorpe 9pm
- SUBLINE Brace Yourself 9pm

FRIDAY 19
- AFFINITY BAR Wigs & Beads Karaoke 8pm

LEGSND BASE CLUB
- 31-34 Marine Parade, BN2 1TR. T: 01273 624462, www.legendsbrighton.com
- OPEN Mon (1), Wed–Sun 11pm.
- DRINK PROMOS from £2 on Mon (1) & Fri. selected bottles and house spirit & mixer £2.50 on Wed, from £2.50 on Thur & various promos on Sun.
**JULY LISTINGS**

**MARINE TAVERN**
- 13 Broad St, BN2 1TJ, Tel: 01273 905578, www.marinetavern.co.uk
- OPEN daily from 12pm.
- FOOD daily from 12-9pm. Curry & Quiz £1 on Tue from 7.30pm (quiz starts 9pm), roast 6 each every Sunday 12-5pm, booking advised.
- DRINK PROMO Wed from 7pm. Pink Pound night with drinks from £1.
- TWO FOR THE DIARY: Fri (5) is Linda Gold’s EUROVISION DRAG CONTEST from 8pm. Fri (26) is CABARET with Miss Disney from 8pm. When you wish upon a star, you get Miss Disney, the colourful performer with the Supercalifragilisticexpialidocious voice. Miss Disney is a must see; she adds Disney sparkle to every stage!
- REGULARS Sun is DRAG OPEN MIC hosted by Stephanie Von Clitz at 9pm.
- THROWBACK THURSDAY 1980s tunes from 8pm. Fri is JUKEBOX DISCO from 9pm. Sat is CABARET & KARAOKE with Candi Rell from 8.30pm.

**PARIS HOUSE**
- 21 Western Rd, BN3 1AF, T: 01273 724195, www.parishousebrighton.com
- OPEN daily from 12pm.
- FOOD served daily from 12pm - close.
- ONE FOR THE DIARY Sunday (14): BASTILLE DAY Celebrations with Lo Polidoro, a full band and Can Can girls from 4pm. Marilyn du Sax from 7.30pm. then Andy the Dandy DJ spinning tunes from 9.30pm.
- REGULARS FREE LIVE MUSIC: Mon JAZZ. Nils Solberg-Mick Hamer Trio at 2pm; then at 8pm Sarah Harris Trio (1), Oli Howe Trio (8), the Sharp Nines (15), Simon Spillet & band (22) and Andy Panayi & band (29).
- Tue at 8pm Ben Fiddler Blues (2), Scott Booth (9), John Crampton (16), Smokey (23) & Dr Mike Blue (30). Wed at 8pm the Jam Session (3). Chris Coull & band (10), Will Gardener Trio (17). Amuse Manouche (24) and Sara Oschlag Band (31). Thurs WORLD MUSIC at 8pm. Tres Amigos (4), Miguel Ramirez & guests (11), Babou with Abraham de Vega (18) and Son Gauranchando (25). Fri is PARTY TIME with DJ Chris Havox at 9pm. Sat is AND ALL THAT JAZZ at 4pm. Jorges Hot Club Trio (6), the Monday Boys (13), Lawrence Jones & band (20) and Gabriel Garrick & band (27). Andy the Dandy DJ at 9pm. Sun at 6pm Sam Chara & band (7), Dave Williams & band (21) and Louis Checkley & band (28).

**SUNDAY 20**
- AFFINITY BAR cabaret: Miss Jason 9.30pm.
- LEGENDS BAR Pre-club DJ 7pm.
- MARINE TAVERN Candi Rell’s Karaoke & Cabaret Party 8.30pm.
- PARIS HOUSE All That Jazz: Lawrence Jones & band 4pm. DJ Andy the Dandy 9pm.
- QUEEN’S ARMS QA Triple cabaret: Poppycop 6pm. Betty Swolloks 8pm, Dr Beverly Ballcrusher 10pm.
- REGENTY CABARET cabaret: Pat Clutterer 9pm.
- SUBLINE The Men’s Room: DJ Screwpulpous 9pm.
- ZONE cabaret: Sally Vate 10pm.

**SUNDAY 21**
- AFFINITY BAR cabaret: Pat Clutterer 5pm.
- AMSTERDAM cabaret: Chase Adams 5pm. roasts 12pm-Ultimate 5pm.
- BAR 7@crawley karaoke 6pm.
- BAR BROADWAY Fireplace Sessions pres Debbie Bridge 8.30pm.
- BASEMENT CLUB@LEGENDS Pop!Candy: DJ Claire Fuller 9pm.

**SATURDAY 20**
- AFFINITY BAR cabaret: Miss Jason 6pm. karaoke with Pat Clutterer 7pm.
- AMSTERDAM Cabaret with Jason Thorpe 9.30pm.
- BAR 7@crawley 8pm.
- BAR BROADWAY Jukebox 4pm.
- BASEMENT CLUB@LEGENDS Fusion: DJ Peter Castle 11pm.
- SUBLINE Cabaret: Pat Clutterer 9pm.
- SUBLINE The Men’s Room: DJ Screwpulpous 9pm.
- ZONE cabaret: Sally Vate 10pm.

**MARINE TAVERN**
- 13 Broad St, BN2 1TJ, Tel: 01273 905578. OPEN DAILY NOON - 11pm.
- SUNDAY TRADITIONAL ROASTS 12-5pm.
- BEST QUALITY Beaf/Chicken/ Lamb/Hot Roast.
- BEST VALUE Roasts, Fish, Starters & Desserts from 12.95.
- WINE & DRINKS from £2.95.
- PICS FROM MARINE TAVERN & PARIS HOUSE.
HAPPY HOURS

MONDAY AT 9 PM
KARA VAN PARK’S MUSICAL MONDAYS

TUESDAY AT 9.30 PM
LOLA LASAGNE’S SUMMER CAMP

WEDNESDAY AT 10 PM
THE SALLY VATE SHOW

THURSDAY AT 10 PM
BRIGHTON’S LEADING LADIES
4 JUL SPICE
11 JUL DAVE LYNN
18 JUL VICKI VIVACIOUS
25 JUL LAURA NIXON

SATURDAY THE QA TRIPLE
POPPY COCK AT 6 PM
BETTY SWOLLOCKS AT 8 PM
CABARET AT 10 PM

6 JUL STEPHANIE VON CLITZ
13 JUL CHERRY LIQUOR
20 JUL DR BEVERLY BALLCRUSHER
27 JUL MISS JASON

SUNDAY FUNDAY
DOUBLE CABARET
6.30 PM & 10 PM

7 JUL DAVINA SPARKLE
14 JUL FANNY BURNS
21 JUL LUCINDA LASHES
28 JUL JADE JUSTINE

OPENING HOURS
TILL 1 AM SUN-THUR & TILL 2 AM FRI & SAT
FROM 5 PM MON-FRI FROM 2 PM SAT & SUN

QA BIG FRIDAYS 10 PM
5 JUL LOLA LASAGNE
12 JUL SASKI
19 JUL KY KELLY
26 JUL PAT CLUTCHER

5 - 9 PM MONDAY-FRIDAY
2 - 6 PM SATURDAY-SUNDAY
**QUEENS ARMS**

- 7 George St, BN2 1RH. T: 01273 696873. [www.theqabrighton.com](http://www.theqabrighton.com)
- OPEN Mon-Fri from 5pm, Sat & Sun from 2pm.
- DRINK PROMOS Mon-Fri from 5-9pm, Sat & Sun from 2-6pm.

**ONE FOR THE DIARY**

- Saturday is QA TRIPLE CABARET with Poppycoc at 6pm, Betty Swollow at 8pm and then at 10pm: Stephanie Von Clitz (6), Cherry Liquor (13), Dr Beverly Ballcrusher (20) and Miss Jason (27). Call 999 and you may be surprised who turns up on the scene! Dr Beverly Ballcrusher (20), one of the most established drag queens in the UK, comes with a big voice to match a big attitude so hecklers beware, as this is one Doctor who doesn’t pull her punches. A lover of the impromptu gag and a mistress of unplanned comedy, Bev will leave you wondering “Did she just say that?”

- **REGULARS** Pull her punches. A lover of the impromptu gag and a mistress of unplanned comedy. "Did she just say that?"

**WEDNESDAY 24**

- **AFFINITY BAR** Karaoke with Tommy Tanker (aka Pat Clutcher) 7pm
- **BAR 7@CRAWLEY** Midweek Chill 7pm

**THURSDAY 25**

- **AFFINITY BAR** Lydia L’Showbies: Lydia L’Scabies performs homages to TV, film & musical theatre from 7.30pm. [www.mrs-moores.com](http://www.mrs-moores.com) Amsterdam The Write Release host evening of entertainment for the Martin Fisher Foundation 7.30pm
- **BAR 7@CRAWLEY** Weekend Warm-Up 7pm
- **BAR BROADWAY** Bar Broadway’s 5th Birthday Big Quiz: Ross Cameron & £500 jackpot! 8.30pm
- **BASEMENT CLUB@LEGENDS** Now That’s What I Call Legends: DJ Claire Fuller 11pm
ROTTINGDEAN CLUB
- 89 High St, Rottingdean, BN2 7HE, Tel: 01273 309529 therottingdeanclub
- FOOD served daily, ask at the bar for full menu.
- MEMBERSHIP The Rottingdean Club, a members’ bar in the heart of the village, is the perfect place to meet with friends and clients, work remotely with a coffee or mix and mingle with other like-minded members. With regular entertainment, a large sun-soaked garden with lager and cider on draught and free Wi-Fi. The Rottingdean Club says: “We’re a private members’ bar where there’s always a warm welcome. We offer the comforts of a traditional pub with modern standards of service and superb food!” The Rottingdean Club is a unique venue so pop in and ask at the bar for membership details or email bar@therottingdeanclub.co.uk

ONE FOR THE DIARY Sun (7) is the GOVERNOR’S BALL in the garden for Paul (the friendly landlord’s) birthday with drag royalty Miss Jason plus Jo Alexander as Dolly Parton and a Bermondsey Pie & Mash pop-up from 12pm.

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Railway Club Brighton
4 Belmont, Dyke Rd, Brighton BN1 3TF Tel 01273 328682

FRI 2nd AUG
PRE-PRISE NIGHT 8pm DJ
9pm Drag with No Name
Free entry raffle and bucket collection for Sussex beacon

SUN 31st AUG
8.30pm Jennie Castell as Cilla and Dusty

Cheap drinks all night every night
Carlsberg £3.10 / Guinness £3.90 / Spirits from £2
**JULY LISTINGS**

**SUBLINE**
- 129 St James’ St, BN2 1TH, T: 01273 624100, www.sublinebrighton.co.uk
- OPEN Sun, Wed & Thur from 9pm, 10pm Fri & Sat.
- **DRINK PROMO** Wed: beers/wines £4, 2 cocktails £12
- **ONE FOR THE DIARY** Friday (19) is FILTH full fetish night for all genders, advance tickets recommended. Filth was dreamt up by Kitten Skye (of Dungeon Bar infamy) who longed for something darker, rawer… filthier! The organisers say: “We hope to send you on a sensation overdrive every time you come to our night and be there when you fulfill your life long fantasies, sate your creative drive, evolve your sexuality and realise new desires over and over. It’s the party your mother warned you about and everything you’ve been afraid to let yourself want. For the newbie nymph, the confident connoisseur, the eager exhibitionist and the just as valuable voyeur… there’s Filth.”

**VEGETABLE BAR ONE**
- Fri 30th June: ‘The heat at the heat at STEAM’. £5.95 inc rice till 10pm, members free.

**REGULARS** Wed (3) is JOYSTICK JOCKEYS gaymers night at 8pm, rauccous trivia, party games, intense Street Fighter bouts, frenetic Bomberman tournaments, tuneful Rock Band renditions, and more, as Subline gets geeky for the night! Wed is Hump Day, members free. Thur is BRACE YOURSELF. free. Fri turn up the heat at STEAM. £3/£5. Fri (12) is DIRTY TACKLE sportswear night, £3 in kit/£5 otherwise. Subline says: “Dirty Tackle is back at Subline, for all sportswear enthusiasts, with DJ Screw pulse providing the sonics, and as many athletic adonises as we can muster.”

**SUN 28**
- DIRTY TACKLE is back at Subline, for all sportswear night, raucous sportswear night, £3 in kit/£5 otherwise. Subline organise: “Dirty Tackle is back at Subline, for all sportswear enthusiasts, with DJ Screw pulse providing the sonics, and as many athletic adonises as we can muster.”

**SUNDAY 28**
- AFFINITY BAR cabaret: Stephanie Von Clitz 5pm
- AMSTERDAM cabaret: Gabriella Parish 5pm; roasts 12pm-til gone
- BAR 7@CRAWLEY karaoke 6pm
- BAR BROADWAY Bar Broadway’s 5th Birthday: Sufie live 8.30pm
- BASEMENT CLUB@LEGENDS Pop/Candy, DJ Claire Fuller 9pm
- BULLDOG Sunday Funday 12pm, camp karaoke 5pm
- CAMELFORD ARMS Bear Bash: free food/raffle 5pm, roasts/select menu 12pm – till gone
- CHARLES ST TAP cabaret: host Sally

**MONDAY 29**
- AFFINITY BAR all day karaoke 12pm, karaoke with Tommy Tanker (aka Pat Clutter) 7pm
- BAR BROADWAY Pre-Pride Talk: This is Me - A Trans Veteran’s Story 6.30pm
- BULLDOG Monday Glitter Ball: 60s-00s tunes 4pm

**SUBLINE**
- 129 St James’ St, BN2 1TH, T: 01273 624100, www.sublinebrighton.co.uk
- OPEN Sun, Wed & Thur from 9pm, 10pm Fri & Sat.
- **DRINK PROMO** Wed: beers/wines £4, 2 cocktails £12
- **ONE FOR THE DIARY** Friday (19) is FILTH full fetish night for all genders, advance tickets recommended. Filth was dreamt up by Kitten Skye (of Dungeon Bar infamy) who longed for something darker, rawer… filthier! The organisers say: “We hope to send you on a sensation overdrive every time you come to our night and be there when you fulfill your life long fantasies, sate your creative drive, evolve your sexuality and realise new desires over and over. It’s the party your mother warned you about and everything you’ve been afraid to let yourself want. For the newbie nymph, the confident connoisseur, the eager exhibitionist and the just as valuable voyeur… there’s Filth.”

**REGULARS** Wed (3) is JOYSTICK JOCKEYS gaymers night at 8pm, rauccous trivia, party games, intense Street Fighter bouts, frenetic Bomberman tournaments, tuneful Rock Band renditions, and more, as Subline gets geeky for the night! Wed is Hump Day, members free. Thur is BRACE YOURSELF. free. Fri turn up the heat at STEAM. £3/£5. Fri (12) is DIRTY TACKLE sportswear night, £3 in kit/£5 otherwise. Subline says: “Dirty Tackle is back at Subline, for all sportswear enthusiasts, with DJ Screw pulse providing the sonics, and as many athletic adonises as we can muster.”

**SUN 28**
- DIRTY TACKLE is back at Subline, for all sportswear night, raucous sportswear night, £3 in kit/£5 otherwise. Subline organise: “Dirty Tackle is back at Subline, for all sportswear enthusiasts, with DJ Screw pulse providing the sonics, and as many athletic adonises as we can muster.”

**SUNDAY 28**
- AFFINITY BAR cabaret: Stephanie Von Clitz 5pm
- AMSTERDAM cabaret: Gabriella Parish 5pm; roasts 12pm-til gone
- BAR 7@CRAWLEY karaoke 6pm
- BAR BROADWAY Bar Broadway’s 5th Birthday: Sufie live 8.30pm
- BASEMENT CLUB@LEGENDS Pop/Candy, DJ Claire Fuller 9pm
- BULLDOG Sunday Funday 12pm, camp karaoke 5pm
- CAMELFORD ARMS Bear Bash: free food/raffle 5pm, roasts/select menu 12pm – till gone
- CHARLES ST TAP cabaret: host Sally

**MONDAY 29**
- AFFINITY BAR all day karaoke 12pm, karaoke with Tommy Tanker (aka Pat Clutter) 7pm
- BAR BROADWAY Pre-Pride Talk: This is Me - A Trans Veteran’s Story 6.30pm
- BULLDOG Monday Glitter Ball: 60s-00s tunes 4pm

**THREE JOLLY BUTCHERS**
- 59 North Rd, BN1 1YD, T: 01273 608571, www.3jollybutchers.com
- OPEN daily from 12pm.
- FOOD: Check out the new TJB’s Thai food menu served Mon-Sat 1-9pm: all starters £4.50, all mains (inc rice) £7.50, 2 courses £9.90 and lunch mains just £5.95 (inc rice) till 4pm. Loads of vegan, vegetarian and gluten free options.
- LIVE SPORT: Live football, cricket and Wimbledon shown on the big screens in July - see listings for fixtures.
THE ZONE

- 33 St James’s St, BN2 1RF, Tel: 01273 682249, www.zonebrighton.co.uk
- OPEN 11am Sun–Thur, 10am Fri & Sat.
- DRINK PROMO every day – check at the bar for details.

- **ONE FOR THE DIARY** Saturday CABARET with sensational acts at 10pm: Sally Vate (6 & 20), Chris Hide (13) and Cosmic (27). Expect a raucous night of entertainment from wisecracking cabaret artiste Cosmic (27), the sequined sassy mouth from the south and musical theatre devotee who proudly flies the flag for bawdy traditional drag! Cosmic says: “I can remember watching legends like Dave Lynn and Maisie Trollette in Brighton and just loving their energy and showmanship. I wanted a piece of the fabulousness! For audiences, I like anyone who likes a sing-along and a bit of camp!”

- **REGULARS** Friday with top CABARET on stage at 10pm: Stephanie Von Clitz (5), Topsie Redfern (12), Davina Sparkle (19) and Stone & Street (26).

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**TUESDAY 30**

- **AFFINITY BAR** Free Jukebox 12pm
- **BAR 7@CRAWLEY** Crewday: DJ Lewis Osborne 9pm
- **BAR BROADWAY** Pre-Pride Talk: Then All The World - The Gilbert and Gordon Story 6.30pm
- **BULLDOG** #Transolve Tuesday: Wonda Starr & Sam Pink bring camp, karaoke & queens 8pm
- **MARINE TAVERN** Curry & Quiz with Nat 7.30pm
- **PARIS HOUSE** live blues: Dr Mike Blues 8pm
- **QUEEN’S ARMS** Lola Lasagne’s Summer Camp 9.30pm

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**WEDNESDAY 31**

- **AFFINITY BAR** Karaoke with Tommy Tanker (aka Pat Clutcher) 7pm
- **BAR 7@CRAWLEY** Midweek Chill 7pm
- **BAR BROADWAY** Tabitha Wild’s Karaoke 9pm
- **BASEMENT CLUB@LEGENDS** Ice: DJ Claire Fuller 11pm
- **BOUTIQUE** Student Sessions 8pm
- **BULLDOG** Green Light Cruise Night 8pm
- **CHARLES ST TAP** Mrs Moore’s Bona Bingo Bonusa, THT fundraiser 8.30pm
- **MARINE TAVERN** Pink Pound 7pm
- **PARIS HOUSE** live music: Sara Oshlag Band 8pm
- **QUEEN’S ARMS** Sally Vate Show 10pm
- **SUBLINE** Hump Day 9pm

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**SUNDAY 28 JULY**

**CUM IN YOUR PANTS**

- **10pm** • **UNDERWEAR PARTY** • **£3 MEMBERS / £5 NON**
**MONDAY 1**

**PORTSMOUTH**
- **HAMPSHIRE BLVD**
  - 20Something: DJs Lee Harris & Luke Ennor
  - 9pm

**SOUTHAMPTON**
- **BOX BAR**
  - Time Out DJs
  - 11pm

**TUESDAY 2**

**PORTSMOUTH**
- **HAMPSHIRE BLVD**
  - Cherry’s Bingo & cabaret: Mary Golds
  - 8pm

**SOUTHAMPTON**
- **BOX BAR**
  - Time Out: DJ Black Feather
  - 11pm

**WEDNESDAY 3**

**PORTSMOUTH**
- **HAMPSHIRE BLVD**
  - Big Navy Night
  - Out with Aura Jay’s karaoke: 9pm

**SOUTHAMPTON**
- **BOX BAR**
  - Beauty and the Balls Bingo: host Miss Disney & prizes
  - 8pm; Bella Black’s karaoke
  - 10.30pm

- **EDGE Bar 150**: DJs Missy B & Lee Harris
  - 10pm

**THURSDAY 4**

**PORTSMOUTH**
- **HAMPSHIRE BLVD**
  - A Night on the Lashes: Lucinda Lashes, karaoke & tunes
  - 9pm

**SOUTHAMPTON**
- **BOX BAR**
  - Double Trouble Quiz: drag hosts Aura Jay & Bella Black
  - 8pm

- **EDGE Get Dirty**: DJ Liam Searle
  - 10pm

**FRIDAY 5**

**PORTSMOUTH**
- **HAMPSHIRE BLVD**
  - We Love Fridays:
  - DJ Toby Lawrence
  - 9pm

**SOUTHAMPTON**
- **BOX BAR**
  - Beauty and the Balls Bingo: host Miss Disney & prizes
  - 8pm; Bella Black’s karaoke
  - 10.30pm

- **EDGE Bar 150**: DJs Missy B & Lee Harris
  - 10pm

**SATURDAY 6**

**PORTSMOUTH**
- **HAMPSHIRE BLVD**
  - Blank: DJs Missy B & Rob Davis
  - 9pm

- **SOUTHAMPTON**
  - **BOX BAR**
    - The Big One: DJs
    - 11pm
  - **EDGE**
    - The Big One: DJs Morgan Fabulous & Neil Sackley
    - 10pm

**SUNDAY 7**

**PORTSMOUTH**
- **HAMPSHIRE BLVD**
  - 90s–Now
  - 9pm

**SOUTHAMPTON**
- **EDGE**
  - Aura Jay Cabaret v Karaoke
  - 10pm

**MONDAY 8**

**PORTSMOUTH**
- **HAMPSHIRE BLVD**
  - 20Something: DJs Lee Harris & Luke Ennor
  - 9pm

**SOUTHAMPTON**
- **EDGE**
  - Mates Rates: DJ Darcy Buckland
  - 10pm

**TUESDAY 9**

**PORTSMOUTH**
- **HAMPSHIRE BLVD**
  - Cherry’s Bingo & cabaret: Davina DaCampo
  - 8pm

**SOUTHAMPTON**
- **BOX BAR**
  - Time Out DJs
  - 11pm

- **EDGE Time Out**: DJ Black Feather
  - 11pm

**WEDNESDAY 10**

**PORTSMOUTH**
- **HAMPSHIRE BLVD**
  - Big Navy Night
  - Out with Aura Jay’s karaoke
  - 9pm

**SOUTHAMPTON**
- **HAMPSHIRE BLVD**
  - Blank: DJs Missy B & Rob Davis
  - 9pm

**MONDAY 15**

**PORTSMOUTH**
- **HAMPSHIRE BLVD**
  - 20Something: DJs Lee Harris & Luke Ennor
  - 9pm

**SOUTHAMPTON**
- **EDGE**
  - Mates Rates: DJ Darcy Buckland
  - 10pm

**TUESDAY 16**

**PORTSMOUTH**
- **HAMPSHIRE BLVD**
  - Cherry’s Bingo & cabaret: Crystal Lubrikunt
  - 8pm

**SOUTHAMPTON**
- **BOX BAR**
  - Time Out DJs
  - 11pm

- **EDGE Time Out**: DJ Black Feather
  - 11pm
THE EDGE & BOX BAR
SOUTHAMPTON

- Compton Walk, SO14 6BH. Tel: 023 8036 6163, www.theedgesouthampton.com
- OPEN The Edge: daily from 10pm. The Box Bar: Tue–Sat from 7pm.
- HAPPY HOURS The Box Bar: 2-4-1 cocktails 7pm–late Tue & till 8pm on Sat. The Edge: £1.50 shots & £2 house doubles on Mon. £1.50 drinks on Wed, half price drinks till midnight on Thu, £1.50 singles/E3 doubles on Sun.

ONE FOR THE DIARY Saturday is THE BIG ONE from 10pm with 3 bars, 2 dancefloors & DJs: Morgan Fabulous & Neil Sackley (6), Adam Foster & KT (13), Phil Marriott, Darcy Buckland & Neil Sackley (20) and Claire Fuller & Trick (27). Edge say: “We’re open this evening with a whole lot of mischief to make your night one to remember! Expect all the biggest hits from your favourite artists and some of the best drink prices you can get your naughty little hands on!”

REGULARS Sun is CABARET v KARAOKE with drag host Aura Jay. Monday is MATES RATES with DJ Darcy Buckland. Tue is TIME OUT with DJ Black Feather spinning pop & chart. Edge say: “It’s time to get loose and let your hair down because we’re open and ready to perk up your Tuesday night! The forever-fabulous DJ BLACK FEATHER is playing all the biggest hits all night!” Wed is BEAUTY & THE BALLS BINGO with host Miss Disney, prizes every round from 6pm. KARAOKE alter with Bella Black 10.30pm. Stick around for BAR 150 with DJs Missy B & Lee Harris from 10pm. Thur is DOUBLE TROUBLE WHICH IS WITCH? quiz with drag host duo Aura Jay & Bella Black at 7pm. Stick around for GET DIRTY with DJ Liam Searle spinning all your faves to get you dancing dirty! Fri: kick-start the weekend GLOW with top guest DJs and UV lights from 10pm.

WEDNESDAY 17
PORTSMOUTH
- HAMPSHIRE BLVD Big Navy Night Out with Aura Jay’s karaoke 9pm
SOUTHAMPTON
- BOX BAR Beauty and the Balls Bingo: host Miss Disney & prizes 8pm. Bella Black’s karaoke 10.30pm
- EDGE Bar 150: DJs Missy B & Lee Harris 10pm

THURSDAY 18
PORTSMOUTH
- HAMPSHIRE BLVD A Night on the Lashes: Lucinda Lashes + karaoke & tunes 9pm
SOUTHAMPTON
- BOX BAR Double Trouble Quiz: drag hosts Aura Jay & Bella Black 8pm

FRIDAY 19
PORTSMOUTH
- HAMPSHIRE BLVD We Love Fridays: DJ Toby Lawrence 9pm
SOUTHAMPTON
- BOX BAR GLOW DJs 10pm
- EDGE GLOW: DJs & UV lights 10pm

SATURDAY 20
PORTSMOUTH
- HAMPSHIRE BLVD Blank: DJs Missy B & Rob Davis 9pm
SOUTHAMPTON
- BOX BAR The Big One: DJs 11pm

TUESDAY 23
PORTSMOUTH
- HAMPSHIRE BLVD Cherry’s Bingo & cabaret: Drag With No Name 8pm
SOUTHAMPTON
- BOX BAR Time Out DJs 11pm
- EDGE Time Out: DJ Black Feather 11pm

WEDNESDAY 24
PORTSMOUTH
- HAMPSHIRE BLVD Big Navy Night Out with Aura Jay’s karaoke 8pm
SOUTHAMPTON
- BOX BAR Beauty and the Balls Bingo: host Miss Disney & prizes 8pm. Bella Black’s karaoke 10.30pm
- EDGE Bar 150: DJs Missy B & Lee Harris 10pm

THURSDAY 25
PORTSMOUTH
- HAMPSHIRE BLVD A Night on the Lashes: Lucinda Lashes + karaoke & tunes 9pm
SOUTHAMPTON
- BOX BAR Double Trouble Quiz: drag hosts Aura Jay & Bella Black 8pm
- EDGE Get Dirty: DJ Liam Searle 10pm

FRIDAY 26
PORTSMOUTH
- HAMPSHIRE BLVD We Love Fridays: DJ Toby Lawrence 9pm
SOUTHAMPTON
- BOX BAR GLOW DJs 10pm
- EDGE GLOW: DJs & UV lights 10pm

SATURDAY 27
PORTSMOUTH
- HAMPSHIRE BLVD Blank: DJs Missy B & Rob Davis 9pm
SOUTHAMPTON
- BOX BAR The Big One: DJ 11pm
- EDGE The Big One: DJs Claire Fuller & Trick 10pm

SUNDAY 28
PORTSMOUTH
- HAMPSHIRE BLVD 20Somethings: DJs Lee Harris & Luke Ennor 9pm
SOUTHAMPTON
- EDGE Mates Rates: DJ Darcy Buckland 10pm

TUESDAY 30
PORTSMOUTH
- HAMPSHIRE BLVD Cherry’s Bingo & cabaret: Davina Sparkle 8pm
SOUTHAMPTON
- BOX BAR Time Out DJs 11pm
- EDGE Time Out: DJ Black Feather 11pm

WEDNESDAY 31
PORTSMOUTH
- HAMPSHIRE BLVD Big Navy Night Out with Aura Jay’s karaoke 9pm
SOUTHAMPTON
- BOX BAR Beauty and the Balls Bingo: host Miss Disney & prizes 8pm. Bella Black’s karaoke 10.30pm
- EDGE Bar 150: DJs Missy B & Lee Harris 10pm
DANCE MUSIC
BY QUEEN JOSEPHINE & KATE WILDBLOOD

ALBUMS
1. Here’s some hot July jumpers to warm you up as we banish soggy June and head towards a summer of scorchers. Be it the swell house of Rasmus Faber and his sweet Swedish beats thanks to his longplayer Two Left Feet on Fairplay, or the stylish house music transmission that is Anthony Naples new Fog FM on Incienso/ANS, each signal a sound summer ahead. As do the compilations Ten Years of Little Helpers on Butane and Someone Else’s label Little Helpers with its spectrum of electronic spheres, and the masterpiece that is 15 Yrs Systematic from Marc Romboy’s esteemed imprint, Systematic Recordings, with tracks from John Digweed, Fideles, ARTBAT and many more.

Add the epic reissue that is Acid LP on Still Music starring Chicago pioneers Mickey Oliver and his Hot Mix 5 Records, Larry Heard aka Mr Fingers, Pierre, Phortune and Armando, or the magical once lost now thankfully found collection that is Paul Woolford aka Special Request’s Bedroom Tapes on Houndstooth and you have summer soundtrack destined to impress.

The July gems destined to captivate you this summer. Be it the enchanting electronica of The Juan Maclean’s The Brighter The Light, a compilation LP of 12” singles they’ve released over the past six years re-edited, re-mastered, and ready to be loved all over again, or the Girls of the Internet’s sublime Syrup with its reassuring deftness of beat, bass and beauty.

you will be spun into sound heaven this July. Enjoy.

DJ PROFILE: DJ SCREWPULOUS

It’s that time of year, folks. Pride is just around the corner and the evenings are deliciously warm and promising (well – most of the time anyway). Time to wiggle and those moves then! And where better to do this than at Subline, to the sublime sounds of the glorious DJ Screwpulous? So, this month Queenie has a long overdue chat with Daddy Cool himself to catch up on his news and views…

How are you? I’m full of beans thanks - been concentrating on my DJing and working on new mixes and edits and having a great time doing it!

Where can we catch you DJing these days? As well as out of town gigs I’m a regular face in the DJ booth at Subline on St James’s Street.

Not long until Brighton & Hove Pride… What are your plans for the big weekend? This is one of my busiest weekends of the year and it’s very unusual for me to get out from behind the decks over that weekend so I’m already planning some musical surprises and thrills for everyone.

Any exciting projects going on? In the autumn I’ll be dividing my time between Brighton and my old haunt Bristol, so I’m reconnecting with my DJ partner there to come up with a new club night plus some fantastic new remixes. I’m also going back into radio work too.

What music is rocking your world these days? I’m always on the lookout for the new and exciting and have been impressed by releases from people like Fisher, CamelPhat and Block & Crown. I also keep going back to some of the great soul, funk and disco voices and some of the house greats like Seamus Haji, Joey Negro and their ilk.

What’s your favourite tune of all time? Haji & Emanuel’s Take Me Away stands out as one of my all-time favourites!

Most memorable gig and dream gig? Last year DJing with Lee Harris in Vauxhall was an unforgettable night. I’d still like to play to a packed Mediterranean beach as the sun goes down

Tune you wish you’d never played? Gangnam Style. I was pressured to play it at a private event and vowed never ever again, not even a remix.

Guilty pleasure? Boney M (I am Daddy Cool and they are at Bristol Pride this year!).


WILDWOOD & QUEENIE’S JUICY JULY 12”
1. EDITR The Vaughan Groove (Original Mix) Ammo Recordings
A lazy loopy groove guaranteed to bring the sweat to the dancefloor.

2. SLEAZY MCQUEEN Ready 4 Love Samosa Records
A spicy slice of Samosa’s Funk Purpose Vol 2 EP action brings the heat.

3. THE JUAN MACLEAN Zone Non Linear (Pagliara remix) DFA
Joyful and jumpy. Just how we like our electrifying electronica.

4. ARTHUR BAKER ft Minnie Gardner Reachin’ Midnight Riot
A slice of disco perfection from a talent of four-way fabulosity.

5. PART TIME LOVER ft Danielle Moore Tied Cروwroom Rebels
Crazy P queen takes us to vocal heaven with this deep house diamond.

6. DEMUJA Aaj Shanibar (Demuja Edit) Muja
One listen and life is filled with grins courtesy of Demuja’s Disco Cuts #2.

7. BEN STERLING Fantasee (Jansons Remix) Hot Creations
Jackin’ brilliance demolishing our B, Please! dancefloor with every beat.

8. DJ COUNSELLING One with the Sun SoSu Music
Tomorrow’s World EP delivers must hear marvels for today.

9. INFINITY INK ft Mr V The Rush (Alternative Mr V version) Cooptempo
Nothing brings the beats like Cooptempo. Feel the rush people.

10. RIKKY DISCO Getting High (Kim & Buran Discohigh remix) Bearfunk
One for those Pride terrace parties as rainbows fly as high as the disco.
**PEOPLE ON SUNDAY** (BFI blu-ray). Filmed in Weimar Germany, and made by future Hollywood luminaries including Billy Wilder, Robert Siodmak and Fred Zinnemann, this is a freewheeling, semi-improvised movie which feels way ahead of its time. In terms of plot it's basically two men and two women going for a day at the beach – though one of the men has come without his wife. They flirt, they have petty arguments and in the background we see ordinary men and women going about their lives in Berlin in the late 1920s. It's a revolutionary movie, and its influences on later European films are obvious. But above all it's hard to watch a frame without seeing the faces of the ordinary Germans who populate the film and wondering what was to happen to them a mere decade later. It's perhaps this which gives *People on Sunday* a poignancy its makers could never have foreseen.

**Pride Pom Pom Ribbon Clip, £15.** Profits donated to MindOut, the LGBT+ mental health charity. From www.elenmoore.com

**Leopard Planter, £35** (Pussy, 3a Kensington Gardens, Brighton, 01273 604861)

**New Prowler red leather range from £35** (Prowler, 112-113 St James’s Street, Brighton, 01273 603813)

**Gluggle Jug** with natural pouring sound effects, £31.99 (England at Home, 22b Ship Street, Brighton, 01273 205544)

**Lobster Bookmark, £14.50** (Dowse, 27 Gloucester Road, Brighton)

**Brighton born and bred Lowe And Behold** have a very gay friendly range of drag cards, *Life’s A Drag*, which sell well in Brighton and across the country, retailing at **£2.50** (approx). Distributed by Kissmekwik, the complete range can be bought online from Kissmekwik.co.uk and in Brighton from Creased Cards, Kerfuffle in Kemptown, Pussy Home Store and Malarkey in the Lanes.
SEX ADDICTION – 8 THINGS YOU NEED TO KNOW

By Christophe Sauerwein, Psychotherapist and Academic Director of iCAAD

1. It can seem that sex addiction is the preserve of the celebrity – something that somehow affects A-listers, not us ‘mere mortals’. But that couldn’t be further from the truth.

Sex addiction can affect anyone.

Let’s start by remembering that sex is not only great, but it is also needed and healthy. Some people make it a strong priority, others may experience it with difficulties, and some tend to minimise sex in their life. For most of us, in the middle of this spectrum, we enjoy it as a life and couple activity, with reasonable ups and downs.

Sadly, that’s not the case for an estimated 10-12% of the adult Western world population; they are painfully or shamefully on the diagnosable spectrum of ‘sex addiction’ or sexual compulsive disorder. For them, sexual behaviours have entered the scary realm of ‘mental disorders’. Yes, sex addiction. For most of us, sex addiction is a mental disorder, not just a genital impulse disorder.

For the last thousands of years, starting with the ancient Greek philosophers, we have looked at sexual behaviours from religious, moral, and social grids as Michel Foucault beautifully described it in his History of Sexuality: “People will be surprised at the eagerness with which we went about pretending to rouse from its slumber a sexuality which everything - our discourses, our customs, our institutions, our regulations, our knowledge – was busy producing in the light of day and broadcasting to noisy accompaniment.”

Over the last century we have allowed science to step into the arena of the Sexual Question. And in the summer of 2018 the UN’s World Health Organisation (WHO), officially endorsed a scientific diagnosis for sex addiction.

Dr Stefanie Carnes recently commented on this breakthrough in an iCAAD blog: “For years the sexual health field has lacked a legitimate diagnosis for sexually compulsive and addictive behaviour, causing many to wonder, ‘Is sex addiction real?’. Recently, in a groundbreaking decision, WHO decided to acknowledge Compulsive Sexual Behaviour Disorder as a legitimate condition in the latest edition of its International Classification of Diseases (the ICD-11). This important move is a critical first step in de-stigmatising this common problem. As a result, treatment and research can be advanced and more resources can be developed for our sexually addicted clients.”

Before jumping on the internet to score yourself on the available online scales and self-assessment tools, there are some important points we should all be aware of:

1. For a sex addict, sex operates as a very strong stimuli to the brain - absolutely similar to a drug, creating incredible chemical ‘highs’ in the brain. It is a true dysfunction of the brain, often resulting from very sad and adverse early life experience such as sex abuse and abandonment.

2. Sex addiction is not at all about sexual preferences and flavoured practices and surely not about gender preferred orientation and identity. Paula Hall highlighted it in Understanding and Treating Sex Addiction: “It is not the sexual behaviour itself that is the problem, but the relationship to the sexual behaviour… Sex addiction is not a moral issue, it is a mental health issue.”

3. Sex addiction is not at all about cheating: it deploys very often inside the couple when one of the partners is abusively imposing sex as a condition to the relationship, putting a strong strain on the relationship’s stability and quality, leading to frustration, sadness, arguments and breakups.

4. Sex addiction is not a one-size fits all box: it regroups very different sub-scales such as hypersexuality, fantasy obsession, romantic obsession, seductive control, pornography, compulsive masturbation, exhibition and voyeurism, etc… However, the withdrawal symptoms are usually common, ranging from depression to emotional distress and anger issues. Sometimes it can also lead to physical symptoms such as sweating, shaking or sickness, creating a significant craving and acting out in a similar fashion to drugs.

5. Sex addiction is not a ‘guy-thing’, the gender spread is stable, slightly in favour of men (these stats are somewhat biased since women talk less about it). However, males and females tend to engage in sex addiction with significantly different patterns of gender-specific preferred behaviours. In broad terms, men will often objectify partners, seeking for a quick fix, whereas women are more prone to play relational and sexual seductions and controlling games. Both can provide a ‘high’. In women this behaviour can develop into what we call a Female Sex and Love Addiction (FSLA) subcategory of sex addiction.

6. Sex addiction is very often associated with, or hiding behind, substance misuse and other behavioural addictions. Dr Patrick Carnes, world prominent specialist in sex addiction, stated in his paper Bargain with Chaos (2006) that 84% of sex addicts present other co-adjunct addictions (and not vice-versa), masking or facilitating sex addiction.

7. Sex addiction is nowadays less and less about physical sexual intercourse: The surge of internet pornography has shape-shifted the traditional expressions of sex addiction. Dr David Greenfield, a specialist in internet addiction from the Centre for Internet and Technology Addiction, speaks of “The pornification of the internet” and recently highlighted that 33% of web traffic is pornographic. The combination of addictive characteristics of internet browsing and sexual stimuli hits the brain at its core with incredible ‘highs’.

He also recently observed that young women are now using porn as much as young men, under 30 years old, and even more frequently. The main negative consequence of porn is that it inhibits ability to have physical intercourse (fear of intimate closeness and erectile dysfunction mainly).

8. Sex addiction is a damaged psychosexual state, it requires the help of a specialist, including assessing it. In case of concern or doubt, asking for help is far better than trying to self-assess and self-medicate. It is not easy to talk about it in a consulting room but it is by far the best way to start dealing with it.

ABOUT THE AUTHOR

Christophe Sauerwein is a psychotherapist specialised in addictive behaviours, relational trauma and attachment disorders.

He is also the Academic Director of iCAAD (International Conference on Addiction and Associated Disorders) www.icaad.com
TRANS PRIDE SEASON
Marlborough Theatre, 4 Princes Street, Brighton, Box office: www.brownpapertickets.com

HEARTY (Tue 9). Bearing wings made of sharp knives and shooting fireballs into the air, Emma Frankland tackles the current fascination with trans lives and interrogates the controversial biotechnology of HRT. It’s messy. It’s on fire and it’s politically-charged.

MUM, I’M IN THE FOURTH DIMENSION, SEE! (Thu 11). Combining spoken word, drag and Es Morgan’s hallmark hypnotic movement, the show is a dance, a poem, a wild torrent of melodrama.

TRANS FATS (Fri 12). A night of fat-positive performance from FAT Cabaret’s favourite trans, non-binary, intersex and gender non-conforming fatties, hosted by cabaret artist and fatbassador, Chub Rub.

I TRIED TO F**K UP THE SYSTEM BUT NONE OF MY FRIENDS TEXTED BACK (Sat 13). New work by Travis Alabanza looking at the ways in which intimacy has been left out of our political discourse. The show places the audience into Alabanza’s internal dialogue and waits for the moment where we decide that we care, asking “can we really change the world if we are still afraid of everyone we do not know?”

UNAPOLOGETICALLY MONSTROUS: QUEER ALIENS, FREAKS & MYTHICAL CREATURES (Sat 13–Sun 14). Two free workshops where you can explore the connection between monstrosity and queerness; looking at artists who employ their inner (or outer) aliens in their work and create self-portraits in response.

KRISHNA ISTHA BEAST (Wed 17). Stand-up comedy by transgender performer, exploring what it means to be trans ‘masculine’ without becoming the men we hate and how taking testosterone can transform you into a social renegade, a beast.

TRANS SWEARING NIGHT (Wed 17). Feminist Swearing Nights have begun popping up all over Europe, now in solidarity they’re handing over the mic to those under the trans, non-binary, intersex and gender variant umbrella to stand up and say their piece.

TRANS PRIDE ART NIGHT (Thu 18). A celebratory showcase of trans, non-binary, intersex and gender variant performers.

CAROLINE OF BRUNSWICK
Ditchling Road, Brighton www.brownpapertickets.com

FUNNY GIRLS (Fri 12). Julie Jepson hosts a night of fabulous female funnies with stand-up, musical comedy and improv.

SLEEP PARALYSIS (Sun 21). Join Fuchsia Von Steel and guests for an unforgettable evening of glamour, grotesque and comedy.

EL GEEBEE TEA QUEUE
The Brunswick, Holland Rd, Hove www.thebrunswick.net/buytickets

EL GEEBEE TEA QUEUE (Sun 14). An evening of LGBT+ comedy and cabaret featuring: comedian Michael Elridge; Georgie Femme: fresh queer modern guitar-pop; Hannah Brackenbury: comedy songwriter and performer, winner of Broadway Baby Bobby Award for Victorious, musical tribute to Victoria Wood; Matt Lowes: perfectionist with a F**k-it-that’ll-do attitude; drag king Adam All, creation of Jen Powell; Ross Spiller: young gay comedian who looks at gay culture, dating and who experience of living life being partially sighted.

THEATRE ROYAL
New Road, Brighton, Box office: 08448 717650


IAN MCKELLEN ON STAGE (Mon 15–Fri 19). Ian McKellen celebrates his 80th birthday by raising funds for theatres with a new solo show; a mix of anecdote and acting from Tolkien to Shakespeare.

BRIGHTON GAY MEN’S CHORUS
St George’s Church, Kemp town, tickets.brightongmc.org and from Prowler, St James’s St

BGMC: IN TIME FOR PRIDE (Fri 26 & Sat 27). Pride is approaching and the boys at BGMC are keen to get their hot pants on and party! It’s Christmas for gays and the bunting is up, but who is this strange man claiming he can travel through time? And where is he taking us? And just how long is his scarf? Join the Chorus as they explore the history of Pride and the music that ran along side it. With songs by ABBA, Alice Cooper and Diana Ross, this is a once in a lifetime event! Or is it? Doors 7pm for 7.30pm start, £15/£12 conc.

IN TIME FOR PRIDE

KOMEDIA
Gardner St, Brighton, Box office: 0845 293 8480

BENT DOUBLE (Sun 7). A gay-friendly, irreverent night of fun and frolics hosted by Zoe Lyons (Mock

THE WEEK AND MICHAEL MCINTYRE’S COMEDY ROADSHOW, FEATURING HEADLINER SUZI RUFEFF AND JOE SUTHERLAND AND ALISON SPITTE. KRATER COMEDY CLUB (Sat 13). INCLUDES A SET FROM EVERYONE’S FAVE ANGRY GAY COMEDIAN, SCOTT CAPURRO.

MINDOUT FOR THE LAUGHS (Wed 31). SPICE BRINGS VOCAL PROWESS TO THE GLITTERING LINE-UP OF PERFORMERS: BRITAIN’S GOT TALENT STAR ROBERT WHITE, ROAR-SHARP COMEDIAN DEBRA JANE APPELBY, SILLY SONGWRITER HANNAH BRACKENBURY, BLACK COMEDY FROM BETHANY BLACK AND MUSICAL COMEDY MISFIT, DRAG CLOWN AND ACID TONGUED RINGMASTER, JOE BLACK. WITH SIGNING BY BSL INTERPRETERS. ALL PROCEEDS TO MINDOUT.

MINDOUT FOR THE LAUGHS

IAN MCKELLEN ON STAGE
Riddle, he who did so much to enhance the work of, among others, Frank Sinatra. Ella and Nelson had previously worked together on the five-album songs, including rich voice, her timing and phrasing as usual perfect. Indeed, the whole album is, as every Ella album usually is, just perfect.

Incomparable albums from the 1950s, both of them orchestrated by the almost as a confessional set in the aftermath of Sinatra’s messy breakup with Ava Gardner in 1953, its more upbeat successor from 1956. The importance of these two sets is that they are almost the first concept albums ever issued. By a concept fills both sides of an album, rather than just a collection of single hits time. As such, they work perfectly, but then what’s not to like about Makin’ Whoopee and fillers that were usually thrown together to make up LPs at that time. As such, they work perfectly, but then what’s not to like about Makin’ Whoopee, In The Wee Small Hours of the Morning, and I’ve Got You Under My Skin, among so many other tracks. Sheer class.

FRANK SINATRA In The Wee Small Hours and Songs For Swinging Lovers (Essential). And talking of Frank, here are two of his classic albums from the 1950s, both of them orchestrated by the incomparable Nelson Riddle. In The Wee Small Hours was produced almost as a confessional set in the aftermath of Sinatra’s messy break-up with Ava Gardner in 1953, Songs For Swinging Lovers its more upbeat successor from 1956. The importance of these two sets is that they are almost the first concept albums ever issued. By a concept album I mean a coherent set of songs linked by theme or content that fills both sides of an album, rather than just a collection of single hits and fillers that were usually thrown together to make up LPs at that time. As such, they work perfectly, but then what’s not to like about Makin’ Whoopee, In The Wee Small Hours of the Morning, and I’ve Got You Under My Skin, among so many other tracks. Sheer class.

HAROLD LAND Four Classic Albums (Avid). Saxophonist Harold Land was a regular on the West Coast jazz scene in Los Angeles, producing a series of fine albums throughout the 1950s and 1960s. This compilation presents four of his best: Harold in the Land of Jazz (1958), The Fox (1959), West Coast Blues (1960), and Harold in New York (1960). All are distinguished by his free-flowing playing and strong compositions, on which he is supported by, among others, the great guitarist Wes Montgomery, oddball pianist Elmo Hope, and cool-sounding trumpet player Kenny Dorham. Avid make a speciality of compiling and reissuing old albums and bringing them back to life: this is one of its best offerings of recent times.

This month I’m involved in two exhibitions, one in the UK and another in a more international location. Once things calm down for me, I’ll return to local exhibitions. I hope that you enjoy my sporadic updates.

ROYAL ACADEMY OF ARTS

RA SUMMER EXHIBITION 2019 (until Aug 12). Having entered for a number of years without success, I’ve had my painting The Painter selected and I’m looking forward to seeing it hung on their hallowed walls. Run without interruption since 1769, the Summer Exhibition is the world’s largest open submission art show and brings together art in all mediums by leading artists, Royal Academicians and household names as well as new and emerging talent. Around 1,200 works will be on display, most for the first time. This year, acclaimed British painter Jock McFadyen RA has taken over the mantle from Grayson Perry to co-ordinate the 251st Summer Exhibition. Highlights include an animal-themed ‘menagerie’ in the Central Hall, with works by artists including Polly Morgan, Charles Avery and Mat Collishaw. Artist sisters Jane and Louise Wilson RA are curating two galleries, one showcasing work exploring light and time. Further artists exhibiting include Jeremy Deller, Marcus Harvey and Tracey Emin RA, and Honorary Academicians Anselm Kiefer, James Turrell and Wim Wenders.

Outside the galleries, international artist Thomas Houseago takes over the RA courtyard with a group of large-scale sculptural works, and the exhibition will spill out into nearby Bond Street with a colourful installation of flags featuring work by Michael Craig-Martin RA. As always, most of the artworks will be for sale with proceeds helping to fund the Academy’s non-profit-making activities, including educating the next generation of artists in the RA Schools. The show is spread across the Main Galleries and The Ronald and Rita Mc Caulay Gallery. Entry is £18 (without donation £16) with concessions available. Free for friends of the RA with no booking required, under 16s free with fee-paying adult.

LARROQUE ART FEST 2019
Old Post Office Gallery & former Mairie (Town Hall), Larroque, France, www.galerielavieilleposte.org

LARROQUE ART FEST 2019 (daily from 10am–5pm, Jul 26–Aug 3).

I’m exhibiting in a group show themed around Surface/Support which includes contemporary work in painting, sculpture, film and video, sound, installations, photography and net-art. The idea is to introduce a rural environment to international contemporary artists and vice versa, as well as to encourage artistic inspiration and cultural exchanges. The preview is on July 26, 6–8pm, if you happen to be in the area! The artists included originate from France, Cyprus, America, Ireland, the United Kingdom, Italy, Bulgaria, Spain, Germany, Hong Kong, the Czech Republic and Armenia.
observations ring true, his queer sensibility a lodestone for his wit and crepuscular yearnings. Sigh, he’s f***ing excellent. Forged out of passion, his experiences on Grindr, walking in Brighton, seeing the cracks in our world and plying them open with his pen to scratch at our skin and eyeballs until they see how things should be seen. His words linger in the shadows of the mind, slowly percolating through into the karst of our conscience. Reading him is like dreaming underwater while mermaids tear at your flesh. His sublime, seductive and startling poems demand a second and third reading, sensually writhing and turning under examination like DNA into an endless alphabet of metaphorical suggestions. They also demand understanding and it’s this subtle sotto voice undertone to these poems which is the real triumph, alone they delight, together they enchant and whisper of the absolute triumph of imagination. It left me breathless. Read it.

**PRIDE: The Story Of The LGBTQ Equality Movement** by Matthew Todd ( Carlton HarperCollins, £30). Pride documents the milestones in the fight for LGBT+ equality: from the victories of early activists, to the gradual acceptance of the LGBT+ communities in politics, entertainment, sport and the media, and the passing of legislation barring discrimination. It spans seminal moments and key figures, events and breakthroughs of our equality movement. In this substantial full colour hardback, filled with superb photographs, Todd draws together individual stories and moving personal testimonies with rare documents and memorabilia from the events around the police raid of 1969 of prominent New York gay bar, the Stonewall Inn. It charts the riots that followed, the ensuing organisation of local members of the community and the 50 years since in which activists and ordinary folk have dedicated their lives to reversing the global position based on prejudice. A well researched and beautiful book.

**FABULOSA! The Story Of Polari: Britain’s Secret Gay Language** by Paul Baker (Reaktion Books, £15.99). Accompanied by fascinating illustrations, this is a sumptuous and engaging look at the ancient language of the Queens, and still spoken by some of our older gays. Told with charm and a perfect eye for the anecdote, Baker takes us on a journey through society, politics, history and the ways that gay people developed their own sophisticated way of communicating. It teases out relationships between people and geography, the way sex workers, carnival folk, sailors and queers intersect in the shadows and byways of the world and begin a common tongue. He follows the roots to their source, showing the development of how Polari was spoken and used and looks at why it declined, and also its unlikely recent renaissance. With a cast of drag queens and sailors, dilly boys and macho clones, Fabulosa! is an essential document of recent history and a fascinating and fantastically readable account of this funny, filthy, and ingenious language.

**PRIDE: Fifty Years of Parades & Protests From The Photo Archives Of The New York Times** (Abrams & Chronicle, £17.99). This full colour photobook captures the parades and protests in the gay community, published on the 50th anniversary of the Stonewall riots on June 28, 1969. On June 28, 1970, the first Gay Pride marches took place in the US commemorating the anniversary of the riots, and celebrating gay culture and an activist movement for equal rights under the law. It’s an inspiring visual history documenting the resilience of a marginalised group and their fight for civil rights. As gay rights in the US and the world have evolved, the scenes capturing the parade have as well, through signs, dress, and expressions of freedom and love, this book also tells the story of the ever-changing culture of a people. It’s about celebration, oppression, hope, recognition, and, above all, pride in being who you are. Although focusing exclusively on the US Queer perspective, it speaks to all LGBT+ folks across the world.

**THE QUEERIODIC TABLE: A Celebration Of LGBTQ+ Culture** by Harriet Dyer (Summersdale, £9.99). Another compact treasure celebrating the richness of modern queer culture and its vast history. The fun premise gives us a comprehensive introduction to all the essential elements that helped sculpt the LGBT+ community up to the present day, with amazing stories of queer pioneers like Marsha P Johnson, celebrities, game-changers and unsung heroes alike; the essential LGBT+ timeline of queer world history; the biggest queer culture festivals and events; and classic works of queer art, literature, music, TV and film. It’s a fun, upbeat and colourful collection of elements which illuminate and express the wide array of delights that make our LGBT+ culture so vibrant.
Elaine Chambers’ autobiography of her one woman battle against the country she served, reviewed by Duncan Lustig-Prean.

Can you imagine a time when you would be dismissed from your job and could be sent to prison, not for doing anything at all, but just for being lesbian or gay? What if you were sent to a psychiatrist to treat your homosexuality or your Doctor was required to conduct an intimate examination to prove whether or not you were lesbian or gay? How would you feel after three or more days of interrogation by the police; your property seized and your friends, work colleagues, even your family interviewed?

Now place yourself in that interview room. You’re a woman on your own. You’ve done nothing illegal. Two police officers are questioning you, asking the most detailed and intimate questions about your sex life, the sort of questions police might ask someone suspected of rape. And now imagine that the lead interrogator is male. This wasn’t two centuries past. It wasn’t even during the period of Alan Turing. This was occurring just two decades ago in the United Kingdom.

Yet even at this darkest hour, Elaine Chambers finds humour in the cruel situation in which she found herself. Servicemen and women who served their country with distinction lost their careers, their homes, their pensions and even their liberty, not for any offence but just for being homosexual. Elaine was one of them. Yet the cruelty of her ejection from the Army, where Lieutenant Chambers was a talented nursing sister, the loss of her career and the betrayal of friends is not met with self-pity, bitterness or anger. Instead Elaine shows humour, self-awareness and a great deal of perception and understanding. She gives us an autobiography which is also an important and personal account of history.

Between 70 and 100 LGBT+ people were discharged from our Armed Forces in this way each year. Often they were dismissed in disgrace after distinguished careers. The civilian world into which they were plunged was a difficult one to enter, not least because of the embarrassing questions about why they had suddenly left the Forces. Many never found their feet and took their own lives.

In this hostile military world, one minority within the LGBT+ communities fared far worse. Women in those days represented just 10% of the Armed Forces. Already subject to the hostility of an often misogynistic majority, investigations by the Forces Police disproportionately hounded lesbians. Friends were set against friends. Loyalties were tested to the extreme. The headlines of those days paint a vivid picture of this. ‘Her Majesty’s Dyke Yard Dryad’ screamed one notorious newspaper after the Special Investigation Branch of the naval police had uncovered a lesbian ring in one naval establishment.

The campaign to lift the ban was largely dominated by male (and frequently Royal Naval officer) voices. Indeed three of the four of us who took the United Kingdom to the European Court of Human Rights were men. The voice of our lesbian comrades remained largely unheard, drowned out by testosterone.

In Elaine Chambers’ book This Queer Angel, that voice is at last heard in the most clear, poignant and human way. Elaine hasn’t penned a dry history of those dark times and of the battle to change the discriminatory policy. Her honest account is of a girl growing up and discovering her sexuality, of being outed; a story which will resonate with every LGBT+ reader. It’s a story of a career she loved and excelled at and how it all ends. Yet it’s a triumph of hope and a history of achievement of rights for all in the workplace.

Elaine describes in painful detail how Military Police investigated and interrogated her, but still she finds humour in her own cruel investigation. It is an honest book and painfully funny. You’ll shudder to think of the talent lost by this cruel and wasteful policy. Absent from this gripping read is any self-pity or anger. Elaine leaves those feelings to the reader who can’t fail to be moved at the great injustice she experienced. Elaine ends her book looking at the campaign to change the law, understating the momentous impact she had in starting the ball rolling by co-founding Rank Outsiders, the LGBT+ military welfare and campaign group.

Elaine never blows her own trumpet and thus I must do so for her. I’ve met many women and men who Elaine has helped through the trauma of dismissal from the Forces. Some of those she helped were suicidal and Elaine saved their lives just as effectively as she saved lives as a nursing sister. Personally, as leader of the campaign and one of the four who took the successful action ending in the European Court of Human Rights, Elaine was a steady, calm, mature and wise counsel for those of us in the front line of the battle. She was there for me always and has been a friend ever since. Along with many people I owe much to this remarkable woman.

Well-written, full of self-effacing humour, This Queer Angel is a riveting read. Poignant, funny and honest, this personal and historic account is a must read for those interested in LGBT+ history. It’s also very timely as protecting LGBT+ rights is vital in the hostile headwinds our communities faces globally.

**MORE INFO**

© DUNCAN LUSTIG-PREAN

**THIS QUEER ANGEL** by Elaine Chambers, available from bookshops and Amazon (£10.99), or eBook from Unbound (£3.99).

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**THIS QUEER ANGEL** by Elaine Chambers, available from bookshops and Amazon (£10.99), or eBook from Unbound (£3.99).
Edward Elgar has received a frankly stunning reading from the Orchestra under Sir Andrew Davis, with Dame Sarah Connolly (mezzo-soprano). From the orchestra’s opening introduction, with its Enigma theme quotation, to the sequence of dramatic choruses delivered with excellent precision and clear diction, the combined BBC forces here are exemplary, and Davis manages the rapid tour through extremes of dynamics with rhythmic energy and drive. Connolly’s heartfelt passion, backed by the full sound of the chorus, whips us along with the emotionally charged text. This is an excellent recording, with full dynamic range, rich orchestral textures and fine singing from soloist and chorus. The Spirit of England is setting of three poems by Binyon, written between 1915 & 1917. This is Elgar in more ostensibly patriotic mode, and tenor Andrew Staples’ suitably declamatory delivery is supported by the incisive chorus in the opening The Fourth of August (the date of declaration of war on Germany). There are tender moments, but this is full-on Elgar, yet Davis never allows the weighty orchestration to totally overpower proceedings. To Women has more stillness in its dark colours, and here Staples is allowed to show a greater dynamic range, in some particularly tender moments. In the final setting, For the Fallen, the chorus excels in its precision and diction throughout, and great tenderness when Staples joins them for the repetitions of We Will Remember Them. Overall as a work, The Spirit of England hasn’t perhaps travelled through the years as well as The Music Makers, but it’s an excellent recording from all concerned.

IBRAHIM AZIZ Risonanze First Hand Records FHR83. Ibrahim Aziz, a viola da gamba player, has recorded a fascinating programme, Risonanze, exploring what he sees as the particular resonances of the instrument, a member of the viol family and a fretted cousin of the cello. He starts with a transcription of the Cello Suite No 2 by J S Bach, and immediately we hear the difference - perhaps a less consistently warm tone, but a definite ringing, enhanced by a highly resonant recording. Aziz makes his instrument sing, particularly in the final dancing Gigue. He follows this with Suite Estiu, by Carlos Martinez Gil (b.1959). Here, we begin in the sound world of Bach, but slowly, use of pizzicato, more jagged rhythms, or slightly unexpected timbres and fine singing from soloist and chorus.

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The first is a beautifully rippling study, Arpeggio, and Aziz maintains a beautifully steady flow throughout its shifting harmonies. A somewhat gentle Allegro is followed by softly singing Adagio, and here again Aziz brings out a beautifully resonant tone. Rebecca Rowe (b.1970), herself a viola gamba player, wrote Journeying for Aziz in 2018. Rowe uses resonant, spread chords, and there’s a moody, almost eastern flavour to the brief snatch of melodic line, and Aziz performs this with assurance. With the Sonata No 5 by Johann Schenck (1660-1712), we’re back in Bach territory, although as a gamba player, Schenck’s Sonata perhaps better captures the idiomatic resonance of the instrument. Aziz definitely achieves his aim of demonstrating the resonant qualities of his instrument, as well as his own considerable talent.

FLAUGISSIMO DUO A Salon Opera Resonus RES10233. Flaugissimo Duo. Yu-Wei Hu (flute) and Johan Löfving (guitar) are alumni of Brighton Early Music Festival’s BREMFLive! scheme, so will be familiar to some, and they specialise in historically-informed performance of 18th and 19th century music. The centrepiece of this disc entitled A Salon Opera is their own arrangement of the Dance of the Blessed Spirits from Gluck’s (1714-1787) opera, Orfeo ed Euridice. Hu is allowed to shine in the opera’s beautifully lyrical flute solo, and her breath control in its long sustained lines is impressive. However, the Cantabile from virtuoso violinist-composer Paganini (1782-1840) is their opener, allowing the duo to establish their delicate, sophisticated soundworld. Marginally less successful for me are the arrangements of three Schubert songs. Whilst it is certainly authentic to include such arrangements in a recreation of a domestic music-making gathering, it is hard not to miss the nuance of Schubert’s expert setting of text.

Fernando Sor’s (1778-1839) Introduction and Variations on a Theme of Mozart, Op. 9 for guitar takes it’s theme from Mozart’s The Magic Flute, and after a dramatic introduction, the theme is presented in increasingly virtuosic variations, and here Löfving plays with great delicacy and bright tone. After the Gluck, a dramatic Tarantelle for guitar by Johann Metz (1806-1856) provides some welcome edge and rhythmic energy in an otherwise mostly lyrical programme, performed here with humour and bite. They conclude with the Grande Serenade by Mauro Giuliani (1781-1829), with an impressively operatic Brilliante finale. Overall, a pleasing collection, performed with style.

**CONCERTS**

**LEWES BAROQUEFEST**
St Michael’s Church & Lewes Town Hall, www.lewesbaroquefest.org
New festival Lewes Baroquefest (Wed 17–Sat 20), led by artistic directors John Hancorn and Julia Bishop, includes: Flight of the Eagle (6.30pm, Thu 18), with Piers Adams (recorders) and Howard Beach (piano); Draw on Sweet Night (9pm, Thu 18), by the Baroque Collective Singers; Handel’s Israel In Egypt (Sat 20), with the East Sussex Bach Choir and the Baroque Collective Players.

**BRIGHTON FESTIVAL CHORUS**
All Saints Church, Hove, www.bfc.org.uk
Brighton Festival Chorus and Youth Choir, conducted by James Morgan (7.30pm, Sat 20), perform English music from Tallis to Taverner, 1570-2005, including Tallis’ 40-part motet, Spem in Alium, and John Taverner’s Invocations and Last Word, as well as Svayti, for cello (Adrian Bradbury) and choir. The programme also includes music by Britten, Holst, Tomkins and Weelkes.

**CINEMA**

Rossini’s Il barbiere di Siviglia (The Barber of Seville) from Glyndebourne (2016) is showing, starring Danièle de Niese as Rosina (various dates). In a range of local cinemas, including: Duke’s at Komedia, Brighton, Cineworld Eastbourne, the Ritz Digital & Connaught Cinema, Worthing and the Picture House, Uckfield. Check for times.
In the 1980s, as a gay teenager, I was acutely aware of the anti-gay rhetoric at home, in school, Parliament and across the media at every turn. Section 28 was invented, all gay and bisexual men had or would contract AIDS, gays were paedophiles or at the very least sexual degenerates, and we were regularly blamed for an assault upon the innocence of children. The worst description of a seemingly heterosexual community leader was to out them as a secret homo, as a result of which the humiliated soul would have to publicly resign citing regret for the sham of which the humiliated soul would have to publicly resign citing regret for the sham of which the humiliated soul would have to publicly resign citing regret for the sham of which the humiliated soul would have to publicly resign citing regret for the sham of which the humiliated soul would have to publicly resign citing regret for the sham.

There has since of course been enormous progress, and once the new millennium settled in the list of equality steps an impressive list of achievements for all those who asked, shouted, fought or just quietly waited for their turn. It is with great sadness then, that as we approach the 50th anniversary of the Stonewall riots in New York, I reflect upon our hard won equalities and regretfully fear that one day this will all be over.

At the time of writing, this week a gay man in Manchester had his jaw broken as a group of men hurled homophobic abuse at him and his friends. Two women on a London bus were beaten by teenagers who were angry at their refusal to put on some sort of public lesbian show of affection. An LGBT play in Southampton was cancelled at the weekend after two of the actors were assaulted with rocks on their way to work and struck in the face. Police across the UK are discouraging reporting crimes as homophobic, preferring aggravated assault and robbery. This despite the perpetrators using homophobic language and/or targeting customers of LGBT+ venues. Protests continue outside Primary Schools in Birmingham, which at times have spread to other cities in the UK, including Manchester. Protests against the socially responsible No-Outsiders programme. Protests which are incorrectly reported by mainstream media outlets as opposition to the teaching of gay and LGBT+ rights in school. Protests which are claiming children are being taught about gay sex. They are not. MPs from both the Conservative and Labour parties have spoken in support and defence of these protests, including Esther McVey, a Tory leadership candidate, and Birmingham MP Roger Godsiff. Godsiff sending protestors a message that they have a “just cause”.

In my 26 years as an openly gay man I don’t recall a time when I felt so disturbed about the pressures we are under as a range of LGBT+ communities. Perhaps because I had begun to feel protected by the developments of the past 20 years and yet it would appear that for those who mean to do us harm, these protections are not in any way a deterrent. If a group of teenagers are arrested for beating lesbian women on a bus, it is not only irresponsible to discourage the teaching of LGBT+ relationships and families in schools it is a road map to violence. Quiet encouragement. Young children were read a child’s story about two boy penguins rearing a chick together. A story based on a true event at a New York zoo. This has been manipulated into “schools are teaching LGBT+ rights” and “schools are teaching gay sex, including making clay models of a penis”. It would be funny were it not true.

It is as essential now for us to come together as a unified community of LGBT+ individuals as it ever was. More so. I for one am pleased these politicians, community and religious leaders are voicing their opposition out in the open where we can see them. I want those who want to silence us to say so in plain sight and these school protestors and political supporters are promoting a culture where we are erased from the discussion exactly as we were during the years of Section 28. Our hard won equalities are not lost but they are under threat. We live in a time when self-service and political survival is the dominant gene amongst the majority of our elected public servants – they will do and say whatever they can for their own survival. That in 2019 an anti-LGBT+ education position is considered a vote winner is a league of steps in the wrong direction.

Stand up, speak up, hold a friend’s hand, kiss your partner in public, and challenge an unkind word. Do whatever you personally feel able. We are being pushed backwards. Resist and march on. To do nothing is not an option.

“Protests continue against the socially responsible No-Outsiders programme. Protests which are incorrectly reported by mainstream media outlets as opposition to the teaching of gay and LGBT+ rights in school. Protests which are claiming children are being taught about gay sex. They’re not”
So, go with all your fabulous sins, my brothers and sisters, and real joy will be sure to follow you. I love those who run to that slippery edge in a game of kiss, dare and death. I love those who subvert the very sex that’s supposed to define them. I love those who love me back simply because of love itself, and I love those who keep loving when loving has long passed.

And those who know where normality ends and reality begins. The kids who put whatever they have into a flimsy sack and find a way to leave their early families behind. And to falter over and over again and never stop flattering until they die, because those are the follies that make us. The mettle that binds us in every sea of little hope. The glue that never separates us from the reality of our life and death experiences. The fear that sometimes keeps us separate from each other, yet brings us together when the knives go down. The strength to draw from all history because we know that all history is really ours: that we’ve peppered the changes on those dull old maps and coloured the weave of every creative stroke. These changes made, because not to remind us only of regret - the building stone of our lives we’re never allowed to shred.

The pathways to our worlds remain open but shackled. The roads are still wide but populated less. But we have shown over and over the power of our steps and grown steadily - supported only by the very best. Can we really give away this life of ours - a history so rich within us all? Can we not falter and have to watch our backs at every life event lest it be normalised and given the so-called protection of a society that’s proved itself so wrong?

To sacrifice our otherness is to walk with a society that’s proved itself so wrong? Who have hijacked the funerals and begrudgingly complied with the normalcy of our new weddings. Ask yourselves, is this forgiveness? We lean on your one heart with the weight of millions who came before us, and who stand alongside us right now.

I bring my pain with me to the table, a pain so great and long-lived that it still stirs the soul and the belly of my being. I bring on the faces of the young dead from my own past, the real warriors of a filthy bloody war we all went through together. And the women, who ran to the aid of their broken brothers and created a single voice that’s still screaming out today.

So, we don’t accept your acceptance, nor do we seek the breadth or creed of your forgiveness. Because we do not need forgiveness from anyone, that has to come from you, for yourselves. That has to come from the conscience of those who’ve beaten, ridiculed and chided us for thousands of years.

Because not to remind us only of regret - the pathways to our worlds remain open but shackled. The roads are still wide but populated less. But we have shown over and over the power of our steps and grown steadily - supported only by the very best. Can we really give away this life of ours - a history so rich within us all? Can we not falter and have to watch our backs at every life event lest it be normalised and given the so-called protection of a society that’s proved itself so wrong?

To sacrifice our otherness is to walk with a society that’s proved itself so wrong?

Who have hijacked the funerals and begrudgingly complied with the normalcy of our new weddings. Ask yourselves, is this forgiveness?

We lean on your one heart with the weight of millions who came before us, and who stand alongside us right now.

I bring my pain with me to the table, a pain so great and long-lived that it still stirs the soul and the belly of my being. I bring on the faces of the young dead from my own past, the real warriors of a filthy bloody war we all went through together. And the women, who ran to the aid of their broken brothers and created a single voice that’s still screaming out today.

So, we don’t accept your acceptance, nor do we seek the breadth or creed of your forgiveness. Because we do not need forgiveness from anyone, that has to come from you, for yourselves. That has to come from the conscience of those who’ve beaten, ridiculed and chided us for thousands of years.”
**Distrust of our politicians isn’t new of course, lampooning accompanies politics as closely as the skin on a rice pudding... and so it should. If ridicule is stifled, complacency and arrogance are bound to follow**

Our distrust of the two (and a half?) party system which has prevailed since the last war is about to be eroded by the emergence of single issue parties like the Brexit Party. So why not a Vegan Party or a party for the tattooed? The list could be endless and elections a complete nightmare. Is it really true that more people voted in Strictly than at the last General Election?

It’s not that we should be discouraged from voting for minority causes and policies we believe in but this fragmentation may take us down a very bumpy road until, and if, most of us feel confident to back parties capable of forming a Government without coalitions and with a leadership keen to create that entity we need and hear so much about, but which is currently still in hibernation, the fairer society. Distrust of our politicians is not new of course, lampooning accompanies politics as closely as the skin on a rice pudding... and so it should. If ridicule is stifled, complacency and arrogance are bound to follow.

For years we seem to have made the choice to ignore their failings and believe that our institutions were basically competent and honest, but I suspect that sense of stability has been completely eroded.
SHARP WORDS

On the road! Del Sharp on the hazards of living in the slow lane, taking the wheel and stretching her runner’s legs.

1 Sharp Words is out of step and struggling to get into first gear. I’m wishing for the umpteenth time that I learned to drive years ago when it was practically 50p a lesson rather than the eye watering £30 that it is now. But I’m finding it in me to pursue a dream of being able to get into a car and go somewhere, see someone, or fetch something, not so much determination but a vague desperation that I’m getting too old and just won’t be able to do it if I leave it any longer.

I’ve been pouring over test books that gallingly feature grinning teenagers throughout – just to remind me that I’m 30 years behind everyone else and maybe a cruel jibe that it’s too late for me. Why can’t there be pictures of worried looking 50-year-olds in there too? I’d feel so much better. I mean the anxious oldie could get gradually happier and maybe start smiling a few pages in and displaying those irritating thumbs up.

To complete my feeling of utter inability to propel myself faster than walking pace, I’m running as well. Or learning to run again – a few years of not doing so has rendered me a pathetic wheezing figure clutching a kitchen timer and doddering around the block for three minutes before requiring a lie down. Help is clearly required.

My driving instructor (young of course) has finally got me on the road, I can start the car, drive where he tells me to and stop, vaguely near the kerb. I’m pleased at even this much, trying not to count up what it’s cost so far and already daring to look with interest at cars, well what colour I’d like and how they’re cute rather than engines types, performance or gadgets, but I’m sure all that will come.

I’m quite happy at 20 miles an hour, but reluctantly can manage more if pushed. The fear that has prevented me from driving all these years is still there though, it’s not me driving that’s the problem it’s everyone else on the road. It’s alarming just how many people try to cross over while looking at their phones, often with headphones on just to complete their hazard worthiness and give me extra palpitations. Hazards are something I need to know about so, swivel eyed, wherever I’m going I look out for them. The best (or worst) has been a cyclist actually playing a ukulele, which certainly tops the hands in pockets riding and cigarette rolling I’ve spotted with my new driver’s eyes.

My new runner’s legs meanwhile are not faring well. I’ve joined a couch to 5k group and am certainly bottom of the class lagging far behind. This ingenious plan allows running time to build up by the minute interspersed with walking, this bit I can do very well. The 90 seconds of running on the other hand (or foot) has seen me reaching for the inhaler and whispering. Seeing someone at least 20 years my senior galloping past me did nothing for my confidence.

But even running has its hazards, mostly dog poo. Now I’m not saying I don’t like dogs (which I don’t actually) I’m just saying that Hove Laws should not be a dog toilet. I’m far too busy creaking, wheezing and staggering to be looking for ‘that which should not be stepped in’ every second when I’m trying to beat my own personal best at overtaking a pensioner.

So far then, four wheels good, two feet bad.

But honestly I don’t want to be driving everywhere just for the convenience. It’s just so that I can if I really want to, yes that might be so when it rains but that’s another hazard to worry about so maybe I wouldn’t do it.

When it’s dark too, that puts me off a bit, also when it’s busy and there’s loads of traffic.

Actually, I think about aiming at perhaps going to see friends for breakfast as soon as it gets light when it’s quiet and possibly a visit to Aldi as soon as it opens on the way back. This might shield me from too much traffic anxiety, and perhaps a little outing on Christmas Day, which would surely be quiet.

But what if I feel guilty even doing that? It’s not the scariness of being in control of a one ton lump of metal on wheels, which is basically like driving a tank around a field of babies and trying to avoid them, it’s about The Planet. Should I even think of taking a metal box full of emissions to a supermarket to buy kiwi fruit flown in from Borneo? I just realised the grapes I bought from Tesco tonight are from India and I’m feeling guilty even though I walked there with my shopping trolley.

Nobody needed to pass a driving test years ago, in the 1800s all that was required was someone walking in front waving a flag. I’d be more than happy for this to be brought back, any colour(s) would do, we’re in Brighton after all. In 1935 there were only 1.4m cars on the road – today in the UK it’s closer to a shocking 30 million. I still want to learn to drive though not sure if I’m happy to join the millions. I’d be almost happier if I could run 5k than drive it but as I’ve just passed my theory test have allowed myself just the briefest thumbs up. Mentally that it, I don’t want to look completely ridiculous.

“it’s not me driving that’s the problem it’s everyone else on the road. It’s alarming just how many people try to cross over while looking at their phones, often with headphones on just to complete their hazard worthiness and give me extra palpitations”
As a lesbian, I’m a proud member of the LGBT+ community. However, not for the first time, I feel sidelined by much of the ‘GBT’ element in our rainbow tribe. It’s widely accepted that the gay scene is a male dominated arena, in which it’s perfectly normal for a man to wrinkle his nose at the very thought of a woman. Not sex with a woman, just the existence of them. Nice. My friend Ian is a gay man whose favourite super hero is Wonder Woman and his musical hero is Siouxie Sioux. Men like him restore my faith in humanity. In my experience this city of ours is full of misogyny, and I feel gagged and ignored by the ‘GBT’ elite.

A case in point is the recent flurry of LGBT+ excitement over a memorial to the two infamous trans activists who ‘started the Stonewall riots of 1969’... only they didn’t did they? That honour has hitherto been laid at the feet of an indomitable butch lesbian, the aptly named Stormé DeLarverie. In another argument, the 18th century lesbian, Anne Lister (aka Gentleman Jack), was referred to as “an ‘untransitioned’ man”. Why are some trans activists hell-bent on rewriting history? I’m angry because as a lesbian I’m already plonked in one of the most marginalised subcultures in society. I recently witnessed a bad-tempered social media exchange on the subject of ‘Who started Stonewall’ where a lesbian was actively silenced when she attempted to argue Stormé’s omission. It’s like erecting a statue commemorating The Beatles and omitting John Lennon, you can’t do it, it’s the Fab Four or it’s nothing.

“I recently witnessed a bad-tempered social media exchange on the subject of ‘Who started Stonewall’ where a lesbian was actively silenced when she attempted to argue Stormé’s omission”

We’re a band of brothers and sisters fighting for each other, and, like all siblings, we occasionally fight with each other too. For me the most dangerous element in modern queer culture is the clamp-down on debate of any kind when it comes to the rights of lesbians to own our bodies, enjoy private spaces, cherish our history and hear our voices. I don’t agree with the current trend of ‘no platforming’ those who hold views diametrically different to our own. In my world everything is at the very least debatable, it’s called democracy, not The Handmaid’s Tale.

There are now venues where lesbians can socialise without being ridiculed or ignored... they’re called regular pubs. When the scene is unwelcoming you vote with your feet, and that’s what many of my lesbian friends have done. On holiday with my partner, the only pub we DIDN’T venture into was one with a rainbow flag outside. That’s because the sneering men and adverts for homosexual sex paraphernalia made it abundantly clear we were as welcome as two lesbian farts in a lift.

The queer community is made stronger by diversity, let’s raise each other up whilst accepting and respecting our differences in body and mind. Divided we fall, and I don’t want to fall, we’ve come so far. We’re all Wonder Women and Super Men; let’s pool our superpowers together. Unfortunately though, these days, my lesbian superpower seems to be… invisibility.

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In Brighton, we’re lucky to have a diverse drag scene with performers identifying across the gender spectrum, a privilege that is taken for granted by us here on the coast. The trans community is an often-neglected group under the wider queer umbrella, with trans folk creating brilliant art without the praise it deserves. Within the performance industry, particularly within the drag community, there are many trans performers that go unnoticed because of the lack of representation for them in mainstream media. Performers such as Gla Gunn and Courtney Act use their Drag Race success to advocate for trans rights and apply their experiences as trans people to educate the public and some less informed people within the gay community, aiming to remove the stigma attached to being trans and queer.

I wanted to speak to a range of trans artists to gain a better understanding of how the booming popularity of drag in our community impacts them personally.

I first spoke to Nav Rahman, a psychology student at Sussex University, who has explored drag under the persona of Glaze Mahol for the past two years whilst undergoing her transition. Identifying as a QTPOC, she has used her experiences to inform her studies. Drag to her is “the embodiment of the gender spectrum” personifying a person’s idea of what gender is. She revealed that before she started her transition, drag allowed her to get into the mindset and physical expression of her “desired” gender which “allowed me to fight personal struggles”.

I inquired if exploring drag whilst transitioning was ever detrimental to her journey?

“I don’t think drag has hindered my progress as it helped me realise that how I felt as a drag queen aligned to the experiences of a trans woman. I absolutely hated taking off my mug at the end of the night! And most of all, I couldn’t have sex without being in ‘drag’.” Something that majorly informed her decision to transition; “I soon realised I needed to embrace being a trans woman.”

Nav had told me and others, over recent months, that she was having a break from drag, much to our protest. I asked her if she could explain her rationale, as we understood her transition was a factor. Along with studying full-time and working part-time, doing drag isn’t easy, as I have likewise experienced.

Nav explained; “I’ve been preoccupied with transitioning and important milestones, such as graduating, I’ve not been able to focus on Glaze.”

I’m happy that she has plans to “reinvent my drag persona.” She disclosed she wants to create a distinction between her and Glaze as “until now, she was just a gateway to my trans identity”. She muses; “So I guess you indeed have to love yourself before you can love anyone else!”

Reducing her personal identification to a removable persona. We examined why this may be and concluded that there needs to be more education about trans identity in order to abandon trans stereotypes. She clarified that she definitely feels more accepted in recent years; “You have to give Drag Race due congratulations, in that respect.”

RuPaul’s Drag Race has widely opened the doors for drag to mainstream pop culture world. As a trans woman, with trans representation slowly filtering through from contestants, she appears more confident in public and opinion is changing for the better.

Lastly, I wanted to compare these experiences to that of a trans man’s, an arguably even more neglected identity within the trans community. I talked to Arthur Hutchinson, a local DJ at Revenge, Brighton, otherwise known as his drag persona, Rob From Finance. Similarly, to Nav, Arthur began to understand his trans identity after starting his drag career. Drag helped him to alter the way he sees gender, allowing him to view it more fluidly.

“It’s opened my eyes to a beautiful and valid spectrum of diverse gender expressions.” Drag has aided him in feeling comfortable expressing his gender fluidity; “My drag became a space where I could truly explore how I want to be perceived.”

Arthur faces a similar problem of prejudice Klara and I discussed prior. Not wanting to limit himself to the mainstream portrayal of the modern-day businessman, he has recently tried to be more experimental with his work.

“I know I’ve expressed myself in ways which are controversial. My drag is quite fluid; I sometimes wear nails and heels. I realise the fluidity of my drag has confused some individuals and caused them to doubt ‘how’ trans I am.”

This is a great example of a comparison between personal identity and drag persona, an unfair comparison.

“It’s not up to them to choose the way I express my trans-ness.”

Dissimilar to Klara and Nav, Arthur feels less accepted after coming out as a trans drag performer. Often people assume all drag queens and kings are cis-gendered.

“Every day, I’m putting myself out there, and not just when I dress up in drag.”

Even with drag advocates slowly breaking the binary in pop culture, he thinks people are still unready to accept the changes off screen.

I prefer being around my friends making their acts, costumes, wigs and helping them and seeing them perform. But I won’t say no to my friends styling me in a look for the night!”

There is an issue she has with a certain perception of some individuals that have wrongly identified her as a drag queen. She described how this affects her; “I have no issue with drag queens but I don’t enjoy being regarded as one.”

The impact of drag for individuals at various stages of exploring their trans identity interested me so I spoke to a good friend, Klara Fawn, a trans model, sex worker and drag fanatic. She realised her trans identity at an early age with the support of a supportive family network.

“Drag has changed a lot since I’ve been transitioning, now there are people of all backgrounds that do drag and I’ve found it explores an amplified expression of not just their character but their artistic ability. I’m all here for the complete gender f**kery as a celebration of unique identities.”

Klara is funny, stylish and unapologetic - a great mix of traits for a drag performer. I asked her whether she has ever considered performing? She admits; “Honestly yes I have sometimes wanted to try doing drag.” She explains she is content being a trans woman who loves makeup and looks; happy spectating over her friends and favourite queens.
I think I am autistic. It's a thought that has been creeping up on me for some time now. For about four years. It's one of those things, like being trans, that sort of dawns on you. As a clinician perhaps I know or understand a bit more about the autistic spectrum than most, but this is something more intuitive. I don't really know what it is about myself that make me think this. All I know is that it has become obvious through my transition that there is some kind of communication barrier between me and the people I live, socialise and mingle with professionally.

Oddly, though, I don't think it comes across to my patients, which is merciful and perhaps a product of my training as a GP. The word I use to try and pinpoint the matter is 'lexicon'. I am lacking something, a kind of vocabulary, not only in the spoken word, that would make my social interactions much easier. I think I am unable to read signals, but I don't know exactly how. All I know is that sometimes I say things, or say things in a certain way, that people find unacceptable. As though I have read them completely wrongly, or imposed my thoughts on theirs and am unable to see another viewpoint until it is spelled out. I think I can sometimes come across as cold and detached, even though I actually have lot of empathy. I don't know why it doesn't show.

Neurotypical is to autism what straight is to gay, or cis to trans. The 'norm'. People who don’t seem to have the same degree of issues with social interaction or understanding are thought to have brains that develop and function in a typical way, and those of us who don’t are neurodiverse. Neurodiversity is a much kinder term, more inclusive way to regard those who think or behave differently. The diagnoses of autistic spectrum disorder (ASD), or ADHD and other neurobehavioural disorders are really very reductive, because where this conversation leads us is to an understanding that every brain is different, every experience unique, and every person’s reality truly different from anyone else’s.

What is of great interest to me, however, for both personal and professional reasons, is the interface between being trans and being autistic or ‘on the spectrum’. There are disproportionate numbers of people with ASD who also identify as trans. A higher percentage of trans people have ASD than ought to be compared with the cisgender population. Now to me this makes complete sense. I see my trans-ness as a form of neurodiversity. My brain is wired differently. It functions better on testosterone than it ever did on oestrogen, even though my body wasn’t male when I was born, it should have been. Something switched the wrong way when I was an embryo. I’m sure of it. It is neurodiversity. Isn’t it possible then, that the neurodiversity of ASD is something akin to being trans? Might not the two things naturally go hand in hand? It’s just a hunch. There is no proof.

What there is proof of, however, is that it’s far more easy to diagnose ASD in boys than in girls. We’ve only just begun to understand that somehow female children with ASD are taught, or nurtured, in such a way as to be very accomplished at hiding their neurodiversity. The same isn’t true of boys. So the communication barriers that sit in our developing psyches are more easily overcome through a certain way of learning. Girls and boys are taught and treated differently from the earliest moments of life. As soon as we can impose gendered behavioural expectations, we do. Even if we don’t intend to.

Somehow the way we nurture male children in our modern Western society both privileges and disadvantages them to a similar degree. This is happening much less so now than in past generations, but the expectations that arise from the gender binary are still very entrenched in our society.

I find it curious then, that my autism, assuming I’m correct in my self diagnosis (I’m on a waiting list that’s two years long to be formally assessed), seems to have become more obvious to me, and quite pronounced to those who are close to me, as a consequence of taking regular testosterone injections throughout my transition. I’ve sometimes articulated this as a feeling that a thick layer of snow, or a duvet, has been placed over my emotional landscape. Such that I can no longer access my feelings easily, or be sure what they are, even when I dig deep. I didn’t have this problem pre-transition. I suppose it could be that I’ve embraced certain ‘societal norms’ that validate me as a man, but I am reluctant to think that I have been superficial enough to make that schoolboy error!

As for picking up older people who have ASD, we are facing a crisis. Since formal diagnosis wasn’t widely available until this century, unless your autism was severe and perhaps non-verbal, there is a lost generation of people who find it really hard to function in neurotypical society with its myriad of unspoken rules, social expectations and nuances that are simply impossible to navigate if your brain isn’t wired the ‘right’ way.

Adults like myself, who have managed to negotiate a path to functionality are lucky. People with ASD are more likely to have no job, or unsuccessful relationships, and may be more isolated, lonely and depressed than neurotypical people, and be marginalised by public services as well as in social settings. They end up being medicated just because they are both different, and misunderstood. A lot of adults with ASD are waiting to be diagnosed, not so that they can enjoy a ‘label’, or have special treatment, but simply because it is a relief to know that there is a reason for this. They are wired differently. And that’s okay.

“Girls and boys are taught and treated differently from the earliest moments of life. As soon as we can impose gendered behavioural expectations, we do. Even if we don’t intend to”
I found MindOut just as I was experiencing some of the worst mental health of my life. I was struggling with benefits, the Job Centre and the trans healthcare system, as well as losing the relatively supportive environment of university. By Rowan Davis, MindOut Trans Advocate.

I asked for counselling at MindOut, the process was thankfully quick and simple. Within a few weeks I was able to access weekly, low-cost support. With that help I was able to get myself to a stage where I could apply for benefits. I was entitled to and build strategies to manage the daily difficulties of being a disabled trans woman.

It was only through the support of MindOut and other services in Brighton & Hove that I'm where I am today – definitely still a disabled trans woman with all the challenges that come along with that, but one with a little less of a dark cloud over my head.

Two months later I saw the advert for a trans advocacy position here at MindOut. Having spent years providing informal practical support to other trans people, and having been involved in various forms of political activism, I jumped at the opportunity. Luckily for me I got the job, and since then I've been employed to work with the wonderful trans and non-binary people of Brighton & Hove with practical issues ranging from applying for benefits, to getting access to healthcare or managing the difficulties of housing.

This has been a huge learning curve for me, partly because of the volume of intricate policies and organisations that are relevant to my role, but more importantly it’s what I’ve learnt from the service users who I see every day. I’ve met trans people with more knowledge about hormones than your average consultant endocrinologist, people that know every member of the council by their policy positions, and so many people with perseverance through struggle I can only wonder at.

One highlight has been a workshop I ran where we thought up alternative ways of managing the UK trans healthcare system. The visionary, exciting ideas that came out of that taught me so much about community and the joy of being trans.

What I’d like anyone reading this to know is that whatever struggle you’re going through doesn’t have to be fought alone. The point of advocacy is to help you raise your voice above the din of bureaucracy – to be heard despite it all. MindOut is here for you whatever practical or emotional issues you are going through, no matter how big or how small.

One thing that surprised me is the sheer diversity of issues that people bring to advocacy. I’ve had days where I’ve been simultaneously helping one client maintain their internet access, another going to a benefits assessment, and another trying to get access to local mental health services.

One thing I’ve really learnt here is just how complex, confusing, and overwhelming systems of bureaucracy can be; it’s no surprise that it’s a common for most of my clients.

Service users have taught me real lessons about what care and community looks like. Brighton & Hove is not a trans paradise by any stretch - I support people with issues of transphobia, racism, homophobia, sexism and ableism daily – but one of its strengths is in its community run services. MindOut’s trans advocacy service is one of just a few trans and non-binary-specific practical support services in the UK.

The messages we receive in the media, in doctors’ surgeries, and in our everyday experience of living whilst-trans, can all cause serious and difficult to manage mental health issues. More than that, when we go to ask for help, transphobia and other oppressions can make it harder to access that support.

We are important, we deserve the help we need when we need it. We need care for each other and show solidarity. Advocacy is, I think, one part of the jigsaw that makes that community of care.

X came for advocacy support about waiting three years for gender clinic services. We helped them make a formal complaint. Whilst we cannot single-handedly change the trans healthcare system, we can ensure that the people going through it get support to have their voices heard.

Y was finding their GP not helpful about their mental health needs, at the same time they were facing homelessness and a welfare rights review. Together we prioritised getting them housing support, managing to increase their banding on the housing register. The advocate attended appointments with them at the doctors to help them get their points across and took notes in a benefits meeting so that they can have a record of what was said. Y found the support really helpful, felt calmer and better informed. They benefitted from improved healthcare and ultimately improved housing as a result of using the service.

If you or someone you know would like to talk to us about thoughts, feelings or experiences of trans/non-binary issues, or any other mental health concerns, please do get in touch. Talking to a MindOut worker can be a helpful way to explore how you are feeling and to think about what support or help you might like.

If you would like to access the trans and non-binary advocacy service, please ☎️ call us on 01273 234 839 or email info@mindout.org.uk with Trans Advocacy in the subject line.

MindOut services are confidential, non-judgemental and independent. We are open every weekday and our online support service is open in the evenings and at weekends, see our website for more details:

🌐 www.mindout.org.uk

MindOut works to enable service users to become volunteers and employees. All of our services are co-produced. If you would like to know more about service user participation, please do get in touch.
LGBT SERVICES

● ALLSORTS YOUTH PROJECT
Drop-in for LGBT or unsure young people under 26
Tues 5.30–8.30pm 01273 722121 or email info@allsortsyouth.org.uk
www.allsortsyouth.org.uk

● BRIGHTON & HOVE POLICE
Report all homophbic, biphobic or transphobic incidents
to: 24/7 assistance call Police on 101 (emergencies 999)
Report online at: www.sussex.police.uk
LGBT team (not 24/7) email:
LGBT@sussex.pnn.police.uk
• LGBT Officer PC James Breeds: Tel: 101 ext 558168
James.breeds@sussex.pnn.police.uk

● BRIGHTON & HOVE LGBT SAFETY FORUM
Independent LGBT forum working within the communities
to address and improve safety and access issues in
Brighton & Hove 01273 655620 or info@lgbt-help.com
www.lgbt-help.com

● BRIGHTON & HOVE LGBT SWITCHBOARD
Help-line with email & webchat facility 01273 204 050
Opening times see www.switchboard.org.uk/brighton
• LGBT Older Peoples’ Project
• LGBT Health Improvement and Engagement Project
• LGBTQ Disabilities Project
Rainbow Cafe: support for LGBT + people with dementia
Volunteering opportunities 01273 234 009

● BRIGHTON ONE BODY ONE FEATH
Formerly The Gay Christian Movement. Contact: Nigel Nash
nigel.nash@me.com www.onebodyonefeath.org.uk

● BRIGHTON WOMEN’S CENTRE
Info, counselling, drop-in, space support groups
01273 698036 or visit www.womenscentre.org.uk

● LESBIAN & GAY AA
12-step self-help programme for alcohol addictions:
Sun, 7.30pm, Chapel Royal, North St, Bn (side entrance).
01273 203 343 (general AA line)

● LGBT COCAINE ANONYMOUS
Meeting every Tues 6.30-8.5pm, 6 Tilbury Pl, Brighton, BN2 OGY. CA isn’t allied with any outside organisation, and
neither endorses or opposes any causes.
Helpline 0800 6120225.
www.cocaineanonymous.org.uk
www.sussexcocaineanonymous.co.uk

● LGBT NA GROUP
Brighton-based LGBT (welcomes others) Narcotics
Anonymous group every Tue 6.30–8pm, Millwood Centre,
Renoir Row, Kemptown: 0300 999 1212

● LGBT+ MEDITATION GROUP
Meditation & discussion, every 2nd & 4th Thur, 5.30–7pm,
Anahata Clinic, 119 Edward St, Brighton.
07789 861 367 or www.bodhitreewrighton.org.uk

● LUNCH POSITIVE
Lunch club for people with HIV. Meet/make friends, find
peer support in safe space. Every Fri, noon–2.30pm,
Community Room, Dorset Gdns Methodist Church, Dorset
Gdns, Brighton. Lunch £1.50.
07484 464 384 or www.lunchpositive.org

● MCC BRIGHTON
Inclusive, affirming space where all are invited to come as
they are to explore their spirituality without judgement.
01273 515572 or info@mccbrighton.org.uk
www.mccbrighton.org.uk

● MINDOUT
Independent, impartial services run by and for LGBTQ
people with experience of mental health issues. 24 hr
confidential answerphone: 01273 234839 or email
info@mindout.org.uk and out of hours online chat
www.mindout.org.uk

● NAVIGATE
Social/peer support group for FTMs, transmasculine &
gender queer people, every 1st Wed 7–9pm & 3rd Sat of
month 1–3pm at Space for Change, Windlesham Venue,
B11 3AH. https://navigatebrighton.wordpress.com/

● PEER ACTION
Regular low cost yoga, therapies, swimming, meditation &
social groups for people with HIV.
contact@peeraction.net or www.peeraction.net

● RAINBOW FAMILIES
Support group for lesbian and/or gay parents
07951 028013 or info@rainbowfamilies.org.uk
www.rainbowfamilies.org.uk

● RAINBOW HUB
Information, contact, help and guidance to services for
LGBT+ communities in Brighton, Hove and Sussex at
Rainbow Hub drop in LGBT+ one-stop shop: 93 St James
Street, BN2 1TP. 01273 675445 or visit
www.therainbowhubbrighton.com

● SOME PEOPLE
Social/support group for LGBT or questioning aged 14–19,
Tues 5.30–7.30pm, Hasting. Call/text Catherine Connelly
0797 3250576 or email somepeople@eastsussex.gov.uk

● TAGS – THE ARUN GAY SOCIETY
Social Group welcome all in East & West Sussex Areas.
Call/Text 07539 513171 www.tagsonline.uk

● VICTIM SUPPORT
Practical, emotional support for victims of crime
08453 899 528

● THE VILLAGE MCC
Christian church serving the LGBT community. Sundays
6pm, Somerset Day Centre, Kemptown 07476 667353
www.thevillage mcc.org.uk

HIV PREVENTION, CARE & TREATMENT SERVICES

● AVERT
Sussex HIV & AIDS info service 01403 210202
or email confidential@avert.org

● BRIGHTON & HOVE CAB HIV PROJECT
Money, benefits, employment, housing, info, advocacy.
Appointments: Tues-Thu 9am–4pm, Wed 9am–12.30pm
Brighton & Hove Citizens Advice Bureau, Brighton Town Hall.
01273 733390 ext 520 or www.brightonhovecab.org.uk

● CLINIC M
Free confidential testing & treatment for STIs including HIV;
Hep A & B vaccinations. W orthing based
(online/mobile app outreach in B righton &
Hove): info/advice on HIV/sexual health/local services.
THF Brighton Outreach workers online on Grindr, Scruff, & Squirt

● Condom Male: discreet, confidential service posts free condoms/lube/sexual health info to men who have sex
with men without access to East Sussex commercial gay
scene

● Positive Voices: volunteers who go to organisations
to talk about personal experiences of living with HIV

● Fastest (HIV testing): walk-in, (no appointment) rapid
HIV testing service open to MSM (Men who have sex
with Men). Anyone from the African communities, male
and female sex workers and anyone who identifies as
Trans or non-binary. We now offer rapid 15 minutes
results for HIV/Syphilis: Mon 10am–8pm, Tues–Fri 10am–5pm, Thurs 10am–8pm (STI testing available)

● Sauna Fastest at The Brighton Sauna (HIV testing):
walk-in, (no appointment) rapid HIV testing service for men who have sex with men, results in 20 minutes:
Wed: 6–8pm (STI testing available)

● Face2Face: confidential info & advice on sexual health
& HIV for men who have sex with men, up to 6 one hour
appointments

● Specialist Training: wide range of courses for groups/
individuals, specific courses to suit needs

● Counselling: from qualified counsellors for up to
12 sessions for people living with/affected by HIV

● What Next? Thurs eve, 6 week peer support group
work programme for newly diagnosed HIV+ gay men

● HIV Support Services: info, support & practical
advice for people living with/affected by HIV

● HIV Welfare Rights Advice: Find out about benefits
or benefit changes. Advice line: Tue–Thur 1:30–
2:30pm. 1–2–1 appts for advice & workshops on key
benefits

● TERRENCE HIGGINS EASTBOURNE
Web support & info on HIV, sexual health & local
services via netrefesh and myhiv.org.uk
Free condom postal service contact Grace Coughlan
on 07584086590 or grace.coughlan@thf.org.uk

● SEXUAL HEALTH WORTHING
Free confidential tests & treatment for STIs inc HIV; Hep A & B vaccinations. Worthing based 0845 11134564

NATIONAL HELPLINES

● NATIONAL DOMESTIC ABUSE
HELPLINE at galop.org.uk and 0800 999 5428

● SWITCHBOARD 0300 330 0630

● POSITIVELINE (EDDIE SURMAN TRUST)
Mon-Fri 11am-10pm, Sat & Sun 4-10pm 0800 1696806

● UNLINERS 02075 825226

● NATIONAL AIDS HELPLINE 08005 67123

● NATIONAL DRUGS HELPLINE 08007 76600

● THT AIDS Treatment phoneline 08459 470047

● THT direct 0845 1221200
FOOD & COFFEE
breakfast & lunch | sunday roast
monday - saturday till 5pm | sunday till 4pm

WINE PROMO
buy a bottle, get a 2nd 1/2 price
monday - friday 12-11pm

Get ready...
MISS JASON
Mad Mondays
from 9.30pm

Every Friday from 9.30pm
THE BRIGHTON BELLES
featuring Brighton’s favourite cabaret stars and their guests

Sunday Roast 12.30-4pm & Cabaret 3.30pm
7th Dave Lynn
14th Topsie Redfern
21st Davina Sparkle
28th Lisa Q Jones

Deals/Promos/Programme may be subject to change. T&C’s Apply.