

# Five LGBT Ways to Wellbeing

[www.2020healthandwellbeing.org.uk](http://www.2020healthandwellbeing.org.uk)



Decade of  
Health &  
Wellbeing

## Connect

**In the words of Barbra: “People who need people are the luckiest people in the world.”**

**Our families are not pretend (Section 28 is gone), and our friendship is fabulous. So nurture the people you love and they will nurture you!**

## Be active

**And not only disco-dancing. Take a tip from our outdoorsy sisters – gardening is good for you – and sisters, learn from our gym-loving brothers. And don’t forget bicycles, housework, and walking the Labradoodle. Just find the thing that gets you moving and reap the rewards. But don’t overdo it and put your back out...**

## Take notice

**Raindrops on roses and whiskers on kittens... there’s a whole world out there to savour in all its glory, whether it’s a sunset over Todmorden, the boundless joy of singing along to Madonna, or the calm comfort found in the steady tones of the shipping forecast. Don’t live life at such a fast pace that you forget to notice it happening.**

## Keep learning

**Don’t settle for the same old something-out-of-Delia, cook up a different feast. Learn some phrases of Spanish before your next trip to Sitges. Pottery could be for men as well as women. You’re never too old to learn, so don’t be a know-it-all, take up something new. Push yourself!**

## Give

**As Maya Angelou once said: “One must know not just how to accept a gift, but with what grace to share it.” So if it’s all about you in your life, then build a bridge and get over yourself. It might just mean giving an elderly neighbour a lift to line-dancing. You might end up volunteering at the community centre. Who’d have thought it!**

Local businesses, residents, the council and other partners are working together to improve Liverpool's **Stanley Street Quarter**. In 2012, the Quarter will host a wide range of events, businesses are creating the city's first 'flower street' and key buildings are being redesigned. This new investment will give us all the opportunity to do something different on Stanley Street...

**Future events in the Stanley Street Quarter include the following Saturdays...**

<b>11 August</b>	<b>Fashion Show with Market</b>
<b>2 September</b>	<b>Street Gallery with Market</b>
<b>6 October</b>	<b>Oktoberfest Market</b>
<b>13 October</b>	<b>Street Vogue Event</b>

Stay up-to-date and follow **StanleyStQtr** on Twitter, facebook, YouTube and flickr and sign-up to our e-newsletter at: <http://eepurl.com/kQXaX>



**You can find support to realise the Five Ways to Wellbeing here...**

**Queer Notions** is a weekly drop-in supporting LGBT mental health needs c/o Armistead, Musker Buildings, 1 Stanley Street L1 6AA 0151 **227 1931**

**The Armistead Project** offers support, information and sexual health promotion and drugs harm-reduction advice to the LGBT community at the above address 0151 **227 1931**

**GYRO** (Gay Youth 'R' Out) is Liverpool's youth group for Lesbian, Gay, Bisexual, Trans, or questioning 13–25 year-olds. Wednesdays 4.30–6.30pm for 13–16s and Thursdays 7–9.30pm for 16–25s in the city centre 0151 **707 1025**

**Sahir House** offers a wide range of support and information to individuals and families living with, or affected by, HIV on Merseyside 0151 **237 3989**  
[www.sahir.uk.com](http://www.sahir.uk.com)

