



# on Heat



Welcome...

to the Pride edition of 'On Heat', brought to you by your local LGB&T health charity Trade Sexual Health.

As ever, we've lots to tell you about, from mobile friendly website developments to LGB&T friendly yoga classes.

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TradeSHealth



## September 3rd Victoria Park

### Come visit us at the Trade Health & Wellbeing Marquee Love your Mind Body and Soul

This year our focus is on understanding how the quality of overall health and wellbeing can impact on sexual health. There



will be a chance to join in activities for the mind, soul and body, such as taking a ride on our smoothie bike. We also want to showcase some of the agencies we

work with and how we can all help you into the future.

We will again be working in partnership with Leicester Sexual Health Services who will be providing quick, easy and full sexual health checks.

If you can't make it to Leicester Pride, don't worry! You can follow all the updates on social media by using the hashtag #TradeHWM.

As always there will be a chance for you to give feedback on Trade's work and the Health and Wellbeing Marquee so don't forget to tell us what you think before you leave.

# So what else does Trade do ...



As we said earlier our overall health and wellbeing can have an impact on our sexual health. Here at Trade we know this only too well, so we provide a broad range of services to ensure our lives as lesbian, gay, bisexual & trans communities are balanced and healthy. Click here to find out a little bit more information about what we do, along with a full list of our current services:  
<http://goo.gl/ZjzYnL>.

## LGBT Refugees

"Refugees are some of the most vulnerable people in the world, but we often forget just how diverse refugee populations are, and not just in terms of ethnic or religious background but also sexuality and gender identity. LGBT refugees can face even greater vulnerabilities in many areas including attempts to seek asylum and persecution in their own countries. They can also face greater risks when placed in immigration detention." Read More here....



Read More here....  
<http://goo.gl/jkYoVg>

## Faith Project

With support from Leicester City Council's Community Engagement Fund, Trade, in partnership with St Philip's Centre, have been awarded funding for a 16-month project to provide opportunities for LGBT&T communities in Leicester to come together with people of faith in the city, so that they can address issues of mutual concern, overcome tensions and build positive relations with one another. If you want to know more come see Makinder at Pride at the dedicated Soul area. If you are not coming to pride you can email him at [makinder@tradesexualhealth.com](mailto:makinder@tradesexualhealth.com).

## World AIDS Day

Last year Trade celebrated World AIDS Day with an interactive exhibition which included four emotive installations. We are interested in hearing from you about the way in which Trade might mark this important day this year. Let us know what you think by emailing [info@tradesexualhealth.com](mailto:info@tradesexualhealth.com).

## Our 1-to-1 support

Trade offers 1-to-1 practical advice and emotional support for the LGBT&T communities. This could include coming out, sexuality and relationships as well as being an LGBT&T refugee or asylum seeker in the UK. To book an appointment drop-in at Trade or contact us on

**0116 254 1747**





## Leicester MSM Survey



**Are you a guy that has sex with other guys and live in Leicester, Leicestershire or Rutland?**

We want to hear from you!

Complete the online Leicester Men who have Sex with Men (MSM) Survey now for your chance to win a £50 Amazon voucher.

Complete the survey in Trade's Health and Wellbeing Marquee at Leicester Pride, at the Trade office, or alternatively, follow the link:

**[www.bit.ly/LeicesterMSM](http://www.bit.ly/LeicesterMSM)**

## Trading Faces

### Meet the Staff and Volunteers

Where does the time go? It's a year since the last Pride which was about the same time that Wlad joined us here at Trade. Many of you will have met him by now, but if you want to know a bit more, Wlad was featured in Midlands Zone as the 'Local Life Story'. Here's part of the article ... "[Interviewer] **What would you say to a youngster trying to**



**come to terms with their own sexuality?** [Wlad] **You may feel it's only you in this, but you're not alone and there are plenty of others interested in you and your health and wellbeing. Look around! Is there someone you feel you can share this with? Opening up may be a good first step. There is a wonderful life ahead of you! I respect individuality and different circumstances.**

**Give us a call. We offer a free and confidential advice service, so let's start from there."** Read the rest here:

**<http://goo.gl/Qp2iFg>**

Starting university or college in Leicester or Leicestershire this year? Come and meet Wlad during your Fresher's week events.

## Leicester Queer Sexuality, Intimacy and Tantra Meet up



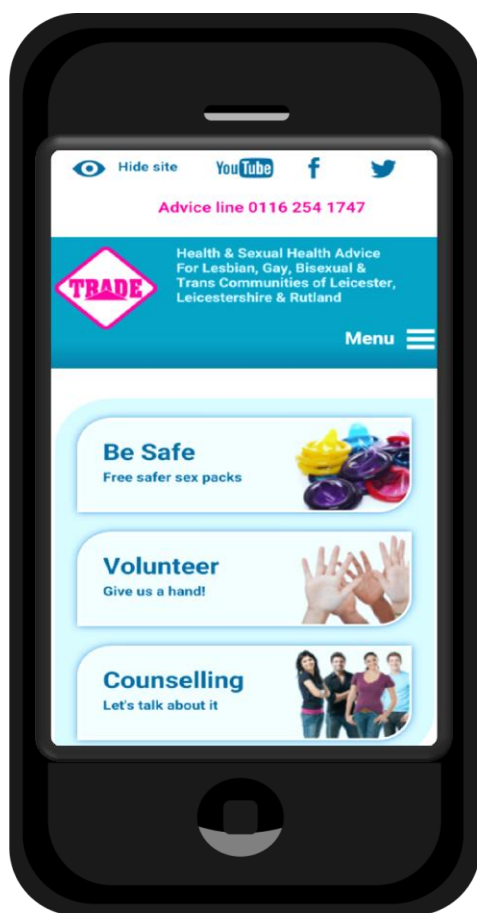
**Quest East Midlands** "Sometimes it's easier coming out as Gay than as Catholic. 'How could you possibly?' I'm asked. The best answer I've heard is that it's a bit like voting for a political party or Brexit. If you don't get what you want does it mean you'll leave or that you have to agree with every decision that results. I'm not sure I have answers to those questions. That's why I belong to Quest. I have a faith. What I mean by that is probably different to what others in our group mean - and that's ok. What's more important is that we accept each other and our differences and we explore what it means to be LGB&T people of faith together – sometimes over a beer or a meal and sometimes on a retreat or other more spiritually focussed events" (GS one of our members) Nothing is compulsory: members come to the things that work for them. If you want to know more have a look at our webpage on the main Quest website **<http://goo.gl/sJiPIP>** or get in touch by email at **[eastmidlands@questgaycatholic.org.uk](mailto:eastmidlands@questgaycatholic.org.uk)**.

For queer people (18+) who are curious and want to learn more about sexuality, spirituality, Tantra, intimacy, conscious kink and other embodied practices. For more information, visit the link here ...

**<http://goo.gl/8wJ3J2>**



**Pastoral Support for LGBT Catholics**



We've been listening!

Thanks for all the feedback telling us how we could do it even better. So ... (cue drum roll) the now mobile friendly Trade website will be in your pocket very soon. The new responsive version will offer the best view for the screen you are using whether PC, phone or tablet. As well as better phone access, there's an updated, easier to use **Free safer sex pack** online ordering form and a **new events page** which lets you keep track of our services and what's on - today, this week or in the future. We love it and think you will too.



Every first Thursday of the month we are welcoming any member of the public to come over to Trade and give us a hand with any urgent tasks such as condom packing, booklet sticking or preparation for large events like Pride. To find out more see ... <http://goo.gl/6CXEvY>

## Are you feeling **STRESSED, LACKING IN CONFIDENCE, ANXIOUS** or **JUST NOT ABLE TO BE YOURSELF?**

Our skilled counsellors\* at **Approach** can spend some time with you thinking and talking about why you may be feeling this way. In weekly confidential sessions, you can explore your thoughts and feelings in a non-judgmental space.

For more information call **0116 254 1747**

\*All our counsellors are fully qualified or working towards qualification/ accreditation. Counsellors, supervisors and assessors work within the British Association for Counselling and Psychotherapy (BACP) code of ethics, or equivalent professional body.

## Yoga! Who Me?

Trade is working with a great local yoga teacher to arrange an LGB&T friendly class, one evening a week, beginning in the Autumn. If you're interested in joining us on the mat drop me (Gerard) an email with your name and mobile/email and I'll get back to you as soon as we have more info. Click on the link [volunteers@tradesexualhealth.com](mailto:volunteers@tradesexualhealth.com), or email me to register your interest

