

**DON'T MISS**



**ATHLETICS**  
Saturday, Trafford  
Athletics Club

**PRIDE GAMES NEWS**  
visit [www.pridegames.org](http://www.pridegames.org) and  
keep checking [www.lgf.org.uk](http://www.lgf.org.uk)



**The Lesbian & Gay Foundation**

Ending Homophobia,  
Empowering People  
[www.lgf.org.uk](http://www.lgf.org.uk)

Registered Charity No. 1070904

# daily **Out**

**PRIDE GAMES**  
MANCHESTER

**7th - 14th SEPTEMBER**

# PRIDE GAMES PARLOUR

**The emphasis of Pride Games 2008 is all about health, wellbeing and lifestyle, brought to you through a week of multi-activity events and tournaments.**

To spread the health message further, Pride Games is launching what is believed to be a UK first, the Pride Games Health Trainers Parlour.



*A real opportunity to think about longer term wellbeing of body, mind and soul!*

Pride Games director, Trevor Burchick MBE says *"It's all about having a great time taking part, meeting new people, making new friends and feeling good about yourself and best of all it's your choice how you take part. To compliment this, our Health Trainers Parlour can help you discover how to take a few steps down a healthier road, signpost you to relevant local services and offer some complimentary therapies on the day while you're thinking about it!*

The Parlour has been organised through a partnership between Pride Games, CHAP (Community Health Action Partnership) and Proud City. It will be staffed by City and Guilds level 3 qualified Health Trainers and will offer information and advice to Pride Games participants at the Sport For All event on Salford Quays, Sunday 14th September between 10.30am and 4 pm.

## Could you make her day...

**1 in 4 adults suffer social exclusion. Do you have the confidence to help?**

## Proud City

Training & accreditation in:  
The Health Trainer New Certificate level 3  
Individual Profile in Active Citizenship (iPAC)  
ILM Team Leadership Award

*'Valuing Health, Wellbeing & Lifestyles'*  
[www.proudcity.org](http://www.proudcity.org)



**This Daily Out is kindly sponsored by:**



Visit [www.lgf.org.uk](http://www.lgf.org.uk) for pictures from this years Pride Games!



# The Importance of Pride Youth Games

**The Top Health Issues for Lesbian, Gay, Bisexual and Trans (LGBT) Young People,** by Amelia Lee, Lesbian and Gay Youth Manchester.

LGBT young people are not all the same, their health needs vary from individual to individual and also between gender and sexuality.

What we do know for many of them is that mental health issues are a real problem due to external homophobia/biphobia or transphobia; as well as internal feelings of self-doubt or internalised homophobia.

LGBT young people very often have to live double lives, with their true LGB or T self kept hidden from the outside world and only very lucky young people feel able to come out, and even luckier ones find youth groups like lesbian and gay youth Manchester where their sexuality (and gender) can be positively affirmed.

This leads on to other health issues when young LGBT people try to 'cope' through using drugs like pills/cocaine (more common with gay young men) or smoking dope and drinking (more common with young women). Self harm and eating disorders are other



ways young people try to cope.

The other key health issue for LGBT young people is sexual health. Because sexual health information is delivered in such a patchy way in schools. Its even more rare to find anywhere where young people can get adequate sexual health info about LGB (or T for that matter) sex, so many young people practise unsafe sexual practises and get afraid to ask for help because they might have to 'out' themselves.

The final health issue they face is about access to sports. Because schools are legally allowed to separate out what sports girls 'should' play and what sports boys 'should' play, then trans

people and LGB people who don't seem to 'fit' their gender role, are still forced to play football and the macho sports for young men, and netball (in skirts!) for young women.

On top of this... many young people who have come out in schools and have got bullied because of it, have been forced to change for P.E. away from their peer group e.g. in a cupboard, so that others would not bully them or think that the LGBT person is eye-ing them up! This can lead to many LGBT young people feeling cut off from sports and therefore become unfit/overweight as a consequence.

[www.lgym.org.uk](http://www.lgym.org.uk)



## OUT & ACTIVE

Out & Active Magazine is about putting your mind into gear. This year's Pride Games sees new, exciting links from big pioneer names across our community and the launch of the Out & Active magazine, a guide to LGBT sports, leisure and activity.

Pick up a copy from your favourite local meeting place in the Village or go on-line to our website [www.pridesports.org/outandactive](http://www.pridesports.org/outandactive) and download a copy to read at home.



**DON'T MISS**



**AQUATHON**  
Thursday, Salford Quays



Ending Homophobia,  
Empowering People  
[www.lgf.org.uk](http://www.lgf.org.uk)

Registered Charity No. 1070904

# SUPER SATURDAY!

Saturday 13 September is the busiest day of Pride Games 2008, with 6 tournaments and 5 cultural events.

- Highlights include the first ever **Squash Tournament** at Sport City. Post Pride Games the plan is to create a squash ladder online to offer regular LGBT squash games that you can arrange.
- Northern Wave is hosting its 10th anniversary **Swim Tournament** at Manchester Aquatics Centre, with a special fun relay and plenty of seating for spectators. Swim programmes will be available on the door. Event starts at 3.30pm.
- One of the country's leading Dance tutors, Vernon Kemp, will deliver an improvers and beginners **Ballroom and Latin Dance workshop** at the Zion Centre in Hulme. This is followed by an afternoon Tea Dance. Register on the Pride Games web site.
- Another first is the **Mountain Biking** at Clayton Vale, with a skill sessions and a race. It's in a park and bikes are available at the event. Check it out.
- **Athletics** at Trafford Athletics Stadium has plenty of space for spectators and participants. One small fee and take part in as many events as you like.
- Recreational **Badminton** is at Sports Development on Cambridge St, offering a more relaxing badminton experience. Places available.
- Pride Games **Showtime Party** offers live acts, sing-a-long and entertainment at AXM Late, Bloom St Manchester. Free with your accreditation pass. These passes also get you a free drink and canapés at the Sunday Soiree at Arcobaleno, Jackson's Wharf, Piccadilly.



Full programme details at [www.pridegames.org](http://www.pridegames.org)

## PRIDE GAMES & CANAL ST 2008 FLIGHT COMPETITION

Win a pair of fully tax paid **Jet2.com** flights from Manchester to Palma, Majorca, courtesy of Pride Games 2008 and **Jet2.com**

To enter this competition, go to contacts on the Pride Games web site [www.pridegames.org](http://www.pridegames.org) and send your answer to the following question, quoting Canal-St; Which date does Jet2.com begin flights to New York?

- a) 29 October
- b) 6 November
- c) 1 December

The Closing date for entries is Friday 12 September and the prize winner will be drawn and announced at Sport For All, Salford Quays 14 Sept and notified by e-mail on the 15 September.



## Co-operative - Good with Pretty Much Everything!

Representatives from the Co-op Northern Membership Team will be present at the Pride Games Sport For All event on Salford Quays 14 Sept, providing information about membership and the Co-operative Groups extensive range of businesses and services. Pride Games attendees will also have the opportunity to "spin" the Wheel of Fortune, and could win British Union for the Abolition of Vivisection approved Co-operative cleaning products, as well as having the chance to pledge their support to ending animal cruelty!

The Co-operative is providing excellent lunch packs for registered Pride Games participants for the second year! this includes a drink that is in support of the Water For Africa programme, with 5p donated for every bottle sold! Further information on our current campaigns will also be available on the day.



The **co-operative**  
membership

**BIKE RIGHT!**  
- cycle for life -

**CITYtherapy**

With thanks to **Pride Sports** for these pictures

# daily out



7th - 14th SEPTEMBER



## WHAT TO DO WHEN

Over the next week there's plenty to get involved with. For full details see: [www.pridegames.org](http://www.pridegames.org)

### SUNDAY 7th SEPTEMBER

Alexandra Park, Moss Side

#### CHARITY FUN DAY

10:30am-4:00pm

Community Relay Race  
Alexandra Park 5km Run  
Family Zone  
Climbing Wall  
Rugby League Skills Session

### MONDAY 8th SEPTEMBER

6:00pm: Badminton Taster, Sports Development

### TUESDAY 9th SEPTEMBER

6:00pm: Rugby League Taster, The Manchester College

### WEDNESDAY 10th SEPTEMBER

6:00pm: Archery Taster, Mersey Valley Visitors Centre

### THURSDAY 11th SEPTEMBER

11:00am: City Walk for over 50's, Taurus,

7:00pm: Aquathlon, Salford Quays

### FRIDAY 12th SEPTEMBER

6:00pm - 11:00pm: Registration & Reception, AXM Bar

### SATURDAY 13th SEPTEMBER

#### SPORTS EVENTS

8:45am: Mountain Biking (skills sessions & races)  
9:00am: Badminton, Manchester Sports Development Centre  
9:00am: Men's & Women's Football, Manchester FA  
9:00am: Squash, National Squash Centre  
1:00pm: Athletics (coaching also available from 11:30am) Trafford Athletics Club  
3:00pm: Northern Wave Swim Tournament, Aquatics Centre

### SUNDAY 14th SEPTEMBER

#### SPORTS EVENTS

10:00am: 10km Run, Salford Quays  
1:00pm: Bellboat Regatta, Salford Quays

Pride Games 2008 offers something for young and old, active and not so active. Participant ages this year span from 13 to 80 years old and this not counting the toddlers in the family zone at Alex Park!

Spectators are welcome at all Pride Games venues, they are in great locations and with free access for visitors. There is an excellent social programme planned with live acts and a sing-a-long! These are open to all and offer free entry for registered visitors. You can register at AXM Bar Friday 12 Sept between 6-11pm or online at [www.pridegames.org](http://www.pridegames.org)

This Daily Out is kindly sponsored by:



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### CULTURAL EVENTS

Throughout the games there are many cultural events taking place.

### SUNDAY 7th SEPTEMBER

7:00pm: Scottish Ceilidh, Thompsons Arms

### SATURDAY 13th SEPTEMBER

1:00pm: Ballroom & Latin Dance Workshops, Zion Arts Centre

4:30pm: Tea Dance, Zion Arts Centre

8:00pm: Showtime Party, AXM Late

9:00pm: Women's Party, Bar Braw

### SUNDAY 14th SEPTEMBER

8:00pm: Closing Soiree, Arcobaleno, Piccadilly Basin

Visit [www.pridegames.org](http://www.pridegames.org) for more information from Pride Games