

# Queer Mind

Lesbian, Gay, Bisexual and Transgender Group

A new group dedicated to improving mental wellbeing in a safe, friendly and social setting. For anyone who wants to look after their mental and physical health.

2nd Tuesday in April 2009 (14th), then the first Tuesday of every month from May 2009

6.30 to 8.30pm

at The Brewery Gate, 5 St Thomas Street,  
Oxford, OX1 1JJ (just turn up)



For better  
mental health

Contact either  
Jude on 01235 522096  
or David on 07754999411  
to find out more

[www.oxfordshire-mind.org.uk](http://www.oxfordshire-mind.org.uk)

*\*Date change in April,  
now on 14th\**

Registered Charity No. 261476.  
Company Guarantee No 4343625  
Registered office :  
2 Kings Meadow Oxford OX2 0DP

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## A LESBIAN, GAY, BISEXUAL AND TRANSGENDER GROUP THAT:

- Provides a safe, relaxed environment
- Focuses on wellbeing
- Is friendly and sociable

## Itinerary

**14 April)** Looking after Physical and Mental Health - relaxation tools

**5 May)** Sharing work experiences - making it easier at work

**2 June)** Gay Icons and Celebs in the Media - who is doing it for you?

**7 July)** Holidays Experience - making sure we don't make the same mistakes!

**4 Aug)** Poetry and Prose - excitement & serenity - what does it for you?

**1 Sept)** Family Experience -families "they f\*\*\* you up" - or do they?

Bring along your own ideas and learn, as a group, how to keep well and happy.

[info@oxfordshire-mind.org.uk](mailto:info@oxfordshire-mind.org.uk)  
[www.oxfordshire-mind.org.uk](http://www.oxfordshire-mind.org.uk)

