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PRIDE GUIDE



With thanks to
our Lead Sponsor



and Communication Partners



Winding River Distillery of Sandbach

Presents: **'PRIDE IN CHESHIRE' GIN**
RASPBERRY & PEPPERCORN

At: **CONGLETON PRIDE** MAKERS MARKET
SATURDAY 22ND JULY 2023
10:00AM - 4:30PM
COME & FIND US!

WINDING RIVER DISTILLERY - SANDBACH - CHESHIRE
5CL & 70CL
44% VOL

PRIDE in Cheshire
RASPBERRY & PEPPERCORN GIN

JUNIPER
RASPBERRIES
CORIANDER SEEDS
BLACK PEPPER
CUBEB PEPPER
ANGELICA ROOT
ORRIS ROOT

EACH PURCHASE DIRECTLY SUPPORTS PRIDE
ACTIVITIES, WORKING TO ACHIEVE EQUAL JUSTICE AND
OPPORTUNITY FOR THE LGBTQ+ COMMUNITY

Welcome to Congleton Pride 2023!

As the co-chair of Congleton Pride, I'm thrilled to welcome you to our annual celebration. It's amazing to see our community come together, affirming that love knows no boundaries, and neither should acceptance. This day represents our collective pursuit of equality, respect, and freedom. We're here to honour our past, celebrate the present, and work towards an inclusive future.

This magazine, filled with stories, activities, and much more, is our gift to you. It's a testament to the vibrancy of our community and the spirit of unity that Pride embodies. So, as we unfurl our rainbow flags in the heart of Congleton, let's revel in the joy of being ourselves, openly and proudly. Welcome to Congleton Pride, a celebration of you, of me, of us.

With Pride, **Ronan Clayton**
Co-Chair, Congleton Pride



Contents

- 3 Why do we need Pride?
- What Pride means to us as a sponsor:
- 4 Millie's Vets, Pear Hospitality, Kanga Health
- 7 Congleton Museum collaboration
- 9 The Big Day: times & places
- 14 Congleton LGBTQIA+ Community Survey
- 15 Safer Spaces in Congleton
- 16 We're a Hate Crime Reporting Centre
- 17 Useful information and contacts

Why do we need pride?



As we celebrate the vibrant hues of Pride, it's worth pausing to consider why this event is still so important. Despite the significant progress made over the past few decades, inequality and discrimination persist, even in our modern, enlightened society. Pride serves as a potent reminder of the struggles and victories of the LGBTQ+ community, highlighting the ongoing fight for acceptance, equal rights, and protection against discrimination. It's a beacon of solidarity, an open declaration that love transcends boundaries, and a vibrant call for unity in diversity. Beyond mere celebration, Pride offers an essential platform for LGBTQ+ voices, raising awareness and encouraging dialogue around LGBTQ+ issues. It allows us to appreciate our shared humanity, celebrating our differences while uniting us in the pursuit of a common goal: love, acceptance, and equality for all. Pride is more than just a day; it's a movement, a force for positive change.

We're proud to announce that **Millie's Vets** is our Lead Sponsor this year. This first-opinion veterinary practice is more than just a new, thriving business - it's a tale of love and dedication.



James Ede began his journey as a veterinary surgeon in 2001, and his practice, named in memory of his first dog, Millie, opened its doors this year, establishing a beacon of compassionate care in the heart of Congleton. Our town has been James's home and workplace for over a decade. His decision to start his practice here was intuitive, aligning perfectly with his personal and professional passions.

James, a proud member of the LGBT community, seized the opportunity to sponsor Congleton Pride with eagerness. "Congleton has been my home for the past 10 to 12 years," he shares. His enthusiasm met with reward when he secured the role of the main sponsor for this year's Pride event.

James sees the mission of Pride as a reflection of his own ethos. "The mission of pride, not just Congleton but others too, is about inclusion, diversity and acceptance," he states. This view resonates in his approach to his practice, where he believes that no pet owner should feel inhibited in expressing their emotions, especially during challenging times with their pets.

His personal journey gives him a profound understanding of the importance of community support. "Supporting the LGBT community is supporting my community," he affirms. For James, this support expands beyond his personal sphere and extends to the whole community of Congleton and surrounding areas.

As a vet, James views himself as an advocate for both pets and their owners. His sponsorship of Congleton Pride isn't merely financial - it's a commitment to nurturing a sense of acceptance and unity in the community he serves. James is more than just the local vet; he's a driving force in the creation of a Congleton where everyone feels welcomed and valued.

**Millie's
Vets**
by James Ede





Jake Pear of Pear Hospitality is thrilled to sponsor Congleton Pride 2023 as a Communication Partner.

A man with roots deep in Congleton, Jake opened his heart about why supporting Pride matters. “We opened the Lion and Swan last year and wanted to be part of something community-driven,” he began, “And, being aligned with Pride in our personal values, it was an easy decision for us.”

Pear Hospitality carries a strong ethos of inclusivity and acceptance, mirroring the values that Pride champions. “We’re forward-thinking and accepting, and we want our team to engage with initiatives like Pride. It complements our family-oriented approach,” Pear added.

Congleton holds a special place in Jake’s heart, which is why giving back to his community matters. Last year, Pear Hospitality was Diamond Sponsor for Congleton Pride. “It was a fantastic experience; we enjoyed the day immensely, with my kids and entire family having a great time.”

Pear Hospitality has a heartwarming message for everyone coming to Congleton Pride: “It’s a day out for everybody, not just for the Pride community, and I encourage everyone to come. It’s a fantastic day out for all.”

With businesses like Pear Hospitality showing support, it’s clear that Congleton Pride will be a joyous celebration of love, unity, and acceptance.



Kanga Health, a vibrant local business, is excited to join hands with the local community as a proud Communication Partner and Day Stage Partner of this year's Congleton Pride.

With a big smile and an even bigger heart, their representative **Kay Wesley** shared, “We want to employ people who have empathy for the people we’re working with. So it’s vital for us to attract people from all walks of life.”

Don't mistake Kanga Health’s support for Congleton Pride as mere sponsorship. It's an extension of their workplace ethos where everyone is welcome and celebrated. As Kay mentioned, “You are welcome here, and we’re going to work hard to make you feel included in everything.”

Unlike many digital agencies, often characterised as young, straight, white and male, Kanga Health thrives on diversity. They believe it enriches their team and services. Kay noted, “We’re not the cookie-cutter digital executives. We see everyone as unique, and we believe that’s our strength.”

As well as supporting Congleton Pride, Kanga Health is committed to accommodating flexible work styles and different lifestyle choices, creating a family-friendly atmosphere where everyone feels valued. Through their actions, Kanga Health is proving that diversity isn’t just good for business - it’s good for the soul.

So, let’s celebrate this Pride day not just with rainbows and parades, but also with the heartening sense of inclusion and unity that businesses like Kanga Health help to foster. Let’s show the world that Congleton is a town where everyone can thrive, be they employee or customer, local resident or visitor. After all, as Kay so rightly says, “You are welcome here.”



Congleton Pride collaborates with Congleton Museum

We worked together on a 'museum takeover' exhibition in February, where flags and LGBT donations to the museum were displayed. We're very proud of our connection and look forward to many more projects, including an archive that will see memories and experiences recorded for the future.

During the Pride celebrations this year, Congleton Museum is hosting a temporary interactive exhibition from the 19th to the 23rd July, inviting visitors to express their Pride.

The exhibition is a flag-sized piece of fabric, displayed in the temporary exhibition room upstairs at the museum, which visitors are encouraged to write on. Various mediums such as paints, markers, charcoal, and relief will be provided, so that visitors can express what Pride means to them in their own way. Whether it's a feeling, a short story, a quote, or words of inspiration, Congleton Museum encourages you to pop along and take part.

Our hope is that this flag will become a valuable piece of art representing community for the museum's collection. This is a free activity and exhibition open to all.

Congleton Pride has a little bit of its own history too. We've put on our events whenever we safely could since 2019. A lockdown may have stopped us, but a bit of rain never will! We're always planning bigger and better things...



HAPPY PRIDE!

from the **Congleton Constituency Labour Party**

We wish everyone a very happy Congleton Pride. The Congleton Constituency Labour Party will always support and stand up for LGBT+ rights & equality.



LGBT+ Labour has a long and proud history of campaigning for LGBT+ rights.

From the repeal of Section 28, to the delivery of Civil Partnerships and the passing of the Equality Act, we have fought both inside the Labour Party and with the Labour Party to defend and extend the rights of LGBT+ people for over 40 years.

LGBT+ Labour exists to strengthen the Labour Party's commitment and action on LGBT+ struggles from the inside, and to give the UK the Labour government it needs.

Join LGBT+ Labour and play your part in protecting the rights we have today and leading on the campaigns of tomorrow, as we strive for true LGBT+ equality.



LGBTLabour

www.lgbtlabour.org.uk



LGBTLabourUK



LGBTLabourUK



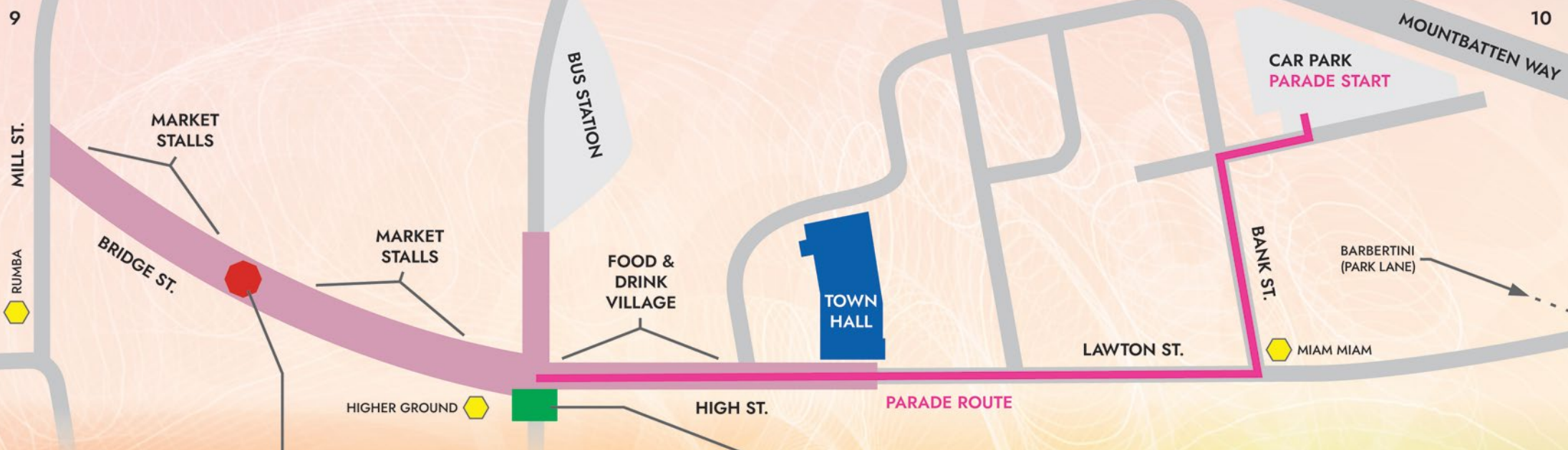
Join LGBT+ Labour today

Your support enables LGBT+ Labour to continue working towards true equality for everyone.

Anyone who is either a member of the Labour Party or supportive of the aims of the Labour Party can join LGBT+ Labour, whether you are LGBT+ or an ally. LGBT+ members enjoy full voting rights, while supporters receive our regular newsletter and invites to campaign days, Prides and our social events - including the legendary party at Labour's Annual Conference! [Join us - lgbtlabour.org.uk/join](http://lgbtlabour.org.uk/join)

Contact Us: [@CongletonLabour](https://twitter.com/CongletonLabour) facebook.com/CongletonLabour

Promoted by Michael Unett, LGBT+ Officer on behalf of the Congleton Constituency Labour Party & LGBT+ Labour, both at 29 Poolside Court, Alsager, ST7 2ED



Community Stage

11:30 am - 12:00 pm	Nick Barnes
12:00 - 12:20	Zumba with Em
12:20 - 12:30	"What Pride means to me" no.1
12:30 - 12:50	Mossley Primary School
12:50 - 1:00	"What Pride means to me" no.2
1:00 - 1:20	Beks Mackin (Pound drum exercise)
1:20 - 1:30	"What Pride means to me" no.3
1:30 - 1:50	Stephen Carter
1:50 - 2:00	"What Pride means to me" no.4
2:00 - 2:20	Beks Mackin (Pound drum exercise)
2:20 - 2:40	Kieran Davies
2:40 - 2:50	"What Pride means to me" no.5
2:50 - 3:10	GemiTy
3:10 - 3:45	Gareth Williams
3:45 - 4:00	Raffle draw & closing words

Pride Parade

11:15 - 11:30 am Parade from car park to Day Stage

Day Stage

10:00 - 10:10 am	Introductions
10:10 - 11:30	Princess Impersonations
11:30 am - 12:30 pm	Andy Hofton
12:30 - 1:00	The Gay Gordons Manchester
1:00 - 1:45	Frantic Fridays
1:45 - 2:15	The Gay Gordons Manchester
2:20 - 2:30	LB Dance
2:45 - 3:00	Street Dance Academy
3:00 - 3:15	Fonda D
3:30 - 4:00	Bored Adventures
4:15 - 5:00	Lucy Rose as Absolute Britney

After Hours (Town Hall)

6:00 pm	Early entry, food and drink (VIP ticketholders only)
7:30 - midnight	Show hosted by Stella Black, starring Laura King as Madonna and Marie La Rae

**Being targeted because of who you are...
... is HATE CRIME**

Race

Religion

Sexual Orientation

Disability

Gender Identity

CHESHIRE POLICE WANT TO KNOW ABOUT IT.



You can talk to us...

#REPORTHATECRIME

Call 999 in an emergency
Call 101 to speak to police in your area

Report what's happened online:
www.report-it.org.uk



VINNY BRENNAN
HAIR LOUNGE



Pride offers

10% off on all haircare and electricals

10% off on all bookings with award winning hairdresser Vinny Brennan

Coloured braids

Coloured hairspray art

Face and hair glitter

Face painting/ make-up all day



01260 642576

www.vinnybrennanhairlounge.com

We'd like to thank our sponsors for making all this possible.

We'd like to welcome and thank **Higher Ground** as a Congleton Pride 2023 Hospitality Partner. Their Cafe & Bar is based on the High Street in Congleton and offers fantastic food for most dietary requirements along with great coffee, cocktails and wine.

thehigherground.co.uk

Find Higher Ground on the Pride Map, page 9



HIGHER GROUND
CAFE & BAR

Also sponsoring us as a Hospitality Partner, **Miam Miam** offers huge flavours while being the home of small plates and social dining with a difference. Miam Miam cooks and serves diverse dishes from across the globe, from hand-shucked fresh oysters to Asian flavours.

www.miammiamcongleton.com

Find Miam Miam on the Pride Map, page 10

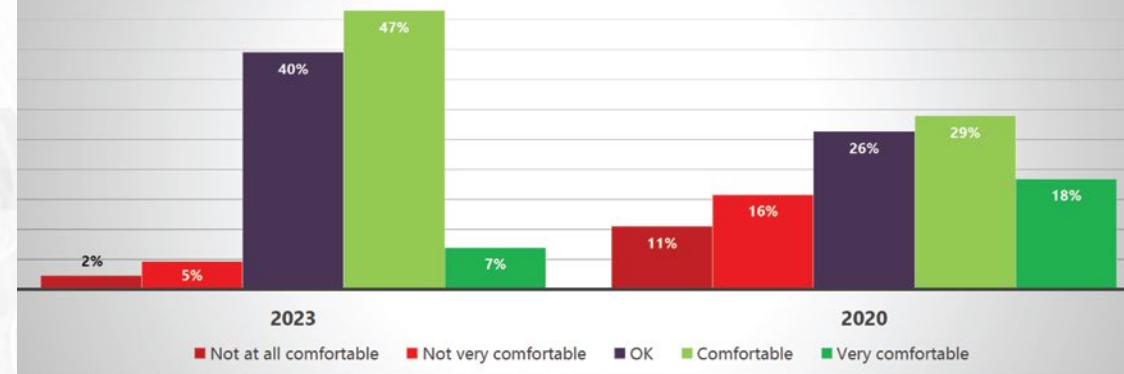
Miam Miam
SMALL PLATES EATERY

Congleton Pride's insightful **online surveys**, conducted in late 2020 and early 2023, present a fascinating yet sobering snapshot of the local LGBTQIA+ experience.

The surveys, based on international best-practice models, aimed to assess both the public's attitudes towards the LGBTQIA+ community and the community's own perceptions of living in Congleton.

Significantly, there has been an encouraging increase in the proportion of LGBTQIA+ individuals who feel 'comfortable' or 'OK' living in Congleton, leaping to 90% in 2023 from 55% in 2020. This is a clear testament to the strides taken towards creating a more inclusive and welcoming town. However, the reality remains that a full sense of acceptance and comfort is far from universal, with only 7% feeling 'very comfortable'.

How Comfortable do you feel being LGBTQIA+ in Congleton?

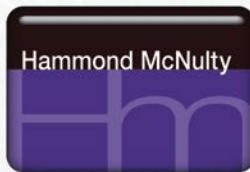


Disturbingly, over half of respondents reported having experienced harassment or abuse. Many of these incidents go unreported, but the satisfaction with the actions taken upon reporting abuse has improved.

The local annual Pride draws a substantial audience, with over half of survey respondents attending. Attitudes to the event seem to be increasingly polarising, with 'anti-Pride' or 'anti-woke' comments casting a shadow. But Congleton Pride's interaction with the town's LGBTQIA+ community fosters connection and visibility.

The community has expressed a strong desire for more than just an annual event: information, help, and support, persistent year-round advocacy. We're proactively responding by planning relaxed social events, rewriting our website, and organising a 'community' stall to provide engagement and support. The path towards a wholly tolerant and liberal-minded society is ongoing. Congleton Pride remains committed to tackling these challenges and continuing this invaluable work.

See more detail from our surveys at www.congletonpride.co.uk/survey



Safer Spaces

The spirit of Congleton Pride isn't just confined to our annual event; it's a vibrant heartbeat that echoes throughout the year. The Congleton Pride committee works tirelessly to organise engaging and inspiring events, and aims to foster a continuous connection and mutual support within our community.

One of our regular gatherings is Caffeine Connections, a monthly social afternoon that serves as a 'Safer Space'. Nestled next to the Town Hall at Bluey's Bar and Hub, this event is all about community, camaraderie, and of course, coffee, tea and delectable bakes. Scheduled for the last Wednesday of every month, with our next meet-up on the 26th July between 2pm and 5pm, Caffeine Connections is a haven for everyone, whether you're part of the LGBT community or a cherished ally.



Acceptance is our special blend, respect our secret ingredient. The event provides an opportunity to freely express oneself, forge new friendships, and support one another. If you've yet to experience Caffeine Connections, we warmly invite you to join us. Come together with us to celebrate our shared commitment to diversity and inclusion, one cup at a time!

We'd also like to thank one more of our Hospitality Partners this year. Most of Congleton will know the legend that is **Barbertini**, making Congleton men look "well peng" for a number of years now. Alistair has become quite the ledge in tonsorial circles, but now with his partner Samantha, they have solved the beverage drought in West Heath with their new venture "**Barbertini Coffee & Shakes**" at West Heath Shopping Centre. Great haircuts, neat beards, and now the best beverage in West Heath too!

www.barbertini.co.uk

🟡 We couldn't quite fit Barbertini on our Pride Map, but you'll find them at 3/5 Park Lane

Hate crime reporting

Hate crime is a deeply concerning issue that goes beyond mere prejudice; it's a crime that is driven by hostility or hatred towards someone based on their perceived race, religion, sexual orientation, transgender identity, or disability. This can manifest as verbal abuse, physical harm, intimidation, online trolling, or damage to property.

The effects of hate crime are significant and far-reaching, causing distress not just to the victims but also to entire communities, fostering fear, and propagating divisions. Hence, reporting such incidents is of the utmost importance.

Reporting hate crime allows authorities to accurately understand and tackle the scale and nature of the problem. Every report helps build a clearer picture of when and where such incidents happen, who they affect, and how best to respond. Importantly, it can provide support and justice for victims who may otherwise suffer in silence.



Congleton Pride is proud to be an official police reporting centre for hate crime. If you've been a victim or a witness to a hate crime, we urge you not to stay silent. Your report can help make a difference, ensuring everyone in our community can live without fear of prejudice and hate. We stand together against hate crime, because our diversity is our strength, and everyone deserves respect, acceptance, and the freedom to be themselves.

We can show you how to make the report yourself at www.report-it.org.uk or do it for you in complete confidence.



Useful information and contacts

To contact Congleton Pride, email hello@congletonpride.co.uk, visit www.congletonpride.co.uk or search 'congleton pride' on Facebook.

This list of helpful organisations has been provided with the kind assistance and permission of Macc Pride. Additional resources can be found at www.cheshireeast.gov.uk/livewell

Body Positive (www.bpcnw.co.uk, health@bpcnw.co.uk, 01270 653150)
A Cheshire based charity working for and with anyone who has had issues with, or wants to improve, their sexual health or has questions about their sexuality.

Gendered Intelligence (www.genderedintelligence.co.uk)
Established in 2008, they are a trans-led and trans-involving grassroots organisation with a wealth of lived experience, community connections of many kinds, and a depth and breadth of trans community knowledge that is second to none.

LGBT Foundation (www.lgbt.foundation, 03453 303030)
National charity delivering a wide range of services including: a national helpline; sexual health testing and support; free mental health and wellbeing services; the Village Angels volunteers; support groups and advice for tackling hate crime and discrimination.

Mermaids (www.mermaidsuk.org.uk, 0808 801 0400)
Helping gender-diverse kids, young people and their families since 1995. Helpline information and advice for parents. Includes parenting issues for parents of gay, lesbian, bisexual and transgender children, and for children of gay, lesbian, bisexual and transgender parents.

Mindline Trans+ (www.mindlinetrans.org.uk, 0300 330 5468)
An emotional and mental health support helpline for anyone identifying as transgender, non-binary or genderfluid. Also supports family, friends, colleagues and carers.

MindOut (www.mindout.org.uk, 01273 234839)
A mental health service run by and for lesbian, gay, bisexual, trans, and queer people. They work to improve the mental health and wellbeing of LGBTQ communities and to make mental health a community concern.

National Trans 24h Helpline (Call or WhatsApp 07527 524034)
An organisation that supports anyone who is trans, intersex, questioning and non-binary. They offer support 24 hours a day, 365 days a year, offering a listening ear and tailored support.

Silver Rainbows (www.silverrainbows.com, info@silverrainbows.com, 01270 653150)
Silver Rainbows is a social network - online and offline - for older lesbian gay bisexual and trans people in Cheshire. Supported by Body Positive.

Sparkle (www.sparkle.org.uk)
The annual Sparkle Weekend, the world's largest free-to-attend celebration of gender diversity, is held in Manchester's Gay Village. They promote a positive representation, of the trans, non-binary, genderfluid and intersex community and provide advice, training and support to businesses, and the public sector.

Stonewall (www.stonewall.org.uk, 0800 0502020)
Founded in 1989 by people involved in the struggle against Section 28 of the Local Government Act, they provide information and support for LGBT communities and allies.

SupportLine (www.supportline.org.uk, info@supportline.org.uk, 01708 765200)
They offer confidential emotional support to children, young adults and adults by telephone, email, and post. It is particularly aimed at those who are socially isolated, vulnerable, at risk groups and victims of any form of abuse.

Switchboard LGBT+ helpline (www.switchboard.lgbt, 0800 0119 100)
Information and links to services and guidance for lesbian, gay, bisexual and transgender individuals. A safe space for anyone to discuss anything, including sexuality, gender identity, sexual health and emotional well-being.

Terrence Higgins Trust (www.tht.org.uk, 0808 802 1221)
The UK's leading HIV and sexual health charity. They support people living with HIV and amplify their voices, and help people using their services to achieve good sexual health.

TRANSCEND (Facebook group: TRANSCEND)
A mutual support and discussion group based in Macclesfield for all transgender / gender variant people, their partners, families, allies and supporters.

Transforum (Facebook page: TransForum Manchester, 07500 741955)
A trans(gender) discussion forum and mutual peer support group for all Gender-Diverse people and those in any way questioning their gender, together with their partners, family, friends, and allies. Monthly meetings in south Manchester.

The Transgender Zone (www.transgenderzone.com)
Supporting those who feel they are confused about their gender, or who are looking for support for someone who is transgender, and health and social care professionals, broadcast media and lay people who want to learn more about the subject.

TransUnite (www.transunite.co.uk)
A comprehensive resource for people in the UK searching for support in the transgender community. There is an easy to use, mobile friendly directory which connects you to an established network of trans support groups near you.

Utopia
Youth groups - safe spaces in Macclesfield and Crewe for young LGBTQ+ people.
Macclesfield: contact Sue Bradshaw on 07794 437234
Crewe: contact Kelly Prince on 01270 686923 or 07794 437294



RUMBA

6-8 SWAN BANK, CW12 1AH



ARRYBA

margarita bar



1A WEST STREET, CW12 1JN



CRAZY MOOSE

• SKI SHACK •



18 LAWTON STREET, CW12 1RP

