

# NOTTINGHAM OLDER GAY MEN'S GROUP

**A friendly and supportive group  
for gay men over 50**

you may have heard the saying  
“life begins at 40”.

For gay men it's easy to feel that  
when we hit 40 we're getting on a bit,  
and by the time we're 50  
we're positively over the hill...

# NOTTINGHAM

# OLDER

# GAY

# MEN'S

# GROUP

**It can seem** that being gay is all about being young. Gay magazines, films and TV programmes rarely feature older gay men; gay bars and clubs can feel as if they're only welcoming to young people. Even other older gay men might only seem to want the company of young people.

**Being older** can also make it harder to be 'out' in the wider world. Our friends, family, neighbours and colleagues may assume that we're straight...and it can be difficult to tell them we're not.

**If we're not careful** we can end up feeling isolated. This might be made worse if we've been in a long-term relationship that has come to an end, especially if other people didn't know the true nature of that relationship.

# NOTTINGHAM OLDER GAY MEN'S GROUP

provides a space for gay men over 50 to get together and talk about things that matter to them.

That might be the gay scene, sex and relationships, feelings about getting older or just tips on gardening and interior design...

what we talk about is up to the men that come along.

Meetings take place on the third Sunday of each month, from 4.00pm to 6.00pm at the Health Shop (details overleaf). We try to make the atmosphere friendly and informal.

# Contact us

The Older Gay Men's Group is run by the GAI Project. You can contact us by post, phone or email.

Older Gay Men's Group  
c/o The GAI Project  
The Health Shop  
Broad Street  
Nottingham  
NG1 3AL

Tel: 0115 947 6868  
0115 947 5414

Email:  
[gaiproject@nottinghamcity-pct.nhs.uk](mailto:gaiproject@nottinghamcity-pct.nhs.uk)



Nottingham City   
Primary Care Trust