



# PFLAG+ Brisbane Newsletter

[November 2020](#)

*Hello PFLAG community, and welcome to our monthly PFLAG+ Brisbane Newsletter for November 2020. The PFLAG+ Brisbane Committee hopes that all our existing and incoming members feel welcome, willing and accepting of their LGBTIQ+ friends and family.*

*If you are new or struggling, we hope to provide you with a forum to safely air your concerns and questions about your LGBTIQ+ loved one. Our goal is to provide non-judgemental support and resources to parents and friends. Our aim is to provide a safe forum including like-minded people hoping to learn from and support each other and our LGBTIQ+ family and friends.*

## **Next Community Meeting:**

Date: 5<sup>th</sup> December 2020

Annual General Meeting and 2021 PFLAG+ Brisbane Committee member nominations

Time: 1:30 pm until approximately 3:30

Location: Online Zoom meeting, so please copy and paste the link into your browser:  
<https://us02web.zoom.us/j/2239143642?pwd=ZGRPZzhrbHE2TFNKeTBXZjgwK1VBQT09>

Alternately, open your Zoom app and enter meeting id: **223 914 3642**

Our passcode, if requested, is **PFLAG 2020**

## Brisbane PFLAG+ News

There are many events to report on, and so many community contributions (thank you people!) to our November Newsletter, therefore this report may appear to be information overload and somewhat overwhelming...

Please have a read now and re-visit this month's newsletter in the coming months because December 2020 and January 2021 may be quieter on news front.

### **Trans Awareness Week – 13<sup>th</sup> through 20<sup>th</sup> November**

Transgender Awareness Week is a one-week celebration leading up to Transgender Day of Remembrance, which memorializes victims of transphobic violence. Transgender Day of Remembrance occurs annually on November 20, when transgender advocates raise awareness of the transgender community through education and advocacy activities. The purpose of Transgender Awareness Week is to educate the general population about transgender and gender non-conforming people and the issues associated with their transition or identity. Source: [https://en.wikipedia.org/wiki/Transgender\\_Awareness\\_Week](https://en.wikipedia.org/wiki/Transgender_Awareness_Week)  
For additional information, please visit: <https://www.glaad.org/transweek> and/or <https://www.minus18.org.au/campaigns/trans-awareness-week>

### **Brisbane Pride - November 2020**

**Brisbane Pride Festival is on for November!** Pride has been slightly modified due to COVID-19 restrictions, but if you are up to it, PFLAG+ Brisbane encourages you and your loved ones to participate in one of the many Pride events ongoing this month.

We always participate in the march towards the New Farm Park Fair Day events, and this year the march is renamed **Pride Stride**. Stride starts from Newstead House at 8:30 a.m. and will continue to New Farm Park, which is the location of the Pride Fair Day stalls.

The Fair begins at 10:00 a.m., and (as always) PFLAG+ Brisbane will be present! Please be sure to visit our hardworking volunteers hosting information booth. We would love to see you there, have a chat and provide you with any resources we have available. Fair Day tickets cost \$10 in advance or \$20 at the gate, so it is well worth booking in advance online.

For more information regarding these and other related Brisbane Pride events, see the following link: <https://brisbanepride.org.au/pride2020/>

## **Pride in Health - ACON Pride Inclusion Program**

ACON's most recent initiative is to provide a free resource to assist in measuring an organisation's LGBTQ+ inclusion using the Health + Wellbeing Equality Index (HWEI). The HWEI is a free and unique tool and can be found at their website:

[www.prideinhealth.com.au/hwei](http://www.prideinhealth.com.au/hwei)

Claire Allen is the National Program Manager of Pride in Health + Wellbeing at ACON Pride Inclusion Programs and can be reached at [callen@acon.org.au](mailto:callen@acon.org.au)

## **NDIS Support for LGBTIQ+ People**

Allan Bell from Rainbow Inclusions Brisbane has contacted PFLAG+ Brisbane to share the following information which is vital to those people who are both LGBTIQ+ and eligible for support from the National Disabilities Insurance Scheme. Many LGBTIQ+ people struggle with mental and physical health issues and the NDIS can be of support to them and their families. Please consider the following options:

<https://m.facebook.com/RainbowInclusionsBrisbane/>

<https://rainbowinclusionsbrisbane.com/>

## **Griffith University Counselling & Wellbeing Service**

Currently, all Griffith University students are offered free face-to face, phone or video counselling, but the campuses are now focusing on providing these services to the LGBTIQ+ communities within this support network. Students at Griffith are able to access this service by clicking on the following link:

[www.griffith.edu.au/student-support/counselling/lgbtiq-counselling](http://www.griffith.edu.au/student-support/counselling/lgbtiq-counselling)

Fortunately, these counselling services are also available to **parents** of LGBTIQ+ Griffith students. For more information, please contact counsellor Mark Simmons directly on 3735 7299 or [m.simmons@griffith.edu.au](mailto:m.simmons@griffith.edu.au)

## **Mental Health Resources**

As always, PFLAG+ Brisbane realises that the mental health of our LGBTIQ+ loved ones (and ourselves) is of utmost importance. As always, we will provide our community with currently available resources, as follows:

**QLife** - <https://qlife.org.au/>

### **Australian Government COVID-19 mental health support -**

[www.health.gov.au/resources/publications/coronavirus-covid-19-help-when-you-need-it-supporting-your-mental-health](http://www.health.gov.au/resources/publications/coronavirus-covid-19-help-when-you-need-it-supporting-your-mental-health)

**Headspace** - Provides mental health support for young people includes information on:

Healthy headspace

Bullying

Parents and carers

Depression

Anxiety

<https://headspace.org.au/headspace-centres/woolloongabba/>

## **Sydney Mardi Gras 2021**

Unfortunately, our Sydney PFLAG counterparts do not have the volunteers to coordinate our Mardi Gras participation in 2021. Firstly, PFLAG+ Brisbane would like to thank Sydney folks for coordinating in years past. We have had a ball attending and marching in Mardi Gras! Secondly, with the COVID-19 restrictions, it is difficult to predict what Mardi Gras 2021 will look like. Therefore, we at Brisbane PFLAG+ appreciate your situation in Sydney.

That said, any individual or family/friend group is able to attend as a spectator. See the following link for more information:

<https://www.mardigras.org.au/festival>

## **LGBTIQ+ Diversity Days**

20<sup>th</sup> November is ***Transgender Day of Remembrance***

1<sup>st</sup> December is ***World AIDS Day***

<https://www.redribbonappeal.org.au>

## **Shows to Watch**

***Intersex – You Can't Ask That*** (ABC Series 4)

<https://iview.abc.net.au/video/LE1817H003S00>

## **Articles to Read**

**Why using the desired pronouns are important for our LGBTIQ+ community**

[https://www.minus18.org.au/articles/what-are-pronouns-and-why-are-they-important?utm\\_source=Minus18+Website&utm\\_campaign=606cd7b778-EMAIL\\_TAW\\_THIS\\_FRIDAY&utm\\_medium=email&utm\\_term=0\\_30e453e018-606cd7b778-204868556&mc\\_cid=606cd7b778&mc\\_eid=457afede30](https://www.minus18.org.au/articles/what-are-pronouns-and-why-are-they-important?utm_source=Minus18+Website&utm_campaign=606cd7b778-EMAIL_TAW_THIS_FRIDAY&utm_medium=email&utm_term=0_30e453e018-606cd7b778-204868556&mc_cid=606cd7b778&mc_eid=457afede30)

## **Rugby Matters**

Rugby's international governing body has recommended non-cisgender participants be banned from competing in the women's game, leaving some fearing it will damage its reputation as an inclusive sport.

<https://www.sbs.com.au/news/why-transgender-participation-in-australian-rugby-matters>

## **Taiwan Military Wedding Includes Same Sex Couples**

Two lesbian couples have become the first to take part in a mass military wedding in Taiwan, the only place in Asia to have legalised gay marriage. Taiwan's army holds mass weddings every year, but this was the first time same-sex couples have taken part in one.

## **Event to Attend**

Brisbane Pride Choir and Daisy Chain will be performing LIVE at West End Uniting Church on the 21<sup>st</sup> of November. Tickets are available via the Facebook link below.

<https://www.facebook.com/252741378238644/posts/1632659996913435/?d=n>

Additionally, the performance can be viewed online at:

<https://www.facebook.com/252741378238644/posts/1632659996913435/?d=n>

<https://www.bbc.com/news/world-asia-54743789>



## Contact PFLAG+ Brisbane

There are many ways to contact **PFLAG+ Brisbane**



<https://www.pflagbrisbane.org.au>



[@facebook.com/pflagbrisbane](https://www.facebook.com/pflagbrisbane)



<https://www.pflagbrisbane.org.au/contact-us>



0400 767 832 for general information and support

Additionally, you can contact **PFLAG+ Australia National** Representative and Community Educator, Shelley Argent:



0409 363 335 or via email on



[pflagbris@icloud.com](mailto:pflagbris@icloud.com)

Be well and stay well everyone...

With many thanks from the

**PFLAG+ Brisbane Committee 2020**

### **PFLAG Membership**



PFLAG is organised and resourced by volunteers and 100% of our funds, including your membership fees, goes to improving our services to you and parents seeking support. We are encouraging people to ensure they pay their annual membership (\$25). Whilst paid membership is not compulsory to receive support, it does help us to improve PFLAG resources, keep our website up to date and help cover some of our general administration costs. Go to our membership webpage @ [www.pflagbrisbane.org.au/membership](https://www.pflagbrisbane.org.au/membership) for more information.

### **PFLAG+ Brisbane BSB/Account information**

We rely on volunteers for our continued support to new families and friends of LGBTIQ+ children and adults. You may want to consider contributing an annual membership fee for 2021 (see banner above). If you prefer to pay via Electronic Fund Transfer (EFT), PFLAG+ Brisbane's banking details are:

#### **PFLAG Brisbane**

BSB Number: 124 011

Account Number: 20238607