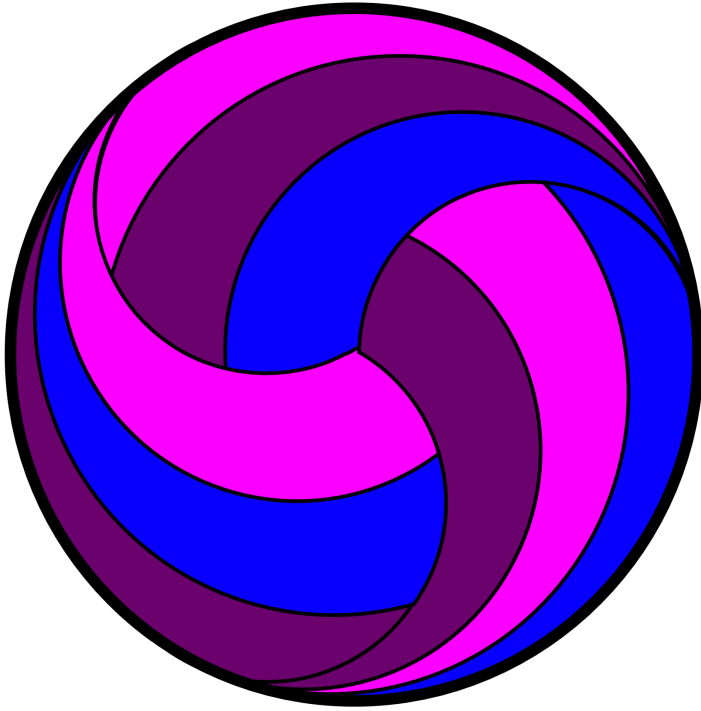
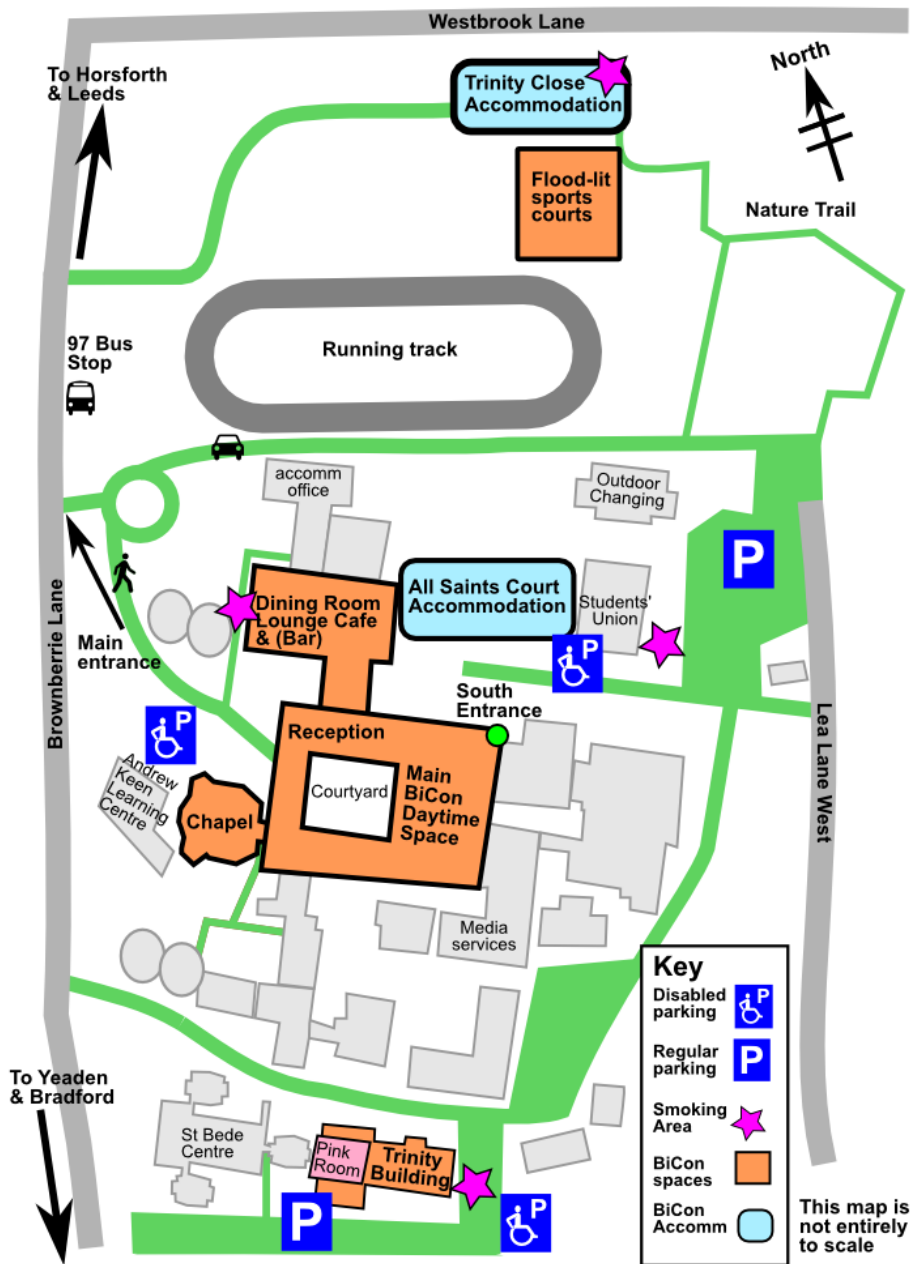


BiCon 2014



A Gathering of Bisexuals and Our Allies

**Handbook and
Sessions**



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Contact Details

Venue address

Leeds Trinity University, Brownberrie Ln, Horsforth, Leeds, LS18 5HD

Team/desk phone 07743 954075

Email info@BiCon2014.org.uk

Note we will try to check email twice a day but contacting us by phone or in person is more reliable for more urgent things

Desk hours

Thursday 9.30am to 8pm

Friday and Saturday 9am to 8pm

Sunday 9am to 1pm

Large print and accessible word document
handbooks available on request from the desk

Welcome to BiCon

Hello and welcome to BiCon 2014! We hope you like it! We hope you have a good time, meet new people, make new friends, learn new things and think new thoughts. We hope that when you go home after the weekend you will keep in touch with each other and yourselves.

We have been working on making this BiCon for more than a year. We hope that it has everything you want in it. Everyone who has been an organiser will tell you that there are always things that don't get done, through lack of time or money or volunteers. As the event gets closer things move from the "we will do this" list, to the "it can't be done" list, and every one of them makes us sad, sometimes to the point that we forget what a good job we have done. We are sorry that we don't have a bouncy castle, the venue said no. But hey! We have a great venue!

And most importantly we have you.

You are what makes a BiCon. Turning up, hanging out, going to sessions, Running Sessions! Volunteering on the desk and in the lots of other ways we need you and can't make this happen without you. Every Single One of You. Yes, even you. I am delighted to see you here. You make my BiCon.

Be Excellent to Each Other. And Party On!

Jenny, Jules, Kate and Latimer

Credits

Many thanks to the lovely conference team at Leeds Trinity who helped us deal with everything. Thanks to Sharon and David for running the DMP, Natalya and Cat for doing some of the difficult stuff, Rowan for crafty stuff, the inhabitants of the biconorganisers community for sanity checking and ideas and to our DJs Mat and Simon for what I know will be excellent tunes. Also thanks to Sandy Mackenzie for our logo and Derry Hamilton for setting up our web site.

All the team have friends and partners they'd like to thank for putting up with us and for supplying tea and coffee and telling us to get off the computer and eat and sleep.

And we'd like to thank all the session facilitators and the many other volunteers who are what BiCon is made of. We very literally wouldn't have a BiCon without you all.

About BiCon

BiCon is a weekend-long gathering for bi people, their friends, partners and others with a supportive interest in bisexuality. Held in a different UK location and run by a different volunteer team each year, BiCon attracts between two and three hundred people and is the single biggest event in the UK bisexual calendar. We don't all use the labels "bi" or "bisexual" or even agree on what it means to be bi, but bisexuality is the common theme.

2014 will be the 32nd BiCon and this year we are expecting around 250 participants, at least 60 of whom are at BiCon for the first time, so if you're new, you're not alone!

This year BiCon also includes the fourth BiReCon. BiReCon is the biennial bisexuality conference organised by BiUK and taking place the day before the annual UKBiCon event. It brings together researchers and writers with activists, organisations and members of the bi community to discuss cutting edge research, to share good practice about working with bisexual people, and to attend workshops about various current aspects of bisexuality.

In addition we have over 60 sessions for you to choose from, The BiCon Ball on Saturday night, craft and games spaces where you can have a go and the bar and music every night. BiCon is different for everyone, and different every year, but we hope you all find something for you, and come back next year!

...and the room names

Every year has a theme for the names of the rooms we hold our sessions in. This year we have chosen the colours of the rainbow Pride flag: Red, Orange, Yellow, Green, Blue and Purple. And then we needed another room, which we decided to call Pink. Because it rhymes with sink, which this room has lots of. There is also a session outside, please meet at reception. Rooms will be labelled in words as well as colours to keep the signage accessible to everyone.

Communications

This handbook is correct at the time of printing. But things change. Sessions will change time and room, new sessions will be scheduled as people decide to run them, and some may have to be cancelled.

Info and registration desks

The info desk is the place to go to find out the latest news, and everything else. There is a large version of the schedule near the info desk, with session titles that can be moved around to show what has changed.

There is also a noticeboard for announcements in the reception desk area. If you have volunteered to help out at BiCon, please come to the registration desk at the start of your shift. Volunteering for a shift on the desk is a great way to meet people, too.

Plenaries

Some announcements will be made in the plenary sessions. These take place in the Auditorium as shown in your programme. If you want us to announce something in the plenary, please contact Jenny beforehand or put it in the postbox. We'll use our discretion on what needs to be said in plenaries, as we want them to be short and relevant to the whole of BiCon.

Organisers' postbox

There will be a cake decorated postbox at BiCon Reception that we will check at least once a day, and sometimes more often. It can be used for anything you want to communicate to the organisers (and perhaps also to the whole of BiCon). For example:

- a suggestion
- a problem you want us to be aware of
- something you want to tell us anonymously
- reports for the Conduct Team
- something you'd like brought to everyone's attention at a plenary
- how much you're enjoying yourself!

Leave your name and a way of contacting you (email, phone number) if you want us to get back to you, or not if not. If you particularly do want or don't want your message to be mentioned or read out at the plenary, please say so; otherwise we'll use our own judgment on that.

Phone

You can contact us on 07743 954075. When the desk is open, this will go to the desk volunteers. When the desk is closed, the BiCon team member on duty will have the phone. Please bear in mind that we need to sleep too, and don't wake us in the middle of the night for minor things.

Meeting People

You are not alone!

Approximately a third of BiCon attenders each year are there for the first time, so even though you might feel alone when you arrive, it won't be long before you meet people. We've all been there, and we try to make sure that there are plenty of icebreaker-type opportunities to help ease things along.

Meet & Mingle zones

Look out for 'Meet & Mingle' signs. The idea is that in those areas, you can go and join a table where you don't know the other people (yet) and join in. Obviously you could do that anywhere, but this way you know in advance that you're not interrupting a private conversation as people sitting there will be specifically welcoming other people.

Meet & Mingle rules:

- anyone is welcome to sit down and join in the conversation
- once you're in the Meet & Mingle zone, look out for passers-by or people who've recently come into the room, and invite them to join you.

Maybe you want to create your own Meet & Mingle zone – perhaps one with a theme, such as crafting or games. Ask at BiCon Reception if you want to create your own Meet & Mingle sign with a particular theme.

The Noshers' Network

At meal breaks, there's usually a Noshers' Network get-together. Meeting Points and times will be posted on the noticeboard at BiCon reception. The idea is very simple: people who want the same kind of food get together. That might mean going to a supermarket or takeaway and then back to the kitchen in someone's flat, or if the weather's good perhaps having a picnic, or walking into Horsforth for a pub lunch.

Want to help?

BiCon is run by volunteers, and we are still looking for general helpers for the event – staffing the reception desk or being a 'gopher' (general helpful person). Ask at BiCon reception if you'd like to help; we're glad for a hand from anyone willing to lend one. Volunteering is a great way to meet people, especially for people who are attending BiCon for the first time.

Food and Drink

BiCon is primarily a self-catering event and for those of you staying on site there's always the option of cooking in your kitchen, but if you want to go further afield there are plenty of options. We also hope to have takeaway menus and maps at reception.

On campus

Atrium Café

Thursday & Friday: 8.30am-2pm
Saturday & Sunday: 9am-2pm

Dining Room

Thursday & Friday only: 8am-5pm

The Bar

The bar is open to all from 11am - 7pm and is exclusive to BiCon attendees from 7pm

There are coffee machines and snack located outside the Dining Room, in the Staff and Visitor Centre (located close to the Conference Suite) and in the Sports Centre reception. Coffee is also served in the bar.

Off campus

The campus is about a mile from Horsforth, which has shops and restaurants. Go out to Brownberrie Lane, turn right and follow it half a mile to the roundabout, then take the second exit left onto Station Road into Horsforth.

Supermarkets

Tesco Express: (0.8 miles)

15 Station Road, LS18 5PA
Open 7am to 11pm daily. ATM

Morrisons (1.1miles)

61-69 Town Street, LS18 5BP
8am to 9pm, 10am to 4pm Sunday

ASDA Adel (2.3miles) Holt Road Leeds LS16 7RY

7am – 11pm Thursday and Friday,
7am-10pm Saturday and 10am to
4pm Sunday
ATM, pharmacy, optician.

Indian

Jafran (Bangladeshi)

469A Otley Road, LS16 7NR.
5-11pm (min £8, free delivery). Tel.
0113 2611940
www.hungryhouse.co.uk/jafran

Naeem's Tandoori in Meanwood

62 Stainbeck Road, LS7 2PW
Indian, Bangladeshi, kebab,
burgers & chicken
5-12pm (min £7.50, free delivery,
card surcharge 50p)
Tel. 0113 289 9933
www.hungryhouse.co.uk/naeems

Shashlik in Horsforth

249 Low Lane, LS18 5NY
5-11pm (Min order £10, free
delivery, 50p card charge)
Tel. 0113 239 0909
www.hungryhouse.co.uk/shashlik

Grove Cafe in Leeds

Indian, vegetarian, pizza, burgers
133-135 Cardigan Road, LS6 1LJ
5-12pm (Min £7, delivery £1, card surcharge 50p)
Tel. 0113 230 2727
www.hungryhouse.co.uk/grove-cafe

Pizza

Pizza King and Corriander

(Indian & kebab too)
1 Sunnybank Avenue, LS18 4LZ
5pm-12:45am (min £6, free delivery, card surcharge 50p)
Tel 0113 258 2022
www.hungryhouse.co.uk/pizza-king-corriander
Chicago Pizza & Balti Bazaar
93 Town Street, Leeds, LS18 5BP
5-12pm (min £8, free delivery)
Tel. 0113 281 8800
www.just-eat.co.uk/restaurants-chicagopizza

Chinese

New Ho Garden

1 Breary Ave, Horsforth, LS18 5QH
5-11pm (Min £10, delivery £1.50)
Tel. 0113 259 1261
www.just-eat.co.uk/restaurants-new-ho-garden-ls18

Unique Cantonese Cuisine

82 Town Street, LS18 4AP
5-11pm (Delivery £1.50 for orders under £25)
Tel. 0113 258 0800
www.just-eat.co.uk/restaurants-uniquecantonese

168 Chinese and Cantonese Takeaway

17 Alexandra Road, LS18 4HE
5-11pm (Min £12, delivery £1.20)
Tel. 0113 239 0902
www.just-eat.co.uk/restaurants-168chinese-ls18

China Palace in Burley

335 Kirkstall Road, LS4 2HD
5-11.30pm (Min £10, free delivery)
Tel. 0113 263 6628
www.hungryhouse.co.uk/china-palace-leeds

Pubs

The Old Ball: (0.5 miles)

Brownberrie Lane, LS18 5SB
Tel: 0113 258 9139
11am-11pm, food midday to 9pm
Sports bar and pizza place, does takeaway pizza.

Town Street Tavern (quite pricey)
Not wheelchair accessible, accepts credit cards, real ale.
16-18 Town Street LS18 4RJ
Tel: 0113 281 9996

The Abbey Inn (moderate)

Wheelchair accessible
99 Pollard Lane, LS13 1EQ
Tel: 0113 258 1248
11:00-23:00 Thu-Sun

The Horseforth (inexpensive)

12-22:30 or 23:00 Thu-Sun
Wheelchair accessible, outside smoking area, average noise level.
Featherbank Lane LS18 4NA
Tel: 0113 258 1152

Code of Conduct

Why do we need a Code of Conduct?

People come to BiCon with different experiences and ideas of how to behave and how they expect others to behave. This Code of Conduct outlines what everyone, including organising team and volunteers, can expect from others and what is expected from all of us during BiCon 2014.

The organisers will try to deal fairly and respectfully with any issue that is brought to us. We may also make reasonable requests that are not specifically included here.

People are responsible for themselves, their actions, and their own health. The team can help with code of conduct breaches and access issues. You do not have to stay in any session you feel uncomfortable in. You can leave at any time.

Harassment, No Means No. Ask every time.

No one at BiCon should be put under any pressure to join in with things they do not want to do.

This includes:

- any sexual behaviour
- hugs or touching
- taking part in a activity
- disclosing information
- discussing topics which are sensitive or personal
- or even having a chat.

It is fine to ask someone once if they would like to do something. For example, "Would you like a hug?" If they refuse, continuing to ask is pestering them and will be viewed as harassment. If someone asks you to leave them alone, do so.

In public, "no", "stop", "don't do that" or similar words and phrases will be taken at face value by the BiCon organisers and volunteers, regardless of context.

Public behaviour

BiCon should be a place where people feel free to express their sexuality, but it is not a sex or fetish party. We ask that overtly sexual behaviour be kept out of the public areas. Please keep public behaviour within what is normally publicly acceptable.

Consent includes any audience. Remember that may include not just attendees, but venue staff and the general public too who may challenge you if they are uncomfortable.

Everyone at BiCon deserves to feel safe and no one deserves to be shouted or sworn at or made to feel threatened. This of course includes desk staff, volunteers and the organising team – all of whom are generously donating their time.

Some spaces within BiCon are restricted to certain groups of people, e.g people aged 18 or over or those with a particular identity. BiCon supports safe spaces and recognises their value. Please do not breach safe spaces you are not eligible to be in, but if you are eligible, don't be afraid that you aren't 'enough' of whatever group to go.

BiCon attendees should remain fully clothed in all public areas, all nipples, genitalia and bums must be securely covered by clothing. Some sessions are counted as private areas.

We don't allow weapons, including martial arts weapons, on-site except in pre-agreed session spaces.

We don't allow animals on-site, except for pre-registered assistance animals.

Please abide by the smoking zones which will be clearly marked and explained in the handbook. It is illegal to smoke anywhere indoors including on-site accommodation, including out of windows.

Discrimination, Respecting difference

BiCon should be a safe space for all attendees, regardless of ethnicity, class, gender, disability, religion and belief, age or lifestyle.

Bigoted behaviour of any kind will not be tolerated.

Don't make negative comments or assumptions, or stereotype people on the basis of their skin colour, physical features, race, accent or religious belief. Negative comments about any aspect of a person's culture or race, or fetishization of cultural markers and physical features should be avoided. An example of this could be, "that's such an exotic name" or "your dreadlocks are amazing, can I touch them?"

People are welcome to attend BiCon regardless of how they define their sexuality.

People who attend BiCon may define their gender in a range of different ways which we understand aren't always easy to spot. If you are unsure of the pronoun someone uses we encourage you to ask them or avoid gendered language for example by using "they" instead of "he" or "she". If you ask someone, or are corrected about pronouns then please try to use them correctly. We accept people's self-identified gender for all purposes at BiCon including single-gender spaces.

Please remember that everyone is at a different stage of awareness about various issues and don't assume people are being malicious.

Code of Conduct cont.

Confidentiality

Please respect people's privacy, and be aware that not everyone at BiCon may be 'out' about their sexuality. Ask permission before identifying anyone publicly. 'Public' includes write-ups on personal websites or on social networking sites such as Facebook.

Do not take any photographs or recordings of people without their express permission. It is your responsibility to make sure everyone in shot is happy to be photographed.

If you give permission for your photo to be taken, assume it may end up online linked to you by name as people may not remember your preferences after BiCon.

If you believe someone has taken your photograph without your permission you may ask them to delete the image or ask the desk or a volunteer to do so for you.

Members of the press should identify themselves to the desk and at any sessions they attend.

Passes

People attending BiCon should wear their pass to all events; if you don't, you may not be allowed into BiCon spaces until you get it.

Passes are numbered and non transferable. If you give your pass

to another person you are defrauding BiCon. A fee is payable to replace lost passes.

If you want support in challenging anyone's behaviour or anything they've said, please come and talk to the desk or the organisers who can assist you or speak to the person for you.

The organisers very much want to know about things that make people at BiCon less likely to attend another bi event. If anything happens that makes you uncomfortable or unwelcome – even if you do not want us to do anything about it, or feel it is your fault – please let us know.

Breaches of the code of conduct

If any of this happens to you at BiCon 2014 or you have witnessed inappropriate behaviour we want to know so we can improve your experience at BiCon.

You can tell us

- in person, there will be someone in a sash/on a desk
- through the cake decorated organisers post box, write something and post it in, as much or as little as you would like. There will be forms for this or a plain piece of paper is fine.
- by text to 07743 954075
- by email to info@BiCon2014.org.uk

Things we can do to help

If something has happened that makes you uncomfortable we can talk to anyone else involved. We are happy to do so, even if you haven't communicated this to them, since that is not always easy to do. We will listen to what you think would help. You don't have to know what would help.

Examples of things we can do

- we can communicate to others that there is a problem.
- Ask for an apology
- ask them to leave you alone
- require them to not be where you are
- exclude them from the rest of BiCon
- pass their detail to future BiCons

These will be implemented at the discretion of the BiCon team. The level of action will be determined by the ongoing effects on people involved.

An example: unwanted touching

Person A hugs person B and person C without asking. Neither manage to tell them to stop before it happens.

Person B

This makes person B feel uncomfortable. They shrug it off but continue talking to A. Later on they think about it a bit more and decide if it happens again they will tell person A they don't like it. They consider reporting it to protect other people. If this was reported

we could talk to person A and explain how their behaviour was affecting the people around them and that this is a breach of the code of conduct.

Person C

The unwanted hug makes person C feel very uncomfortable. They walk away from person A and don't want to have to talk to them again because it would mean having to be close enough for them to do it again. It really upsets Person C and makes them feel unsafe around other people because they now don't feel other people will respect the code of conduct. Person C doesn't feel able to report it, but they talk about it to people they know well who ask person C if they can have permission to report it for them. Person C says its ok for the BiCon team to get in touch with them.

In this situation we could talk to person C and find out what they think would help. We could talk to person A and tell them how they had impacted person C. We might require them to stay away from person C. The outcome would depend on what would help person C. After this If they didn't keep away from person C we could ask them to leave BiCon.

Staying on Site

Keys

If you are staying on site you will need to sign for your key. BiCon will be charged for any lost keys and we will pass this charge on to attenders.

Keys must be returned and rooms vacated by 3pm on Sunday. Bring your key back to University Reception and sign it in to make sure you don't get charged.

Kitchen equipment

This year we've been lucky that the venue have been able to obtain kitchen pans, crockery, utensils and cutlery for us, however BiCon will be charged for any breakages or losses.

Please don't take the venue's kitchen equipment out of your flat, and wash it and leave it in the kitchen when you leave. Please let the BiCon desk know if anything gets broken; we will try to avoid charging for minor breakages but we need to know about them. Please also ensure the venue's items are left behind and yours aren't when you leave.

Laundry

A coin-operated laundry is available on site 24/7. Anyone wishing to use the laundry should ask a member of the reception team for the access code.

Noise in flats

Please be considerate of the people you are sharing a flat with. If you want to hold a party in your flat you need the consent of everyone staying there since some people are likely to want peace and quiet so that they can sleep.

Unless you've agreed on party times with your flatmates please try to be quiet after 10pm; close doors quietly; don't talk outside bedroom doors and avoid noise in kitchens.

If your flatmates or other people ask you to keep the noise down, please do so. BiCon will ask people to be quieter if we have to, but we would much prefer not to have to.

Smoking

In England it is illegal to smoke indoors or within a certain distance of buildings and entrances. To ensure that people who need to avoid smoke for access reasons and smokers can co-exist the venue enforces no-smoking and smoking zones.

The dedicated smoking areas are marked on the venue map inside the front cover of this handbook. Please don't smoke anywhere else on site because venue security will tell you off and move you on.

Entertainments and Social Spaces

There's a choice of entertainment in the evening at BiCon. There's a bar and lounge area in the Dining Room, a quieter place to sit and chat, and the venue has lovely outdoor space if the weather is good.

Each night the bar will be exclusive to BiCon from 7pm with some music and there are quieter alcohol-free social spaces in the Atrium, the Red Room, where there is space for board games from 8pm, The Craft Room will be open, and the Purple Room has space for more noisy things like music if you want to organise something.

Thursday night

It's a chance to say meet up with new and old friends, unpack and settle in. There will be some icebreaker sessions so even if you don't know anyone yet, you will soon! The bar is open till midnight.

Friday night

There will be music played by the BiCon DJs in the Dining Room and the bar is open till midnight.

Saturday night

The BiCon Ball takes place in the Dining Room from 8pm until 1am, and this year the theme is Favourite Fictional Characters. So much Choice! So many possibilities! Films, Books, TV, computer, games... So many people to choose from! Or come as your lovely non-fictional self – dressing up is not compulsory!

Craft space

There is a craft room next to the red room open throughout BiCon and you're welcome to come along and make stuff at any time. We have yarn and knitting needles, a small loom, pens and paints and lots of little shiny things for you to play with and stick together. We're also hoping to do some short introductions to different crafts that you can have a go at – the times for these will be on the door and in reception. If you want to run one of these ask Rowan or leave a message for her at reception.

About the DMP

The Decision-Making Plenary (DMP) is the session where BiCon makes decisions about things like who's going to run BiCon in future years, any bi projects that BiCon might help to fund and whether any changes need to be made to the BiCon guidelines.

The DMP is important because BiCon makes its decisions as a whole community and everyone present at BiCon should be able to contribute to those. Because it's so important, it's never scheduled against other sessions, which allows everyone at BiCon to attend. This year it's on Saturday afternoon. If you want to raise an issue at the DMP you should if at all possible bring it to the pre-DMP session on Friday. This allows the issues to be discussed in a smaller, more manageable group, where suggestions can be made and the ideas may be refined. It also allows the issues to be publicised on the notice board so that BiCon attenders know what's coming up. Please do read the notices if you're intending to come to the DMP – things run more smoothly if everyone knows in advance what's going to be discussed.

If you can't make the pre-DMP session for any reason, and can't find someone to go in your place, please leave a note in the team post-box before 5pm on Friday so that we can at least publicise the issue. Some small issues may be raised at the DMP without prior warning (it's not that formal) but not changes to the Guidelines as those really do require more notice.

The BiCon Guidelines

The BiCon guidelines, written and agreed at the 1998 BiCon, are guidelines describing what BiCon is and how it should be run. They're intended to make things easier for teams running BiCon rather than being restrictive and to make sure that any BiCon covers the bare minimum of requirements for content and accessibility.

Occasionally they get added to and amended at the DMP. This requires the approval of two consecutive BiCons.

The full text of the BiCon guidelines is available on-line at www.BiCon.org.uk/guidelines.html and a copy will be available at the reception desk and at the pre-DMP session.

Bear in mind that they're not intended so that you can walk around BiCon ticking them off and awarding marks to the current BiCon team; you'll make yourself very unpopular if you do that!

Please do come to the DMP though. It's important that decisions made on behalf of BiCon are made by as many people at BiCon as possible.

Notes by David Matthewman and Sharon Langridge, who will chair the DMP.

About Sessions

This year BiCon has scheduled sessions from 9:30am to 5:45pm. There are also some sessions and socials during lunch which you can take food into.

All session slots are 1 hour 15 minutes long with 15 minute breaks or a meal break between them. Sessions in lunch break finish 15 minutes before the next session to allow for moving between and setting up sessions. Most sessions are in one of the six rooms, outdoor sessions will be meeting at reception.

You may attend as many or few sessions as you wish. Some people attend one in every slot, some attend very few or none at all. It's entirely up to you. You can also experiment as you can leave any session quietly if you find it is not for you.

Some sessions will become 'closed' once the facilitator feels there are enough attenders or shortly after the start so the session can remain uninterrupted. Please don't interrupt or try to gain entry to a closed session as this is unfair on facilitators.

Some sessions have restrictions such as 18+ or women only. Any session with a restriction is marked with an [R] in the schedule with specifics in the session description.

To help everyone enjoy sessions we ask that you turn up on time, listen when others are speaking, don't talk over other people and allow the facilitator to guide who speaks next as they should be ensuring everyone has a fair turn.

Facilitators have been asked to finish on time so that the next facilitator has time to set-up and attenders can get to the next session without having to rush. Please support facilitators by leaving rooms promptly at the end. Some sessions may cover topics which may be offensive or raise very personal issues for some people. If you become uncomfortable or are not enjoying a session you are free to leave any session quietly at any time.

Please remember to keep the details of what are discussed in sessions confidential by not naming names unless you have permission to do so when you discuss the content with people who were not there. If you are not sure if it is okay to name someone, avoid doing so and say 'someone said' rather than 'the woman with green hair said'.

No photography or other recording or filming is permitted unless it is specifically stated in the session description and verbally at the start of the session. Please turn off or silence your phones before the start of the session.

Sessions A-Z

A Taste of Tantra (Age Restriction: 16+) – Gemma

This is an opportunity to connect more deeply with yourself, with others, and the universe. It is an experiential workshop. You will be invited to engage in a range of exercises, for example dance, use of senses - touch, smell, sound. It is a safe space to explore how we connect. There will be no nudity or sexual contact. 30 people max.

An Introduction to Polyamory – David Franklin

An introduction to polyamory for everyone just starting out on the road to ethical non-monogamy. If you're new to polyamory this is for you. We will cover common problems you might encounter, ways to start, what style might make you happiest, strange new words and how not to mess up. People who have been poly for years and have good advice to offer are also welcome but must defer to those new to poly.

Asexual, Demi-sexual, Grey sexual, Similar or Questioning Safe Space – Ele Hicks

A space to chat with other asexual, demi-sexual and questioning people about your experiences or just to listen to others in an informal safe space. Confidentiality is an important aspect for this session.

Restricted session: Open to anyone who defines as asexual, demi-sexual or similar

Being Bi in a Same-sex Primary Relationship – Lisa Colledge

How does being bi in a same-sex primary relationship work? What's great? What's not so great? Do you have stuff to share: joys, frustrations, coping strategies, tips for dealing with the in-laws? Come and chat! This workshop is open to anyone interested in the topic. 'Same-sex' means different things to different people, and isn't intended to exclude anyone who'd like to contribute.

Bi Blackout Poetry – Jacq Applebee

Blackout poetry is a way of creating poems from magazines and newspapers. By carefully blacking out text, whilst highlighting others, poems are revealed. These poems can prove unexpectedly funny, poignant, or just weird! There will be old copies of Bi Community News to give a bi flavour. There will also be regular newspapers to practice on.

20 people max.

Bi Carers Meet-Up – Ludy

Are you a carer who is also Bi? Or a Bi person who receives care? Do you find services and professionals assume everyone is heterosexual (and monogamous) and non-traditional family structures are invisible? Does the person-you-care-for's own sexuality get fully acknowledged? Do you feel unable to be fully out to a person-you-care-for for any reason - maybe their cognitive skills or memory? Does a person-you-care-for with memory loss forget about your sexuality/ gender/relationship-style or a change of name? Do you have any other Bi related care issues to discuss?

For carers of all kinds (full-time live-in carers, part-time carers or those caring from a distance) and people with all kinds of care-needs. The focus will be on friends and family who are carers but anyone working in the care sector is also welcome.

BiCon Continuity Ltd General Meeting – Karen

Meeting for members of BCL to elect directors/trustees and make other decisions. BCL was incorporated in 2011 to look after BiCon's money. By the time you read this BCL may well have charitable status. If you want to know more about BCL, please come along. 20 people max.

Bi-feminism (Age Restriction: 18+) – Louise

Workshop structured around the question "What insights can our experiences of bisexuality bring to feminism?" For those new to feminism this blog post is a good start - <http://bit.ly/1omm1DA> Most discussions of feminism include reference to all forms of violence against women, though we will avoid explicit or graphic descriptions.

Restricted session: Self-defining women & people of non-binary genders only

Birth of a Bi Group – Emily Metcalfe

A chance to look at organising a regular meet up for bisexuals, pansexuals, allies and more in Leeds. Anyone who would like Leeds to have a group like this is welcome, whether it's to help organise or if you'd just be interested in coming along to the group.

Sessions A-Z

Biphobia Consciousness Raising Session (Age Restriction: 16+) – Amaryllis Strong

How conscious are you of the forms biphobia takes and the impacts that it has? In this session we each speak for five minutes, describing an example of how biphobia has affected us. We'll all leave the session with a little more knowledge about biphobia than when we started. We may each learn something completely new. Perhaps you'll learn that something you previously thought unique to your experience isn't. I've wanted to be part of a session like this for a while. Until now I've not had a chance. Please do come along and we'll see what happens. Open to anyone attracted to more than one gender group who has been subjected to biphobia. If you think that's you, it probably is! Email me at amaryllisstrong@hotmail.com if you want to. 10 people max

Biphobic Hate Crime – Ele Hicks

This workshop will address issues such as would bi people report hate crime as homophobic? What stops bi people reporting hate crime? Are these issues different from the reasons lesbian and gay people don't report or what are the different issues? Would mentioning biphobic hate crime encourage people to report? You don't have to have experienced hate crime to get

involved in this workshop, all participants will have a chance to express their views.

Bis of Colour – Asha

A safe space session for all those who identify as being Black, politically Black or from a minority ethnic group. We all know what is like to be 'othered' by our sexuality and this space is for those who are 'othered' by virtue of their ethnicity. Discussion may cover distressing situations such as racist, biphobic and transphobic incidents

Restricted session: People who are Black, minority ethnic, dual heritage or mixed race only

Bisexual at Work: what difference does it make? – Sarah Shahid & Asha Wolfe-Robinson

Like it or not, bisexual people can have a different experience of working life from non-bisexual people. And often this difference means a worse experience. This workshop will look at how we can identify and tackle biphobic prejudice and discrimination at work. Our aim is workplaces where bisexual equality is visible and celebrated.

Bisexuality for Beginners – Marcus

What do we mean by bi? What are the common myths and misconceptions about bisexual

people - how can we counter them? What's the Kinsey Scale, and why is it not the best way to visualise bisexuality? What is biphobia? And how many bisexuals are there in the UK, anyway? Part discussion and part presentation, this is an ideal starter session for people new to BiCon or the bisexual community. It introduces many topics that will be discussed in more detail during the rest of the weekend.

Bisexuality & Fandom – Elizabeth R

A gathering for bis who love fandom - come, have a chat, let's discuss being bi in fandom, fannish sources for the discerning bisexual, and media representation of bisexuality.

Bisexuals in Film and TV – David Goodarcher

In this session we will be discussing the portrayal (both positive and negative) of bisexuality and bisexuals in film and TV. I can provide examples from Dr Who, Torchwood, Lost Girl, Between the Lines and House of Cards, but the success of the session depends on as many of you as possible sharing your favourite bisexual characters with the group. A possible product of the session might be a blog or wiki where the discussion and sharing can continue. I'm going to check out Maria San Philippo The B Word: Bisexuality in Contemporary

Film and Television before BiCon.

Body Paint – Andy

A practical body art and decoration workshop using various purpose designed and approved painting medium/materials.

Anyone who has experienced an adverse reaction to theatrical or cosmetic make up / or persons with sensitive skin conditions may consider this workshop unsuitable. Due to the nature of the subject the session may involve some nudity (not compulsory of course.), children at parental discretion. Probably a good idea not to attend in your best clothing or anything expensive, jewellery/watches that you would not want paint on.

Breaking the Ice – Mat

New to BiCon – don't know many people? Here is your chance to meet new folks in a non pressure, none activist and chilled way through the method of classic and some new parlour games. Not suitable for children.

Budget BDSM (Age restriction: 16+) – Mat

Following on from my workshop last year I will show you how you can make a fairly well stocked toy bag for £30, hopefully there will be something for each and everyone, showing that you don't need to spend a fortune to play. Also a discussion as to ideas and tips on money saving.

Sessions A-Z

Building a BiCon – Rowan Alison

BiCon has become so great that often organisers are scared of running one in case they can't provide all the bells and whistles. In this session we'll be designing several kinds of future BiCon, from the Tesco value BiCon to the millionaire version. Open to everyone whether you want to help organize or not, we hope this session will improve understanding of what is involved, identify the most important priorities for a BiCon and give us some good ideas for the future, even if we don't win the lottery...

Button Magic Jewellery Workshop (Age: 3+) – Gemma

A craft workshop where you can make yourself a fab button necklace or bracelet. This session will be closed at 15 people

Cancer in the Bi Community – Nickie

A chance for those affected by cancer, in themselves or loved ones, to come together, share their stories if they wish, and be updated on the work of the Macmillan Cancer Care and Lesbian and Gay Foundation Joint Task Force on cancer in the LGBT community. I will have with me copies of Macmillan's "The emerging picture on LGBT people with cancer". We will be talking about cancer and

many people will find that triggering. I hope that we can be gentle with each other and offer support but be aware that this is not a professionally supported group.

Cover Bis – Jen Yockney

A photo session to produce pictures for use in (and on the cover of!) the UK bi magazine Bi Community News and other bi resources. You're also welcome to use them for other purposes!

Creative Writing – Tanwen Coyne

A friendly session exploring the creativity we all have inside us. The leader will provide prompts and exercises and will join you in writing them. At the end there will be an optional read around with a little bit of feedback. Any form of writing is acceptable but it will focus on short fiction and poetry. Please bring something to write on and with! Please note young children will be unable to participate and may be a distraction. The session will be closed at 25 people

Defining Love – Suraya Sidhu Singh

Does everyone mean the same thing when they say 'I love you'? If not, what range of feelings are we talking about? Does everyone fall in love? What do philosophers,

psychologists and writers say love is, and how close do they come to what you feel? A fun, interactive session in which to explore your own and others' experiences or just listen.

Decision-Making Plenary (DMP) and Pre-DMP session – Sharon L & David M

Pre-DMP session: Preparation for BiCon's decision-making meeting.
DMP: BiCon's decision-making meeting. Everyone is encouraged to attend. See article on page 16

Everyday Consent – Nim

What is consent? What is it not? How can we recognise it? Can we ask for what we want without exerting pressure? How do we deal with rejection? We will discuss these questions and those who wish to will be given the opportunity to practice both saying and hearing both yes and no. Likely to contain discussion of consent violation, boundaries of the space will be established that we are not the place to discuss sexual assault or rape. Interaction games will involve verbal consent to touch or a non-alcoholic beverage.

Fancy a Game (Age restriction: 13+) – Charlie

Back again by popular demand, the ice-breaker gaming social session(s) returns to BiCon. Come try your hand at one of a selection of alternative card and board games, some short and

sweet, some a little more involved and longer, but all great fun to play, and a great chance to meet new people and make new friends. Just pull up a chair and join in, or find a spare table and try something new. Or maybe you've a game yourself you've been itching to find players to try it out with? Bring it along and find new players and make new friends.

Drop in, pull up a chair, and let's play some fun games :)

Fat Femme Clothes Swap – Sophie Gamwell

This is a space for fat femme's to swap clothes and make a contribution to the equality fund. Please bring any clothes that you no longer wear or want – don't worry, we won't be judging you as not Femme enough if you bring us your pre loved "butch day" clothes too! We will be asking people that want to take pre-loved clothes home with them to make a donation to the equality fund (suggested minimum £2). The word "fat" will be used, which some may find triggering.

Restricted - Women and trans feminine individuals only

Sessions A-Z

Feel and Fondle – Safer Sex Supplies – Bethan

Have you ever: seen a dental dam or made a makeshift one out of a condom? Seen what a femidom looks like outside of the packet? Experienced the different feel or taste of different lubricants? This session is an informal chat about attendees' experiences of various products and a chance to see what they look, feel and, if brave, taste like

Feminism 101 for 'Men' – Nathanael

We will briefly cover privilege and where feminism arises in everyday life, which may not be immediately obvious to someone who is not disadvantaged by the patriarchy daily. Although it says men this is for anyone who might find it helpful to have a space to learn the basics of being a better Feminist Ally and get those early simple mistakes out of the way safely. There will likely be sessions related to being a better feminist (/ally) throughout this weekend and this session is intended as an important first step so as not to derail those sessions ☺. Not really suitable for anyone "on the frontline" of feminism as sexist mistakes will be made, discussed and learnt from.

Fitting and Misfitting – Emily Wright

Ever looked around BiCon and felt unfashionable or not quite at home? Ever felt like you're "not a proper bisexual", or "not bi enough"? Ever questioned where you fit in the community (including for instance if you are not bi, or as someone wondering whether they might be bi)? Or, on the other hand, ever thought how much you like it here - even if you're not bi? These and other interesting questions will be explored in this workshop session, which is open to all

Flirting for Those on the Autism Spectrum (Age restriction: 16+) – Lisa G

I'm running this workshop based on a need expressed in an autism spectrum workshop last year - "we really need a Flirting 001 – I would love to go to the more open workshops but I am really scared to – it seems so advanced." This is my attempt to cover the complete basics. We might do some practice at the end but it will be strictly optional!

Restricted session: For those on the autism spectrum or partners / allies. PLEASE don't come just if you want Flirting 101

Fun & Games – Alex

Get to know other attendees, or have some fun with your friends at fun & games. The games are light hearted, only require your lovely selves, and are accessible to all. No age restrictions, attendees will be asked to keep it family friendly if children are attending

Fun and Games – Ciaran McHale

This is a chance to have fun playing silly games and make some new friends. There is no age limit, but there may be some sexual language used in a few of the games, so use your own judgement if you want to bring children.

Fun + Games – mattp

A chance to burn off some energy with some light-hearted games. Please be aware that blindfolds are used in some of the games.

Getting Bi at Work – Sarah Foster

Many organisations have initiatives in place to support LGBT staff, but all too often these overlook the bi experience. This interactive session is aimed at empowering delegates to create a more inclusive workplace for bisexual staff and to become bi role models. This session will give attendees a chance to reflect on what it means to be a role model and give practical tips on how to approach their employer, what to ask for and how they can contribute as

representatives of the bi community.

Giant Pass the Parcel – Sanji

Does exactly what it says on the tin!

How to Avoid Racism in Bi Spaces (Age restriction: 13+) – Natalya D

Bi and other mostly-white LGBT/queer spaces are often unsafe, unwelcoming and unfriendly to black and minority ethnic (BME) people even though this is rarely people's intention. We will identify and discuss some issues which are part of the problem and possible ways each of us can be more welcoming and make bi spaces safer and more friendly for BME attendees. I aim for this session to be as non-judgemental as possible, focussing on breaking down problems and finding solutions. Anyone is welcome.

This session will be closed at 30 people.

Sessions A-Z

Inside the Tent, Teaching Out – Marcus Morgan

Gay organisations are slowly becoming LGBT organisations, many by simply swapping the words around in their constitutions, ditto businesses and "rainbow staff networks". What can we do to make them actually aware of bisexual issues, especially among their ranks?

What would a full day of training on how to be bi inclusive look like? Who would we pitch it to, and how? What sort of dreadful pun on "bi" would we put in the name? And how else can we help Marcus to organise it for early 2015?

Introduction to BDSM (Age restriction: 16+) – Anonymous

Perhaps BDSM is something entirely new to you, or maybe you know a bit about, but not much? Maybe you're taking tentative steps to explore or maybe you're just interested in knowing a bit more about what it is. This is an introductory session where we will talk about what people mean by the term BDSM and associated jargon, some of the reasons people choose to do it and also about communication with potential play partners, which will include some discussion about safety, negotiation and consent. There should be time for questions.

Knit and Natter – Rowan Alison

Not just for knitters! Come and chat while you do the craft of your choice. I will bring some yarn and needles for anyone who wants to have a go. Everyone of all levels - from beginner (never knitted before) to expert is welcome. Feel free to drop in and out.

Local Bi Groups – Jen Yockney

A networking space for people who run, or are thinking of setting up local bi social / support groups. From a coffee meet to a structured event in a community centre - whatever might work down your way. Note: if you can't get to this workshop you may still want to join the UK bi group runners' email list, contact BCN for info.

Make a Mini Zine of your BiCon – Tracey

An informal craft session in which I'll show you how to make a mini 8 page zine from an A4 sheet of paper, followed by time for everyone to fill their zines with writing and drawing on a topic of their choice - suggested topic is about your BiCon experience this weekend. 20 people max.

Monogamy, polyamory – what lies in-between? – Ele Hicks

A discussion based session around the grey space between polyamory and monogamy.

Discussing experiences of different relationships beyond a polyamorous/monogamous binary, whether definitions are important and do we always understand what other people mean by the words they use to describe the vast array of relationships that don't fit under the strict monogamy or polyamory labels.

Multi-Faith Spiritual Space – Ludy

A multi-sensory, multi-faith spiritual space for everyone, whatever their beliefs. A mixture of discussion about how our sexuality and spirituality interact and shared experiences/ expressions using art, movement, sound and silence. This aims to be a supportive space for everyone whatever their own beliefs (or lack of them) and previous spiritual/religious experiences.

Naked Lunch – Rach

BiCon's clothes-optional picnic; a social get-together, with nudity! Some drinks and snacks will be available. Please bring your lunch, and something to use as a picnic blanket (a towel is recommended). Informal, friendly, lots of chill-out space, and maybe even some games. You don't have to be naked; dress or undress however you are comfortable (there will be some full nudity).

Non-Binary Gender Discussion Space – Elizabeth R

A discussion/safe space for people who don't quite fit into the male or female boxes. Come and let's talk about our experiences of non-binary gender(s) and how we negotiate a binary world.

Restricted to those who identify in some way outside of the male/female gender binary or who are questioning if they do.

Parenting while Queer Poly LGBT etc... – Kai D'Argenta

Society has many expectations of parents. These expectations can often include the expectation to be straight, monogamous, cisgendered, in a nuclear family... this is a discussion and get-together for anyone who currently parents, has parented, or is planning to parent, who in some way doesn't fit into those categories. Support, networking, problem-solving, and generally hanging out.

All ages actively welcome, including children. As children are welcome at the workshop, there is an increased possibility of loud noises or sudden movement.

Personality Snap – Katy

Are you a special snowflake or the voice of the people? Find out with Personality Snap, a getting-to-know-you game with no pressure, no props, no embarrassment and no obligation to join in.

Sessions A-Z

Purple Prose: a UK bi guide – Katy

Are you interested in being involved with a book about bisexuality in the UK, or interested in the idea? Come and tell Katy what you think should be in it, what you might want to write for it, how best to get it published, or why the whole plan is a terrible idea. (Apart from that last one.)

Safer Sex – What It Is and How to Negotiate it with Partners – Dave Dawes

This is a workshop that covers what safer sex is and isn't and provides information on:

- The difference between safe sex and safer sex
- Sexually Transmitted Diseases
- Barrier methods of protection

It will also be an opportunity for people to share their experiences of negotiating safer sex and will provide practical tools for how to negotiate this better in future. Please be aware that we will be talking in detail about sexual acts.

Saying 'No', Hearing 'No' – Calum & Cat

We're all offered things we don't want, from time to time – we're not always very comfortable saying no, and sometimes we aren't great at understanding what kind of no we're hearing. We'll give some examples of no's from "not just

now, thanks" to "please don't ask me that again", discuss saying no without feeling we have to apologise or explain, and we'll practice saying and hearing "no" via the medium of being offered a cup of tea. This session will be closed at 30 people

Sex n (Prescription) Drugs n Rock and Roll – Laura Bax

This informal workshop is intended as a space where anyone affected by chronic pain, illness or disability can discuss the effects it has on dating, relationships and sex, and hopefully share some ideas, support and coping strategies.

Shamanic Trance (Age restriction: 18+) – Irene Ibrahim

Shamanic trance is an altered state of consciousness entered through a variety of means with the aim of healing an illness, or finding a solution to a problem. Practices include the use of rapid drumming (about 220 beats per minute), communication with power animals and ritual dance. You are invited to embark on a journey and discover new possibilities inside yourself. Might be a trigger for psychosis. If you have a frame drum, please bring it.

Shibari for Improvers (Age restriction: 16+) – Jason M

Shibari is the Japanese aesthetic form of rope bondage. This session will take you beyond the Hon musubi (single column tie) that is taught in introductory sessions into one or two more technical ties, based on what I gauge as the experience level of the group. Please bring rope, though I will bring enough spare for maybe two pairs. 12 or rather no more than 6 pairs to participate, but maybe friends could observe/support. Session will involve tight bondage and could trigger anxiety, respiratory problems and/or issues with consent. Please bring 4-6 hanks of natural fibre rope (Hemp/jute/synthetic).

Social Skate – Pierrette Squires, Hannah Bisley, Ellie Brodie

Fun session for people with roller skates to have a skate outdoors. You don't need to be amazing on your skates this is just for fun. If you don't have skates and want to come and watch you are very welcome too. If you want to have a go and don't have your own kit you might be able to borrow someone's if they are willing to lend it but we generally don't have spare kit if you don't have your own and couldn't guarantee sizes. If you have skates bring them along – with as much protection as you own if you can. Must accept liability for yourself if you do yourself an injury. Under 18's welcome but must be

accompanied by a parent or guardian.

Maximum 20 people skating

Survivors of Abuse (Age restriction: Adult) – Anonymous

BiCon can be an emotional and triggering time for people who have survived abuse. This confidential session is a chance to find out what safety-nets are on offer at BiCon, and a chance for people to make connections with others who may need a friendly face during the event. It is not intended to be a therapy space itself.

The Highly Sensitive Person (HSP): why it benefits everybody to know about it. (Age restriction: Adults) – Maria Bosman

High sensitivity is a trait that is often not well understood. What is HSP and how is it different from (and gets mixed up but can look like) Autism, ADHD, Borderline, Highly Giftedness, Paranormal Giftedness. How can it influence your life and wellbeing in a good way and (if you don't acknowledge it) in a bad way. Psychologist Maria Bosman helps you out with your questions and doubts by giving information and advice on how to deal with yes/no HSP. No personal problem-shooting during the workshop, that can occur afterwards.

Sessions A-Z

We're Not Getting Any Younger! – Nickie

An opportunity to get together with others who are not so young any more, maybe just for a chat, maybe to think about how being bisexual affects us as we age, what services there are for us, what we might want there to be, and how we can get involved in shaping services that will be useful for us later. But absolutely fine if all you want is a general chat!

What Does the Bible Really Say about Sex – Symon Hill

Some people talk about the Bible as if homosexuality, bisexuality and polyamory are soundly condemned on every page. In reality, the Bible

– a vast collection of texts – has a great range of things to say about sex, gender, sexuality and relationships. Some are surprising and potentially liberating (no wonder they're rarely talked about). This interactive workshop will bring alive a few of these texts, exploring their context and what they mean today. The workshop is open to you, whatever your views on religion, and whether you've never opened a Bible in your life or consider yourself an expert. We may look at biblical texts that include references to rape, child abuse and other forms of sexual violence

Biographies

Alex - Alex has been attending BiCon for 5 years and has been at the fun and games workshop as either an attendee or organiser each year.

Amaryllis Strong - Amaryllis is from Brighton. She is a member of Brighton Bothways and co-facilitates Talky Space, their monthly support and discussion group. She is genderqueer, white, middleclass, mentally ill and some other things. This is her second BiCon.

Andy - I currently run (part time) an art and design company

specialising in biomechanical / surrealist and gothic themed design. I have spent time as "artist in residence" at the Lawrence Batley Theatre, Huddersfield and have had my work exhibited throughout the country. Recently I have been concentrating on providing personal tattoo design service and setting up a designer clothing range featuring me artwork.

Asha - Asha has been trying to ensure that bi activists are visible within her trade union. She fell into being an activist and is still not sure how. She has now sadly been

downgraded to being mostly a lurker in fandom due to the lack of a time turner or TARDIS. This will be her fifth BiCon.

Bethan - Bethan lives in the Midlands with a wife, snake, and 4 battery rescue chickens. Two thirds of these ate the rest of this bio.

Calum - I've been attending BiCon since 2004, and was one of the team leads for BiCon 2006. Was chair of BiScotland for several years, and ran the Edinburgh discussion group. Relationship experiences, good and less-good, have led me to highly value good communication and clearly communicated consent – and I've done my best to learn good ways of talking about these things. Also interesting in shamanism, massage, and hanging out with cool people.

Cat - BiCons under her belt, it's about time Cat ran some workshops. Feminist, teacher, knitter, most often found chatting about same.

Ciaran McHale - Although Ciaran is a painfully shy extrovert, he makes up for this by being quite tall for a height-challenged person. He is extremely lazy for an activist, excels at incompetence, and is a well-read ignoramus. Ciaran's experience of being an impoverished millionaire has given him a solemn interest in

tomfoolery. His claims to fame include once having a letter published in Bi Community News, being rejected when applying for a job at McDonald's, and being co-inventor of the "I Love You Alphabetically" game. He regularly runs the tedious "Fun and Games" workshops at BiCon.

Dave Dawes - Dave has successfully run this workshop at previous OpenCons and BiCon. He is a Registered Nurse and the author of the first guide to sexual health and sexually transmitted diseases on the iPad.

David Franklin - I have been coming to BiCon for si-*cough*-een years now. During that time I have learned a thing or two in the sessions and generally had a fabulous time. I have been poly for nearly two decades and live in a large chaotic house called Serenity. At previous BiCons I have run sessions on topics as diverse as dancing, relationship styles, BDSM electrical play and massage.

David Goodarcher - I've been a Brit in Berlin since 1994 and even longer in Germany (1987). In Berlin I'm helping to run a bi stand at Pride and organise this year's Berlin Bi Fest (20th – 21st September). I've helped run a virtual bi group in Second Life which was very international and great fun, but sadly now dormant.

Biographies

My first BiCon was 2002 and this time it will be my 8th. This will be the third time I've offered a session and am looking forward to an interesting discussion of our favourite bi characters in film and TV. Twitter: @goodarcher. Facebook: David Goodarcher.

Ele Hicks - Ele has been involved in the Bi scene and bisexual activism in the UK and Wales since 2004, when she attended her first BiCon. In 2007 she set up Bi Cymru/Wales, the all Wales bisexual network, with a group of dedicated volunteers. Since then she has helped to foster and grow bi groups in Swansea and Cardiff as well as delivering training on bisexual issues and inclusion in a variety of contexts; producing materials on bisexuality; stalls and outreach work; liaising with the Welsh public sector on bisexual inclusion and issues; and coordinating bisexual workplace issues and general bisexual issues in Wales surveys.

She was behind the first ever BiFest Wales in 2010 and every year since and works for an equality organisation as her day job. Ele has been involved in activism and voluntary groups of various sorts since she was a child, co-organising her first group at 13. She has also been an elected disabled students and LGBT representative for NUS Wales, NUS UK and Swansea University Students Union.

Elizabeth R - Fond of hugs and fannish to the bone, Elizabeth or 'E' also does bi activism as a hobby/calling. One of the BiCon committee last year. Co-runner of new Edinburgh local group Bi & Beyond.

Ellie Brodie - Ellie has been skating for two years with Surrey Rollergirls, is Vice Captain of the travel team, and is an advanced and freshmeat coach for the league. Enjoys political and feminist discussions.

Emily - Emily Wright is a round, redheaded Scot currently based in Manchester where she helps run Manchester BiPhoria. She got drawn into activism accidentally and is quite surprised to find herself running a workshop. She likes knitting and flirting, occasionally at the same time

Gemma - I am a healer, teacher, artist. I have been facilitating groups for 19 years and providing talking therapy for 16. I am a BACP Accredited counsellor and a holistic bodywork therapist. I have been sharing tantra since 2003 and facilitate a monthly Tantra group in Sheffield that has been running for nearly 4 years. I also run Barefoot Boogies and creativity workshops. Currently I work as a counsellor, group worker and senior clinical supervisor. I have an interest in using creativity for healing mental health. Creatively I am currently

interested in mixed media jewellery, especially buttons and steampunk and lino cuts. My Steampunk jewellery is exhibited in the Bessemer Contemporary Art and Craft Gallery Sheffield.

Hannah Bisley - Hannah is learning to skate with Nottingham Hellfire Harlots. Off wheels she likes to take trips to Westeros in the TARDIS

Irene Ibrahim - I am 45 years old, with a long experience in spiritual and trance work

Jacq Applebee - Jacq is a published writer of romantic and erotic fiction. She also has a passion for poetry in all its forms. Her stories have appeared in Best Women's Erotica, Getting Bi, Bi Community News, Hustler and DIVA magazine. Jacq is the co-founder of Bi's of Colour.

Jason M - Happily bi, poly and kinky; this will be my 8th BiCon (kold_karma on fet)

Jen Yockney - Jen likes the smell of fresh printing, strawberry cider, and having her head scratched. Editor of Bi Community News magazine, runner for nearly two decades of Manchester bi group BiPhoria, and maintainer of the Bi Visibility Day website, she blogs at jenyockney.blogspot.com

Kai D'Argenta - Kai is a polyamorous, bisexual transman who has been pregnant twice. He currently lives in a housing co-op with his three year old and one year old, and can generally be found naked and/or on the internet. He is vegetarian, likes sci fi and enjoys meeting new people, so feel free to say hi.

Karen - Karen has been at most BiCons since 2005. In everyday life she's career-focused, in a professional role. She's obviously middle class and fat and gets read as straight in non-bi spaces. In reality, she's an agnostic atheist, bi, prefers polyamory and has been in a relationship for some years though remains mostly single. She's one of the directors of BiCon Continuity Ltd and likes using her skills where they're appreciated to help out people and communities she cares about. She also likes coffee, reading things and has recently discovered Netflix. She'd love to have her own children soon.

Katy - Katy is a long-time bi activist who likes chocolate, rainbows, kittens, and rainbow chocolate kittens, when available. She's katyha and fausterella on Twitter and elsewhere.

Biographies

Laura Bax - I'm not a doctor or other health professional – my experience comes from living with chronic pain and associated conditions for several years and the rest of my life. I came up with the idea for this workshop after discovering that doctors and pain management specialists were reluctant to discuss this aspect of quality of life, and often dismissive of it as irrelevant. I've been to BiCon a few times, but this is my first time running a workshop.

Lisa Colledge - Lisa's a middle-aged bi woman who loves nature, tango dancing and good chocolate icecream.

Louise - Louise is an organiser of the Bi and Beyond Edinburgh group and a feminist activist.

Ludy - Ludy's first BiCon changed her life and she keeps coming back for more. She is Autistic, an Activist and an Auntie and loves coffee, knitting and Bunnys. She has had a life long interest in spirituality and spiritual practices - and how they could be made more inclusive. Currently she is a part-time carer for her Mum who has dementia.

Marcus Morgan - Marcus Morgan is a bisexual activist, a training consultant on Equality and Diversity issues, and is the current co-ordinator of bi action group The Bisexual Index. He co-founded SM Bisexuals and The Bisexual

Underground, and has helped organise the London Bisexual Group, Countdown On Spanner, PolyDay, BiCon, SM Pride, BiFest, and the International Conference On Bisexuality. He has appeared on national television and radio championing bisexual and kink issues, and has spoken at union conferences, LGBT pride rallies and sexual freedom events across the country. Re-reading it, he thinks this bio makes him sound more serious than he really is...

Natalya D - Natalya currently lives in Birmingham and is one of the directors of the Bi Company. Natalya types like a fiend, drinks lots of tea and collects lizards. Or should that be drinks lots of lizards, types like tea and collects fiends?...

Maria Bosman - Maria Bosman, Dutch, psychologist since 1989, bisexual, highly sensitive person (HSP). I am self-employed since 1996. My business is Partners in Creation. I help my clients get on their strong feet with different concrete methods. Since 2007 I got specialised in HSP and are currently writing my first book about HSP for people who work with highly sensitive people. I train HSP's to get happy and I train caretakers and therapists to recognise and work professionally with HSP's. Websites <http://bit.ly/1owHvui> and <http://bit.ly/1xwWmNP>.

Mat - Short, broad tattooed, bald, bearded, fire breathing, pipe smoking, sarcastic, offensive guy of moderate appearance and pleasant musk who should (and probably will) come with his own disclaimer

Mattp - A seasoned BiConner of more than a decade. Long in the tooth. Short in the hair.

Nathanael - Nathanael is a queer gendered, feminist, nanotechnology researcher and roller derby skater/ref. They love to get things going and inspire people to greatness but are most happy playing computer games in silence; quite the conflict of interests. They have been attending BiCon for 5 years and keep coming back for the great people and almost utopian atmosphere.

Nickie - I've been coming to BiCon since 1999 - I'm bi and poly. I'm retired now and poking my finger into many activist pies: LGBT, poly, cancer, autism, local community library etc. etc. One of the hardest things I'm finding in retirement is choosing what to fill my days with - it's not through a lack of things to do, more a surfeit!

Nim - Nim is a friendly queer who can often be spotted in voluminous garments. E likes puns, tea, deconstructing power relationships and creating intentional spaces. This will be eir 4th BiCon.

Pierrette Squires - Pierrette is just learning to skate with Rainy City in Oldham. A passionate museum conservator she is Small, happy and loves to dance

Rach - Rach is a rainbow-haired action hero, and your host for the Naked Lunch.

Rowan Alison - Rowan is a persistent knitter and a dabbler in many other crafts. She will mostly be found fretting round the craft space. She has run at least one too many BiCons

Sanji – likes to see people having fun

Sarah Foster - Sarah Foster is Client Group Manager at Stonewall. She helps to run the Diversity Champions programme, which has over 640 major employer members who collectively employ close to 6 million people. With a personal portfolio of Media, Professional Services and Technology clients, Sarah supports the diversity programmes of over 40 employers including the BBC, Accenture and Google. Part of her role is to help them to implement initiatives to support their bisexual staff. Before joining Stonewall, Sarah led the Investors in Diversity programme, directed a social enterprise, and worked for the Minister for Women and Equality.

Biographies

Sarah Shahid and Asha Wolfe-Robinson - Sarah and Asha are bisexual activists from UNISON, the public service trade union. UNISON has a national network of bisexual members who meet within our LGBT group. Sarah and Asha are members of UNISON's national LGBT committee. Sarah is one of 2 people elected to represent bisexual members. Asha represents UNISON Eastern region.

Sharon L - Sharon has been coming to BiCon since 2008 and inexplicably likes chairing meetings.

Suraya Sidhu Singh - London-based writer and storyteller

Sophie Gamwell - I'm a Fat Femme who loves to wear clothes that make me feel fabulous. I'm sometimes frustrated that it is such a challenge to find pre-loved clothes in my size. I discussed this with my delightful girlfriend and we came up with the fat femme clothes swap idea.

Symon Hill - Symon Hill is a Christian, a bisexual, an activist, a writer and an ex-homophobe. He wishes that churches were more like BiCon. His books include The No-Nonsense Guide to Religion and Digital Revolutions: Activism in the internet age (please excuse the shameless plug). In 2011, he

walked from Birmingham to London as a pilgrimage of repentance for his former homophobia. This is his third BiCon.

Tanwen Coyne - Tanwen Coyne, a young bisexual writer, draws on her Celtic heritage in her writing. Her works include novels The Dreamers and Stars and a collection of short stories entitled Ours. She has been writing from childhood and she is a Creative Writing graduate who also writes poetry and scripts. She has a strong fascination with Science Fiction, Fantasy and Erotica. Exploring character is a driving force behind her work and she has a passion for representing bisexual characters in her stories. She also writes Young Adult fiction under the name Rosie Lloyd.

Tracey - Tracey is a genderqueer zinester with a penchant for marmite and drinking too much coffee. They have been involved in various bisexual activism and academic projects including co-authoring the Bisexuality Report. They work in a charity bookshop and spend their spare time knitting. This will be Tracey's 5th BiCon.

Local Info

Pharmacy

The Cooperative Pharmacy (0.8 miles)

Thu & Fri 09:00-18:00

Sat 09:00-17:00 Sun: closed

ASDA Stores (2.3 miles away) also has a pharmacy open 7am to 22:00 or 23:00 Thu-Sat and 10am to 4pm on Sunday

Optician

There are high street opticians in Horsforth but most are closed by Midday Saturday or on Sunday
ASDA Stores optician (Holt Road Leeds LS16 7RY) is open 9am to 19:00 Mon-Sat and 10am to 4pm on Sunday.

Taxis

Abbey Cars 0113 350 5050

www.abbeycarsleeds.co.uk/

Note Abbey Cars do not have vehicles with ramps, so cannot take wheelchair users in their wheelchairs.

Arrow Taxis 0113 2585888

arrowprivatehire.co.uk

Buses

Metro 0113 2457676

www.wymetro.com

Travel Information

Traveline: 0871 200 22 33 7am to 10pm, calls cost 10p/minute plus network extras

National Express: 08705 808080

National Rail Enquiries 08457 484950 (calls charged at local call

rates between 8.00am - 8.00pm
Monday to Saturday and 9.00am - 8.00pm Sunday)

Places of Worship

BiCon believes in respecting freedom to believe and practice any religious faith and none. This list is for information only and has not been verified by the team.

Jamyang Buddhist Centre Leeds

www.jamyangleeds.co.uk/

Leeds Hindu Mandir

www.leedsmandir.org.uk/

Etz Chaim Synagogue (Leeds)

www.etzchaim.co.uk/index.php

Guru Nanak Nishkam Sewak Jatha (Leeds) UK (Gudwara)

www.gnnsjleeds.com/index.php

Leeds Makkah Masjid (Mosque)

run by Leeds Muslim Council

www.makkahmasjid.co.uk/wp/

Churches in Horsforth lists a range of Christian churches

www.horsforthchurchestogether.btk.co.uk/ChurchesinHorsforth

There is a Roman Catholic chapel on the site of Leeds Trinity University Campus

Sunday Assembly (Godless congregation)

leeds.sundayassembly.com/

Leeds Quakers meetings

www.leedsquakers.org.uk/

Getting Help

The BiCon team and desk

If there's anything you need over the weekend, please talk to us at the desk or phone 07743 954075. We have lots of information, and can liaise with the venue staff about any problems.

Identifying volunteers

People wearing purple or lilac sashes are 'on duty'. Anyone wearing a purple sash is a good person to ask if you need help.

1st Aid

In a real emergency call 999 or 112 first before the desk or 1st Aiders. The venue has 1st Aiders available during the weekend. Please contact the venue reception. There is a phone in each apartment from which delegates can dial '0' else dial the mobile 07860 383434 out of hours.

Listening Service

Being at BiCon may stir up big feelings of one kind or another and it can be good to talk about this, so we offer a non judgmental, non directional, confidential listening service. To contact them, ask at reception or call/text 07580 543 887. Listeners are all experienced, and are BiCon attenders, volunteering their time during their BiCon.

Please note that this is a limited service and we can only provide up to one hour per person over the weekend.

Security

The campus is regularly patrolled by security staff, day and night. Contact the venue reception or at night security can be called on 07860 383434.

External sources of help

Police: (01274) 471458 or text: NWO and then your message to 07950 080240

The Samaritans: 08457 909090

Release (confidential drug advice):
020 7324 2989
ask@release.org.uk

Rape Crisis: 0808 802 9999

Minor Injuries Unit

8am to 11pm every day
Wharfedale Hospital (6.5 miles)
Newall Carr Road, Otley, West
Yorkshire, LS21 2LY
Tel: (01943) 465522

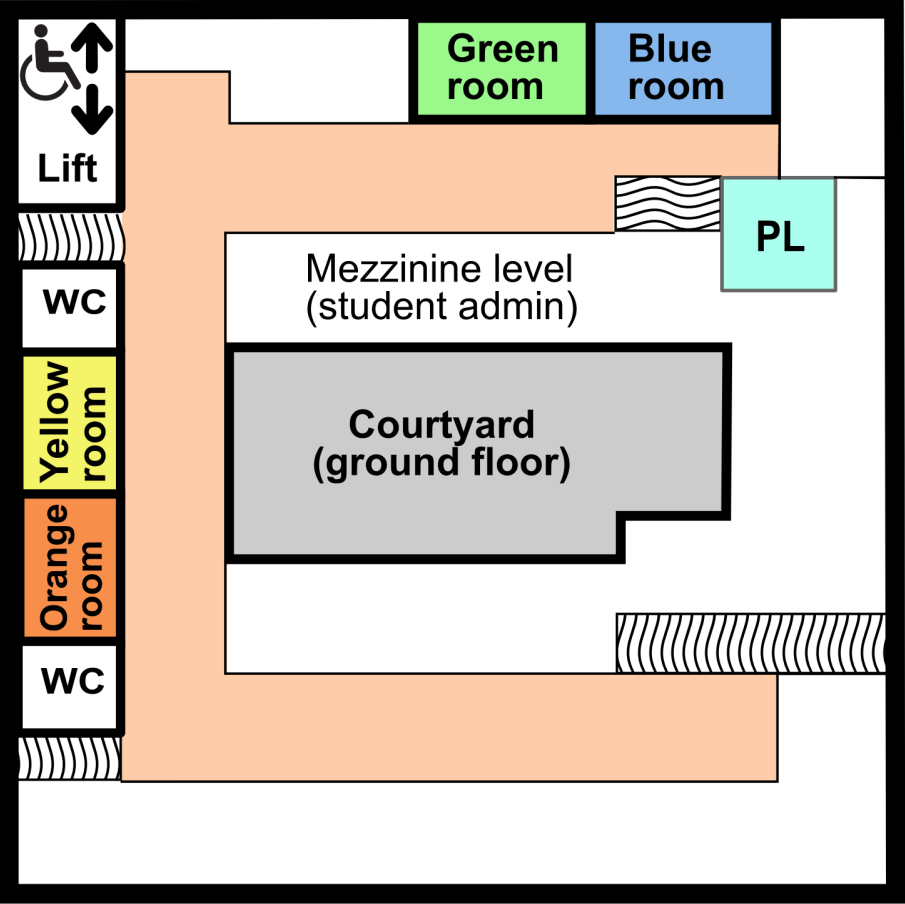
Accident and Emergency (A&E)

aka Casualty
Open 24 hours
Leeds General Hospital (7 miles)
Great George Street, Leeds, LS1
3EX
Tel: 0113 243 2799

Out of hours

111 Non emergency service advice number. Use this for advice on emergency dental care as they will have the most accurate information.

First Floor Plan



Floor plan key

Workshop rooms
(Pink Room in Trinity Building)

Other BiCon spaces

Accessible routes

Stairs/steps

Accessible toilet

Regular toilet

Platform lift

Lift
(priority for disabled users)

Ground Floor Plan

