

# BiCon 2018



**A Gathering of Bisexuals and Our Allies**

## Handbook & Sessions

# Large print and coloured paper handbooks available on request

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## Contact Details

**Venue address:** University of Salford Peel Park Campus, Salford. **M5 4NJ**.

**Team/desk phone:** 07562 284685

**Email:** [2018@bicon.org.uk](mailto:2018@bicon.org.uk)

(we will try to check email but contacting us by phone or in person is more reliable for more urgent things immediately before and during BiCon).

### Desk hours

Thursday: 3pm to 8pm

Friday and Saturday: 9am to 8pm

Sunday: 9am to 1pm

**Venue Security:** 0161 295 4773

# Welcome to BiCon

Hello and welcome to BiCon 2018!

If you've been to BiCon before you may know what to expect, but every year is a bit different and we hope you'll get some pleasant surprises. If you're new to BiCon, welcome! Either way this handbook contains a lot of information that may help you enjoy your BiCon, so please do take the time to read it.

This year it's been a bit of a rocky road getting to BiCon, but thanks to a lovely team and all of our fabulous volunteers we've made it, and we hope you like the results. If there's anything you think is missing or you'd like to do differently do let us know. If it's something we can reasonably do this year we will try our best, and if not, you can always put it on your feedback form for future years.

And of course, you can always volunteer to make it happen yourself. BiCon is entirely run by volunteers, and none of us started out as 'experts', so we do our best to encourage volunteers at all levels. Ask at the desk if you want to help out or tell us if you want to organise something so we can tell other people. From impromptu session ideas to picnics in the park it can take very little effort to make something cool happen, and before you know it you could be growing your own local group or even helping create future BiCons and enjoying it!

*- Rowan, Carol, Elizabeth, Jude, Steve, and Latimer T Buck*

## Credits

Many thanks to the lovely conference team at Salford University who helped us deal with everything. Thanks to Jen for our flyer and publicity help, Olli for running the listening team, Doug for running the DMP, Natalya and HESSIE for doing some very difficult financial stuff, Sam and the Equality Network team for printing and loads of extra diversity and inclusion stuff and Ian for IT and sanity.

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 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.

2018 will be the 36th BiCon in the UK and this year we are expecting around 230 participants, many of whom are at BiCon for the first time, so if you're new, you're not alone!

We have over 45 sessions for you to choose from, plus a selection of slots where you can create your own, 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!

## Latimer T Buck

Latimer is a small cuddly reindeer who first came to BiCon in 2002 and has been passed from team to team and been our mascot ever since. He is also the BiCon 'buck' which means that at the end of BiCon we will literally 'pass the buck' to the next team. We are a little bit sorry for the bad pun, but not really.

## The Cake awards

The 'Cakes' are awards given at BiCon for service to the UK bisexual community. They started in 2002 and so far a grand total of 28 have been awarded. This year we will be continuing with the tradition and presenting some more at the Closing Ceremony.

## ... and the rooms

Every year has a theme for the names of the rooms we hold our sessions in. This year we have chosen the six colours of the Rainbow Pride flag.

- Chapman Ground Floor: **Red** (Lecture Theatre 3), **Orange** (Seminar Room 1), and **Yellow** (Seminar Room 2).
- Chapman 1<sup>st</sup> floor: **Green** (Seminar Room 3) and 'quiet pod' areas.
- Chapman top floor **Blue** (Gallery space).
- University House (Basement level) **Purple** Zone.
- University House (1<sup>st</sup> floor) Atmosphere Café and Bar.
- Sessions located in other places are coloured **Pink** in the Programme – see each session's information for details.

As there is only one small lift for Chapman 1st floor, and single-user platform lift for Chapman top floor we ask that you only use lifts if you need them.

# 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 copy of the schedule near the info desk.

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 Red lecture theatre. If you want us to announce something in the plenary, please contact Rowan 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 postbox at BiCon Registration Desk 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 announced 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. 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 judgment on that.

## Phone

You can contact us on

**07562 284685.** 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, so the phone may be turned off at night.

## Meeting People

You are not alone!

Approximately a third of BiCon attendees each year are here 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. You may want to make your own signs in the Craft Area.

## 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 going further afield 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.

# 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 the organising team, workshop facilitators, and volunteers – can expect from others, and what is expected from **all of us** during BiCon.

The organisers will try to deal fairly and respectfully with any issue 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.

You do not have to stay in any session you feel uncomfortable in. You can leave at any time.

## 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 have it on your person.

Passes are numbered and non-transferable. If you give your pass to another person, you are defrauding BiCon. A fee may be payable to replace lost passes.

## No Means No

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 an activity.
- Disclosing information.
- Discussing topics which are sensitive or personal.
- Even having a chat.

Ask **every** time. Don't assume that because someone said "yes" earlier, they are happy to continue where you left off.

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.

You can ask the conduct team to tell someone to leave you alone.

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.

## BiCon is supportive of breastfeeding.

It is illegal to discriminate against breastfeeding parents. Do not make negative comments if you see someone feeding their child.

Apart from parents actively breastfeeding, 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 and will be **clearly marked** as such.

## Consent includes any audience.

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

Everyone at BiCon deserves to feel safe and no one deserves to be shouted at, sworn at, or made to feel threatened.

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

Please abide by the smoking zones which are clearly marked and explained in the handbook.

It is illegal to smoke anywhere indoors including on-site accommodation, or out of windows.

Please do not smoke e-cigarettes indoors or near venue doors, as vapours from these devices can be triggering for people with asthma and related conditions.

## Discrimination and 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.

## Race, ethnicity and culture

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 fetishisation 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?"*

## Gender and 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 by using *"they"* instead of *"he"* or *"she"*.

Once you have been informed of someone's gender pronouns, whether by asking them or being corrected, please try to use these pronouns correctly.



**We accept people's self-identified gender for all purposes at BiCon including single-gender spaces.**

## **Sexuality**

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

## **Awareness**

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

**If you are able**, please consider kindly educating people when they make mistakes – this includes everyone, even the organising team!

## **Safer Spaces**

Some spaces within BiCon are restricted to certain groups of people, e.g. people aged 18 or over, or those with a particular identity. These will be clearly marked in the session guide and handbook.

BiCon supports safer spaces and recognises their value. Please do not breach safer spaces you are not eligible to be in.

If you are eligible, don't be afraid that you aren't 'enough' of whatever group.

If you are unsure of your eligibility, you can ask to speak to someone wearing a purple sash for advice or contact the team prior to the event.

## **Confidentiality**

Please respect people's privacy and be aware that not everyone at BiCon may be 'out' about their sexuality or

other aspects of their lifestyle, such as BDSM or non-monogamy.

Ask permission before identifying anyone publicly.

'Public' includes write-ups on personal websites or on social networking sites such as Facebook.

If you find yourself talking to someone you met at BiCon *after* the event has ended, be careful if you need to remind them where you met – you don't know who else might be listening! Perhaps just remind them that the event was in Salford...

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, please assume it may end up online, linked to you by name, as people may not remember your preferences after BiCon.

You have the right to ask for any photo, video or recording of you to be deleted, and you do not have to give a reason. If you are uncomfortable asking for this to happen yourself, or your request is not met, please speak to someone at the desk, or a volunteer in a purple sash.

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

## Getting help

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 2018 or you have witnessed inappropriate behaviour we want to know so we can improve your experience at BiCon.

You can talk to us

- In person: there will be someone in a sash/on a desk.
- Via the organisers postbox: write something and post it in.
- SMS or phone on 07562 284685
- Email on [2018@bicon.org.uk](mailto:2018@bicon.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, if you have any ideas.

Examples of things we can do:

- 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 details to future BiCons.
- These will be implemented at the discretion of the BiCon team.

Breaches of this Code of Conduct or reasonable requests will, in most cases, be met with a warning from a member of the organising team. **The organising team decision is final.**

If warnings are ignored, or in the event of serious misconduct, we reserve the right to ask anyone to leave all or part of BiCon.

If you are asked to leave, you will not receive any refund. We reserve the right to pass on details of complaints to future BiCon organisers

# Staying on Site

## Keys

Keys must be returned and rooms vacated by 11am on Sunday. Bring your key to Delaney reception and sign it in to avoid getting charged. BiCon will be charged for lost keys and will pass this charge on to attenders.

## Luggage

You will be able to store your luggage between check out time and the end of BiCon. Please ask at Delaney reception.

## Kitchen equipment

Please don't take the flat's kitchen equipment out of your flat. Wash it and leave it in the kitchen when you leave. BiCon will be charged for any breakages or losses so 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.

## Laundry

A laundry is available on the ground floor of Delaney 1. You will need to buy and top up a payment card from the laundry room to pay.

## Behaviour in flats

Please be considerate of the people you are sharing a flat with. The Code of Conduct rules on public nudity and other behaviour applies to behaviour in public areas of your flat.

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.

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 and alcohol

In England it is illegal to smoke in any workplace, which includes all University buildings. To ensure that smokers can co-exist with people who need to avoid smoke for access reasons BiCon and the venue enforces no-smoking and smoking zones.

There are dedicated smoking areas available outside each building. Please don't smoke anywhere else on site because venue security will tell you off and move you on.

**Venue rules** mean that alcohol may only be consumed in your flats or the bar and nowhere else on University land. You are reminded to follow any other rules which are posted in other university and public land areas.

# Entertainments & Social Spaces

There's a choice of zones in University House every evening at BiCon. Atmosphere bar will be exclusive to BiCon with music and dancing, and there is quieter alcohol-free social space in the Café. The Purple Zone downstairs has space for board games, quieter activities and generally chilling out. The venue also has lovely outdoor space if the weather is good.

## Thursday night

A chance to say meet up with new and old friends, unpack and settle in.

There will be a brief welcome and icebreaker game around 7pm, so if you don't know anyone yet, you will soon!

The bar is open till 11pm.

## Friday night

There will be a jam session lead by an experienced performer from 8pm followed by the Silent Disco in the Bar.

Or if you prefer there is also a BiCon exclusive swim session from 8-10pm - meet at 8pm at the desk or join in at the Pool.

There will also be a storytelling circle either in the Purple Zone or outside depending on the weather.

## Saturday night

The BiCon Ball takes place in the Bar from 8pm until midnight, and this year the theme is The Mythical Bisexual Ball. Dress as your favourite myth or legend, or as your own legendary self, and prove that we are no myth! We'll be kicking off at 8pm with a music performance followed by the BiCon DJ.

If you prefer something quieter we will be hosting a poetry jam in the purple zone.

## Craft space

There is a craft table on the 1st floor next to the quiet pod open during the day and you're welcome to come along and make stuff at any time.

We will also try to bring some of the stuff to the Purple Zone in the evening.

# About the DMP (Decision Making Plenary)

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, originally 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 online at [www.bicon.org.uk/guidelines.html](http://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.**

# About the Sessions

This year BiCon has scheduled sessions from 9:30am to 6:30pm. 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 during lunch break slots 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, and outdoor sessions will be meeting at reception or as otherwise arranged.

You may go to 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 leave any session quietly if you find it is not for you.

Some sessions will become 'closed' once the facilitator feels there are enough attendees or shortly after starting so the session remains 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.

Some sessions and spaces will have reserved seating for people with access needs, please only use this if you need it (but do use it if you need it).

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 ensure everyone has a fair turn.

Facilitators have been asked to finish on time so that the next facilitator has time to set up and attendees 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 if you discuss content with people who were not there. If you are not sure 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

## **Ace Space - Chelsea**

**[Restriction: Age 18+]**

A safe space for anyone on the asexual spectrum and anyone who is questioning if they may be. Asexual, grey ace, or anywhere on the asexual spectrum, to get together, meet others, and discuss asexuality. This will be a small, safe environment where you can bring up any issues relating to asexuality. This session is likely to have discussions about sex and possible discussions about sexual abuse. 20 attendees max.

## **BDSM for Beginners - David F**

**[Restriction: Age 16+]**

An introduction to BDSM for anyone with little or no experience. Covering language and activities, consent and safety, some hints and tips, along with hopefully answering any questions you have. This is for beginners only.

## **BME Safe Space - Tatenda Nyatsanza**

**[Restriction: BME people only]**

This session is a loosely facilitated safe space for BiCon attendees who are from black or minority ethnic backgrounds.

For the purpose of this workshop we are defining Black and Minority Ethnic (BME) as people who are:

Of colour (e.g. Asian, Black).

Of mixed heritage.

International migrants from outwith the UK.

Jewish people.

Roma people.

This does not include people who may belong to British ethnicities that may be considered minorities in some contexts (e.g. Welsh or Scottish).

## **BiCon Continuity Ltd General Meeting - Karen**

Meeting for members of BiCon Continuity to elect trustees and make other decisions. BiCon Continuity was incorporated in 2011 to look after BiCon's money and became a charity in 2014.

## **Bi in the Workplace - Jade-Su Armstrong (Unison)**

How to engage with employers and with colleagues about being bi, including how to have difficult conversations. How to work with your employer to write bi inclusive policies.

## **Bi/Pan Parenting - Lea**

**[Restriction: Age 16+]**

Parenting has many ups and downs, regardless of being a Bi Parent or not, so come along and share the rollercoaster with others who will not only get where you are coming from but have probably been there themselves.

Also open to those who wish to become parent/s. Small people in arms/slings welcome.

### **Bisexual Theory - Jessica Burton**

By drawing on her many years of talking with bisexual people from all walks of life, Jessica will discuss in this talk the commonalities of experience that seem to be shared by most bisexual people. These commonalities can be drawn into a series of principles which Jessica describes as Bisexual Theory. Bisexual Theory could one day be of use as a tool to critique our culture, from art to social norms, and in so doing change the way we frame not only our gender and sexuality but any form of binarised thinking. This session is lecture-style, so settle in and listen to a fascinating personal tour of what things bring us together as bisexuals.

### **Bisexuality & Christianity - Carol Shepherd & Lisa Colledge**

People who identify as both bisexual and Christian can face rejection not only from their churches and LGBT faith groups but also from their sexual identity communities. In this session, Dr. Carol Shepherd will discuss her recent PhD research with UK and US bi Christians. How do bi Christians experience their sexuality and their faith? Can bisexual Christians bring new perspectives to bi theory and to Christian theology?

### **Bisexuality & Fandom - Elizabeth Reiff**

We as bi people don't get enough representation in media. There are a few out bi characters, which is great, but for the rest we rely on the occasional word from the actor or writer, plus our own fevered

headcanons. So, who's your favourite bi or might be bi character? Let's get together and chat fandom!

### **Bisexuality in the 1970s & 1980s: An oral history project - Martha Robinson Rhodes**

I am a PhD researcher conducting an oral history of bisexuality and multiple-gender-attraction in 1970s and 1980s Britain. This session will consist of a short presentation about my research, its background and its aims. There will then be an opportunity to ask questions and give feedback on my project. Ultimately, I am hoping to find more people who might be willing to be interviewed over the next 6 months, so I will explain what participation would involve and why this project is so important. Even if you don't want to be interviewed, I would still like to hear your views!

### **Campfire Sing-a-long - Nairmi** **[Restriction: Age 16+]**

It's just the way you make me feel!  
A chance to sing your heart out (hopefully outside). Requests can be made in advance - Bi\* songs welcome!

### **Chill in the Pool - Saxey**

Come and relax in the pool, as BiCon takes over the swimming pool at the University Sports Centre. It's free! Meet near the BiCon desk in Atmosphere Bar (University House) at 8pm Friday evening to walk there together, or join us in the water any time after. Further information available at the desk.



### **Cover Bis - Jen Yockney**

A photo session to make photos for use on flyers, future promotional material for bi projects, BCN magazine covers, and so on. Bring bi props! Or just bring yourself.

### **Doing Bi Activism Wrong - Ian Watters**

There are of course numerous ways to be a bi activist. But just perhaps a few are a little less good than others... and I have done some of them.

### **Down Your Way: Starting a Bi Group - Jen Yockney**

BiCon is fab but it's just one weekend, so how to get more bis in your life the rest of the year round? If you live near one of the local bi groups (see BCN listings!) there is an easy solution, just pop along to that, and maybe give some volunteering time to help build the group. But if they are all a long way away ...maybe you could start one in your local area? Bring and share your top tips and questions.

### **Drawing Bisexuals - Saxey**

**[Restriction: Age 18+]**

Come and get arty in a relaxed session. We supply some basic materials, and people to draw. You create! There will be a bit of discussion, but no formal art guidance, just lots of time to draw, with short and longer poses. (If you'd like to be drawn, leave your details at the front desk - clothing is optional). 20 attendees max.

### **Decision-Making Plenary (DMP) & Pre-DMP session – Doug Clow**

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 13.

### **Fat-positive clothes swap - Rowan**

For women, femmes and non-binary people. The ever-popular clothes swap is back. Bring some clothes if you have any to give away, take some clothes away for free. You don't have to be fat to attend, but we hope to have a wide range of sizes available. We will have different tables sorted by size, come and have a look and refresh your wardrobe...

### **Fatticorns Unite! - Puma & Angie Campbell-Cairns**

**[Restriction: Age 16+]**

A session to explore fat positivity in a Bi Context and practicing radical self-acceptance/love.

### **Fun & Games - Alex**

New to BiCon? Want to meet some new people? Come and play some ice breaker games. We'll be playing games like 'Two Rooms and a Boom', 'Sun Shines On', and others.

### **Getting Stronger By Being More Sensitive - Maria Bosman**

**[Restriction: Age 18+]**

Society is sometimes quite tough to live in. Highly Sensitive People can have a hard time to survive. How can we be even more sensitive and at the same time be stronger? How can we

make our world more peaceful and nicer to live in? Come talk and exchange ideas, we will make an empowerment list you can start using. 12 attendees max.

### **Having Been Bi for Longer Than Five Years: A Conversation - Grant Denkinson**

Some of us have thought of ourselves as bisexual for a while now. This will be a chance for us to talk together about how being bi has been in our lives and how it is going now. All welcome who have thought of themselves as bisexual or similar for five years or longer.

### **Harry Potter and the Sacred Text - Ludy**

Inspired by the popular Harry Potter and the Sacred Text podcast we are "treating something we love as if it was sacred". We will be reflecting on what Harry Potter means to you and using some traditional Spiritual Practices to reflect. This is not a religious or a parody session and is open to everyone open to being willing to use a favourite text as a lens to explore our lives and the world.

**Introduction to Diversity - Tatenda Nyatsanza & James H**  
Many bi people are also excluded and discriminated against because of a lack of understanding and prejudice against various aspects of our identities, so to make bi spaces more inclusive we need to be more skilled in dealing with equality issues. We will explore top tips for equality and

include time for anonymous questions. This will be an interactive and relaxed session.

### **Jam Session and Music Workshop - Stuart Quinn-Harvie**

An opportunity for making music in an open band environment, and for anyone who has always wanted to perform in a band to do so in the evening. A safe space - non-judgemental and inclusive - whether you want to play, sing, try playing a new instrument or just want to be involved in the joy and togetherness that making music can bring. There is no need to be a virtuoso, or even know how to play an instrument. If you would like to bring your own gear that will be great, but gear will be provided. 20 attendees max.

### **Just a Bisexual Minute – Jen Yockney**

The popular Radio 4 game 'Just a Minute' is one where you take turns to try and speak on a given subject without hesitation, deviation, repetition, hesitation or squirrels. Let's play it at BiCon.

### **Launch of 'The Roadmap to Bisexual Inclusion' - Sam Rankin** **[Restriction: Age 16+]**

The Roadmap to Bisexual Inclusion is a resource booklet developed specifically to help public and voluntary sector services become more inclusive of bisexual people. In this session we will talk about how we created it and what we hope it will achieve. Session participants will get an opportunity to ask questions

and copies of this new resource will be available to take away. Please be aware that we will be discussing topics that may be triggering and not suitable for younger attendees such as abuse and discrimination.

### **Make Food Your Medicine - Eddi**

Practical demo and talk with tasters. For anyone interested in herbal medicine or making medicinal food, drinks or condiments. Contact Eddi for location details and time.

### **Multi-Faith Spiritual Space - Ludy**

A space for people of all faiths and of none, to reflect on how spirituality and bisexuality, (and/or being an ally) intersect - and to centre ourselves and be calm in the busy-ness of BiCon. Using practical multi-sensory techniques.

### **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, calm with lots of chill-out space. You don't have to be naked; dress or undress however you are comfortable (there will be some full nudity).

### **Non-binary Safe Space - Elizabeth Reiff**

**[Restriction: Self-identified non-binary people only]**

A chilled-out talky space for NB folks to get together and get to know each other. Discussion topics are up to the group, but might include things like

coming out as NB, existing as NB in a binary world, and the future of non-binary gender recognition. This is a non-judgemental space; you do not need to look a certain way to be non-binary.

### **Personality Snap - Katy**

**[Restriction: Age 16+]**

Are you a unique snowflake or the voice of the people? Is there someone at BiCon who likes exactly the same things as you? Come and find out by playing Personality Snap, a fun no-pressure game with no winners or losers. No running around or standing required.

### **Pervertibles & Kink on a Budget - Aconitum**

**[Restriction: Age 18+]**

Kinky toys can be expensive and if you're not sure yet what you enjoy, or fancy trying something new without paying a fortune, you needn't look far for inspiration.

Pervertibles are everyday objects which often make ideal (cheap!) toys. Whether you're simply curious, a newbie just starting out on your kink journey, or even an experienced player looking for inspiration, all are welcome to this session. We'll be covering a variety of items you might want to try including a few you may not have considered! Please feel free to bring your own pervertible toys to share with the group.

### **Pride Flag Show and Tell - Rowan**

At a truly diverse Pride Day there are a lot of different flags, and not everyone knows what they are all about. This is a chance to bring or make your own flag or come and talk about some of ours, and help us decorate our plenary room with all the colours of Pride, including some we might need to invent.

### **Queering Shakespeare - Kaye**

**[Restriction: Age 16+]**

The return of this popular interactive drama session that lets you mess with the bard and create queer and outrageous readings of short extracts - get your own back on your high-school English teacher! 30 attendees max.

### **Quick Board Games for New People - Alex**

Gosh there's a lot of people really into boardgames at BiCon, isn't there? When did Monopoly and Risk get so popular, you're probably asking yourself. Well, boardgames have been going through a renaissance for about a decade now. Come along and play some of the shorter, simpler games and dip your toe into this exciting hobby. Experienced players are welcome to bring their quick games and/or help me teach the games I bring.

### **Recognising & Challenging Racism - Sam Rankin, Tatenda Nyatsanza, & James H**

In this session we will be exploring what racism is, how to recognise different forms of racism and how to challenge racist incidents effectively.

This workshop will be participatory, and attendees will be encouraged to be honest, open and kind. All interested in tackling racism are welcome.

Discussions may touch on triggering subjects including racism, discrimination and prejudice.

### **Safer Sex: What we should have learnt in Sex Ed. - Jade**

**[Restriction: Age 16+]**

This session is all about the things sex Ed should have taught us including how Prep works, what a dental dam is, how to take care of sex toys, preventing injury during BDSM play, & what happens at a sexual health exam. We'll also be answering questions like: Do I need to worry about HPV if I don't have a cervix? Am I using condoms right? How do STDs spread & am I at risk? & where can I get help if something goes wrong?

### **Sex & Disability – Oliver Lauenstein**

**[Restriction: Age 16+]**

At BiCon there are quite a few people with disabilities, mental health issues, chronic illnesses and/or neurodiverse people. This session will provide an open, facilitated discussion about the way in which any of these affect (or don't affect) our sex lives (and vice versa). Depending on how many people show up, breaking the discussion down into subgroups is possible. If there is anything you need in order to be able to participate in this session, please do not hesitate to get in touch! 30 attendees max.

## **Stand Up & Comic Monologue Workshop - Sally Wyatt**

**[Restriction: Age 16+]**

This session is a practical session that looks at some techniques in writing stand-up comedy and monologue.

## **Steven Universe Sing-a-long - Alex**

Come sing all (or at least as many as we can fit) your favourite songs from Steven Universe. Group singing, all abilities and ages welcome.

## **Summer Camp Style Macrame Friendship Bracelet Making - Mel Emanuel**

We're going to sit down, chillax, and weave/knot/plait some beautiful queer themed friendship bracelets, keychains, bookmarks, etc out of embroidery thread. Just like in the 90s. People of all genders encouraged to participate. Beginners are welcome. Instruction will be provided. 20 attendees max.

## **Survivors Safe Space – Lea**

**[Restriction: Age 18+]**

A safe space where survivors can come together, talk if they wish, share what they feel able, and generally be held in mind by others, or can ask for support if BiCon is proving a challenge for them. Survivors, be mindful that the session might trigger so have a plan yourself for if you do get triggered by others sharing. 25 attendees max.

## **The Human Cat (Pet) Café Lunch - Puma**

**[Restriction: Age 18+]**

This is a different way to spend lunch for all the petplayers and keepers where we get together and eat lunch and have feline and canine company other animal personas welcome. We can discuss petplay of course but this will be quite an informal session.

## **The Polyamory Buffet: You don't have to have everything - Danielle Keogh and Ian Power**

**[Restriction: Age 16+]**

The world of polyamory can seem to be endless in what it will allow and those looking to explore can often feel pressure to be "okay" with everything. In reality each connection made is different and unique, and we hope to give you some tools and information drawing primarily from our own varied experiences, to help you navigate what can sometimes be daunting but exciting new waters. There will also be a Q and A.

## **Trans & Non-binary Heart Circle - Mary Tomkinson**

**[Restriction: Trans, NB & gender questioning people only]**

***Late added session*** - please see notice boards for session description and important info. 8 attendees max.

## **Trans Safer Space - Fred Langridge**

**[Restriction: Trans people only]**

An opportunity to share experiences with other trans people in informal discussion and reflection.

# Biographies

## **Aconitum**

I've been dabbling in all things kink related for around a decade now. I'm a switch with a particular passion for causing pain and Shibari. I've previously run peer rope groups in Manchester and workshops at the SMDykes annual conference.

## **Alex**

Alex is verging on being a veteran at BiCon and can usually be found in the boardgames area.

## **Angie Campbell-Cairns**

Part-time Unicorn, full time cat worshipper - Disabled, Political, Scottish. A queensized queer sparkly femme, \*caffeinate & feed often\*

## **Carol Shepherd & Lisa Colledge**

Dr. Carol Shepherd is an academic and mother of three based at the University of Winchester, working alongside Californian sociologist, Professor Eric Anderson. Her area of interest is bisexuality/Christianity intersection. She is also a published author, writing on her experiences as a bisexual Christian under a pseudonym.

## **Chelsea**

Is a bi-romantic ace, who loves board games, books, writing, and knitting. Is always up for any sort of geeky talk!

## **David F**

I have been coming to BiCon for \*cough\* 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 over 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.

## **Danielle Keogh and Ian Power**

Danielle and Ian have each been involved with different types of ethical non-monogamy over the last 10 years. They have been a couple for two and a half years and have very different backgrounds approaching the topic of polyamory. They've learnt from each other and would like to share their knowledge.

## **Elizabeth Reiff**

E is a non-binary bi activist, a fandom geek, and a small business owner. Buy their stuff and give them hugs. :D

## **Eddi**

Many years ago, driven by chronic illness and apathetic doctors, Eddi embarked on the path of kitchen witchery. Eddi likes cats, raw chocolate and antihistamines.

## **Fred Langridge**

Fred is looking forward to their first BiCon in a while without administrative responsibilities, and promises to try to avoid catching new ones. They are polyamorous, and an active Quaker, and they live in two cities, which combination provides ample opportunities for admin.

## **Grant Denkinson**

Grant lives in Leicester. He's been to many BiCons and some EuroBiCons and international ones and is also involved with community around polyamory, BDSM and wider gender, sexuality and relationship diversity. He works supporting university research and also as a counsellor / psychotherapist.

## **Ian Watters**

Ian was once accused of setting back bisexual activism ten years.

## **Jade**

Biomedical Science student and former Healthcare Assistant with an interest in sexual health and experience in gynaecological and urological healthcare.

## **Jade-Su Armstrong (Unison)**

I am an active trade unionist, I have held one of the Bi seats on Unison's national LGBT committee for the past 5 years.

## **James H**

James H. is a Brazilian bisexual trans guy. He has worked with the Equality Network since 2009 and co-authored 'Putting the Pieces Together', Scotland's first report on disabled LGBT people, though most of his writing is for epic novels featuring queer characters from all sorts of backgrounds. He's easily bribable with chocolate.

## **Jen Yockney**

Jen has been around bi stuff for a long while now, volunteering on things like Bi Community News

magazine, the @BisexualHistory project, and the local bi group for Salford and Manchester folk, BiPhoria. She likes having her head scratched, but this is BiCon so you should still ask for consent.

## **Jessica Burton**

Jessica has been a bi activist since coming out in 2011. She founded the group Bivisible Bristol and short-lived club night Greedy. She is a programmer and a philosopher who thinks a lot about being bi. She currently lives in London.

## **Karen**

Karen has been at most BiCons since 2005 and thinks of it, in some ways, as 'home'. 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. That's all true, but she's also an agnostic atheist, bi, prefers polyamory and has been in a relationship for some years though remains mostly single. She's one of the trustees 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 all sorts of things and occasionally dabbles in craft. She'd love to have her own children soon.

## **Katy**

Katy is a long-term bi activist and writer who apparently cannot stop herself volunteering to run sessions at BiCon.

## **Kaye**

Kaye is an academic who writes about (amongst other things) sex and gender in Shakespeare and other 16th and 17th century writing. She has been coming to BiCon most years since 2004.

## **Lea**

Lea, 35, challenges perceptions when people realise Lea is blind and a solo parent of a 5 year old. They live in Leeds, with a variety of hobbies including cooking & loom knitting. Lea thinks this is their 6th BiCon, but due to lacking spoons this may be incorrect.

## **Ludy**

Ludy is an Aunty, Autistic and an Activist. She can often be found knitting and probably drinks far too much coffee.

## **Maria Bosman**

Psychologist since 1989, highly sensitive person (HSP), professionally self-employed, author of "Ruimte voor Hoogsensitiviteit. Praktijkboek" Best Practises Book for HSP. Sportive, serious, getting younger, glad to empower people.

## **Martha Robinson Rhodes**

I am a first-year PhD researcher in History at the University of Birmingham, conducting an oral history of bisexuality and multiple-gender-attraction in 1970s and 1980s Britain. I have been researching bisexuality for some time - I have previously researched bisexuality in 'Gay News' magazine, and multiple-gender-attraction in 1970s Gay Lib.

## **Mary Tompkinson**

I live in Manchester where I work as a counsellor with LGBTQ+ people. Happy to be returning to BiCon after a few years break!

## **Mel Emanuel**

35 year old trans guy/teenage boy from America, now lives in Leeds. This is his first BiCon.

## **Nairmi**

Brum Bi group official helper, Music Therapist

## **Oliver Lauenstein**

Social psychologist, Sci-Fi geek, fun-loving, slightly odd and regularly attending BiCon on the 'friends and partners' ticket.

## **Puma**

A bearloving #fatticorn who likes to cover the world in glitter and kittens.

## **Rach**

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

## **Rowan Alison**

Rowan is a serial BiCon organiser and clothes swap enthusiast.

## **Sally Wyatt**

Sally is a writer and artist who has written plays and performed stand up and comic monologue at CaBiRet. She is currently writing a series of short stories and a graphic novel set in a dystopian future.

## **Sam Rankin**

Sam Rankin moved to Scotland from South Africa in 2006 and has been the Equality Network's Intersectional Equalities Coordinator since 2008.



Their work focuses on the intersections between LGBTI with race and disability as well as bisexuality. They are the lead author on the Complicated? Report and The Roadmap to Bisexual Inclusion. Sam's previous work includes race equality, theatre and educational projects in Scotland and South Africa.

### **Saxey**

Saxey draws for fun and to self-amuse.

### **Stuart Quinn-Harvie**

I am a musician, currently playing drums in Una Baines' Poppycock: a feminist collective of musicians. Previously I have been a facilitator for the Alternatives to Violence Project helping people deal with conflict and anger. Cis, straight and Poly, an ally and a geek.

### **Tatenda Nyatsanza**

Tatenda is a Zimbabwean who lives in Glasgow. She started as a community champion for Equality Network and is now a Sessional Worker, co-ordinating volunteers and co-facilitating intersectional trainings. She is a retired weightlifter who gives the best cuddles, according to a national poll.



The Equality Network and Scottish Trans Alliance are proud to support BiCon 2018.

We wish all attendees a very happy BiCon!

Come chat to us at our stall or at one of our workshops.



[equality-network.org](http://equality-network.org)



[scottishtrans.org](http://scottishtrans.org)

# Food, Drink and Local Info

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.

## On campus Atmosphere Bar and Café

(1<sup>st</sup> Floor, University House)

The bar serves drinks and a limited range of bar snacks like pizza, nachos, crisps and sweets.

### Bar Opening times

- Thursday 3pm-11pm.
- Friday 12.30pm-11pm.
- Saturday 12.30pm to 1am.
- Sunday CLOSED.

The café serves non-alcoholic drinks, snacks and meals.

### Café Opening times

- Thursday until 5pm.
- Friday 11.30am to 5pm.
- Saturday 9am to 6pm.
- Sunday - CLOSED.

BiCon has had to agree a minimum spend to get the bar and café open, so if you can afford to eat and drink there please do – it will help keep our final bill down.

## Own food

Please do not bring your own food into the Atmosphere Bar and Café.

You can eat your own food in the Purple Zone downstairs in the same building (University House).

## ATM

Free Santander ATM cash point (0.3 mile) Lady Hale Building (G02), The Broadwalk. M5 4WT.

## University Sports Centre and Swimming Pool

The Sports Centre and pool on campus are open and available to BiCon attendees at £7.50 a session from 7am-8pm. This pool has a hoist. More information

- [www.sport.salford.ac.uk](http://www.sport.salford.ac.uk)
- 0161 295 5060.

See also the 8-10pm “Chill in the Pool” free swimming session on Friday evening in the BiCon programme.

## Off campus

There is a large shopping centre and a Tesco Extra (large supermarket) about a mile away from BiCon's venue.

### Salford Shopping Centre

Address: 1a Hankinson Way, M6 5JA.  
(1 mile on foot, 1.4 miles by car)

There are several food shops, cafes, a pharmacy (see page 29), opticians and more.

[www.salfordshoppingcentre.com/shops](http://www.salfordshoppingcentre.com/shops)

### Main opening times

- Thu-Sat: 9am-5:30pm.
- Sun: 9am-4pm.

## Tesco

Address: Pendleton Way, M6 5JG  
(1.1 miles on foot, 1.6 miles by car)

Fuel, Café open till 6pm and a pharmacy (see page 29).

<https://www.tesco.com/store-locator/uk/?bID=6646>

### Opening times

- Thu-Sat: 6am to midnight.
- Sun: 11am to 5pm.

## Takeaways

**McDonalds** [24/7 Drive Thru]  
(0.4 mile) 3 Cross Lane. M5 4BN.

**Chilli** (Indian) 0161 736 9456  
(0.8 mile) 72A Broad St. Manchester M6 5BZ.

**Mr Cook** (Chinese) 0161 839 2229  
(0.9 mile) 1 Regent Trading Estate, Oldfield Rd. M5 4DE.

**LA Pizza** (pizza, kebab, fried chicken)  
0161 925 9832 (0.6 mile) 7-9 Cross Ln. Manchester M5 4BN.

**Chung's Chippy** 0161 834 3866  
(0.8 mile) 19 Oldfield Rd. M5 4NE.

# 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.

## **Multi-faith centre, University of Salford.**

“Located in a very visible location on University Road close to the Derwent blocks of the Peel Park Accommodation, the space has its own quaint chapel and a large Muslim prayer room for both men and women.”

<https://www.salford.ac.uk/askus/our-services/diversity-and-faith/faith-and-religion>

## **Emmanuel Church Salford (Methodist)**

174 Langworthy Rd. M6 5LX  
(1.5 miles) 0161 736 6610.

## **Fo Guang Shan Temple (Buddhist)**

540 Stretford Rd M16 9AF. (2.3 miles)  
0161 872 3338.

## **Friends Meeting House Manchester**

6 Mount St. M2 5NS (1.8 miles)  
0161 834 5797.

## **Gita Bhavan (Hindu) Temple**

231 Withington Rd. M16 8LU  
(3.7 miles) 07949 071379.

## **Gurdwara Sri Guru Harkrishan Sahib (Sikh)**

12 Sherborne St. M3 1FE (1.3 miles)  
07882 503160.

## **Manchester Reform Synagogue (Jewish)**

Jackson's Row. M2 5NH (1.7 miles)  
0161 834 0415.

## **Masjid-E-Hidayah (Mosque)**

19 Humphrey Road. M16 9DD  
(2.7 miles) 07816 545271.

## **Saint Philip's Chapel Street (Church of England)**

St Philip's Place. M3 6FR (0.8 mile)  
0161 839 9709.

## **Salford Cathedral (Roman Catholic)**

250 Chapel St. M3 5LE (0.9 mile)  
0161 817 2210.

# Taxi Firms

## 1010Taxi

- 0161 793 281.
- <http://1010taxi.co.uk/>
- Claims to provide wheelchair accessible vehicles on request.

## Manchester Taxi Service

- 0161 270 8701.
- <https://www.manchestertaxiservice.co.uk/>
- Claims to provide wheelchair accessible vehicles on request.
- iOS and Android App.

## StreetCars

- 0121 228 7878.
- <http://streetcarsmanchester.co.uk/>
- iOS and Android App.

# 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 07562 284685.

We have lots of information and can liaise with the venue staff about any problems.

## Identifying BiCon volunteers

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

## Listening Service

Being at BiCon may stir up big feelings of one kind or another. Some BiCon attenders are experienced listening service people who will be available to provide non-directional, non-judgemental listening services. If you need a confidential listening ear, ask at or phone BiCon reception on 07562 284685.

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

## Venue Security

The campus is regularly patrolled by security staff, day and night. They are also providing registered first aiders. Call them on 0161 295 4773.

## In the accommodation

Accommodation staff are on site 24 hours a day. During reception opening hours they can be contacted on 0161 667 5010. Outside those hours a member of staff or security can be reached on 07711 761086.

# Emergencies

**In a real emergency call 999 or 112 first before telling the BiCon desk or venue's 1st Aiders.**

**Nearest Accident & Emergency (A&E)** Salford Royal NHS Foundation Trust, Stott Ln. M6 8HD (2.8 miles).  
**Open 24/7**

## Urgent but not emergencies

Call 111 for urgent medical issues, advice or to find appropriate local healthcare services.

Call 101 for non-emergency police help or to report a crime.

## Walk In Centre

**City Health Walk In Centre**  
(2 miles) Manchester Arndale, 32 Market Street, M1 1PL  
Open 8am-8pm every day.

## Dental

For emergency dental care call 111 to access local services.

## Pharmacies

In the UK pharmacists can give free confidential initial health advice if you are unsure something needs medical attention.

## Tesco Pharmacy

Pendleton Way, M6 5JG (1.1 miles)  
0161 6028979.

Opening hours:

- Thu and Fri: 6:30am-10:30pm.
- Sat: 6:30am-10pm.
- Sun: 11am-5pm.

## Clarendon Pharmacy

7 Kemsing Walk. M5 4BS (1 mile)  
0161 736 8655

**Opening times:**

- Thu and Fri: 9am-5:45pm.
- Sat: 9am-1pm.
- Sun: Closed.

## Boots (in Salford Shopping Centre)

0161 736 2534 (1 mile)

**Opening times:**

- Thu-Sat 9am-5:30pm.
- Sun: Closed.

## 1<sup>st</sup> Aiders

1<sup>st</sup> Aid is provided via the venue's security who can be called on 0161 295 4773.

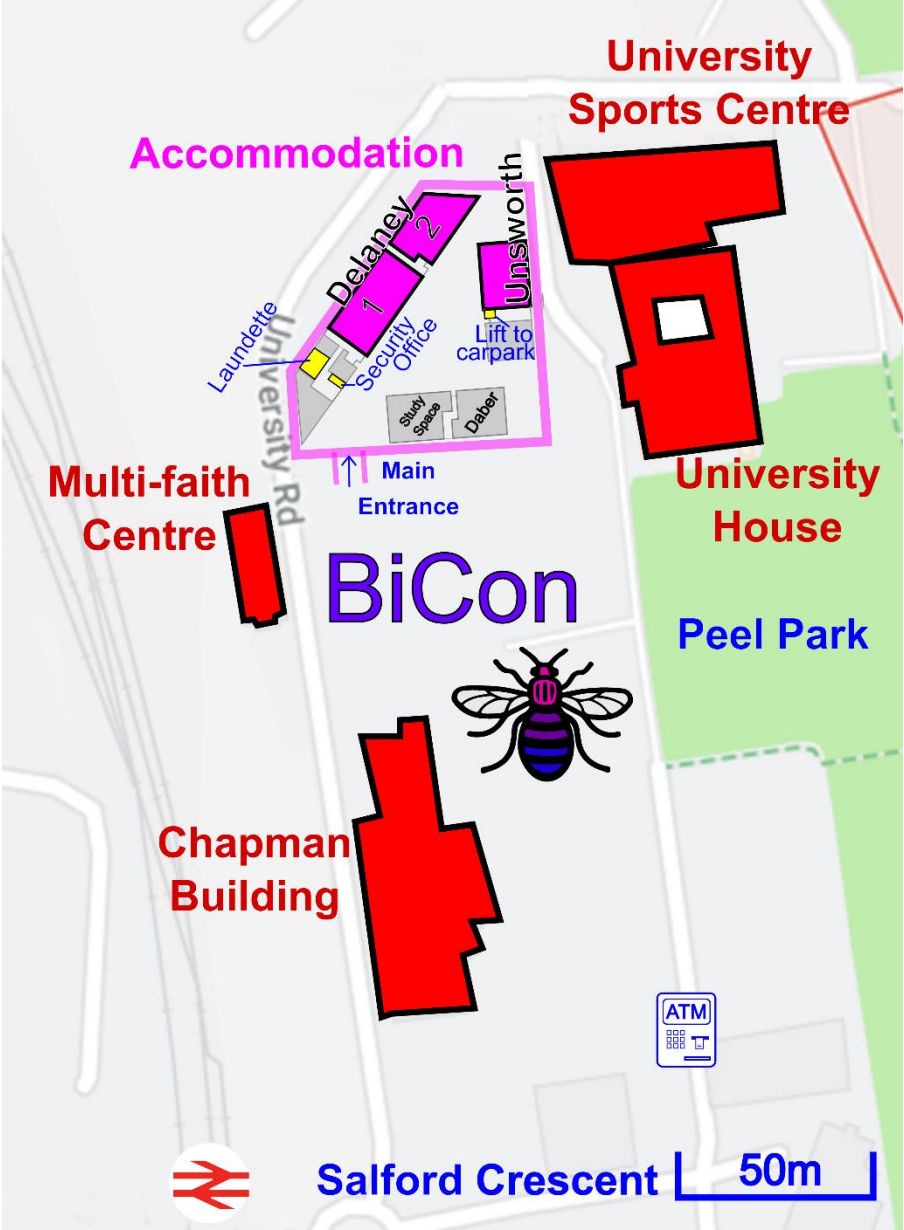
## Other sources of help

**The Samaritans** 116 123 (free call)

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

**Rape Crisis** 0808 802 9999

BiCon Venue and Buildings



# BiCon Local Area

