



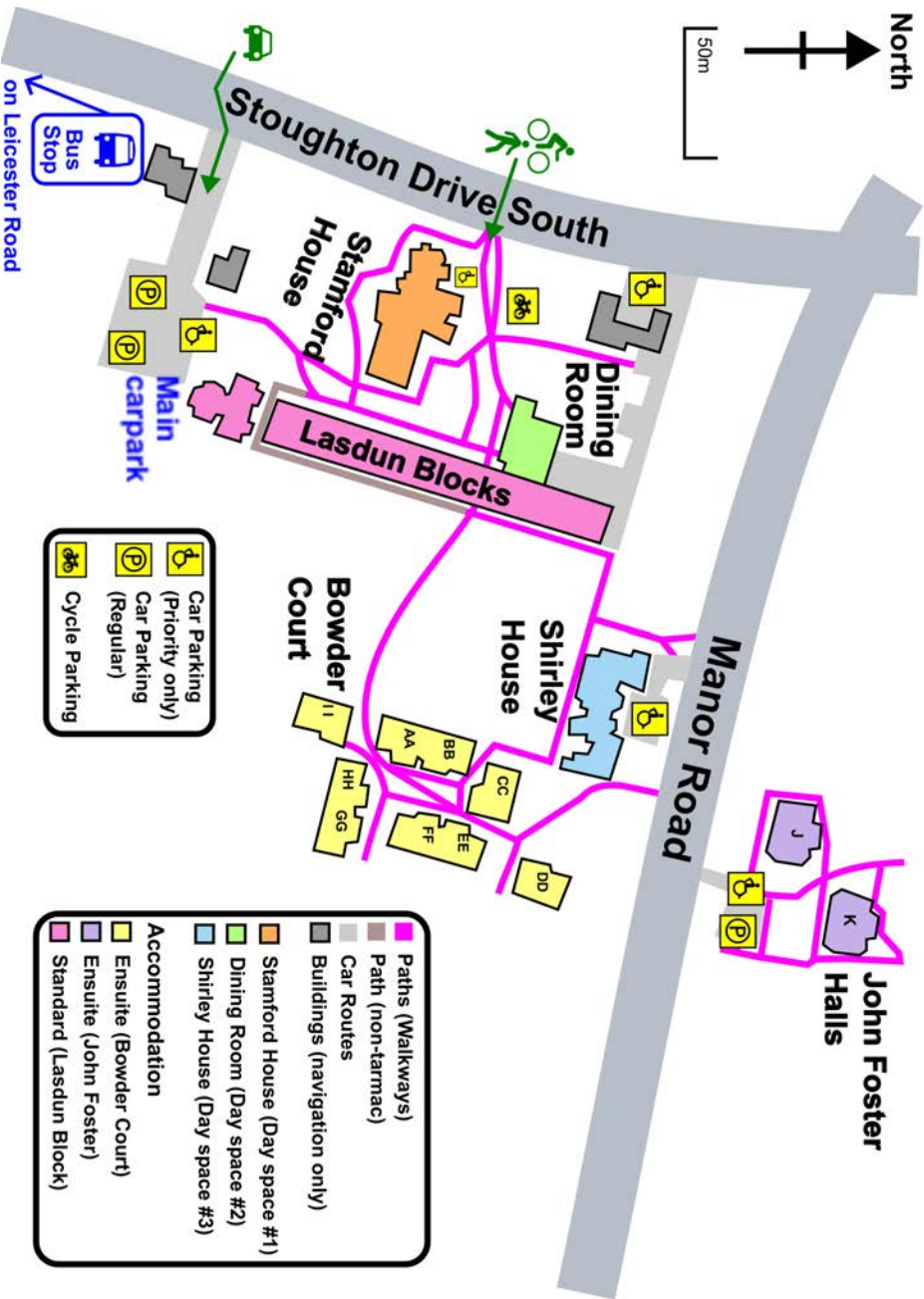
The Rough Guide to **BiCon 2011**

Where to eat

What to do

Local rules and customs

...and much more



	Car Parking (Priority only)
	Car Parking (Regular)
	Cycle Parking

	Paths (Walkways)
	Path (non-tarmac)
	Car Routes
	Buildings (navigation only)
	Stamford House (Day space #1)
	Dining Room (Day space #2)
	Shirley House (Day space #3)
Accommodation	
	Ensuite (Bowder Court)
	Ensuite (John Foster)
	Standard (Lasdun Block)

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BiCon 2011
September 1-4

Site Address
Stamford Hall
Stoughton Drive South
Oadby
Leicester
LE2 2ND

Team/desk phone

0116 298 5730
or

0845 2872044

Desk hours

Thursday 2pm-10pm
Friday 9am-10pm
Saturday 9am-10pm
Sunday 9am-3pm

Welcome to BiCon

Hello and welcome from your lovely BiCon Team. Here is a BiCon that we made. We hope you like it. Be excellent to each other and remember to eat, sleep and breathe. We totally rock and so do you, by the way...

We could say something more coherent at this point, but that really does sum it up. You should find more detail in this booklet, certainly on how to be excellent to each other and where to eat, though we hope not to have to help you with breathing.

Do please come and talk to us and say nice things if you like what we've done.

Do let us know, politely if at all possible, when things go wrong, so that we can try to fix them, and do, please, enjoy BiCon and look after yourselves and each other,

Lots of love from the magnificent seven (and a half)

Alison, Bookings and Finance
Natalya, Programme
Ian, Venue and Games space
Jenny, Desk
Jules, Ents
Kaye, Birthday and exhibition
Matt, Access
and Latimer

Credits

Many thanks to the lovely conference team at Leicester who helped us deal with everything, including the demolition of our original choice of building.

We owe much of the content of this handbook and of BiCon itself to previous BiCon organising teams, thank you for your example and your words.

Thanks to Sharon and David for running the DMP and BiCon Daily and Sanji for minuting, Grant for extra help with publicity and local info, Ludy and Lucy and Cat for crafty stuff, Jamie for help with 1st Aid and listening, the inhabitants of the biconorganisers community for sanity checking and ideas, Shevek for providing and setting up the sound equipment and to him and our other DJs

Joannie, Mat, Nick and Simon for what I know will be excellent tunes. Also thanks to Sandy Mackenzie for our logo and Alex Stuart 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 65 session facilitators and the many listeners, 1st aiders and 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 each year, and run by a different volunteer team, 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.

At this year's BiCon we are expecting around 250 participants, and at least 60 are at BiCon for the first time, so if you're new, you're not alone! BiCon 2011 will be the 29th

By the end I was tired and happy, feeling like this was home and already knowing I'd miss my new friends whom I felt I'd known for years, not days.

conference/convention for bisexuals in the UK and is organised entirely by unpaid volunteers. It will also start on the 30th anniversary of the launch of the

London Bisexual Group – the first of many bi groups in the UK. Therefore we will be having a Big Bi Birthday Party on Thursday and a history exhibit all weekend.

In addition we have 70 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 Latimer



Latimer is the BiCon mascot and an honorary member of the team. In shape (and, you know, actual fact) he may be a small cuddly reindeer I got in a pound shop some time in 2001. In spirit he is a

comfort, a hard task master and a reminder that you lot will actually appreciate all the team's efforts when BiCon arrives. He has been with BiCon since 2002, which makes him a long standing tradition by our standards.

He is also the BiCon 'buck' which means that at the end of BiCon we will literally pass the buck to the next team. I'm sure they will take good care of him and keep you all up to date with his adventures on his very own Twitter feed. Or not – it's up to them really, because at that point I'll probably be quite pleased to say goodbye to him. As with a lot of house guests, you really don't want Latimer around forever...

Alison, Latimer keeper for 2011

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 occasionally sessions will 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 indicate which sessions have changed. There is also a noticeboard for announcements in the reception desk area.

If you have volunteered to help out at BiCon (e.g. as a counsellor, 1st aider, or staffing either desk), please come to the registration desk at the start and end of your shift. Volunteering for a shift on the desk is a great way to meet people, too.

BiCon Daily

Every morning we're publishing a one-page leaflet called BiCon Daily, with news of any session changes for the day, reports on what's been happening, and any other information we think you should know. This will be available at the registration desk from 9am every day, do stop by to pick up a copy.

Daily Plenary

Some announcements will be made in the daily plenary. This takes place in the Dining Room at 12.30 except Thursday when any announcements will be at the start of the Opening Plenary/Birthday Party. If you want us to announce something in the plenary, please contact Alison

beforehand or put it in the postbox. We will use our discretion on which things need to be read out at plenaries, as we want to keep them short and relevant to the whole of BiCon. In particular we won't be plugging individual sessions.

Organisers' postbox

We will check the postbox at least once a day (before the daily plenary), and sometimes more often. It will be in BiCon Reception. 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
- ▼ 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 0845 287 2044 or 0116 298 5730. 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'll try to make sure that there are plenty of icebreaker-type opportunities to help ease things along.

This year, as with previous years, we will be running sessions that are particularly aimed at first-timers, although these will be open to anyone who wishes to attend. It is expected that these sessions will include icebreaker-type exercises as well as offering advice, reassurance, and a chance for you to ask any questions you may have.

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 'Stitch & Bitch' (for both keen knitters, and people who just want to have a go), or card 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 Oadby for a pub lunch.

The group doesn't necessarily all go to the same place – it depends what people want. Aside from finding people to chat with, this can be a good way of getting to know the local places to go for food.

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.

Where to eat

BiCon is a self-catering event and for those of you staying on site there's always the option of cooking in your kitchen, but here are some ideas for buying food, takeaways and eating out just in case you haven't brought a whole weekend's supply of Pot Noodles...

Stamford Hall is about 0.8 miles from Oadby which has a good collection of shops and restaurants. To get there, go out to Stoughton Drive South from Stamford House, turn left and follow it to where it runs into the A6, then turn left and follow the A6 into Oadby.

Supermarkets

ASDA: (0.6 miles) Leicester Road, LE2 4AH Tel: 0116 271 8341 Tues-Fri 24hrs. Sat closes 10pm. Sun 10am-4pm.

Marks & Spencer Oadby Simply Food: (0.7 miles) 27 The Parade, LE2 4DF Tel: 0116 271 6904 Mon-Thurs 8:30am-8pm. Fri-Sat 8am-8pm. Sun 10am-4pm.

Oadby Grocers: (0.7 miles) 3 Stoughton Road, LE2 4DS Tel: 0116 271 7702

Midlands Co-operative Food: (0.8 miles) 37 The Parade, LE2 5BJ Tel: 0116 271 3170

Oadby Supermarket: (0.8 miles) 37 The Parade, LE2 5BJ Tel: 0116 271 3170

Halaal Ice-land: (1.3 miles) 115 London Road, LE2 5DP Tel: 0116 271 1234

Restaurants and takeaways

Indian

Leeja Palace: 13 The Parade, LE2 5BB Tel: 0116 271 0482

Delivery free on orders over £10.

JBS: 79 The Parade, LE2 5BB.
Tel: 0116 271 5800

Indian Summer: 47 London Rd, LE2 5DN
Tel: 0116 271 7175
Open 5:30pm-11:30pm Friday and Saturday, and 5:30pm-10:30pm Sunday.

Swatlands: 38 London Rd, LE2 5DH
Tel: 0116 271 1117

Paradise: 29 London Road, LE2 5DL
Tel: 0116 272 0010

Thai

Thai Orchid Restaurant: 1st Floor, 29a-31a The Parade, LE2 5BB
Tel: 0116 271 4142

Large restaurant with entrance at the rear, via the first floor car park.

Chinese

Yum Sing Cantonese Restaurant:
11 Leicester Rd, LE2 5BD
Tel: 0116 271 6331

Pearl City: Glen Rise, LE2 4RG
Tel: 0116 259 2308

Bobo Oriental Takeaway:
61 Leicester Road, LE2 4DF
Tel: 0116 271 2324

New Lucky House: (takeaway only)
11 Stoughton Road, LE2 4DS
Tel: 0116 271 1688

Italian

Cheikho's Restaurant: 9 Leicester Rd, LE2 5BD Tel: 0116 271 1933

Comprehensive menu (not just pizza and pasta)

Where to eat (and banks)

Pizza

Pizza Mondo: 4 The Parade, LE2 5BF
Tel: 0116 271 1122

Mr Pizza: 7a Stoughton Road, LE2 4DS
Tel: 0116 271 6222

Both do quite fast delivery and cost around £7 for a large pizza

Pub Grub

Grange Farm: Florence Wragg Way,
LE2 4QZ Tel: 0116 271 5088

Wetherspoons: 96 The Parade, LE2 5BF
Tel: 0116 272 0957

Cow and Plough: Gartree Road, LE2 2FB
Tel: 0116 272 0852

Fish and Chips

Costas Fish Bar: Unit 1 Chapel St,
LE2 5AD Tel: 0116 271 9273

Paul's Fisheries: 7 Stoughton Rd, LE2 4DS
Tel: 0116 271 5555

Oadby Fish Bar: 81 Highcroft Ave,
LE2 5UH Tel: 0116 271 9919

Fast Food

Subway: 76 The Parade, LE2 5BF
Tel: 0116 271 6662

Oadby Kebab & Burger House: 71 The
Parade, LE2 5BB Tel: 0116 271 0595

Online Ordering

There are many takeaways which deliver to the venue listed online at Just Eat, including Indian, Chinese, Pizza, Fish and Chips and Burgers.

www.just-eat.co.uk/area/le2-oadby

Banks with cash machines

There is no cash machine on site at BiCon. The nearest machine is a Royal Bank of Scotland cashpoint at ASDA on Leicester Road. Other banks, all with outside cash points are below.

Nationwide

92 The Parade, LE2 5BF
0116 280 0500

Lloyds TSB

54 Chestnut Avenue, LE2 5JG
Tel: 0116 272 0566

Barclays

25 The Parade, LE2 5BB
Tel: 0845 755 5555

NatWest

92 Queens Road, LE2 1SY
Tel: 0845 600 2803

Santander

62 The Parade, LE2 5BF
Tel: 0845 765 4321

Oadby Post Office

34 The Parade, LE2 5BF
Tel: 0116 272 0102

HSBC

20 The Parade, LE2 5BL
Tel: 0845 740 4404

Alliance & Leicester

38 The Parade, LE2 5BF
Tel: 0116 271 4021

Halifax

68 The Parade, LE2 5BF
Tel: 0116 271 3344

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 our time at BiCon 2011.

By signing for your BiCon pass you agree to abide by this code of conduct.

The organisers have final say. We will try to deal fairly and respectfully with any issue that is brought to us. Breaches of this Code of Conduct will, in most cases be, met with a warning from a member of the organising team.

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.

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 a activity
- disclosing information
- 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 counts as harassment. If someone asks you to leave them alone, do so.

In public, 'no', 'stop', 'don't do that' or similar will be taken at face value by 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.

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. those aged 18 or over, or with a particular identity. BiCon supports safe spaces and recognises their value as a respite from having to explain to the world outside them. 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.

The venue have requested that people be clothed (top and bottom) in all public areas. Body paint does not count as 'clothed'.

We don't allow weapons (including martial arts training weapons) on-site.

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 on page 13. It is illegal to smoke anywhere indoors including on-site accommodation (or out of any windows).

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.

Code of Conduct

Passes are numbered and non transferable. If you give someone else your pass you are defrauding BiCon. If you lose your pass you will need to show ID and pay a small fee to get a replacement.

Respecting fellow attendees

Racist and bigoted behaviour will not be tolerated at BiCon and should be reported to the conference desk or the nearest organiser as soon as possible.

Please do not insult the choices people have made regarding their beliefs or their sexuality, or how they choose to express them. You can find more information about some of these things at the Info Zones.

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 someone's pronoun 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 some people are new to BiCon, and don't yet know how not to make mistakes. If you understandably feel unable to be gentle or 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.

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 photo 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.

Dealing with complaints

If you're getting unwanted attention or witness inappropriate behaviour from someone, you can tell the desk, and we will politely tell them to stop. We're happy to do so even if you haven't communicated this to them, since that's not always easy to do.

If you have a complaint about a breach of the code of conduct or notice anything that concerns you please report it to Reception or the nearest volunteer wearing a sash as soon as possible. If you don't feel comfortable bringing an issue to us directly, you can put a note in the organisers' post-box at Reception, but this may delay our response.

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.

Safer spaces: what's that about?

One of the most distinctive things about BiCon, as well as the wonderful people you will meet and fabulous conversations you will have, is that there are sections on the schedule that are labelled as 'something only' or 'safer' spaces.

Now you may be wondering how this fits in with the grand theme of inclusiveness that BiCon strives to promote. After all, it's not very inclusive to have sessions that deliberately exclude sections of the BiCon populace, is it?

However, these 'safer' spaces are precisely that; places where people can feel safer and less alone. Despite the fact that BiCon is an empowering, accepting environment, sometimes it can feel that you are the only person that is experiencing your own particular issues or difficulties. These safer spaces enable people who may feel very isolated within BiCon to discover that they are not alone; that there are other people who have an understanding of how they feel – and that can be incredibly liberating.

These spaces are vitally important, and their existence means that BiCon can remain inclusive. Odd as it may seem, the existence of safer or only spaces means that more people can feel more welcome at BiCon; and be able to meet people that, whilst not having exactly the same experiences as them, can understand and appreciate the feelings they have.

Also it has been well documented that people talk and listen differently when

among those they feel are their peers, rather than in mixed groups. These spaces are needed to ensure that people feel their experiences and feelings are valid and that validation comes best when shared with people who have familiarity with the situation. No one should have to explain why they need the space or talk about what comes out of any discussion within it unless they want to.

That BiCon has these safer spaces is not intended to make anyone feel that they are being excluded. Anyone can set up a 'safer' or 'only' space and, whilst the whole of BiCon can be seen as a safer space, sometimes we need the ability to pull away from the main part of BiCon and discuss issues and experiences that are not pertinent to the community as a whole. This is why we use the individual safer spaces.

So, please, don't feel excluded by the few 'safer' or 'only' spaces in the BiCon programme; feel proud that you are part of a community that acknowledges that in order to be inclusive, there are times when you have to be a little exclusive!

Jules

Staying on site and smoking

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 attendees. Keys must be returned and rooms vacated by **3pm on Sunday**. Bring your key back to the desk 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.

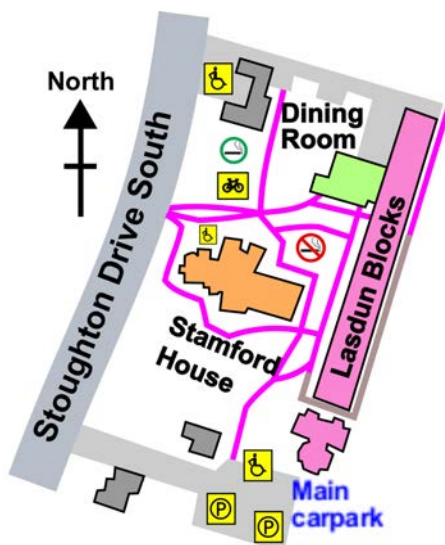
Flats – quiet/party

Flats at BiCon are divided into two kinds: Quieter and Party. In quieter flats, people are likely to want peace and quiet so that they can sleep. Please be quiet after 10pm; close doors quietly; don't talk outside bedroom doors and avoid noise in kitchens. In party flats there may be parties or noise with people staying up late.

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 we are creating no-smoking and smoking zones at BiCon.



The dedicated smoking area is near Stamford Hall "behind the bike sheds". Please don't smoke anywhere else near Stamford Hall, Dining Room or the south side of Lasdun standard flats block.

North of Lasdun blocks and near Shirley House you may smoke on the lawns in front of Shirley House, Bowder Court and John Foster Halls. Please don't smoke within 5 metres of a building or path.

Entertainments and Exhibits

There's a choice of entertainment in the evening at BiCon. Each night the bar will be open with some music and there are quieter alcohol-free social spaces in the Dining Room, where there will be board games from 8pm, and the Drawing Room where there will be craft supplies.

Thursday onward: Exhi-BI-tion

30 years ago this weekend the London Bisexual Group was formed. This group went on to start the event that would become BiCon. To celebrate this we have an exhi-BI-tion of memorabilia from the last 30 years of the UK Bi Community, including magazines articles, cartoons, posters, t-shirts, badges and more. We also have sections on Bis in History, the 20s and 30s (for ideas for Saturday night's Deco-dance) as well as a contribution from BiUK giving information on the BiCon survey results so far – documenting BiCon's present and planning for its future. You can find this exhibition on the wall between the Lounge and the Drawing Room in Stamford House. If you have items you'd like to add, including written accounts of your first BiCon experience, speak to Kaye or another member of the team.

Thursday: Big Bi Birthday Party

For the lighter side of our celebration of 30 years of the Bisexual Community in the UK – you are invited to our Thursday Birthday Party. During the afternoon you are welcome to visit the craft area and make yourself a party hat or a bisexual themed triangle for our celebration bunting. Later there will be a party in the dining room with jelly and cake and party games, including pass the parcel.

Saturday: Deco-Dance, 'Cause It Don't Mean a Thing, If It Ain't Got That Swing

The theme for this year's BiCon Ball is 1919-1939, a period that was rich in Bi history and Bi icons. Marlene Dietrich, Bessie Smith, Josephine Baker, Siegfried Sassoon, The Bloomsbury Group, and the Bright Young Things were all shining lights of this era. Berlin led the way for LGBT acceptance with its clubs, newspapers and most importantly the Institut für Sexualwissenschaft or Institute of Sex Research.

Stylistically this was a fabulous era. You have everything from the flappers and the Jazz Babies of the 20s to the masculine tailoring and Zoot suits of the late 30s. Not forgetting the rise of heroes like Biggles, Superman, Zorro, and the super sleuths Miss Marple and Hercule Poirot.

The Ball offers the chance to dress up (if so inclined) in the various styles of the era. If you've always wanted to recreate Marlene Dietrich's amazing cabaret outfit in Morocco or you have a two foot length of pearls that you are desperate to wear or if you know all the steps to the Charleston, and would love an opportunity to demonstrate your skill, this is the place to be!

The BiCon Speakeasy will open at 7pm on Saturday, and will continue until 1am Sunday morning, with amazing music provided by our very own DJs. So come along and make it a night to remember!

A Rough Guide to 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 come to it. 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 and in Saturday's BiCon Daily so that BiCon attenders know what's coming up. Please do read the notices or BiCon Daily 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. There are no guideline changes pending from last year.

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 8pm. There are also some sessions and socials during meal-breaks which you can take food into.

All session slots are 1 hour 15 minutes long with 15 minute breaks or meal-breaks between them. Sessions in meal-breaks finish 15 mins before the end of the 90 minute meal-break to allow for moving between and setting up sessions.

Sessions can be about anything from 'being bisexual and something' through to an activity which isn't directly related to bisexuality which gives an opportunity to meet other bi people in the safe space of BiCon and perhaps have some things to start talking about. Most sessions are in one of the seven rooms, but some are outside and will have a meeting point at the start.

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.

The Code of Conduct applies for all sessions. If anything that has taken place in a session (as with the rest of BiCon) has made you uncomfortable please do let us know.

Sessions A-Z

5-a-side Jackanory [R]: *Mat Swift and Laura*

Are you sitting comfortably? Then we shall begin. This session was first brought to us many many BiCons ago, when you could get change from a fiver after buying a round at the bar, before Facebook had a face and a 'Live Journal' was a mouldy book you kept in your Tom Robinson rucksack. Since then it has been passed down from generation to generation and with it comes a strict oath of secrecy – for those who have played before... this applies to you too.

What we can say is that as the title suggests there is a story telling element to this... And that's all you'll get. It's a non active, non activist, non political game that is suitable for all over 16 years old as some of the language used may be of a more adult nature and we do not wish to offend more than we should.

Restrictions: 16+

Accounts and Accountability – why money is interesting even when it isn't yours: *Alison Rowan*

There are a range of expectations about money in the bi community: not all of them open and some of them conflicting. This session asks how we can hold the purse strings responsibly without placing unrealistic demands on volunteers or the budget. Is the Equality Fund sustainable? Do attenders' expectations make life too hard for our financial volunteers? And could a profit making bi anything ever be acceptable to the community? We will cover what we promise, how we explain what we're doing and how to make it all add up at the end. No accountancy knowledge is needed and I promise I won't try to teach double entry book-keeping in any way whatsoever.

Advanced BDSM [R]: *Ryan A*

Our community is diverse, unique and wonderful. As a result of this, we also end up in some very unusual situations, even for kinksters. In this session I will be gathering questions from the group (submitted anonymously) and then we will break into smaller groups to discuss, and hopefully help answer, some of these questions. There will be open and frank discussions around sex and kink. I hope to focus on more advanced and relevant-to-our-community topics. Although anyone is welcome, this session is intended for more experienced individuals.

Restrictions: 18+

Advanced Poly [R]: *Ryan A*

You've caught the unicorn, OD-ed on NRE. You've juggled a dozen schedules and still had time for tea. You've been there so many times you're the mayor on foursquare, and you've bought so many t-shirts you can make a quilt. So why are there still problems? Does it get easier? And what about poly as a part of your whole life? This will be an open, but moderated, group discussion on polyamory, intended for more experienced individuals.

Restrictions: 16+

Advanced Singing: *Josy Shewell Brockway*

A more advanced singing session for more experienced or more confident singers. This session will involve a certain amount of sight-reading. Amazing proficiency is not required, but knowledge of standard notation is necessary.

Sessions A-Z

Am I Gay, Bi, Straight or What? What is coming out and why come out? [R]: *Fiona McGuire*

Fiona will briefly share her coming out story as a bi women in her thirties. Then we will discuss as a group what it means to discover your sexual orientation and what it means to come out. This session is for you if you are unsure of your sexual orientation, are unsure whether to come out or not or have discovered your sexual orientation later in life. There are no right or wrong answers, this is a sharing to help us understand ourselves more. Light heartedness guaranteed!

Restrictions: 25+, Women only

BDSM Fantasy and Reality [R]: *David Franklin*

This will be a discussion based session for anyone who has had BDSM fantasies that they would like to turn into reality in some way. We will cover topics such as when should we or shouldn't we try to make our fantasies real, potential problems and rewards, sharing our experiences and discussing ways to make what we do work better. BDSM fantasies often involve breaking taboos – this session will not be suitable for anyone who is likely to be upset or offended by discussing a full range of BDSM fantasy situations.

Restrictions: 18+

BDSM for Beginners [R]: *Jennifer Hunt and Jules*

An introduction to BDSM covering the language and activities, consent and safety, and hopefully answering any questions. This session is for BDSM beginners only.

Restrictions: 18+

BDSM Improverts [R]: *Jennifer Hunt and Jules*

What can be done without the specialist equipment? Whether you're just starting out or away from your toy box, sometimes we all have to start from scratch (maybe literally!) Bring along an everyday, household or handbag item and let's see what we can come up with!

Restrictions: 18+

Being a Better Ally to Women:

Grant Denkinson

Women continue to report harmful or hurtful behaviour that affects women far more than men. Some of us men want to be less part of this problem and more part of stopping it happening. Whatever our gender we are affected when 'men' get the advantage. Our behaviour can support sexism or leave it to continue, or we can change it. This session will be a chance to find changes we can help make. I am no expert in this: I will bring some examples of problems and helpful resources as a starting point. I will facilitate conversation to keep us on track: what do we do, most likely without noticing, that women report hurts or harms them? How can we change our personal behaviours? People of all genders are welcome but please note that I will encourage confidential disclosure of sexist assumptions so we can be more aware of them and support each other in changing them.

Bi People in SciFi [R]: *Asha*

An informal discussion around the portrayal of bisexual people and bisexual behaviour in science fiction and fantasy. Come prepared with your favourite characters and series (or not so favourite) to talk about where it has been done well and where it hasn't.

Sessions A-Z

Due to the nature of some of the programmes and books discussed, this session may contain adult themes including these of an explicit sexual nature.

Restrictions: 13+

Big Bi Appreciation Session:

Meg Barker

Activities session for people to produce a collage about somebody they are appreciative of in relation to bisexuality. All materials will be provided and any kind of creation is great: you don't have to be 'artistic'. We will start by talking about the kinds of people we might like to express our appreciation for. Are there members of the bi community who particularly welcomed us? Was there somebody in our lives who helped when things were tough? Do we have a role model who we look up to? Are there groups or organisations who have made life easier for us? Then we will sit around and create a collage expressing our appreciation. All who want to can display their collages together for the rest of BiCon to see, and it is hoped that others will add to them over the weekend. We would love to photograph the contributions for a bisexual archive and to write about for BCN or the Journal of Bisexuality, but this is totally optional.

Bis of Colour [R]: *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.

Restrictions: People who are: black, minority ethnic, dual heritage or mixed race background only

Body Talk: *Katy*

BiCon is a good space for being comfortable with how you look, but it can be daunting too. Come and discuss bodies. Does it matter what you look like? How do you think other people see you, and how would you like them to? Are other people feeling body-conscious too? (Clue: the answer to the last question is 'yes'.) We'll be trying to achieve a space where people can think about their bodies and other people's with acceptance, understanding and joy, but also where we can be open about our issues with our bodies and listen to other people's issues with respect.

Chi Kung (Qi Kong): *Emma*

A gentle set of stretching and other exercises that are often used as a warm-up to T'ai Chi Chuan that should help with relaxing during a hectic BiCon. Chi Kung is designed to help the body's internal energy, or Chi, to flow, and can also be used to aid in meditation. We'll go through some easy-to-learn movements and you don't need to believe in the spiritual side to appreciate the time and space to relax. Can be adapted for those who need to stay seated. Participants should wear loose, comfortable clothing which allows for movement. Not recommended straight after a heavy meal.

Cover Bis Photo Shoot: *Jen Yockney*

Photo session for future BCN magazine covers and more. Happy to have your face on bi materials? Come and strike a pose!

Craft: This is what a bisexual looks like: *Ludy*

What do you think a Bisexual looks like? This is a facilitated craft session to encourage you to have fun with drawing,

Sessions A-Z

colouring, cutting and stitching to make your own bisexual! (or several bisexuals if you're quick!) Some materials provided but do please bring any collage materials, threads, fabrics and shiny things that you have to share. This session is drop-in.

Craftivism: *Cat*

A craft-based session with a bi-visibility theme, suitable for all ages and abilities. Some materials will be provided, as well as ideas and inspiration for suitable projects, but please feel free to bring your own materials and ideas as well.

Feel and Fondle – Safer Sex

Supplies [R]: *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.

Restrictions: 16+

Fictional Speed Dating [R]: *Katy*

Interested in meeting people but nervous of having to sell yourself in five minutes? Try Fictional Speed Dating! You pick a character from books, films, comics or anywhere else, and speed date as them instead. This is a light-hearted and relaxed session – we'll do some speed dating and then chat about the combinations created. What will Jane Eyre think of Superman? Will Sherlock Holmes and Snape hit it off? You can even come in costume if you like (although there's no need to). Note: we suggest adult fictional characters only, please (say 16 or over) – people might feel a bit awkward about trying to date Spongebob Squarepants!

If Katy is feeling particularly organised there may be free drinks and/or snacks provided at this session.

Restrictions: 16+

Fitting and Misfitting (3 sessions): *Karen / Katie / Nim*

Ever been dissatisfied with the words 'bi' and 'bisexual' because they don't quite fit for you? Or 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 as the non-bi partner of a bi person, 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 session, which is open to all. Bring a pen if you've got one. Doors will be closed after a few minutes' intro.

Fun and Games (2 sessions):

Ciaran McHale

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.

Getting Involved in the Bi Press:

Jen Yockney

There are a number of small-press bi magazines. The UK has 'Bi Community News' (BCN), elsewhere there is 'The Fence' in Canada, 'Bi Women' in the USA and more. They aren't commercial titles and they need input from our community to keep them going: whether writing, photography, cartoons, or help in raising their profiles. A space to talk about how you might get involved in the bi media.

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How to Meet New People [R]:

Emma

BiCon has many varied, interesting people. Many seem to know each other already and it can be quite daunting to make friends if you've come here on your own. Even if you already know several people here, there are sometimes moments we'd like some more courage to approach that person or group on the other side of the room. How do you put across the message that you'd just like to chat and get to know them without them thinking that you're necessarily trying to drag them to the nearest sex party?

Alternatively, what can you do if you're approached by someone you feel uncomfortable with? Let's discuss some tips on how to meet new people.

Restrictions: I6+

I Can't: jogging for beginners: Nye

A mixture of walking/wheeling and (very) slow jogging/wheeling. After walking/wheeling at a brisk pace for a few minutes, we'll alternate very slow jogging/faster wheeling with walking/slower wheeling for a total of around 15 minutes. This is a really easy way of getting into jogging. Wheelchair users and people with prams welcome. You need to be able to walk or wheel 2 miles briskly, and be able to walk/wheel 3 miles in total. Be aware of your own body/health as this session is at your own risk. Ask at the desk to be put in contact with or leave a message for Nye if you want to talk about access. Trainers/running shoes would be useful but not necessarily essential. If it rains, I'll still be out there!

I'm Not Bi-curious, I'm Bi-furious! Channelling anger into activism: Izzy John

Session aiming to give baby activists an insight into what it takes to run a

campaign, and to re-charge the minds of older campaigning hacks. It will involve some group work such as brainstorming and planning, as well as a presentation about the history of queer activism. Specifically we'll take a look at issues that still challenge the bi community and how we can channel our frustration and rage into constructive, visible campaigns for change. We will endeavour to make sure that folks with access issues are catered for by also including artistic and online activism not just marches.

Intro to Intersex [R]: Elizabeth Reiff

Approximately 1 in 2000 people have an intersex condition – that is, they are born with non-typical genitals. People with intersex conditions can face traumatising surgery at a young age, are often misunderstood by doctors and the public alike, and often struggle to figure out where they fit in a binary-gendered world. Elizabeth will discuss her own experience of being intersex, will explain how intersex is defined and some of the conditions, followed by a question and answer session.

Restrictions: I6+

Introduction to Meditation: Cas

A session for complete beginners with chat and plenty of guidance. If you might want to sit on the floor it can be helpful to bring a cushion/pillow and a blanket, as well as a warm sweater if the room is cold. No experience required but experienced meditators also welcome. This session will close 5-10 minutes after the announced start time, so please show up at the beginning if you'd like to take part.

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Is Being Bisexual Good for your Health? *Maruska Greenwood and Kate Fearnley*

A chance to look at the health needs of bisexual men and women. Is bisexual health and wellbeing taken seriously? What does research tell us and who is listening? Could mainstream and LGBT services be doing more?

It's More Fun to Compute: *Ian Waters*

1981 didn't just see the first meeting of the London Bisexual Group, it also saw the releases of the IBM PC, the ZX81 (my first computer), and Kraftwerk's Computerwelt ('Computer World') album, including the track 'It's More Fun to Compute' – they were, of course, right. What's fun about computing today? A chance to talk about hardware / software that's not a Windows PC or a Mac.

Life Drawing: This is what a bisexual looks like [R]: *Ludy and Camel Gupta*

A safe space to explore life drawing for everyone – all levels of artistic skill (especially people who think they can't draw) and all shapes and sizes of bodies are welcome. There'll be a strong emphasis on keeping each other safe and comfortable while trying out potentially new things. All participants will be expected to take turns modelling for each other (as clothed or as naked as you feel comfortable with) and to draw (but you don't have to show anyone your work if you don't want to). This session will close shortly after the start.

Restrictions: 16+

Lightning Talks: *Dave W*

Have you got a burning idea you'd like to tell people about, but don't have the

material for a full session? Would you like to practice your skills after the Public Speaking session on Friday? Or would you like to come and see the thoughts and talents of BiCon attendees in quick, five minute chunks? If you would like to speak during this session, there'll be a sign up sheet at the info desk – time and space is limited so talks will be strictly limited to five minutes each. (There'll be a timer.) This session has no restrictions on age or other criteria, so all talks should be suitable for that audience.

Massage for Relaxation and Fun [R]: *David Franklin*

Session for anyone who would like to learn how to massage, how to massage better or just to practise and meet people. The session will start with a demo. Most people who come to our massage sessions each year at BiCon already know all sorts of different techniques but absolute beginners are also very welcome. As well as an opportunity to relax, this is also about sharing ideas on how to make giving and receiving massage an even better experience. Oils or massage bars will be provided. Please bring a towel or a quilt to lie on. Due to long-standing tradition there may also be chocolate.

Restrictions: 16+

Medical Monomania: Bisexuals' Experience of Mental Health

Services: *Holly Matthies & Emily Wright*
Biphobia can cause particular problems for people being treated for mental health issues. Biphobic stereotypes – such as indecisiveness, confusion, hypersexuality, and delusion – can extend to damaging perceptions of a bi, queer, pansexual, or even straight or gay person's mental health. We don't intend this

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session to get too heavy because it is about more abstract concerns of improving mental health treatment rather than being about any particular mental health issue. We're looking for recommendations we can feed back to the NHS about ways to improve services; the more real people's experiences we can pass on, the better they can help us. But we believe having the discussion is helpful to participants as well. All discussion will be confidential and we will only use feedback with permission and anonymously. The session is open to anyone with an interest or experience of mental health issues.

Mixed Ability Jogging: *Nye*
We'll be jogging/wheeling from speeds of 4.5mph upwards. You need to be already able to jog/run 3 miles at any pace, or to be able to wheel briskly for 3 miles. We won't leave anyone behind – I have ways of keeping us all together. If it rains, I'll still be out there! I hope that this will be a fun jogging session. This session is at your own risk. It is preferable that you have running shoes. Ask at the desk to be put in contact with or leave a message for Nye if you want to talk about access. Maximum number of participants: 10

Modern boardgames: More than Monopoly: *Ian Waters*
A short intro into what's happened to boardgames during the past thirty years. The bi community is not the only thing to have grown up (sort of) in that time. If your experience of board games stopped at Monopoly, Cluedo and the rest of the crap available at the major retail chains, then you may not know that the past couple of decades have seen an explosion of games that go beyond 'roll the dice and move the dobber' or

expensive translations of card / pencil and paper games. There'll be an opportunity to play some of them during BiCon – there are quite a few other boardgamers here and they will doubtless disagree with at least some of my comments. They may even be right...

Monogamy Meetup [R]: *Suzu*
Some people think that all bisexuals must want sex with all genders all of the time, so where does that leave the monogamous bisexual? This is a very loosely structured discussion session for people who currently identify as monogamous or are practicing monogamy. We will cover the real and perceived challenges of monogamy in relation to bisexuality and bi space.
Restrictions: Self identified monogamous & those practicing monogamy only please.

Mono-Poly: life and the single polyamorist [R]: *Charlie*
A discussion on the problems and pitfalls of being poly and unattached. I am keen for participation from both single poly people (without whom it's a fairly pointless exercise) but also people in poly relationships of any stripe. It will offer an opportunity to discuss the issues faced by people who are poly but have not found or are perhaps not even seeking partners. Not only how they feel about interact with the community but also how those in families feel about and relate to them.
Possible topics could be: can you be single and poly? How to express/negotiate interest or indeed the lack thereof without causing conflict and dealing with predatory attention (either as or from a single person).

Restrictions: 16+

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Morning Meditation / Silent Space (3 sessions): *Sharon Langridge / Emma / TBC*

A quiet period at the beginning of the day to reflect, meditate or worship. No previous experience necessary, but please come prepared to spend the session in silence and stillness. There will be chairs and if you want to sit on the floor I would recommend bringing some cushions/pillows and possibly a blanket.

Naked Lunch (3 sessions) [R]:
Jemma Charlton

A social get together for people who enjoy nudity. Bring your sandwiches and chill out with other like minded people. Drinks provided. Lots of chill out space. Clothes optional but there will be full nudity.

Restrictions: 18+

One Size Fits All? *Jules Barnes and Maruska Greenwood*

Fun, lively and interactive session taking a look at bisexual inclusion in LGBT services. A great opportunity to share your experiences of groups and activities and talk about what's available or not available for the bisexual community across the UK.

Ongoing Bi Research Projects:
Meg Barker and Rebecca Jones

A session for people who are involved in the ongoing research projects that are happening in relation to BiCon and bi communities in the UK more broadly. People are also welcome who are keen to get more involved in these projects in future. We will give some feedback on what we've done so far, and discuss where we are heading next in terms of projects to prioritise, funding and publication possibilities. Particularly the focus

is likely to be on: developing the BiCon survey, the 'different for bis' report (overviewing existing research), and BiReCon 2012. We'd love to hear about any other research that people are doing as well, and there should be some time for thinking about future projects. The session will involve some brief, informal, presentations and discussion in one large group, or in smaller groups if people want to focus on different projects.

Open Mic: *Josy Shewell Brockway*

An open mic session. Come along with a song or a poem, or just to listen.

Over 40s Nice Sit Down and a Cup of Tea [R]: *Alison Rowan*

Feel like BiCon is too full of 'bright young things'? Worried that you're starting to say 'young people these days'? Or just partial to a sit down and/or tea? If you are over 40 come and meet other people 'of a certain age'. This is a drop-in session, feel free to bring some food with you. Tea will be provided. Biscuits, knitting and gossip very much welcome.

Restrictions: 40+

Pr0n [R]: *The facilitator prefers not to be listed*

Watching real people have sex can be so nice, so why is most porn so bad? What does good porn look like? Can it be realistic and really hot? Is the only answer making it yourself?

Restrictions: 18+

Practical Androgyny: *Nat Titman*

In our binary gendered society where people are perceived as either female or male, androgyny is the act of presenting an 'ambiguous' gender that resists those perceptions. There are many reasons why someone might wish to adopt an androgynous gender presentation; they

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may have a non-binary gender (other than female or male), they may be in the process of transition between the binary genders or they may simply feel more comfortable expressing themselves that way. This talk plus Q&A session aims to give a primer on non-binary gender and the practicalities of living with, or obtaining, an appearance that defies gender classification.

Pre-DMP session: See page 15

Private Sector: Bisexuality In the Workplace: *Elizabeth Reiff*

Bisexual people, as we know, often have a harder time in the workplace than their gay, lesbian, and straight colleagues. Elizabeth Reiff of Lloyds Banking Group shares her success story of ensuring that bi colleagues are equally represented in her LGBT network, and provides some practical tips for those who would like to help make things better for themselves and their bi colleagues.

Public Speaking for the Terrified: *Dave W*

Everyone's terrified of speaking before a group. People who have been doing it for years, and look like gods on stage, are still terrified. But that's good news for us mere mortals. The path to being a presentation ninja is not so long and hard. In this session we'll discuss the ways you can prepare for the talk itself. By the time we're done, we'll be prepared to dazzle our peers on the subject of our choosing.

Raiders of the Lost Archive 2: The Blockbuster Sequel: *Lisa Colledge*

The UK bi community has lots of historical stuff worth keeping. Following on from the successful archiving

discussion at last year's International BiCon, this session is an opportunity to talk more about the options available for archiving UK bi material, and make practical plans. Open to everyone.

Safer and Bi-Sexy? [R]:

Nick Douglas, Ludy and Steph Scott

Do the educational materials designed to promote safer sex 'speak' to bi people? A research project local to Brighton Bothways found that bi people didn't feel represented and catered for in the sexual health education materials available, such as posters, leaflets and ads. Does the information given answer our questions about sex and safer sex? Are the types of sex and relationships represented relevant to us as bi people? Do we find the materials hot and engaging? These are just some of the questions we'll be considering in this steamy interactive session. Please note we will be viewing sexually explicit material.

Restrictions: I6+

Self Care [R]: *Cat*

BiCon can be a full-on experience both mentally and physically, and many of us are prone to overdoing it which takes its toll on our minds and bodies. The aim of the session is to explore how we as individuals can take better care of ourselves mentally and physically at BiCon (and in general), looking at what we can do to manage ourselves as well as situations we may find ourselves in. This session will mainly be discussion based, but will also involve some group exercises (fear not, no role play will be involved...)

Restrictions: I3+

Sex Education for Parents:

Rebecca Jones

This will mainly be a discussion session

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and the content will be largely determined by participants. Possible topics include: personal experiences of difficult questions and topics, personal experiences of good discussions, being out, or not, at the school gate (or in other parenting contexts), putting complex topics into age-appropriate language. Possible activities include: general and small group discussion, resource sharing (there will be some pre-prepared handouts. Probably.) role playing (consenting volunteers only).

Singing: *Josy Shewell Brockway*

An opportunity to have fun singing in a group, including some easy part-singing. No previous experience required.

Smutty Storytelling [R]: *Jacqueline Applebee*

Jacqueline is a published writer of erotic fiction who will read short stories and poems that will raise the temperature, and leave you breathless. Or she might just make you giggle with how silly sex can be.

Restrictions: I8+

Software for Activism: *Ciaran McHale*

Show and tell type session in which participants can discuss software applications or websites that they have found useful for activism.

Strap-on Shakespeare [R]: *Kaye McLelland*

Following last year's hugely successful 'Queering Shakespeare' session, we're inviting you to get your Shakespeare on once again. Whether you're interested in literature, theatre or just want to get subversive with the guy your English teacher thought was sacred – this interactive session invites you to have a go at

some queer staging of Shakespeare.

You don't need any acting experience as there will be opportunities for readers, directors and 'ideas people' as well as performers. This session involves group work. There will be an opportunity to have your group's presentation anonymised and used in my PhD research. This is completely voluntary and I would love people to come along and have fun regardless of whether they want to be included in the study – last year's session was an absolute blast!

Restrictions: I6+

Strap-ons for Fun [R]: *Heather and Rachel*

Strap-ons are fun used on any gender but how do you use them to best effect? A facilitated session discussion on what works for people, what doesn't, bring your own strap-ons to show and tell.

Restrictions: I8+

Survivors at BiCon [R]: *The facilitator prefers not to be listed*

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.

Restrictions: I8+

The Nature of Sexuality in Ancient Greece and Rome [R]:

Dr Elizabeth Norton

A lecture and discussion session on various aspects of ancient sexuality and will consider whether or not our modern definitions of sexual orientation can be applied to the Ancient Greeks and Romans.

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Restrictions: 18+

The Neurobiology of Sexual Orientation – The Gay Brain:

Dr. Goldstein

Homosexuality has advanced from a curse to a disease to a psychiatric condition called a mental disorder to a variant of normal behavior but with a possibility of severe distress associated with it. With advances in brain imaging there has been considerable interest in behavioral differences associated with differences in brain structure, function and responses to pheromones. CT, MRI and SPECT technologies have not yielded significant correlations, however recent studies with fMRI and PET have revealed significant and verifiable differences between the brains of gay and straight subjects. Proof that the Gay Brain is genetically determined is present and is worth pursuing with further extensive research will help dispel the notion that Gay is a learned behavior and can be exorcised or treated. This will bring us dramatically forward in our thinking about sexual orientation which will be reclassified as neurobiologic and not psychiatric.

Trade Union: Bisexuality in the Workplace [R]: *UNISON: Asha, Manjit and Suzanna-Yong*

Discussion of the issues faced by bisexual people in the work place, your rights at work and how being in a trade union can help. We will present UNISON's work towards stopping biphobic discrimination and harassment, protecting your privacy and dignity at work, educating activists and members about bi equality, negotiating to establish best practice with employers for bi inclusion, supporting bi members in accessing their legal rights and removing the myths and stereotypes surrounding bisexuality.

Restrictions: 16+

Trans and Sexuality – a round table discussion [R]: *Christina*

Richards and Meg Barker

Session looking at trans people's ideas about their sexuality. During the session participants will make models using Lego (no artistic skill required!) to act as discussion pieces. They then explain what the models mean to the group. After this there will be a round table discussion about what sexuality means based on the models.

It is intended that the session will be a safe space so we will not comment on one another's sexuality(ies), but will rather discuss sexuality more generally. It is intended that the session will be audio recorded and anonymised to be used as part of Christina Richards' doctoral research project. The research will hopefully inform some of the, sometimes problematic, thinking about trans sexuality in other research and clinical contexts such as the NHS. For full details please speak to Christina or Meg.

Restrictions: Transgender people only and 18+

Trans Safer Space [R]: *Cas*

A space for transgender people only to get together and talk about anything we like. Last year we had some productive chats about the experience of being trans at Bicon – who knows what we'll talk about this time! Because it's not always possible or desirable to interpret someone's sex or gender identity on sight, people joining the room may be politely asked if they identify as transgender. If the answer is 'yes', you're welcome. :-)

Restrictions: Self-identified transgender people only

Biographies

Alison Rowan is a short, fat, middle-aged and occasionally peevish bi activist, but she has witnesses to say she's not scary really. She can actually do double entry bookkeeping, but promises not to explain it to anyone unless they ask.

Asha: This is Asha's 2nd Bicon. She's normally can be found chasing her tail whilst trying to do the things she's meant to be get done. Apart from her trade union activities, she tries to keep up with fandom (and is currently failing miserably at that). She is a member of UNISON's National LGBT Committee.

Bethan: This is Bethan's 8th BiCon. She has run all manner of different types of session over the years, and is looking forward to geeking about lubricants again this time. Her favourite drink is Pepsi and she lubricates wheel bearings when not lubricating bums.

Camel Gupta is an activist, worker and thinker on lgbt, queer, people of colour and mental health: he does this by, among other things, co-facilitating peer support groups, working in mental health, putting on events, organising get togethers, writing academic and occasionally journalistic things and generally getting out in the world. He likes cooking, eating, dancing and enthusing.

Cas is a mostly unemployed anarcho-feminist radqueer writer/cook/ healer / swordfighter /spinner, sometimes all at once, and spends her time doing things with food, having queer sex and writing zombie stories set in Milton Keynes. She would like to play more backgammon, share more kisses and receive more massage. She fantasises about the day this blurb appears on the inside cover of a newly published novel and is already practising posing in the dark with hats.

Cat Rocks is a potty-mouthed northern bird who has somehow found herself in darkest Norfolk in a cosy poly co-parenting set up. She is also too lazy to write a proper bio.

Charlie: Well, Charlie's just this guy, you know? While relatively new to the whole activism/support scene Charlie interest in Bisexuality and Polyamory grew out of experiences on the Punk scene in the late eighties and then later on when he became active on the Transvestite scene in London and the West Midlands. Now living in sunny Stockport he is involved in the Manchester Poly group and various and assorted geekery and perversion of a less organised sort. He has presented some private workshops on BDSM after seven years on the scene still considers himself just an enthusiastic amateur.

Christina Richards is one of the founders of BiUK, the organisation for bi research and academic work in the UK. In addition to activism Christina works as a psychologist and psychotherapist within the NHS. She also lectures and publishes on bi, trans, other sexualities and critical mental health; both within academia and to statutory bodies such as police forces and various NHS trusts.

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 for a job at McDonald's, and being co-inventor of the 'I Love You Alphabetically'

Biographies

game. He regularly runs the tedious Fun and Games sessions at BiCon.

Dave W has been doing public speaking since college. It terrified him then and it terrifies him now, but scary things can be useful and a lot of fun if you do them right. He's been coming to BiCon since, oh, 2005 or so.

David Franklin has been coming to BiCon for a ridiculous number of years now and has run sessions on topics as diverse as dancing, relationship styles, electrical BDSM play and massage. He is happily poly with children and lives in a large chaotic house called Serenity.

David Matthewman has run 4 Decision Making Plenaries, and has been on the team for 2 BiCons and 5 London BiFests. For 5 years he ran Bisexual Underground and the bi walking group at London Pride. But put It's Raining Men on and he'll still shamelessly hit the dancefloor like an embarrassing parent.

Elizabeth Norton gained her PhD in Classical and Archaeological Studies from the University of Kent in 2010, where she also spent a number of years teaching undergraduate courses in ancient mythology and literature. She has written articles on Earth Deities and Eroticism for the forthcoming 'Encyclopedia of Ancient History' and has thoroughly enjoyed her last two BiCons!

Elizabeth Reiff is too gay to be straight and too married to someone of the opposite gender to be gay. She's too monogamous to be poly, but too poly to really call herself monogamous. She's too American to be British, but too British to go back to America. She's a fangirl, a geek, a Domme, and an activist. This is her second BiCon.

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 session. She likes knitting and flirting, occasionally at the same time.

Emma has been to several BiCons and is a self-confessed addict of running workshops. She tends to spend more time on WoW than in her garden, but has at least managed to grow potatoes and blueberries this year.

Fiona McGuire came out to herself and her first girlfriend when she was 30. It was quite a shock and she had a complete identity crisis. However, discovering who she truly is has enabled her to develop and grow in every aspect of her life. Professionally she is an awareness and energy coach and helps other people discover who they are and Live the Life they want to Live! Fiona likes to be in the great outdoors, cooking, dancing, reading and watching films; to mix this with flirting is even more fun!

Grant Denkinson lives in Leicester and feels proud to have BiCon visit. He works in both physics and psychotherapy. He turned 40 with cake and good friends this year. Grant had been to many BiCons and continues to care about bisexual friends and community. He is another polyamorous and kinky bisexual and can talk about other subjects too. He is a trustee of Leicester Lesbian, Gay, Bisexual and Trans* Centre.

Heather is a frequent BiConner and bi activist. Heather will be assisted by Rach, a long-time BiCon demo-bunny.

Holly Matthies likes science and

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other things that describe the world. The Speaker of the House of Commons once called her a lesbian but, defying this clear government proclamation, she remains bisexual.

Ian Watters has too many books on sexuality, DVDs, and boardgames. He has not been to enough BiCons, seen too many theatre shows or had enough of various sorts of play time.

Izzy John is the bi rep on NUS LGBT committee, and the Welfare Officer at Warwick Students' Union. Her first foray into activism was in California 2009, fighting against proposition 8, and she's never looked back. She thinks the best thing about activism is that campaigning and marching always nearly ends up a pub of some description. The worst thing is that it tends to involve a lot of not-doing-useful-things-like-her-dissertation-which-is-now-thankfully-over.

Jacqueline Applebee is a black bisexual writer who breaks down barriers with smut. She has had her work published in anthologies such as Best Women's Erotica and Ultimate Lesbian Erotica. She has recently published a polyamorous romance, 'An Expanded Love' but hasn't given up on smut, as her new erotic anthology, 'Bisexual Men' is due out at the end of September.

Jemma Charlton: I am 43 years old. This is my 8th BiCon and my 6th running the Naked Lunch. I am divorced with a son of 13 who lives with his godmother. I suffer with mental health problems as well as physical disabilities but I do not let my illness discourage me from enjoying myself. I have a new Primary Partner Pat who accepts my sexuality and my health problems. I look forward to meeting all naturists to my social hour.

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Jen Yockney has edited UK bi magazine 'Bi Community News' for about ten years, and is one of the regular contributors to bi news website BiMedia.org. She likes the smell of fresh printing, red things, stripey tights and having her head scratched.

Jennifer Hunt loves dressing up and costume history. The feel and the body modification of all fabrics and styles. She is still looking for help with her kimono. Jennifer runs on tea, appreciates chocolate and can be influenced with flowers. This will be her 6th BiCon.

Jerome Goldstein, MD is a board certified neurologist, a fellow in the American Academy of Neurology, a member of the International Headache Society and the National Headache Foundation. He was an assistant clinical professor of neurology at UCSF from 1970 through 2006. He has a special interest in the diagnosis, treatment, prevention and cure of headache and Alzheimer's Disease as well as neurological clinical research.

Josy Shewell Brockway: Josy is rumoured to have been born in New Zealand in 1987, and has been inflicting music, excited babbling and abominable puns upon the world ever since. Sightings have recently been reported in and around the city of Glasgow.

Jules is a bouncy redhead owned by 2 cats, she has a collection of make-up, nail varnish and BPAL (perfume) that is threatening to take over the house. Her passions are history, biblical theology, music and reading. She dabbles in fanfiction, specifically Buffy and Torchwood, but reads far more than she writes! Jules appears to be powered by Coke Zero, but will tolerate Diet Coke, and can

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often be found on the dancefloor in fabulous shoes. This will be her 5th BiCon.

Jules Barnes is an Edinburgh based Community Development Worker for the Edinburgh-based LGBT Centre for Health and Wellbeing with a background in radio broadcasting, events and music. Her community development role involves coordinating a programme of events, groups, activities and volunteering for LGBT people. Events range from community discussions to physical activity and arts exhibitions; the primary goals are to improve the social networks, confidence and self-esteem of participants.

Karen is often seen as a bi activist, but she prefers to be known as a volunteer. Karen is attending her 5th BiCon. During non-BiCon parts of the year she is a solicitor living in East Anglia. She likes coffee, dabbles in craft occasionally and plays a lot on the internet.

Kate Fearnley is a long-standing bisexual activist. She was canonised by the Sisters of Perpetual Indulgence at the 12th National Bisexual Conference in Edinburgh in 1994, for services to the bisexual community including founding the first Edinburgh Bisexual Group. She works in the voluntary sector.

Katie is a girl geek, creator, bookworm, dreamer, activist and lover. This will be her fifth BiCon and she's rather excited about it.

Katy is short, curvy, spectacled and addicted to running workshops.

Kaye McLelland has just finished a Shakespeare MA at UCL and is about to start her PhD in Shakespeare and

bisexuality. She recently had an article published in the Journal of Bisexuality and is also interested in witchcraft and kink in the writings of Shakespeare and his contemporaries. Kaye attended her first BiCon in 2004 and has been known to turn her hand to occasional activism and event organising.

Laura has now been to 15 BiCons (be sure to tell her she doesn't look old enough), and this will be the first time she has hosted a session. Hopefully this isn't a sign of the apocalypse and it will All Be Fine. Usually found not going to sessions and smirking around campus, she may be short, but makes up for this with the sarcasm of a much taller individual.

Lisa Colledge has been involved with the UK bi community since 1992 (Blimey, that long?)

Ludy is a bit of a craft geek and an occasional activist. She spends most of her time knitting and also crochets, stitches, spins, journals, draws and makes prints. At least when she isn't drinking coffee, wasting time on the internet or getting talked into organising Bi and Poly stuff – she's now co-chair of Brighton BothWays. She really enjoys sharing her love of crafting with people whether than are experienced makers or nervous beginners and firmly believes that anyone can make art.

Manjit Kaur: Manjit is a member of UNISON's National LGBT Committee.

Maruska Greenwood is a long-standing LGBT activist and for the last 3 years has been the director of the Edinburgh-based LGBT Centre for Health and Wellbeing. This dynamic community-based organisation works to

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promote the health, wellbeing and equality of lesbian, gay, bisexual and transgender people.

Mat Swift: Born of Fire and Steel in the very heart of Asgard!!! (Well Huddersfield). A Short, Wide, Fire Breathing, Big Bearded, Bald headed, Pipe Smoking Bisexual of Moderate Appearance, with a Pleasant Aroma.

Meg Barker is one of the founders of BiUK an organisation for bi research and academic work in the UK. She has been involved with the bi community for many years and co-organised the first BiReCon event back in 2008. She has written for BCN and has coorganised London BiFest and Polyday events, as well as the regular Critical Sexology seminar series. As well as being an activist, Meg is a teacher, therapist, researcher and writer. She currently runs a counselling course at the Open University and is writing about relationships, gender and sexuality for popular and professional audiences.

Nat Titman: has a non-binary gender and has lived as an androgynous 'gender neutral' person for the last decade. Nat runs the ambiguous gender presentation information and resources website PracticalAndrogyny.com and has run several sessions on transgender issues and various other subjects over the last ten BiCons.

Nick Douglas is the Brighton-based Coordinator of the LGBT Health Involvement Project. He has been engaged in health research for a number of years and is involved in various projects promoting the health and well being of LGBT people. He's a proud Brightonian and randomly likes quiffs, tattoos, green eyes, side-burns and

women who wear red lipstick.

Nim is a happily queer student currently residing in Oxford and very excited to be returning to leicester (studied here for my first degree, such good curry) and BiCon (joyfully discovered last year).

Nye runs Bi Coffee London, a social group whose focus is on low-key socialising. He is training for a marathon and plotting to run a London Bifest in 2012.

Pr0n Session Facilitator: The facilitator has seen quite a bit of porn, but tragically little of it has been good.

Rebecca Jones is a parent with two small children who sometimes struggles to talk about sex and sexuality with her kids, despite wanting to.

Ryan A has been going to BiCon for over 15 years, poly and kinky for over 20. He was the head of Programming for BiCon 2010, and is looking forward to this year's BiCon where he doesn't have to do anything programming related...

Sharon Langridge is a Quaker and a bi activist. She likes chairing things and being quiet, sometimes simultaneously.

Survivors at BiCon Facilitator: The facilitator is a male survivor of sexual abuse.

Suzanna-Yong is a member of UNI-SON's National LGBT Committee.

Suzu is a Manchester girl who swapped the rock n roll hedonistic lifestyle of her youth for a husband, a cat and a house in the suburbs. Shes a tomboy who loves flowers and glitter and pretty things. Her job as a hospital pharmacist makes her very happy and could only be improved if she could take her cat to work.

Local resources

BiCon address:

Stamford Hall
Manor Road
Oadby
Leicester
LE2 2LG

Taxi numbers

Direct Taxis: 0116 272 1000
ABC Taxis: 0116 255 5111
Oadby Express Taxis: 0116 271 0088
West End Taxis: 0116 270 9922
Victoria Cabs: (can offer taxis for up to 7 people) 0116 270 6655.

Bus and coach info

Traveline: 0871 200 22 33
7am to 10pm, calls cost 10p/minute plus network extras
www.travelineeastmidlands.co.uk
National Express: 08705 808080

Train info

National Rail Enquiries: 08457 48 49 50

Health information

(Doctors & emergency services on p34)

Dentists

Oadby Dental Clinic: 147 London Rd,
LE2 5DQ Tel: 0116 272 1800

Optician

Davies Hill Opticians: 6 The Parade,
LE2 5BF Tel: 0116 271 7456
Vision Care: 81-83 The Parade, LE2 5BB
Tel: 0116 272 0230

York & Cooper: 51 London Road,
LE2 5DN Tel: 0116 271 2310

Pharmacies

Boots the Chemist: 35 The Parade,

LE2 5BB Tel: 0116 271 7514

Severn Chemists: 40 Severn Road,
LE2 4FY Tel: 0116 271 9053

J&A Pharmacists: 19-21 Main St, Evington,
0116 273 6047

Places of Worship

Baptist: Oadby Baptist Church,
Leicester Road, LE2 5BD

Church of England: St Peters,
Wigston Road, LE2 5QE

Methodist: Bishop St Methodist
Church, 10a Bishop St, LE1 6AF

Roman Catholic: Church of
Immaculate Conception, New St, LE2 4LJ

Quaker: Friends Meeting House,
16 Queens Road, LE2 1WP

Muslim

Masjid-ul-imam-il-Bukhani,
Loughborough Rd, LE4 5LR
Darus Salam Mosque 55-57 Upper
Tichborne Street, LE2 1GL

Jewish

Leicester Hebrew Congregation,
Highfield St, LE1 1AD
Jewish Progressional Congregation, 24
Avenue Rd, Leicester, LE2 3EA

Buddhist

Leicestershire Buddhist Society, 6 Half
Moon Crescent, LE2 4HD

Hindu

Swaminarayan Hindu Mission, 3 St James
St, LE1 3SU

Sikh

Gurdwara Guri Guru Deshmesh Shib,
Gipsy Lane, Leicester, LE4 6RF

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 0845 287 2044 or 0116 298 5730. Besides knowing where to find 1st aiders and listeners, we have lots of other practical information, and can liaise with the venue staff about any problems they can be dealt with.

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.

Security

The Security Office is staffed 24 hours a day. The campus is regularly patrolled by security staff, day and night. The Night Porter can be called on 0116 221 2035. Oadby Campus Security can be called on 0116 252 2888.

1st Aid and Listening

In a real emergency call 999 or 112 first before the desk or 1st Aiders

We have some trained 1st Aiders available during the weekend. Please ask at BiCon Reception or call the BiCon phone on 0845 287 2044 or 0116 298 5730.

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.

External sources of help

Police: 0116 222 2222

NHS Direct: 0845 4567

Leicester LGB Helpline: 0116 255 0667

The Samaritans: 0116 270 0007

Turning Point (confidential drug advice): 0116 506 1111

Leicester Rape Crisis: 0116 255 8852

Leicester Victims of Crime: 0116 255 0107

Hospital

in an emergency call 999 or 112

Accident and Emergency is located at the Royal Infirmary, Infirmary Square, LE1 5WW

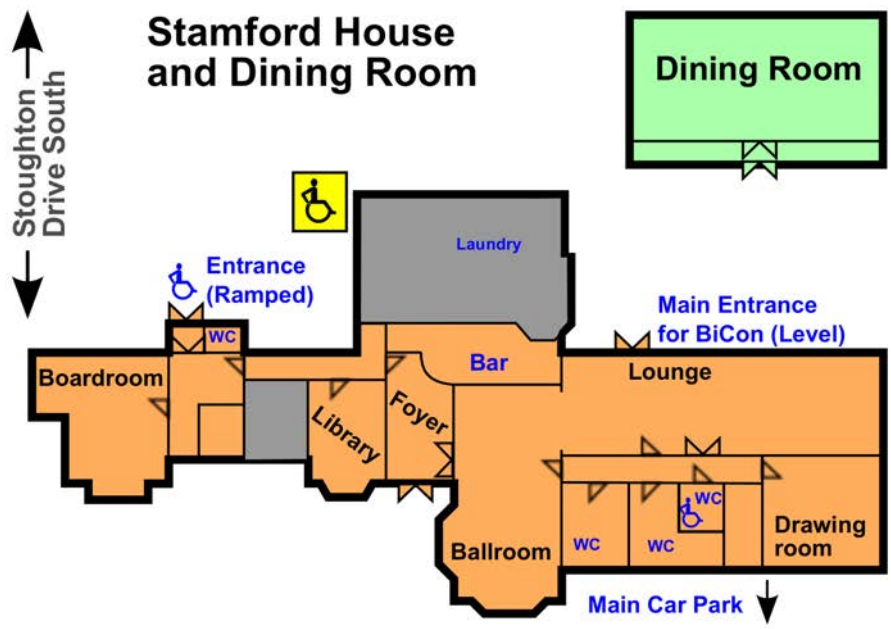
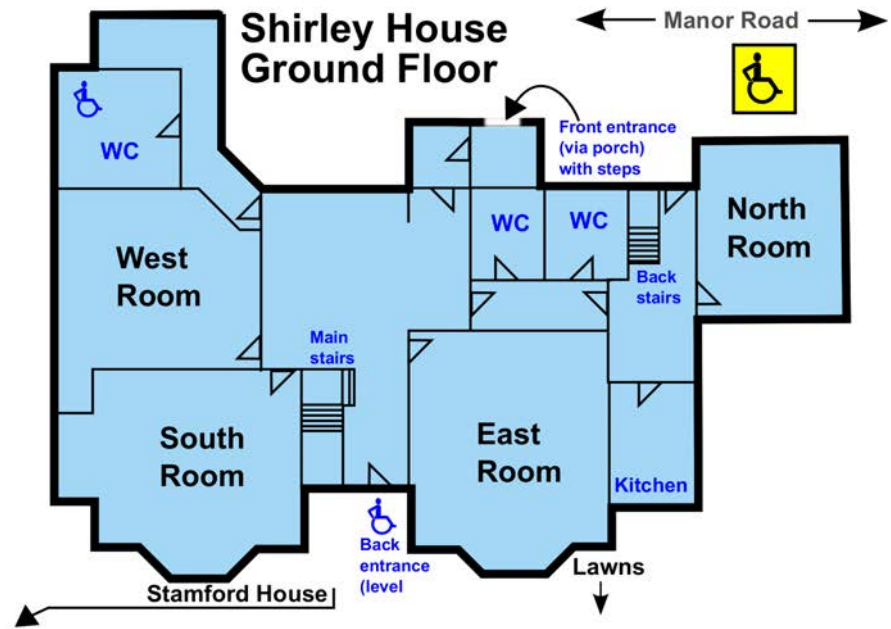
There is a 24 hour urgent care centre at the Royal Infirmary
Tel: 0845 045 0411

NHS walk-in centre in Oadby:

12 The Parade, LE2 5BJ. Tel: 0116 271 1360
Open 8am-8pm every day.

Doctors

We have access to the university medical facilities for use in non-emergencies. They are open Monday to Friday 8.30am to 5pm. Surgery number 0844 815 1105



Bi resources after BiCon



Bi Community News

UK's biggest and longest selling bisexual magazine. Source of current UK bi groups lists and various resources.
www.bicommunitynews.co.uk



BiCon

Residential weekends for bi people and allies, taking place in a different city each year. Permanent Postal Address: BiCon, BM BiCon, London, WC1N 3XX
www.bicon.org.uk

BiFEST

Events celebrating bisexuality for bi and bi-friendly people around the UK.
www.bifest.org

The Bisexual Index

Articles, resources and direction to the UK's bisexual community.
www.bisexualindex.org.uk

Nearest bi group notes