

Greetings COTA Rainbow Hubbers, LGBTIers and wider COTA Groovers

Sappho Ruth writes to COTA SA to explain what our 'Rainbow Hub' means to her....



Sappho Ruth

I've been to every COTA SA Rainbow Hub lunch since I started coming in May 2019. Why?... I'm glad you asked!

Because it's fabulous. What could be more inviting than a noon day nosh with a bunch of LGBTI people who really understand the pleasures, risks, pitfalls and joys of the journey from closet to out (and sometimes back and then out again!) as lesbian/gay/bisexual/transgender/Intersex 50+ year old earthlings.

The ECH LGBTI Connect Team told me about the COTA Rainbow Hub Lunch at The Treasury and so with the confidence of a Giant Panda (i.e not much), I decided to go.

At that first lunch I felt immediately at home. I was welcomed and included without the spotlight being on me and I could gently get to know people, and this felt great.

The culture at the lunches is great. There really is an emphasis on conversation. I've never felt "interviewed". For example, there's no-one "grilling" anyone the minute

they walk in the door. You know - "What's your position on this or that aspect of LGBTI culture/s?", "What school did you go to?" or the ghastly "So. What do you do?". None of that. There's just... conversation.

I've found everyone is friendly and approachable and little evidence of "clique" behaviour, just curiosity, generosity, good humour, thoughtfulness, all through - you guessed it - conversation.

The journey from social isolation - which I've definitely been living - to social inclusion, needs to happen at a pace each individual is comfortable with. Since I'm built for comfort, not speed, I enjoy the scenic route to social connection.

The food's pretty good too. Reasonably priced at \$20 for a main meal. I'm on a pension, so I get the whole low income thing.

Being at the COTA Rainbow Hub Lunches has also meant that I've heard about other LGBTI events which I've started attending as

a direct result not only of being informed, but by people saying: "Would you like to come?". So I've branched out to enjoy the Catalyst LGBTI 50+ Book Group and Film Screenings, ECH LGBTI Connect Social Program, Meg Merrilees' Book Launch as part of ZestFest 2019, and then the big one, walking in the Pride March! After joining the COTA Lunches in 2019, I formed connections with LGBTI people that I could march with and that's priceless to me. I've also become aware of the support on offer to negotiate My Aged Care.

I look forward to the Rainbow Hub Lunch each and every month. When I leave, I feel a quiet joy that my life is taking on more meaning, through more connection. I'm nourished in body, mind, spirit and intellect.

Please do lunch with us. We'd love to meet you.

You'll find me luxuriating in dessert after mains. Vanilla bean ice cream. Hmmmm. To die for.

***** Due to the current COVID-19 pandemic, we are looking to move our Rainbow Hub lunches online. *****

Please subscribe to our e-news on the COTA SA website to find out more details or check in at The Rainbow Hub webpage at www.cotasa.org.au/rainbow_hub/about.aspx