Just another FRUIT for PEACE
You Too Can Have A Body Like This!

Mark Carter, former Mr Gay UK and British Police Officer has launched his own sports brand, MarkCarterSports.com

The Sports Science graduate and former professional football coach has developed the product which begins by targeting weight loss. His new product, which should complement a healthy lifestyle, is claimed to aid natural metabolic burning of unwanted fat, thus allowing longer term weight loss and feel-good.

Carter stated, “We are very excited about this product and its initial and continued success. We have always been keen on making my body look its best throughout my sporting years, trying different supplements and weight loss techniques for photoshoots and of course Mr Gay competitions, however, I have never come across a product that I can say really works like this one.”

The small capsules are taken between 1-3 times daily giving users a 28 day supply. We tested the product and it was specifically for: Mark Carter Fat Burners® can be used by healthy individuals - both men and women - who either want to shred unwanted fat from those hard to reach stubborn areas or rip their already toned physique.

At £34.99 it is a small price for the big step forward to looking the best you can....

Launch of LGBT Therapy Group

A new group therapy opportunity is being offered at Edinburgh LGBT Centre for Health and Wellbeing. Starting in January the group will be an opportunity for an inclusive, gay, bisexial and transgender community to experience the power and dynamic working style of a therapy group, to explore their own emotional and behavioural processes to gain greater insight and understanding into their lives, and to find resolutions to the issues they choose to share in the group.

Sharing personal experiences within a supported group setting allows for a powerful and transformative approach to personal problem solving, with each member of the group being key to the work done by every other individual. Developing trusting and secure relationships with other group members leads to a deeper investigation of the self, and a shared experience of personal growth and development.

The group will be led by Gareth Davies, an experienced trainee psychotherapist from Edinburgh’s Counselling and Psychotherapy Training Institute. “I’m excited to have this chance to offer a group therapy experience. The demand for support services such as this have been vital and important such opportunities are, and I look forward to experiencing the group’s dynamism and energy as members make progress towards their personal goals.”

The group will be offered to between 4 and 6 members, with places allocated to lesbian, gay, bisexual and transgender people this opportunity for personal growth and development.

The group will be led by Gareth Davies, an experienced trainee psychotherapist from Edinburgh’s Counselling and Psychotherapy Training Institute. “I’m excited to have this opportunity for LGBT people this opportunity for personal growth and development in an LGBT-positive and affirming environment. Gareth has over the last year been running some of my private practice from the Centre and has been a pleasure to work with. This new therapy group is a very exciting development and a unique opportunity to offer group therapy services for lesbian, gay, bisexual and transgender people.

The group will run fortnightly for 12 sessions of 2 hours each, starting on Monday 25th Jan, from 6-8pm, at the LGBT Centre for Health and Wellbeing, Howe Street, Edinburgh.

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Do you know how to make sure your partner won’t be thrown out of the house if you die?

Do you think a Cohabitation Agreement might help you?

Have you considered making a Power of Attorney to have someone look after your affairs if you’re not able?

If these issues affect you, get in touch with Donald Skinner-Reid at MHDLAW.

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Call Donald now on 0131 555 0616 or email donald.skinner@mhdlaw.co.uk

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A very special Valentines Night

Pleasance One, Pleasance, Edinburgh
Sunday 14th February 2010 at 8.00pm

Tickets: £10 (£7 concession) Includes dinner drink

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**GROUPS**

Scottish Listings are FREE. Send your group’s details and logo to listings@scotsgay.co.uk

For being up-to-date visit www.scotsgay.co.uk/groups

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**PUBLICATIONS**

**SCOTLAND**

**STIRLING**

Carnegie Library, 189 Station Road, Stirling, FK7 7EQ. Tel: 01786 476565.

**LOCAL ORGANISATIONS**

**AIRDEE**

Grainne E. Slade, Principal Officer (Gay Men) at LGBT Alliance, 10-12 Dalmarnock Road, 1st Floor, G3 8RH. Tel: 0141-211 8130.

**SLAVNACON**

Gay and Lesbian Community Project, 254 Shawlands Avenue, Glasgow, G41 3DQ. Tel: 0141-236 2327.

**SEVERN**

Grassroot, 3rd Floor, 1-3 Village Lane, London. EC3V 9LA. Tel: 020-7336 5599.

**NATIONAL ORGANISATIONS**

**EQUALITY NETWORK**

Working to promote gay, bisexual and transgender equality. Tel: 020-7336 5599.

**GENDER & GENDERSEXUALITIES**

Rams group including partners, single women and men. Pride Scotland, 10 Lamb Street, Glasgow. G4 1EN.

**SUSTAIN**

Gay and Lesbian Men’s Network, 257-259 London Road, Croydon, CR9 2QA. Tel: 0181-520 6533.

**STAND**

Gay Men’s Support Network, 2 Bute Street, Edinburgh. EH8 9JS. Tel: 0131-556 0808.

**WOMEN’S LISTINGS**

**AIRDEE**

Grainne E. Slade, Principal Officer (Gay Men) at LGBT Alliance, 10-12 Dalmarnock Road, 1st Floor, G3 8RH. Tel: 0141-211 8130.

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