

## Friday 4th August

**9:15-10:15**

### Trans-Inclusive Feminism with Mx. David Wilson (they/them) - Talk & Discussion **HYBRID** [1 spoon]

- Exploring why trans people and women are natural allies in the face of patriarchy, and how there is a deliberate attempt to scare women into hating trans people so that the two groups fight between themselves rather than fighting their common oppressor.
- Looking at the question of how we define “who is a woman” and whether we should use more specific language around things like “people who menstruate”.

### How to Get the Most From Your First BiCon with Amy (she/her) & David (he/him) - Talk & Discussion [1-2 spoons]

- A chilled out orientation session for those attending BiCon for the first time (or returning after a long break.)
- We will run through some top tips to help you get the most from your experience, and then there will be time to ask any questions or discuss any concerns you have.

### Drop In Sexual Health Screening by The Heath Shop Nottingham (9:30-12:30)

- Full STI screenings available:
- Chlamydia and Gonorrhoea testing (urine sample, vaginal swab, throat swab, anal swab - all self taken)
- HIV, Syphilis and Hepatitis C testing (either by regular blood test or a finger prick blood test).
- Safer sex supplies available to pick up for free.

### Yoga with Sophie (she/her) - Activity [3 spoons]

**10:30-11:30**

### Being Bi+ & Ace with Eunice Hung (she/her) - Discussion **HYBRID** [3 spoons]

- This will be a facilitated discussion for asexuals, and about the experience of being both bi and ace.
- Allosexual and aromantic allies of ace folks also welcome!
- **CW: Discussions about experiences of allonormativity.**

**Anxiety Healing Session** with Mx Mark Cusack (he/they) - Meditation [1-2 spoons]

- Mark would like to present a powerful somatic exercise which transforms the way we react to anxiety that they have found to be truly impactful for them and many of their clients.
- They would like to begin with a brief talk about anxiety, how it can particularly affect bisexual/fluid/queer people and then guide the group through the exercise with calming music.

**“Holy & Connected To The Stars”** with Alex (she/they) - Discussion/Workshop [2-3 spoons]

- "Student of the stars, interested in the links between LGBTQ+ culture/identity and astrology".
- Alex would love to facilitate a discussion, hear from the bisexual and LGBTQ+ community on this topic and possibly speak with individuals who may be open to being participants in my research.

**Paper Crafting** with Kathryn (she/they) - Activity [1-2 spoons]

- Help us to make paper chains in the colours of pride flags to use as ball decorations, and/or learn how to make some cool origami things, and/or teach someone how to make a cool origami thing.
- Alternatively, bring your own craft project along.
- No origami skills necessary, and materials will be provided.

**13:00-14:00**

**“From Emperors To Opera Singers: Bi+ Figures In History”** with Rob Grayston (he/him) - Lecture **HYBRID** [2 spoons]

**Anti-Racism Discussion Space (Open)** with Eunice Hung (she/her) - Discussion [3-4 spoons]

- A discussion space open to all BiCon attendees.

**The Queer As An Aro Experience: Drag Workshop** with Aaron (he/him)/Aro (they/them) - Workshop/Activity [2-3 spoons]

- Have you ever fancied yourself as the next drag sensation? Join Queer As An Aro (they/them on stage, he/him off stage) as they invite you to unleash your inner dragsona!
- **Please bring your own craft supplies and make-up!**

**Rope Bondage 101** with Holly (she/her) & Rick (he/him) - Workshop [4 spoons] **STRICTLY 18+**

**BYO Craft Projects** with Gem (they/them) of Selfcare Backpack - Activity [1 spoon]

- Bring your own craft projects.
- Limited craft materials provided if you don't have your own.

**14:15-15:15**

**Still Complicated? Including Bi+ People In Services** by The Equality Network - Presentation & Discussion **HYBRID** [2-3 spoons]

- Have things got better or worse for bi+ people in the UK in the last 10 years? How comfortable are we about being out about our sexuality? What effect did Covid have on our communities and groups? And what about other forms of discrimination in our communities?
- Last year Equality Network did a big survey into these questions and others and this year we'll be publishing a book about our results called Still Complicated.
- Come along and get a sneak preview of what we found and help us decide what suggestions the book should make to help improve things.

**Disability Empowerment** with Nairmi (they/them) - Discussion & Safe Space [2-3 spoons]

**Poly 101: An Introduction To Consensual Non-Monogamy** with Amy (she/her) & DB (he/him) - Lecture/Panel [2-3 spoons] **STRICTLY 18+**

- In this introductory session, we will explore the basics of the world of polyamory.
- You'll learn about the different types of polyamorous relationships that exist, some community terminology (do you know your metamour from your nesting partner or your compersion from your unicorn?), and some best-practice tips for starting out.
- We'll also talk about common pitfalls and how to avoid them, navigating complicated emotions such as jealousy, building boundaries and relationship agreements that work, and communication strategies for long-lasting success.
- **CW: Intimate partner abuse, sex.**

**Neurodivergent Chill Space** with Daisy (she/her) - Chill Space [0-1 spoons]

- Inviting all neuro-spicy attendees to an opportunity to take a quiet break from BiCon in a zero "small talk" zone!

- No pressure to chat (or make eye contact), please bring whatever you need to decompress e.g. sensory/stim toys, Squishmallows, craft projects, a book, noise cancelling headphones etc. The lights will be turned down low or off.
- All diagnoses/self-diagnoses welcome!

**Rock Painting/Colouring with Emily (she/her) - Activity [1-2 spoons]**

- **Bring your own rock!** Paints, brushes and templates provided.
- Pre-printed space themed colouring sheets and coloured pencils available.

**15:30-16:30**

**Queer Horror Short Films & Panel** presented by The Nottingham Horror Collective - Film Screening & Panel Discussion [1-2 spoons] (15:30-17:00)

**STRICTLY 18+**

- Film selection TBC
- **CW: TBC**

**But Is It Accessible? Making Bi+ Groups & Events More Accessible** by The Equality Network - Discussion [3 spoons] **ONLINE ONLY**

- A discussion of how to make bi+ friendly groups and events more accessible:
- What works, what doesn't and what can organisers do to help everyone participate equally in the full range of queer events from local groups to Pride.

**Sitting With Shame** with Gem (they/them) of Selfcare Backpack - Workshop [3-4 spoons] **16+**

- A workshop focused around sitting with your feelings, specifically shame, and how to build safety so you can do this and move through the feelings.

**Trans/Non-Binary Safe Space** with Fred Langridge (he/him) - Safe Space [2 spoons] **16+**

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

**Drawing Workshop** with Jmz (they/he) - Workshop/Activity [2-3 spoons]

- Illustrator Jmz shares some fun strategies for generating ideas, drawing, and making pictures that can help people of all experience levels to get creating and stay creative!
- **Please bring your own art supplies, there will be a very limited amount available.**