



BiCon

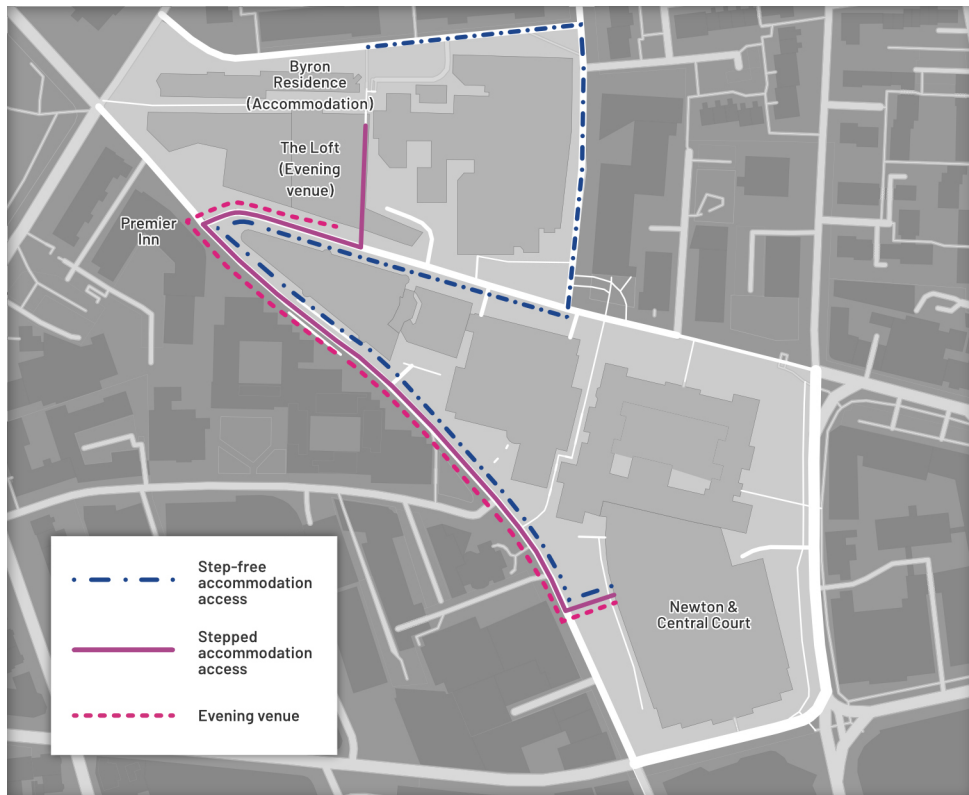
2023

**Event
Programme**

Welcome to BiCon 2023

The BiCon 2023 Team are delighted to welcome you to the historic city of Nottingham, and to our venue, the award-winning Nottingham Trent University.

We hope you enjoy the fantastic programme of talks, workshops, panels and activities, whether you're with us in-person or online.



Friday 4th




9:00 - 9:15

Welcome Speech

Lecture Theatre 2 || 







9:15 - 10:15

Trans-Inclusive Feminism *with Ms. David Wilson (they/them)*

Talk & Discussion ||  || Lecture Theatre
(LT2) ||  

- » 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".

Schedule Key

-  All-ages
-  Parental guidance
-  16+
-  Strictly 18+
-  Suggested spoon cost (1-5)
-  Hybrid session

9:15 - 10:15

Being Bisexual 101 *with Ms. Mark Cusack (he/they)*

Lecture || Room 1 (LT7) ||  

What does it mean to be bi? What is our history? Where do you fit?

This session will give a thorough grounding in the fundamentals of... well, being bisexual.

Bisexual educator and motivational coach Mark Cusack will give an uplifting and informative run down of some of the key points he believes every bi person should know. Leave feeling informed, inspired and ready to take on the world in total bi confidence.

9:15 - 10:15

How to Get the Most From Your First BiCon *with Amy (she/ her) & David (he/him)*

Talk & Discussion || Room 2 (LT8) ||  

- » 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.

Friday 4th

9:30 - 12:30

Drop In Sexual Health Screening *by The Heath Shop Nottingham*

Room 3 (LT10)

- » 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.

9:15 - 10:15

Yoga *with Sophie (she/her)*

Activity || Crafting Room (LT9) || ♿ || ⚠️

10:15 - 10:30

Break

10:30 - 11:30

Being Bi+ & Ace *with Eunice Hung (she/her)*

Talk & Discussion || ☐ || Lecture Theatre

(LT2) || ♿ || ⚠️

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 alonormativity.

10:30 - 11:30

Anxiety Healing Session *with Mx Mark Cusack (he/they)*

Meditation || Room 1 (LT7) || ♿ - ♿ || ⚠️

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.

The session will 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.

10:30 - 11:30

Holy & Connected To The Stars' *with Alex (she/they)*

Discussion/ Workshop || Room 2 (LT8) || ♿ - ♿ || ⚠️

- » "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 their research.

10:30 - 11:30

Paper Crafting *with Kathryn (she/they)*

Activity || Room 4 (LT9) || ♿ - ♿ || ⚠️

- » 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.

11:30 - 13:00

Lunch

- » Picnic in the Arboretum
- » Craft room open

13:00 - 14:00

From Emperors To Opera Singers: Bi+ Figures In History *with Rob Grayston (he/him)*

Lecture || ☐ || Lecture Theatre (LT2) || ♿ || ⚠️

⚠️

13:00 - 14:00

Anti-Racism Discussion Space (Open) *with Eunice Hung (she/her)*

Discussion || ☐ || Room 1 (LT7) || ♿ || ⚠️

- » A discussion space open to all BiCon attendees.

Friday 4th

13:00 - 14:00

The Queer As An Aro Experience: Drag Workshop *with Aaron (he/him)/Aro (they/them)*

Workshop/Activity || Room 2 (LT8) || ♀ - ♀♀ ||

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!

13:00 - 14:00

Rope Bondage 101 *with Holly (she/her) & Rick (he/him)*

Workshop || Room 3 (LT10) || ♀♀♀♀ || 18

Limited communal rope available or bring your own.

13:00 - 14:00

BYO Craft Projects *with Gem (they/them) of Selfcare Backpack*

Activity || Room 4 (LT9) || ♀♀ || U

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

14:00 - 14:15

Break

14:15 - 15:15

Still Complicated? Including Bi+ People In Services *by The Equality Network*

Presentation & Discussion || ☐ || Lecture

Theatre (LT2) || ♀♀ - ♀♀♀ || PG

- » 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.

14:15 - 15:15

Disability Empowerment *with Nairmi (they/them)*

Discussion & Safe Space || Room 1 (LT7) || ♀♀

- ♀♀♀ || PG

14:15 - 15:15

Poly 101: An Introduction To Consensual Non-Monogamy *with Amy (she/her) & DB (he/him)*

Lecture/Panel || Room 2 (LT8) || ♀♀ - ♀♀♀ || 18

In this introductory session, we will explore the basics of the world of polyamory.

- » 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.

14:15 - 15:15

Neurodivergent Chill Space *with Daisy (she/her)*

Chill Space || Room 3 (LT10) || ♀♀ || U

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!

14:15 - 15:15

Rock Painting/ Colouring *with Emily (she/her)*

Activity || Room 4 (LT9) || ♀ - ♀♀♀ || U

Bring your own rock! Paints, brushes and templates provided.

- » Pre-printed space themed colouring sheets and coloured pencils available. 15:15 - 15:30

Break

Friday 4th

15:30 - 16:30

Queer Horror Short Films & Panel

presented by *The Nottingham Horror Collective*

Film Screening & Panel Discussion || Lecture Theatre (LT2) || ♿ - ♿♿ || 18

» Film showing: *The Demons Of Dorothy* (2021)

» Panel discussion with Emily Malone & Ruth Skrytek (The Nottingham Horror Collective), Liam Banks & Liam Valentine (SuperFreakMedia, "They're Queer!" podcast).

CW: Vampires, gore, violence

15:30 - 16:30

But Is It Accessible? Making Bi+ Groups & Events More Accessible by The Equality Network

Discussion || ONLINE ONLY || ♿ || PG

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.

15:30 - 16:30

Sitting With Shame with Gem (they/them) of Selfcare Backpack

Workshop || Room 2 (LT8) || ♿♿ - ♿♿♿ || 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.

15:30 - 16:30

Trans/Non-Binary Safe Space with Fred Langridge (he/him)

Safe Space || Room 3 (LT10) || ♿ || 16+

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

15:30 - 16:30

Drawing Workshop with Jmz (they/ie)

Workshop/Activity || Room 4 (LT9) || ♿ - ♿♿ || U

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.

9:00-10:15

BiCon Decides/The Decision Making Plenary

|| Lecture Theatre (LT2) || ♿♿ - ♿♿♿ || U

For more information please read <https://2023.bicon.org.uk/bicon-decides-info/>

10:15 - 10:30

Break

10:30 - 11:30

Bi+ Equality In The Workplace with UNISON

Panel || Lecture Theatre (LT2) || ♿ || U

A session to keep reminding people of the importance of trade unions negotiating for bi equality in the workplace, and the importance of people joining a trade union.

10:30-11:30

Running A BiCon with Al (they/them)

Talk & Discussion || Room 1 (LT7) || ♿♿♿ || PG

10:30-11:30

But Is It Accessible? Making Bi+ Groups & Events More Accessible by The Equality Network

Discussion || Room 2 (LT8) || ♿♿ || PG

- 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.

10:30-11:30

Handheld Video Gaming Chat & Chill Space with Daisy (she/her)

Activity & Chill Space || Room 3 (LT10) || ♿ - ♿♿ || U

Calling all handheld gamers!

Bring along your device of choice (Nintendo Switch, DS, mobile phone etc) and play some games among likeminded folks.

Possible opportunity for some Mario Kart!

Saturday 5th

11:30 - 13:00

Lunch

13:00-14:00

What Is Gender?

with Mx David Wilson (they/them)

Talk & Discussion || ☐ || Lecture Theatre (LT2) || ♿ || ⚠️

This session explores the concept of a social construct, how gender and sex are interrelated, and how neither is binary, and invite people to reflect on their own experiences of gender.

3:00 - 14:00

Anti-Racism Discussion Space (Racially Minoritised People ONLY) *with Eunice Hung (she/her)*

Discussion & Safe Space || Room 2 (LT8) ||

♿ - ♿ ♿ ♿ || ⚠️

CW: Discussion of lived experiences of racism.

13:00-14:00

Everything You Wanted To Know About Sex Toys! *with Amy (she/her)*

Lecture || Lecture Theatre (LT2) || ♿ ♿ || Ⓜ️

Explore the world of sex toys in this fun and interactive session!

We'll start by looking at the different categories and types of toys that are available.

You'll learn about which materials are body-safe and which should be avoided, how to shop for a toy for yourself or a partner, and how to store and care for your toys.

We'll also talk about safer sex concerns with toys, and different ways to incorporate toys into partnered or solo sex.

There will be plenty of opportunities to ask questions, get a hands-on look at an array of toys, and win prizes!

CW: Sex, masturbation

This workshop takes a non-gendered approach to toys (e.g. we will refer to "toys for people with penises", not "toys for men") and uses gender-neutral language throughout.

13:00 - 14:00

Animal Crossing New Horizons Island Hopping *with Ai (they/them)*

Activity || Room 3 (LT10) || ♿ || ⚠️

Bring along your Nintendo Switch and make friends with some fellow islanders!

- » Swap recipes and resources and get inspiration from other islands.
- » -Online attendees are encouraged to take part too! Please arrange this via the BiCon 2023 Discord Server.

Please note: Online play will be reliant on mobile phone hotspots as the venue Wi-Fi requires signing up via a browser.

14:00 - 14:15

Break

14:15 - 15:15

Healthier, Happier Bisexuals: Working Out How *with Grant Denkinson (he/him)*

Discussion || Lecture Theatre (LT2) || ☐ || ♿ || ⚠️

Bisexuals have significantly worse health and happiness than others.

We keep hearing this from research and personal stories.

Let's talk together about what might help: What could we do for ourselves individually or in community? What do we want others in our lives or in the wider world to do more or less of or do differently?

CW: Potentially emotive topics of physical illness, emotional distress, discrimination, assault, self harm or suicide though we will be concentrating on solutions not sharing stories in detail.

14:15 - 15:15

Coming Out & Sex As A Bi+ Couple *with Wayne (he/him) & Nikki (she/her)*

Talk & Discussion || Room 1 (LT7) || ♿ || Ⓜ️

CW: Sex

Saturday 5th

14:15 - 15:15

Fictional Speed Dating *with Eunice Hung (she/her)*

Activity/Game || Room 3 (LT10) || ♀♀♀♀ || 18

Role play speed dating as a fictional character!

- » There will be a stack of character suggestions (with a little blurb) that you can pick from, and you will then speed date in character.
- » You can also bring a character of choice, in which case feel free to dress up! 14:15 - 16:30

Blood On The Clocktower/BYO Boardgames *with Becky B (she/her)*

Game || Room 2 (LT8) || ♀♀ - ♀♀♀ || PG

Either take part in Becky's run of Blood On The Clocktower (7-15 players)

or

BYO board game and use the rest of the space in the room.

15:15 - 16:30

Break

15:30 - 16:30

Everything You Were Taught About Sexuality Is A Lie *with Mx Mark Cusack (he/they)*

Talk || Lecture Theatre (LT2) || 📺 || ♀♀ - ♀♀ || PG

This session uncovers the real reason why we question our sexuality. It unveils the shocking lies that society tells us, how they damage us and how we can all come to find confidence in ourselves.

- » Mark Cusack is an Integrative Sexuality and Relationship Coach specialising in complex, fluid orientation and gender. He has spent a lifetime studying sexuality and coached hundreds of people to find peace in their orientation. Come and join us for this inspiring and insightful masterclass.

Saturday 5th

15:30 - 16:30

Bi+ Activism & Visibility In Organisations Outside The Bi+ Community *with David Bowskill (he/him)*

Discussion || Room 1 (LT7) || ♀♀ - ♀♀♀ || PG

This session is an opportunity for people already involved or wanting to get involved in organisations outside the Bi+ community, such as employee networks, trade unions, political parties and the wider LGBTQ+ community to discuss best practice, ideas and strategies to increase bi+ visibility and foster a positive attitude to bi+ issues in these organisations.

15:30-16:30

The Human Cat (Pet) Café *with Abi (she/her)*

Activity || Room 3 (LT10) || ♀ || 18

An informal session for all the petplayers and the hoomans that enjoy feline and canine company (other animal personas welcome).

Bring toys (balls, sugar mice etc) and gear (ears etc) if you like or just bring yourselves!

11:30-16:30

The BiCon Bazaar

Room 4 (LT9)

The BiCon Bazaar is an opportunity for all BiCon attendees to sell or trade things with other attendees.

- » If you are crafty and would like a space to sell/trade your creations, please drop by and grab a spot at a table.
- » Community related adverts, flyers and leaflets are welcome.
- » Two Nottingham based queer owned/run organisations, Five Leaves Bookshop and The Nottingham Horror Collective, will have books and zines for sale with some proceeds going to BiCon or other queer charities - bring some cash with you!

Please note: This is a private market open only to BiCon attendees.

Sunday 6th

10:00 - 11:00

Continuity At BiCon

with BiCon Continuity Trustees

Panel & Discussion || Lecture Theatre (LT2) ||

HYBRID || [♿ - ♿]

10:00 - 11:00

Yoga *with Sophie*

Activity || Room 1 (LT9) || ♿ || ⚠

10:00 - 11:00

Creative Writing

with Tradescantia Press

Workshop || Room 2 (LT8) || ♿ - ♿ || ⚠

5 minute free-writing warm-up.

"Snapshots of BiCon": An observational form of writing, where participants will use all their senses to ground themselves to focus their writing on the here and now or choose a snapshot of BiCon as they've experienced it to produce a short piece of prose or poetry.

10:00 - 11:00

Queer Representation In Video Games *with Fern (she/they)*

Informal Chat/Discussion || ONLINE ONLY || ♿

- ♿ || ⚠

An informal chat about video games.

Share your favourites and make recommendations.

Discuss queer representation in video games and why it is important to us.

11:15 - 12:15

Bi-Questioning Quiz! *with the BiCon 2023 Team*

Quiz/Activity || Lecture Theatre (LT2) || [♿ - ♿]

♿ || ⚠

Sunday 6th

11:15 - 12:15

Affirmations: A Crafting Workshop *with Gem (they/them) of Selfcare Backpack*

Workshop/Activity || Room 1 (LT9) || [♿ - ♿]

⚠

A short talk from Gem about how affirmations/complimenting yourself can be used to help negate negative self talk and help you learn to be kind to yourself.

Then make up your own affirmations and decorate a postcard with them as a reminder when you need it!

11:15 - 12:45

Drop In Clothes/Book/Stuff Swap

13:00 - 13:15

Closing Ceremony *with the BiCon 2023 Organisers*

