

# LGBTQ+ joy is...

Writing a book about dragons.  
Dancing under a glitter ball.  
Finding fungi in the woods.  
Playing fetch with your dog.

Celebrate LGBTQ+ life with contributions from 52 visionaries, creators and changemakers. Discover the joy of knitting with Olympic diver Tom Daley, then learn his favourite knitting projects. Find the joy in dancing with TV presenter Dr Ranj Singh, then master the moves from the Strictly dance floor. Experience the joys of food with BAFTA-winning actor Miriam Margolyes, then make her famous chicken soup. Whether you read an entry a week or dip into it whenever you feel like experiencing a little joy, this is a book to treasure all year round.

SUPPORTING

Stonewall

A donation to Stonewall Equality Limited, trading as Stonewall, will be made for every copy sold. Stonewall is a lesbian, gay, bisexual and transgender rights charity.

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MAGIC CAT



A YEAR OF PRIDE AND JOY

SIMON JAMES GREEN

RUTH BURROWS

A YEAR OF

PRIDE AND JOY

52 LGBTQ+ VOICES SHARE THEIR LIFE PASSIONS

curated by SIMON JAMES GREEN

illustrated by RUTH BURROWS

HISTORIAN BLAIR IMANI

MUSEUM CURATOR LAUREN ESPOSITO

OLYMPIC DIVER TOM DALEY

ACTOR MIRIAM MARGOLYES

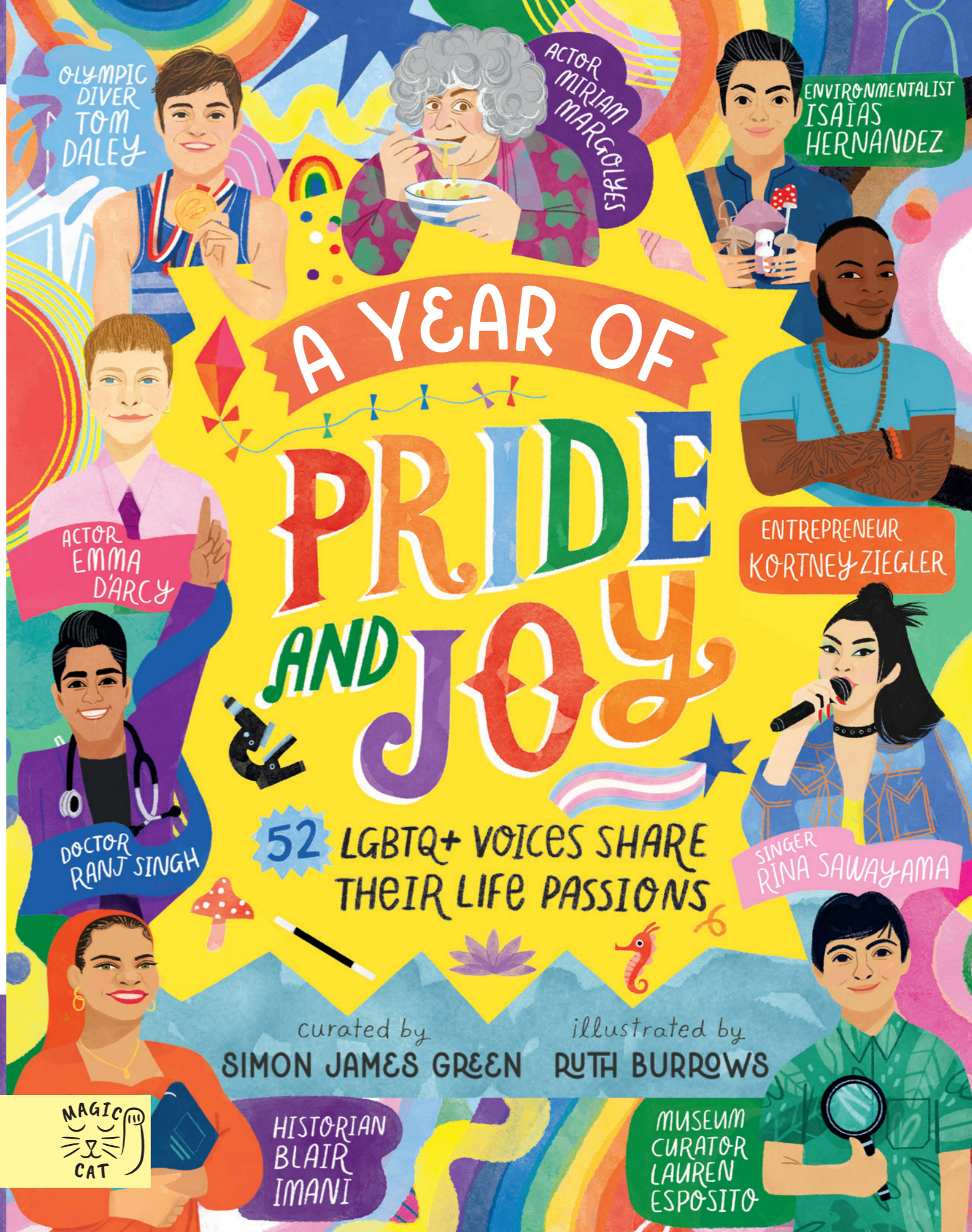
ENVIRONMENTALIST ISAIAS HERNANDEZ

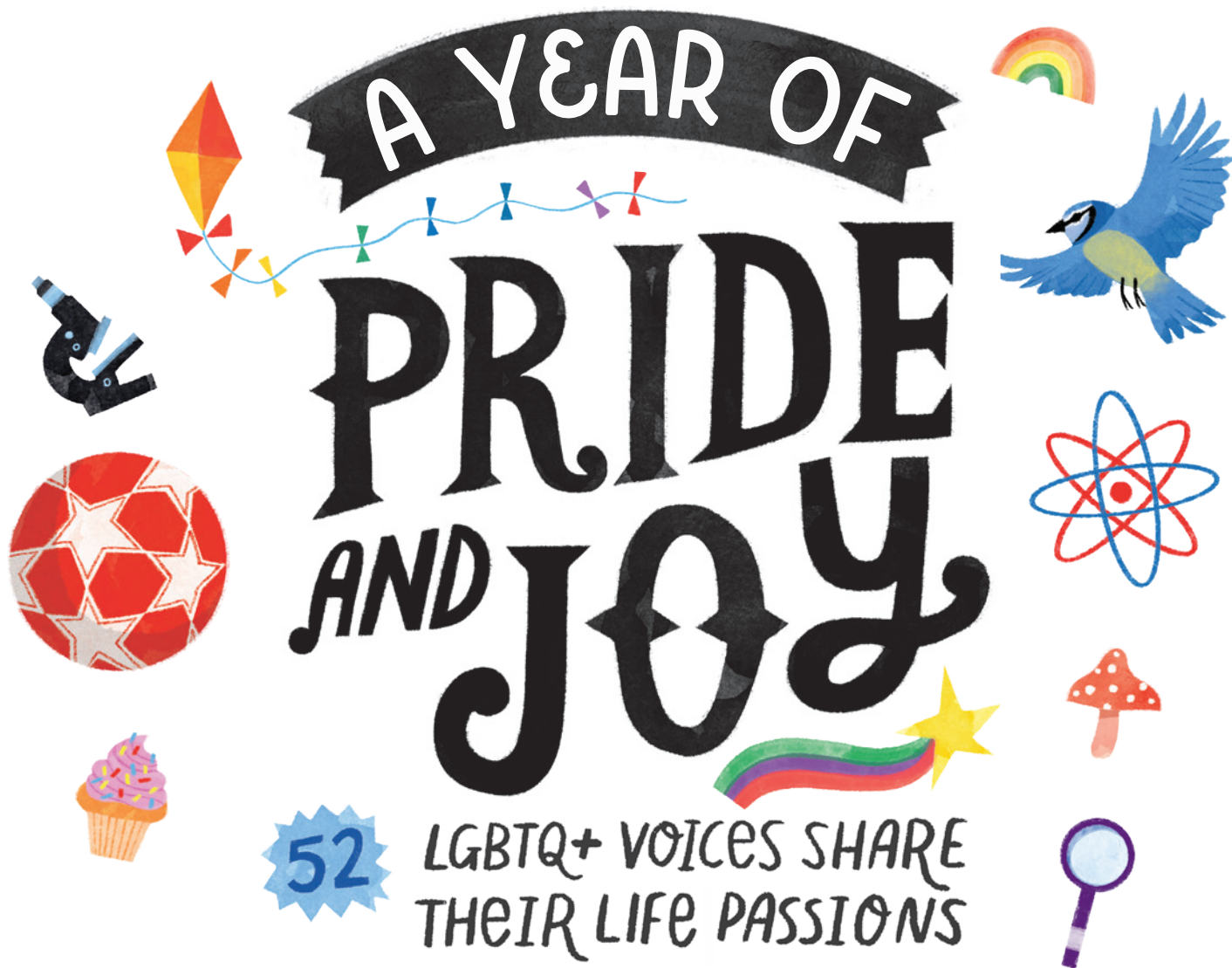
ENTREPRENEUR KORTNEY ZIEGLER

SINGER RINA SAWAYAMA

ACTOR EMMA DARCY

DOCTOR RANJ SINGH





curated by  
SIMON JAMES GREEN

illustrated by  
RUTH BURROWS

MAGIC CAT  PUBLISHING

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# Dear Reader, What is joy?



It's more than just happiness. Joy is something deeper, which comes from within us. It gives us a sense of purpose and meaning, sparks pleasure and makes life worth living. What you'll find as you dip into this book is that joy takes many forms. From kicking a football and travelling to new places, to spending time with family or appreciating the beauty of nature, joy comes in all shapes and sizes, and can be found everywhere.

The world can feel like a scary place sometimes – especially if you're made to feel like an outsider because of who you are. But in these pages, you'll find 52 LGBTQ+ folk from all walks of life and from many different countries, cultures and backgrounds, and they're all living rich, joyful lives.

If you want to be inspired by brilliant people and their fascinating lives, pick up this book. If you're looking for a new hobby or skill to try, pick up this book. If you're going through a tough time, and you just need to know it's going to be OK, and that the world is full of love and light, then please, pick up this book. And I hope you find your joy, too.

# With love and joy, Simon James Green

Author



NATIONAL BIRD DAY

# THE JOY OF BIRDWATCHING

## Actor Rebecca Root

### Rebecca's Favourite Birds

You don't have to go far to see different birds – you can simply look out of your window, like I do.  
What can you see?

*My garden teems with birds that eat, drink, play, bathe and sleep.*

One spring morning, I was working at my desk overlooking the garden. I heard the whirring of wings

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*Watching birds takes me into the wildness of their world.*

•★•••••••★•

and grabbed my binoculars. A female house sparrow had landed on my bird feeder and began pecking at the seeds. She was alert and agile, clinging upside down to the wires with her feet. She was soon joined by another house sparrow, a male this time (you could tell by the markings), and they dined side by side.

Then, a juvenile sparrow flew in, followed by another, then a third. They perched on the birch tree, squealing expectantly. They opened their mouths hungrily to their parent, who duly delivered morsels to the gaping beaks. I see this behaviour daily, but it is no less hypnotic. Watching birds takes me into the wildness of their world, helping me reconnect with the planet, and all the beautiful creatures we share it with.



HOUSE SPARROWS

Males have bright black, white and brown markings. Females and juveniles are pale brown and grey.

Brown above, with a white belly and bright red chest.

ROBIN

WOOD PIGEON

Mostly grey, with a pinky-purple breast and white patches on the neck and wing.

STARLINGS

Glossy black with a purple-and-green sheen.

Males are black with a bright orange-yellow beak and a yellow ring around the eyes. Females are dark brown with spots on their chests.

BLACKBIRD

These small birds are a colourful mix of blue, yellow, white and green.

BLUE TITS

#### REBECCA'S TOP TIP

If you want to attract more birds to your garden, put out some food for them to eat. Seeds, fat balls, fruits and grubs are all great. Remember to provide some fresh water, too!

# THE JOY OF FLOWERS

## Florist Paul Hawkins

*I discovered my love of flowers as a child in my grandparents' garden.*

Each season brought something different: spring, when everything is budding and there's an enchantment of tulips, the floral madness of summer with acres of peonies and roses, followed by the hues of rich reds and oranges in autumn, and the pansies, snowdrops and heathers that brighten up the cold winter months.

The natural world inspires my floral designs today. Flowers grow in big swathes, and I like to echo that in my work, with heavy groups of luscious and indulgent flowers. As well as buying from flower markets, I have

been known to forage for foliage and moss to add a wild 'hedgerow chic' to my displays. A flower's scent is a magical thing, and I love

using particular floral scents in displays for happy events like weddings. It means whenever those people smell the scent again, they'll be reminded of good times; it's a wonderful way of spreading joy for years to come!

•★•.....•★•  
*A flower's scent is a magical thing.*  
•★•.....•★•

### Paul's Language of Flowers

Knowing the symbolic meaning behind flowers makes the gift extra special.



Did you know that **CLASHING COLOURS** are always uplifting? Oranges, pinks and reds always look good together!

Always **STRIP THE LEAVES** off stems so there's no foliage under the water, else it'll turn sludgy.



# THE JOY OF LEARNING

## Educator and Historian Blair Imani

*Growing up I never felt like I was 'smart'.*

Having attention deficit hyperactivity disorder (ADHD) made it difficult to focus, and my dyslexia sometimes made it harder for me to spell words correctly. I found myself getting frustrated for taking longer on tests than my classmates. But now that I'm grown up, I recognize intelligence comes in many forms. It might take me a little longer, but I eventually get it right. And even though reading and writing is still difficult for me, I'm proud to say that I've written three books.

As an educator and historian, I encourage everyone to learn new things, even when it might be a challenge. Learning new information

★•.....★•

*Learning new information is one of the most exciting parts of being alive.*

★•.....★•

is one of the most exciting parts of being alive. We can learn new words that help us better understand ourselves and we can learn new ideas that help us show love and respect to the people in our lives.



**IT WILL GIVE YOU CONFIDENCE**  
Whether it's memorizing your times tables or a short poem, learning a new skill can increase confidence and boost your self-esteem.



**YOU WILL BETTER UNDERSTAND YOURSELF**  
Learning new things isn't just important for school or work, it's also important for ourselves. Learning about the world around you can help you find what you are passionate about, help you face your fears and help you become more compassionate and creative.



**IT'S GOOD FOR YOUR HEALTH**  
Learning a new skill can give you a mental and physical boost. It's exercise for the brain, and your brain ages just like you do so it's important to look after it.



**IT CAN HELP YOU SOLVE PROBLEMS**  
Life is full of challenges and sometimes we run into problems that need solutions. Being curious and practising your critical thinking skills can help you overcome many of life's challenges.



INTERNATIONAL MAGICIANS' DAY

# THE JOY OF MAGIC

## Magician Nathan Jones

*I will never forget the joy I felt watching magic for the first time.*

I was eight years old when a performer from a local circus stood right in front of me and vanished a paper napkin into thin air! I felt the hairs stand up on the back of my neck, and for a second nothing else mattered. I had to know how it was done! The kindest thing that performer did was not to tell me. The magic is in the mystery.

I am lucky enough to travel the world and perform magic of my own now. The pleasure I get in passing on that joy to other people is something I cherish. People often say to me, "Magic isn't real though, is it? It's just tricks!" But I think that the feeling you get when you see something impossible happen right in front of your eyes and it fills you with wonder, that feeling is magic. And for me that's very real.

★.....★  
*The magic is in the mystery.*  
★.....★



### Nathan's Vanishing Coin Magic Trick

This was the very first magic trick I learned, almost 25 years ago. Once you've mastered this trick, you'll be the talk of the town... if you're not already!

#### WHAT YOU'LL NEED:

- A shiny coin
- A clear drinking glass
- Two matching sheets of paper
- A glue stick
- Scissors

**THE SECRET TO THIS TRICK**  
Ahead of time you must carefully cut and glue a piece of paper to the mouth of the glass. This should be the same size as the opening.

Place the glass on the matching piece of paper (next to the coin) and you're ready to perform. Simply wrap your fingers around the bottom of the glass and move the glass to cover the coin.

Say your magic words (Abracadabra, Hocus Pocus, Ariana Grande etc.), and whip your hand away. It will look like the coin has vanished! To make it reappear, just reverse the process.

Now take your well-deserved applause, sign some autographs and never tell a living soul how it's done!

