

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.

978-1-915569-39-4 £14.99



MAGIC CAT PUBLISHING
www.magiccatpublishing.co.uk
@magiccatpublishing

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

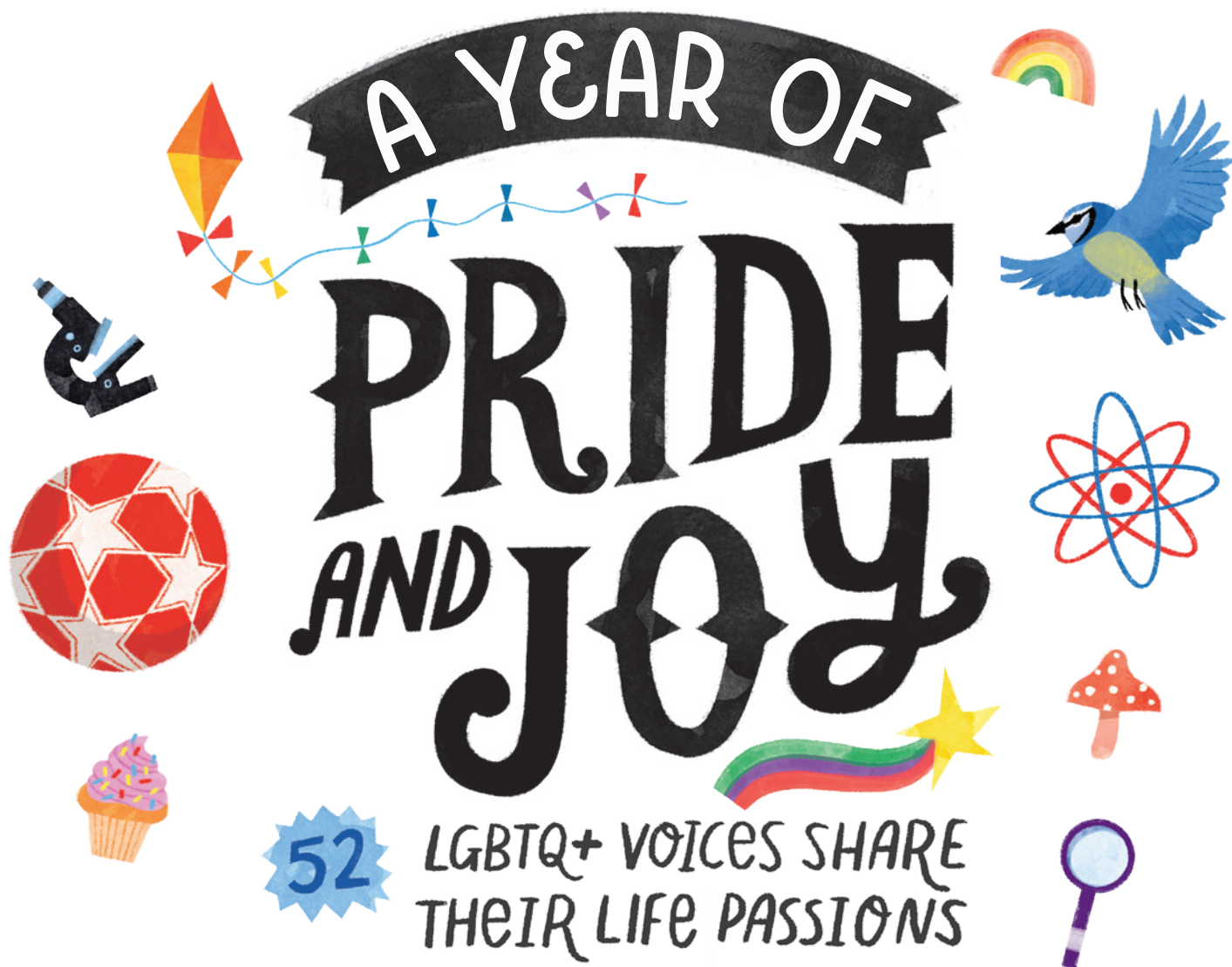
ENVIRONMENTALIST
ISAIAS
HERNANDEZ

ENTREPRENEUR
KORTNEY ZIEGLER

SINGER
RINA SAWAYAMA

ACTOR
EMMA
D'ARCY

DOCTOR
RANJ SINGH



curated by
SIMON JAMES GREEN

illustrated by
RUTH BURROWS

MAGIC CAT  PUBLISHING

CONTENTS

JANUARY



8

The Joy of Birdwatching
Actor Rebecca Root
National Bird Day



10

The Joy of Flowers
Florist Paul Hawkins
International Flower Day



12

The Joy of Learning
Educator and Historian Blair Imani
International Day of Education



14

The Joy of Magic
Magician Nathan Jones
International Magicians' Day



16

The Joy of Wetlands
Artist James Aldridge
International Wetlands Day



18

The Joy of Old Films
Actor Stephen Fry
Global Movie Day



20

The Joy of Experiments
Material Scientist Dr Clara Barker
International Day of Women and Girls in Science



22

The Joy of Radio
Radio and Podcast Host Rob Gillett
World Radio Day



24

The Joy of Scorpions
Curator of Arachnology Lauren Esposito
World Wildlife Day



26

The Joy of Action
Politician James Roesener
World Advocacy Day



28

The Joy of Fantasy Books
Embarrassing Bodies' Dr Anand Patel
World Book Day



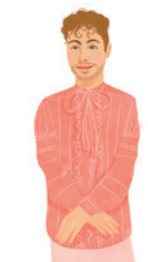
30

The Joy of Words
Magazine Publisher Darren Styles
National Word Day



32

The Joy of Theatre
Director AeJay Antonis Marquis
World Theatre Day



34

The Joy of Well-Being
LGBTQ+ Healthcare Activist Dr Jo Hartland
World Health Day



36

The Joy of Pets
Singer Rina Sawayama
National Pet Day



38

The Joy of Dancing
Presenter Dr Ranj Singh
International Dance Day



40

The Joy of Helping Animals
Veterinarian Abby McElroy
World Veterinary Day



42

The Joy of Writing with Pride
Writer Matt Cain
National Tell a Story Day



44

The Joy of Eurovision
Teacher Andrew Moffat
Eurovision Song Contest



46

The Joy of Family
Lawyer Nancy Kelley
International Family Equality Day



48

The Joy of Noticing
Farmer Hannah Breckbill
National Garden Meditation Day





50

The Joy of Driving Trains
Train Driver Romolo Lanzi
National Train Day



52

The Joy of Cracking Cases
Detective Thomas Williams
Sherlock Holmes Day



54

The Joy of Community
Well-being Officer Dòmhnall Idris
LGBT Pride Month



56

The Joy of Protecting Our Planet
Writer and Editor Matthew Todd
World Environment Day



58

The Joy of Knitting
Olympic Diver Tom Daley
World Knit in Public Day



60

The Joy of Fairies
Writer and Actor Amelia Gann
International Fairy Day



62

The Joy of Laughter
Comedian Julian Clary
International Joke Day



64

The Joy of Making Jam
Paulus the Cabaret Geek
National Jam Day



66

The Joy of Drag
Showbiz Star and Strictly Come Dancing Judge
Craig Revel Horwood
International Drag Day



68

The Joy of a Team
Footballer Joanie Evans
International Day of Friendship

JULY



70

The Joy of Play
YouTuber and Author Calum McSwiggan
National Playday



72

The Joy of Hand-Lettering
Designer Jae Lin
World Calligraphy Day



74

The Joy of My Dog
Casting Director Robert Sterne
National Dog Day



76

The Joy of a Beach Walk
Charity Executive Mark Russell
National Beach Day



78

The Joy of Indian Cinema
Actor Seyan Sarvan
National Cinema Day

AUGUST



80

The Joy of Small Moments
Entrepreneur Kortney Ziegler
World Gratitude Day



82

The Joy of Drawing Comics
Cartoonist Lewis Hancox
National Comic Book Day



84

The Joy of Cooking
Theatrical Producer Cameron Mackintosh
National Cooking Day



86

The Joy of Teaching
Teacher Patty Nicolari
World Teachers' Day



88

The Joy of Fungi
Environmentalist Isaias Hernandez
National Mushroom Day



90

The Joy of Food
Actor Miriam Margolyes
World Food Day

OCTOBER

SEPTEMBER





92

The Joy of Restoration
Singer-Songwriter Will Young
International Repair Day



94

The Joy of Swimming
Actor Emma D'Arcy
World Swim Day



96

The Joy of Scientific Discovery
Scientist Biswajit Paul
National STEM Day



98

The Joy of Urban Hiking
Professor Myeshia Price
National Hiking Day



100

The Joy of Making Shows
Director Amy Coop
World Television Day



102

The Joy of Drawing
Illustrator Ruth Burrows
National Illustration Day



DECEMBER



104

The Joy of Football
Politician Mhairi Black
World Football Day



106

The Joy of Pantomime
Pantomime Dame Mama G
World Panto Day



108

The Joy of Basketball
Basketball Player Abby Dunkin
World Basketball Day



110

The Joy of Paws
Singer-Songwriter Chet Lam
Christmas



*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

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

•★•••••★•

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.

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?

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.

Blair's Reasons to Learn Something New

There are lots of benefits to educating yourself and trying new things. Here are just four of them!



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.

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.



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 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 clear drinking glass

A glue stick

Scissors



A shiny coin



Two matching sheets of paper



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!