



LGBT CONNAUGHT GUIDE

LGBT supports & social events
Mayo, Sligo, Leitrim, Galway & Roscommon



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(LGBT) people

Introduction and Our Services

One of the most common reasons why people contact the National LGBT Helpline is to find out about LGBT supports and social events in their area. Having local supports and places to socialise, is essential in combating isolation, and is key to improving the mental health and well-being of Lesbian, Gay, Bisexual, and Transgender (LGBT) people.

This guide has been produced by the National LGBT Helpline to provide health professionals, and others working with LGBT people, with practical information on a range of issues affecting LGBT people and their family members, and the supports available for them in the Connaught region.

Our Services

The National LGBT Helpline is run through a network of local helpline centres. The LGBT Galway Helpline and the Outwest Gay Helpline in Mayo, deliver our services in the Connaught region, which include:

Confidential Helpline: 1890 929 539 & 094 937 2479

Non-judgemental, confidential, listening support and information
7 days a week.

Go to www.lgbt.ie for current opening hours.

Online Chat Support: LGBT.ie

Free, confidential, online chat support. Go to www.lgbt.ie to chat with a trained volunteer, and for current opening hours.

Peer Support Service

First Out is a monthly peer support group, for people who are struggling with coming out as LGBT, or who are questioning their sexuality or gender identity. Facilitated by experienced helpline volunteers, this is a safe space for people to talk openly with others who are going through similar experiences.

Tel: 1890 929 539

Date: First Thursday of each month

Venue: Teach Solais LGBT+ Resource Centre

Time: 7.30pm to 9.30pm

Advocacy and Support Organisations

AMACH! LGBT Galway

AMACH! is a volunteer run organisation which represents and advocates on behalf of the LGBT community in Galway city and county.

Email: info@amachlgbt.com

Web: www.amachlgbt.com

Outwest Ireland

Outwest Ireland is a voluntary social and support group for LGBT people in the West of Ireland. The group organise social outings and events several times a year, in various venues in the West of Ireland.

Tel: **Text information line 087 972 5586**

Email: info@outwest.ie

Web: www.outwest.ie

Teach Solais LGBT+ Resource Centre

Teach Solais is the LGBT+ Resource Centre in Galway. Operating as a drop-in centre and space for groups to meet, it aims to offer a visible, accessible, safe and welcoming setting that will improve the overall well-being of the LGBT+ Community.

Email: info@amachlgbt.com and resourcecentre@amachlgbt.com

Web: www.amachlgbt.com

Traveller Support: LGBT Pavee

LGBT Pavee is an independent social support group offering peer support, information and platforms for LGBT+ Travellers to express their views and needs publicly alongside cultivating safe spaces that encourages expression, freedom of identity and community connection.

Tel: **089 4084959 (Group contact number)**

Email: info@lgbtpavee.com

Web: www.lgbtpavee.com

FB: www.facebook.com/lgbtpavee

Coming Out Information

Coming Out is the term used by LGBT people to describe their experience of discovery, self-acceptance, and openness about their LGBT identity. Having someone to talk to, and getting emotional support, can help people deal with the stresses of coming out. Many people talk to a professional, like their GP, before telling friends and family.

Coming Out Supports:

First Out Peer Support Group - Galway

First Out is a peer support group, run by the LGBT Galway Helpline, for people who need support to come out as LGBT or who are questioning their sexuality or gender identity. Meetings take place on the first Thursday of each month in Teach Solais LGBT+ Resource Centre.

Tel: 1890 929 539

Email: info@lgbt.ie

Web: www.lgbt.ie

Bi Network

Bi+ Ireland is a grassroots advocacy and support space for the bi+ community in Ireland. Events and meet-ups are organised all over Ireland including in Galway.

Email: biirelandnetwork@gmail.com

FB: <https://www.facebook.com/biirelandnetwork/?fref=ts>

Family Supports

When a parent or guardian first realises that their child is LGBT, they may need some help to deal with their own reactions and concerns. Parent support groups are a good way to meet with other parents with LGBT children, to talk through issues in a confidential and supportive way.

Parent Support:

shOUT Support for Parents and Guardians – Galway

shOUT arranges monthly meetings for parents or guardians of a LGBT people. Meetings take place in Galway city to provide opportunities for parents/guardians to meet one another in a safe, confidential and supportive environment.

Tel: 087 773 8529

Email: [shout@youthworkgalway.ie/](mailto:shout@youthworkgalway.ie)

Web: <http://www.lgbtyouthgalway.com/lgbt-youth-galway>

FB: <https://www.facebook.com/shOUTGalway>

Supports for Married People

People in heterosexual marriages may also come out as LGBT, which can be a very difficult and confusing time for their spouse, as well as for the person themselves.

The LGBT Helpline run peer support groups for spouses or long term heterosexual partners, of people who have revealed they are LGBT. For more information on the location, dates, and times of meetings and updates on new groups, go to:

<http://lgbt.ie/our-services/peer-support-groups>

LGBT Youth Services

Research¹ shows that the most common age for a person to first know they are LGBT is now age 12. While not everyone will be aware of their LGBT identity at this early age, it is increasingly common for young people to be starting the process of 'Coming Out' while still at school.

This can be a difficult time for a young person, with negative reactions and bullying a major concern, and it is important for their mental health and well-being that support is available at this stage.

LGBT Youth Supports:

shOUT LGBT Galway

shOUT works with LGBT or Questioning young people aged 14-17 and 18-21 years of age in the Galway region. Through weekly social meetings, shOUT aims to provide a place where young LGBT people can be themselves and socialise with their peers in an open and accepting environment.

Tel: 087 773 8529

Email: [shout@youthworkgalway.ie/](mailto:shout@youthworkgalway.ie)

Web: <http://www.lgbtyouthgalway.com/lgbt-youth-galway>

FB: <https://www.facebook.com/shOUTGalway>

SMILY LGBT Youth Group – Sligo

SMILY LGBT Youth group is open every Saturday from 3pm to 5pm at the Crib, Rockwood Parade, Sligo, offering a safe space for teens that maybe LGBT or young people questioning their sexual or gender identity aged 14-23 years old.

Tel: 089 4820330

Email: smilyouthlgbt@gmail.com

SWAG Youth Group – Mayo

SWAG Mayo is a youth group for LGBT young people and their friends, where young people can meet like-minded people, have fun and discuss issues that affect them.

Tel: 086 3862094 / 087 6610650

Web: <http://www.belongto.org/groups>

¹ The LGBTIreland Report 2016: national study of the mental health and wellbeing of lesbian, gay, bisexual, transgender and intersex people in Ireland. GLEN and Belong To, Dublin.

LGBT Youth Services

Student LGBT Societies:

GMIT LGBT Society

Email: GMITequality@hotmail.com

Web: facebook.com/lgbtgmmit

NUIG GIG Soc

Email: gigsoc@gmail.com

Web: facebook.com/GiGSocNUIG

ITS LGBT

Email: itslgbt@gmail.com

Web: facebook.com/ITSLGBT

Mental Health Youth Supports:

Jigsaw Galway

Jigsaw Galway is a free, non-judgemental and confidential support service for young people (15-25) living in Galway city and county. They provide guidance and support for young people who are going through a difficult or distressing time, and for those concerned about a young person in their life.

Tel: 091 549252

Email: galway@jigsaw.ie

Web: www.jigsaw.ie/galway

Jigsaw Roscommon

Jigsaw Roscommon is a free, non-judgemental and confidential support service for young people (15-25) living in Roscommon Town and county.

Tel: 0906 665087

Email: www.jigsaw.ie/roscommon

Web: roscommon@jigsaw.ie

A young man and woman are standing together, smiling slightly. The man is on the left, wearing a plaid shirt and jeans. The woman is on the right, wearing a light-colored top and jeans. The entire image is overlaid with a semi-transparent pink filter. White text is centered over the image, with each line underlined.

Research shows
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common age for a
person to first
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is now age 12

Older LGBT People's Support

Alongside the issues facing older people generally, including loneliness, poor health, and worries about future care needs, older LGBT people have additional concerns. Of major concern is that older age services will not recognise or respect their LGBT identity, and many will not be 'out' to any of their healthcare providers for this reason.

LGBT friends are an extremely important source of resilience and coping for older LGBT people, as many face barriers to local community involvement.

Older LGBT Support:

Silver Rainbows

Silver Rainbows' is a group of older LGBTI people living in the West of Ireland. The group is open to all members of the LGBT community in Galway and neighbouring counties who are 50 years or older or who can identify with issues affecting people of that age.

Email: silverrainbows50@gmail.com

Web: amachlgbt.com/silver-rainbows-new-group-for-older-lgbt-community

Sexual Health Services

Sexual health is an important part of overall health. It means in the first place the absence of disease and infections but also covers well-being and the ability to enjoy fulfilling relationships free from discrimination.

Sexual Health Services

AIDS West

AIDS West is a West of Ireland based charity working in the area of HIV and sexual health their offices are located in Galway. Providing support for HIV+ people and extensive education programmes and information in relation to HIV and Sexual Health.

Tel: 091 566266

Email: info@aidswest.ie

Web: aidswest.ie

HSE STI Screening Services

Public STI screening services are free of charge and confidential, and are available at the following locations in Connaught:

Galway University College Hospital, Genitourinary Medicine (STI) Clinic

Tel: 091 525 200

Web: <http://www.hse.ie/eng/services/list/5/Sexhealth/>

Portiuncula Hospital, Ballinasloe, Co. Galway

Tel: 090 9648 372 (extension 676)

Web: <http://www.hse.ie/eng/services/list/5/Sexhealth/>

Mayo General Hospital

Tel: 094 90 21733

(Extension 3076 - Tues am only and Ext 3501 – Mon, Wed, Thurs, Friday)

Web: <http://www.hse.ie/eng/services/list/5/Sexhealth/>

Sligo Regional Hospital, GUM Clinic

Tel: 071 9170 473

Web: <http://www.hse.ie/eng/services/list/5/Sexhealth/>

Social Groups & Events

LGBT social groups and events are a great way to connect with other LGBT people, in a relaxed and informal way. Social groups and meet-ups in the Connaught region include:

ELLA – Roscommon

ELLA is a group for providing support to lesbians and bisexual women. ELLA aspires to provide a network for LGBT women in Co. Roscommon and surrounding areas that offers mutual support and socialising.

Email: groupella@gmail.com

Over the Rainbow Drama Group - Sligo

Over the Rainbow is a straight friendly drama group based in Sligo which seeks to provide an opportunity for LGBT people (and anyone else) to have a go at performing or supporting performing in backstage roles. Group meets every Thursday at a venue in Sligo town.

Web: [facebook.com/overtherainbowdramagroup](https://www.facebook.com/overtherainbowdramagroup)

Outwest Ireland

OutWest Ireland is a voluntary social and support group for LGBT people in the West of Ireland. The group organise social outings and events, some of which are discos, several times a year, in various venues in the West of Ireland.

Tel: **Text information line 087 972 5586**

Email: info@outwest.ie

Web: www.outwest.ie

SHEnanigans – Galway

This group is for women who identify as LGBTQ. It is a Social Club for adult women (must be over 18 years of age) who want to meet new people, develop new friendships, and participate in common interest activities.

Email: shenaniganswest@gmail.com

Web: [meetup.com/shenanigans](https://www.meetup.com/shenanigans)

The Out 'N' Out Players - Galway

Out & Out Players Community Theatre Group is a newly formed community drama group based in Galway aimed at giving an opportunity for LGBT people in Galway to have a go at performance and or support performance in backstage roles.

Web: [facebook.com/OutnOutPlayers](https://www.facebook.com/OutnOutPlayers)

Mayo LGBT+ Equality – Mayo

Mayo LGBT+ Equality is an LGBT group based in Castlebar, working to combat the isolation experienced by LGBT people in Co. Mayo and to help the LGBT community become more visible in ordinary everyday life. The group meet once a month to plan events, discuss various issues and to socialise.

Tel: 094 902 5126

Email: yesequalitymayo@gmail.com

TribesMEN – Galway

TribesMEN is a social group based in Galway intended for gay and bisexual men to make new friends. This group is open to singles or couples. All members are required to respect the privacy of other members.

Web: www.meetup.com/TribesMEN

A woman with short dark hair, wearing a black and white patterned dress, stands in front of a white cabinet. The image has a blue overlay. Overlaid text reads: "Many transgender people experience discrimination and stigma in their daily lives, and as a result may experience struggles with access to services".

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Trans Support

Transgender or 'Trans' are umbrella terms used when a person's gender identity, gender expression, or behaviour does not conform to the sex to which they were assigned at birth. Many transgender people experience discrimination and stigma in their daily lives and as a result may struggle with access to services, employment, and finding other transgender people for support.

Trans Support

G.O.S.S.I.P.

The Gender Odyssey Support Service and Information Project meets on the first Friday of every month in Galway, and is open to all Trans people who wish to avail of the service.

Tel: 085 160 5619

Email: gossipgalway@gmail.com

Web: www.teni.ie/gossip

Violence & Harassment Reporting

Homophobic and transphobic harassment and violence are crimes however it can often be difficult for people to report these incidents. To make it easier for LGBT people to contact them, An Garda Síochána have officers specifically trained in LGBT issues in each area.

Garda ELO/LGBT Officers

Galway: Garda Clare Burke	091 538079
Mayo: Garda Michael Toland (Castlebar)	094 903 8200
Sligo: Garda Caroline Bruen	071 915 7000
Leitrim: Garda Josephine Kirrane (Manorhamilton)	071 982 0620
Roscommon: Garda Fergal O'Donnell (Boyle)	090 663 8300

Garda Diversity Officer

Sgt Karen Maloney, Salthill Garda Station	091 514721
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LGBT
HELPLINE

LGBT Helpline. **Tel: 1890 929 539 / www.lgbt.ie**

Supported by

