




# LGBT CONNAUGHT GUIDE

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



# Contents

Introduction and Our Services	1
Advocacy and Support Organisations	2
Coming Out Information	3
Family Support	4
LGBT Young Services	5
Older LGBT People's Support	8
Sexual Health Services	9
Social Groups and Events	10
Trans Support	13
Violence and Harassment Reporting	14
Acknowledgments	14



Having local supports,  
and places to socialise,  
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Lesbian, Gay, Bisexual,  
and Transgender  
(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](http://www.lgbt.ie) for current opening hours.

### **Online Chat Support: LGBT.ie**

Free, confidential, online chat support. Go to [www.lgbt.ie](http://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](mailto:info@amachlgbt.com)

**Web:** [www.amachlgbt.com](http://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](mailto:info@outwest.ie)

**Web:** [www.outwest.ie](http://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](mailto:info@amachlgbt.com) and [resourcecentre@amachlgbt.com](mailto:resourcecentre@amachlgbt.com)

**Web:** [www.amachlgbt.com](http://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](mailto:info@lgbtpavee.com)

**Web:** [www.lgbtpavee.com](http://www.lgbtpavee.com)

**FB:** [www.facebook.com/lgbtpavee](http://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](mailto:info@lgbt.ie)**

**Web: [www.lgbt.ie](http://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](mailto: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

Research<sup>1</sup> 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](mailto: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>

<sup>1</sup> 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](mailto:GMITequality@hotmail.com)

**Web:** [facebook.com/lgbtgmmit](https://facebook.com/lgbtgmmit)

### NUIG GIG Soc

**Email:** [gigsoc@gmail.com](mailto:gigsoc@gmail.com)

**Web:** [facebook.com/GiGSocNUIG](https://facebook.com/GiGSocNUIG)

### ITS LGBT

**Email:** [itslgbt@gmail.com](mailto:itslgbt@gmail.com)

**Web:** [facebook.com/ITSLGBT](https://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](mailto:galway@jigsaw.ie)

**Web:** [www.jigsaw.ie/galway](http://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](http://www.jigsaw.ie/roscommon)

**Web:** [roscommon@jigsaw.ie](mailto: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  
that the most  
common age for a  
person to first  
know they are LGBT  
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](mailto:silverrainbows50@gmail.com)

**Web:** [amachlgbt.com/silver-rainbows-new-group-for-older-lgbt-community](http://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](mailto:info@aidswest.ie)**

**Web: [aidswest.ie](http://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](mailto: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://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](mailto:info@outwest.ie)

**Web:** [www.outwest.ie](http://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](mailto:shenaniganswest@gmail.com)

**Web:** [meetup.com/shenanigans](https://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](mailto: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](https://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".

Many transgender people experience discrimination and stigma in their daily lives, and as a result may experience struggles with access to services

# 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](mailto:gossipgalway@gmail.com)**

**Web: [www.teni.ie/gossip](http://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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## Acknowledgments

The development and publication of this guide was made possible thanks to the support of Eir's Connecting Communities Fund and Eir's LGBT Staff Network- Spectrum.

Thanks also to our partner organisations; LGBT Galway Helpline, Outwest Gay Helpline.

Finally, a special thanks to AMACH! Galway, and in particular, to Kashie Prendergast, for all of their help with producing this guide.



**LGBT**  
HELPLINE

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LGBT Helpline. **Tel: 1890 929 539 / [www.lgbt.ie](http://www.lgbt.ie)**

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