

RAINBOW NEWS

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About The Rainbow Project

The Rainbow Project is a health organisation that works to improve the physical, mental & emotional health of gay, bisexual and non-heterosexual men in Northern Ireland.

We are the largest gay organisation in Northern Ireland and have two centres: one in Belfast city centre and the other in Foyle, L'Derry.

Belfast Centre

The Rainbow Project
Belfast LGBT Centre
1st Floor
9-13 Waring Street
Belfast
BT1 2DX

t: (028) 9031 9030
f: (028) 9031 9031

Foyle Centre

The Rainbow Project
12a Queen Street
L'Derry
BT48 7EG

t: (028) 7128 3030
f: (028) 7128 3060

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MSN Pride Edition Now Available



The Pride Edition of MSM, our popular magazine for Men who have Sex with Men, is now available. Packed with features, reports and summer fashion tips you can pick up a copy at any of the usual gay venues across Northern Ireland or call into the LGB&T Centre in Waring Street, Belfast. You can also [Click here](#) to download a...

Belfast Pride Festival

The Belfast Pride Festival will run from Saturday 23rd July to Saturday 30th July 2011. Celebrating diversity in all walks of life, exploring arts, leisure, faith and politics, the Festival has something for everyone. This year the Festival culminates in the 21st Pride Parade followed by the Party in the Square and the new Families in the Square, offering community information, carnival and street performers and retail outlets in a more family focused environment. For full details of all the events during the Festival [click here](#)



Pride Events 2011

The Rainbow Project are proud to announce our most jam-packed pride calander ever. Below are the events organised by The Rainbow Project for this years Belfast Pride Festival.

The Kids Are All Right

Monday 25th July 2011



This Golden Globe winning and Oscar nominated film is brought to you by The Family Ties Project (www.familiesproject.org.uk). It tells the story of a same-sex couple who conceived by artificial insemination, and their two children's attempts to bring their birth father into their family, and all the subsequent upheaval that this causes. This touching comedy drama will be used as a discussion point around the issues of LGB people as parents, and the parenting of LGB children.

Venue: – Crescent Arts Centre
Event Times – 7:30pm – 10:30pm
Price: £3.00

Fostering Information Session

Tuesday 26 July 2011

Belfast Trust is recruiting foster carers to look after children in their own homes. You can be single, in a couple, with or without children, lesbian, gay, transgender or heterosexual. All you need is a spare room, an interest in children, their care and the work involved with their families and social services. Every day there can be up to 2,500 children in care in Northern Ireland, and every week the fostering team are looking for people to look after children, babies and young people for short or long term placements. If you are interested in getting involved come along, or bring friends and family who may also be interested. This is a chance to meet a fostering social worker and an LGB carer and quiz them on everything from assessment, to outings and bedtimes!

Venue: Belfast LGBT Centre, 9-13 Waring Street, Belfast
Event Time: 7.00pm – 8.30pm
Free of charge. Everybody welcome.



Tuesday 26 - Wednesday 27th July 2011



A powerful play that chronicles the aftermath of the brutal murder of Matthew Shepherd in Laramie, Wyoming. Based on real interviews, this is a provocative challenge to our communities as we try to influence the hearts and minds of young and old to create safe places and spaces in Northern Ireland. Suitable for over 16's only.

Performed by The Dundonald Association of Music and Drama

Supported by Northern Ireland Policing Board (all proceeds to Belfast Pride Festival)

Venue: Naughton Studio, Lyric Theatre
Event Time: 7.30pm – 10.00pm, Wednesday 27 July 2011
Cost: £3.00
Tickets available here or from the Lyric Theatre box office.

Self-Defense 101

Thursday 28th July 2011

We all have the right to live without fear or intimidation or violence. We also have the right to protect ourselves against those who wish to take away these freedoms. This course offers a practical approach to self-defense for beginners and an introduction to the fundamental concepts of self-defense. It is suitable to anyone over the age of 18.



Venue: Belfast LGBT Centre, 9-13 Waring Street, Belfast

Event Time: 7.00pm – 9.00pm

Cost: Free of charge

For more details or to book your place please contact The Rainbow Project on 028 9031 9030 or email director@rainbow-project.org

Belfast Pride Sexual Clinics

Friday 29th July 2011



Sexual Health Clinic for Gay and Bisexual Men
Pipeworks Sauna, 2-6 Union Street, Belfast
5.30pm – 8.00pm

Pride is about taking responsibility. Do you know your HIV status? If not, just pop along to the Pipeworks Sauna where one of our staff will be there to greet you. Free entrance to the sauna after testing. All information is confidential and will not be shared with your GP. For more details please contact The Rainbow Project on 028 9031 9030

Saturday 30th July 2011

Sexual Health Clinic for Gay and Bisexual Men
The Rainbow Project Tent, Families in the Square
3.00pm – 6.00pm

Pride is about taking responsibility. Do you know your HIV status? If not, just call along to The Rainbow Project tent and our staff will be there to greet you. The test will consist of a simple blood test for HIV, Syphilis, Hepatitis B & C and vaccinations for Hepatitis A & B. All information is confidential and will not be shared with your GP. For more details please contact The Rainbow Project on 028 9031 9030

LGBT Parenthood Survey

The LGBT Parenthood Survey is seeking to identify the experiences and needs of lesbian, gay, bisexual and transgender (LGBT) parents and those planning to be parents in Ireland. This is the first time that a study of this nature has been carried out in Ireland and the aim is to build up a picture of these experiences so that we can inform service provision and policy changes for LGBT parents and those planning to be parents.

If you are interested in participating in the survey, the following link will take you to the LGBT Diversity website where you can complete it on line or download a copy
http://www.lgbtdiversity.com/parenthood_survey_2011.aspx

If you are not comfortable accessing the LGBT Diversity webpage, the following link will take you direct to the survey with no logos or obvious LGBT site markers
<http://www.zoomerang.com/Survey/WEB22CK5Y4KLEP/>

Belfast Domestic Violence Partnership Seminar: Domestic Violence: A Workplace issue?

Harriet Long the LGB&T Advocacy Officer addressed a recent seminar held by the Belfast Domestic Violence Partnership, in Unison on 21 June. The seminar was designed for Trade Union staff and representatives from a number of organisations and looked at the question of ‘Domestic Violence – is it a workplace issue?’ Harriet Long presented some of the key information for those influencing workplace policy on domestic violence when considering abuse within same sex relationships. She highlighted our recent findings (Through Our Eyes: LGB people’s experiences in the workplace, April 2011) that 1 in 3 LGB hide their sexual orientation in work and over half of LGB people aren’t aware of a domestic violence workplace policy and whether if it included same sex relationship abuse and wouldn’t feel comfortable approaching their manager if they were experiencing difficulties. Harriet emphasised the need to make the workplace a comfortable place for LGB people first and foremost in order to introduce supports such as domestic violence policies that include LGB relationships. She was joined by Geraldine Alexander the Asst Secretary of NIPSA and Orla Barron the Equality Manager with the Belfast Trust who made good practice recommendations and outlined a model domestic violence policy.

If you would like further training or information about the dynamics of LGB intimate partner abuse, ways that you can improve workplace experiences and policies or more information about the supports available please do not hesitate to get in contact with The Rainbow Project.

Irish Peace Centres Faith in Positive Relations Project: Human Rights & Religious Ethics Conference, Corrymeela, 1-2 June 2011

Gavin Boyd (Education Equality Officer) and Harriet Long (LGB&T Advocacy Officer) were invited to attend this conference aimed at facilitating better discourse between the Christian faith community and the LGBT community in Northern Ireland. As a part of the conference Harriet was given an advance copy of the research into LGBT people’s faith lives that the Irish Peace Centre is publishing at the end of August and asked to make a response. She was asked if there was anything surprising in the research or any particular voices that came through. The research was very thorough in the social and religious conservatism of Northern Ireland and the impact that has on LGBT people. Harriet explained that she hadn’t been surprised by anything in the report, it told stories of alienation, judgement and pain for all the LGB&T people who took part in the research. Outlining the therapeutic support services, advocacy and political campaigning of the Rainbow Project was helpful in explaining how Rainbow works with those LGBT people who are impacted by the religious and social environment of Northern Ireland. Whilst Rainbow has no religious or theological ethos, it is constantly engaging with people for whom theology and religion is a part of their story, their experiences of homophobia and of heterosexism. It was important that Rainbow had a voice at the conference and being involved certainly gave all participants food for thought.

Annual Report 2010 – 2011



2011 was a very exciting year for The Rainbow Project. To find out more about what we achieved you can view our Annual Report [here](#).

HIV Rapid Testing

The Rainbow Project’s Rapid HIV Testing will run on Monday and Wednesday mornings and will be by appointment only. This will take place at The Rainbow Project’s office at the LGBT Centre 9-13 Waring Street BT1 2DX. This testing service will give gay and bisexual men and other men-who-have-sex-with-men... [Read More](#)

FREE RAPID HIV TESTING SERVICE

The Rainbow Project has launched a new 1 hour HIV testing service for gay and bisexual men. The service is available on Monday and Wednesday mornings and is by appointment only. To book an appointment please contact 028 9031 9030 or for further information visit www.rainbow-project.org

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Youth Groups are a Rainbow Project initiative run under our Young Persons Empowering programme, currently funded by the Big Lottery.



The youth groups are targeted at young people aged 14-25 who identify as lesbian, gay, bisexual or transgender or who are exploring their sexual orientation.

The LADZ Group (Wednesday evenings 4.00 p. m. – 6.00 p.m.) and iD Girls (Tuesday evenings 6.00 p.m. – 8.00 p.m.) meet regularly in a well-managed safe environment at our Foyle Centre, as well as organising and participating in other projects both locally and regionally, including residential events with other youth groups from across Northern Ireland and further afield.

Past projects have included film making, LGBT history, resource design, website design, creative writing, practical photography, mask making, digital photography, pottery crafts, mural painting and storytelling. The Youth

Groups have also run multiple events with guest speakers on issues that affect young men such as self-harm, suicide prevention, testicular cancer, HIV and safer sex, depression and promoting good mental health.

Access is also available to one to one support from experienced staff, advocacy, parental and family support, professional counselling with a qualified youth counsellor, literature and reading resources, TV and DVD nights, games as well as information on many issues. For further information contact Natalie in the Foyle Centre, 12a Queen Street, L'Derry telephone (028) 71283030 Email natalie@rainbow-project.org

Gay Ethnic Group

Gay Ethnic Group welcomed 2 newcomers to our last social at start of June. No meeting this month but thought you might be interested in a Unison Film Night showing of Fire - "a powerful and moving film about two Indian women, living in the same household as sisters-in-law, who fall in love" Thursday 21 July. For more information on this and other Belfast Pride events follow link above.



Therapy Groups at The Rainbow Project

Therapy groups consists of a group of 9 individuals and one qualified therapist and typical issues such as low self-esteem, depression, inability to get on with the partner or find a partner and past traumas to name a few. The process is that everyone gets to be heard and everyone gets to be a therapist whilst boundaries are held in the safe hands of a qualified therapist.

Like counselling, everyone in the group has to sign up to a confidentiality agreement and like counselling there will be a small donation (from £3.00 per session depending on disposable income) to cover room expenses and my time as therapist/group facilitator. Group therapy can be a powerful vehicle for change, different to but just as therapeutic as one to one counselling.

Recent research in the UK and States has shown that a mixture of 1 to 1 and group therapy is a powerful tool for change for gay and bisexual men. If this is the right time for you to make changes to your life and to explore community more deeply then contact me by email at martin@rainbow-project.org or telephone 028 9031 9030.

Couples Counselling at The Rainbow Project

Couple Counselling can help you and your significant other to understand each others hopes and needs using the skills of a qualified therapist. Common Issues are jealousy, controlling behaviours, inability to communicate needs, infidelity, inappropriate behaviour, arguing...etc

For further information contact with martin@rainbow-project.org or contact the office directly on 02890319030.

Personal Development at The Rainbow Project

The first of this year's personal development programmes will be drawing to a close at the end of June. The programme takes up to 15 men from any age above 18 and addresses issues that are important to gay and bisexual men. These range from sex and relationships, to intimacy, assertiveness, mental health, coming out, communication, addictive behaviours and much, much more.

The content is decided by the group participants, and is delivered in an informal and relaxed manner. This is a great opportunity to meet new people and explore the issues that are important to you. The programme last for twelve weeks and the next one will be running in September. Places are already starting to fill up.

So, if you know anyone that may benefit then get them to make contact with malachai@rainbow-project.org or contact the office directly.