

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

Follow us on our social networking

Sites:



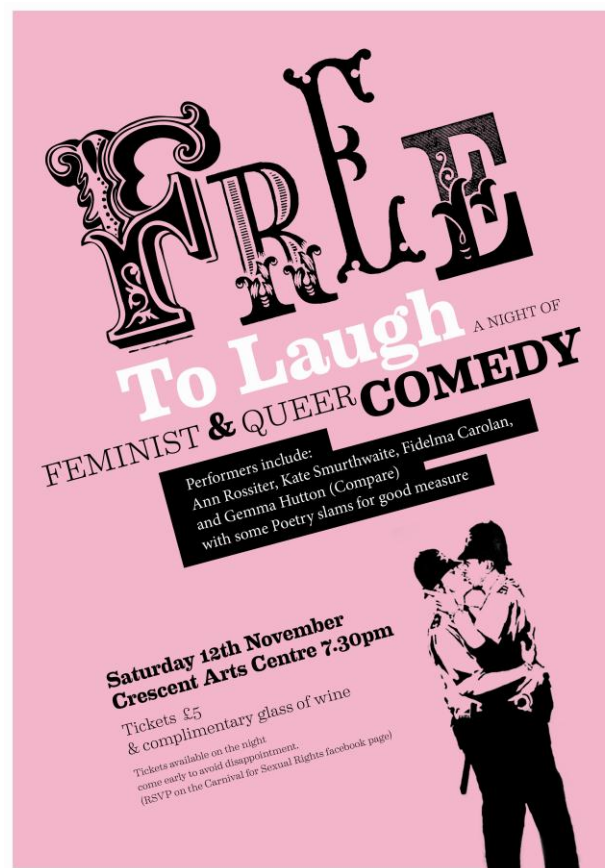
RENT - A world Aids day charity concert followed by DJ Mary Mc

The Wellington Park Hotel
21 Malone Road, Belfast

1st of December 2011 starting at 7.30pm

Minimum Donation £15

Booking office 02890240551
Or email Daine@youthaction.org



lasi
lesbian advocacy
services initiative

Women's Advocacy Service

Harriet Long our LGB&T Advocacy Officer is very excited to be working closely with LASI (Lesbian Advocacy Services Initiative) to improve information and access to the advocacy service for lesbian and bisexual women. From mid-September Harriet will be basing herself in the LASI offices one morning a week and to launch this new partnership hosted an information evening in the LASI community space on Wednesday 31st August 2011. The LGB&T advocacy service exists to support you if you are experiencing difficulties in terms of discrimination or violence. Many lesbian and bisexual women live with difficulties and stress in the workplace, housing and accommodation issues, relationship abuse, homophobia and exclusion with very few places to turn to for support and information.

The LGB&T advocacy worker, Harriet Long, will be based up in the LASI offices every Tuesday morning, available to any lesbian or bisexual woman needing advice and/or practical support. She can:

- Support you in your disclosure and reporting of incidents
- Advise you of your choice and control over what happens next

- Accompany you in a supportive role should you wish to take things further with PSNI, NIHE etc
- Provide information about support and services available to you and your family
- Speak on your behalf to agencies and service providers
- Raise awareness of issues you have faced/are facing to improve services in the future
- Treat all matters with sensitivity and respect for your privacy

If you want to contact Harriet to find out more or make an appointment you can leave a message at the LASI offices (90 249452) or email harriet@rainbow-project.org. Alternatively you can drop in one Tuesday morning from the 13th September, any time after 10am.

Personal Development Groups in the Southern Area



Are you over 18, lesbian, gay or bisexual and living in the Southern Healthcare Trust area?

Do you find the Winter period difficult physically, mentally, emotionally or even financially?

Would you like to meet other LGB people in your area to explore common issues like homophobia, coming out, relationships, intimacy, self-esteem, parenting etc?

If the answer is yes to any of the above questions then take comfort this winter by joining The Rainbow Project's Personal Development Group.

The Rainbow Project has been running Personal Development Groups for 4 years now which help gay and bisexual men all over Northern Ireland address issues important to them in a safe, supportive and often fun environment facilitated by qualified Counsellors. Many previous participants have found it to be a life enhancing experience and a great place to meet new people. The next group will be our first ever mixed gender group and aims to meet one evening a week for 7 sessions starting on Wednesday 30 November, 2011 6.00pm-9.30pm, finishing February 2012 and including an overnight residential. Venues to be confirmed.

If you would like to enrol or find out more information contact Dean on 028 9031 9030 or email dean@rainbow-project.org

Family Ties Project

The Family Ties Project held a showing of 'The Kids are all right' movie and follow-up discussion as part of the Belfast Pride Festival. Family Ties is a group for parents, by parents, providing advice, befriending and social and peer support for parents with LGB&T children and young people. The film was shown at the cube theatre in Crescent Arts Centre, and was used as a talking point about parenting as an LGB person and parenting LGB children and young people.

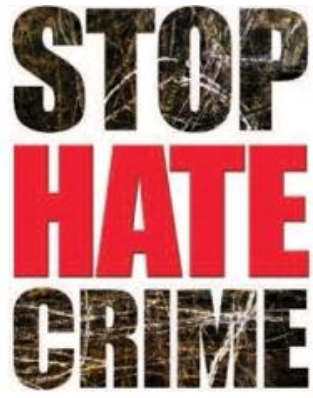
The film tells the story of a female same-sex couple and their children, and the subsequent upheaval when their two children introduce their sperm donor father back into family life. Representatives from LASI, The Rainbow Project and two parents from the Family Ties project fielded questions from the audience and shared some of their own personal stories. Many of those present also shared their own stories regarding parenting issues. For more information on the Family Ties Project please visit our website (www.familytiesproject.org.uk) or contact Mal at The Rainbow Project.

'The Other Side of The Rainbow' LGB&T Mental Health and Wellbeing – A DVD resource aimed at promoting awareness of the increased risk of mental ill health and suicide amongst the LGB&T community and explaining the reasons why we experience this inequality.

http://www.youtube.com/watch?v=Hy_JW_Qz79s



Hate Incidents Practical Action (HIPA) Northern Ireland



Hate in all its forms is wrong. Attacking or verbally abusing someone because of their sexuality, race, political opinion, religion or disability is not acceptable.

If you are a victim of a hate incident or crime you can get some help with repairs and security to your rented home, whether you rent privately or through the Northern Ireland Housing Executive or own your own home.

Minimum repairs can be made to your home as well as follow up support and security advice can be given to help you remain in your home – it is important that [you report all incidents to the PSNI to avail of this scheme.](#)

Anyone who has been the subject of a racist, sectarian, homophobic, religious or disability attack should feel safe where they live. The HIPA scheme means victims will have access to personal and home security measures when a hate crime incident has occurred at or near their home.

This scheme will provide support 24 hours a day because it is important that victims can access practical help so that they can live free from fear and prejudice.

The Housing Executive in partnership with the PSNI and NIO (Northern Ireland Office) are committed to providing the necessary and relevant support to victims to remain in their home. This approach is about focusing on the well-being of the victim as opposed to moving home as the only safe option.

The HIPA scheme is about offering support to help you feel safe in your own home.

Click on this link to view or download a copy of the HIPA leaflet: <http://www.nidirect.gov.uk/hipaleaflet.pdf>

Sexual Orientation Awareness Training at The Rainbow Project

The Rainbow Project have been commissioned to deliver a range of training initiatives throughout the region. This training is primarily funded under Mental Health Promotion and/or Suicide Prevention, and has come through various Trust localities and the Public Health Agency. There are two types of training on offer which are as follows;

1. 1 day Sexual Orientation Awareness Raising Training – This is targeted at community/voluntary/statutory service providers and policy makers working in Mental Health, Suicide, Sexual Health, Substance Misuse, and Equality and Diversity work. This training will cover language, appropriate terminology, and its impact; homophobia and heterosexism; health inequalities experienced by LGB people; barriers to accessing services; legislative and policy context; and improvement of practice.
2. 2 day Introduction to Gay Affirmative Therapy – This is targeted at counsellors and psychotherapists and the first day will cover much of that identified above in the Sexual Orientation Awareness Raising Training, with the second day having a specific focus on working therapeutically with LGB clients.

For information regarding training provision please contact The Rainbow Project directly and speak with Malachai or Aidan or alternatively look on our website for training provision in your locality.

Book Your Free HIV testing Today



The Rainbow Project has launched a free HIV and Syphilis testing service. Tests are by appointment only and are available in Belfast, Newry and L'Derry.

Belfast Appointments

Monday 10.00am - 1.00pm

Tuesday 4.00pm - 8.00pm

Wednesday 10.00am – 1.00pm

Sunday 2.00pm – 6.00pm

L'Derry Appointments

Tuesday 10.00am – 7.00pm

Call us on 028 9031 9030 or email harry@rainbow-project.org to book your appointment

Sexual health Testing Clinics

Pipeworks Sauna

Tuesday 20th December 2011

Outside Sauna

Tuesday 22 November 2011

All information is strictly confidential and will not be shared with your G.P. Free admission to the sauna after testing. For further information contact Harry on 028 9031 9130 or email harry@rainbow-project.org

Free Sexual health Testing Clinics in Derry

Cage Sauna Derry

10th November 2011

5th January 2012

8th March 2011

5pm-8pm

It is recommended for gay and bisexual men to be tested at least every 12 months. Clinics operate on a drop-in basis and run from 5pm-8pm. All information is strictly confidential and will not be shared with your G.P. Free admission to the sauna after testing. For further information contact Harry on 028 9031 9130 or email harry@rainbow-project.org

Youth Groups @ The Rainbow Project



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

MSM Blood Ban

The life time blanket ban on men who have sex with men (MSM) has been removed by the Health Ministers in England, Scotland and Wales and replaced with a one year deferral. The Health Minister in Northern Ireland decided that he was not going to make the change in Northern Ireland but keep the life time MSM blanket ban. The Rainbow Project took their campaign, to have the life time ban removed, to Stormont and presented evidence to the Committee for Health Social Service and Public Safety.

The Minister was also called to the Committee to answer questions from Members. The Minister somewhat reversed his position and informed the Committee that he has yet to make a decision. The Rainbow Project will be meeting the Minister to press him further and seek the removal of the life time ban on gay and bisexual men donating blood.

Watch the Committee session here (1 hour in)

http://news.bbc.co.uk/democracylive/hi/northern_ireland/newsid_9624000/9624069.stm

Gay Ethnic Group NI

An informal support network for people from black and minority backgrounds in Northern Ireland who also identify as being lesbian, gay, bisexual or transgender.



We aim to

- Provide a social network for people who share our experience of being LGBT & BME.
- Address racism in the LGBT community/gay scene.
- Address homo & trans phobia in BME communities.

We Meet once every 2 months at Belfast's LGBT centre or a public venue of our choice.

For more information contact gay.ethnic.group@gmail.com or follow us on facebook.

Personal Development at The Rainbow Project

The second of this year's personal development programmes has begun and will end in December. 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.

So, if you know anyone that may benefit then get them to make contact with malachai@rainbow-project.org or contact the office directly on 028 9031 9030 to find out more about future personal development groups.

Therapy Groups at The Rainbow Project

Therapy groups consist of a group of 9 individuals and one qualified therapist and supports clients with 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 ensures 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 the time of the 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 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 your community more deeply then contact Martin 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 martin@rainbow-project.org or contact the office directly on 02890319030.