

The Rainbow Project aims to promote the physical, mental, and emotional health and well-being of gay and bisexual men in Northern Ireland.



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Promoting the health & well-being of gay, bisexual & non-heterosexual men in Northern Ireland

www.rainbow-project.org

About The Rainbow Project

The Rainbow Project is an organisation that supports gay, bisexual & non-heterosexual men, or those unsure of their sexual orientation.

We have two centres – one in Belfast City Centre, and the other in Foyle, L'Derry. We work throughout Northern Ireland to promote the health & well-being of men who are attracted to other men. This leaflet will give you some information about our services. More details can be found on our website at www.rainbow-project.org

Counselling Services

We provide professional, confidential counselling services for men aged 14 years and over with qualified therapists who are accredited by the British/Irish Association for Counselling & Psychotherapy (BACP/IACP) and who identify as gay or bisexual.

Appointments can easily be made by calling (028) 9031 9030 and asking to speak with one of our counsellors.

Personal Development Programmes

We regularly run a 10-week personal development programme for men aged 18 years and over that is facilitated by a Counsellor and our Mental Health Development Officer. The group provides a supportive environment to explore the issues that matter to you.



Youth Group

We run a popular youth group for young men under the age of 25 years at our Foyle Centre in L'Derry. The group provides a forum for support, personal development and social activities. It's a great way to make friends whilst developing new skills in art, photography, first aid, creative writing, drama, music and much more!

Advocacy

Our Advocacy Worker can:

- Support you in your disclosure and reporting of hate crime 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

Sexual Health Services

We can provide you with information about relationships, sex, and sexual health, and we organise regular sexual health testing clinics in partnership with genitor-urinary medicine services. Safer sex materials can be obtained for FREE at one of our centres, at commercial gay venues and LGBT organisations, or online at www.rainbow-project.org

Drop-in

The Rainbow Project operates a daily drop-in service on weekdays at our Foyle Centre. Drop-in for a chat, have a coffee, catch up with friends or browse our library of gay books and magazines. FREE internet services also available.

Volunteering

We regularly seek volunteers to help us with our Sexual Health Outreach Services or in the production of our Sexual Health Magazine called "MSM". If you are interested in volunteering with the project, please contact one of our centres.

Family Support

The Rainbow Project runs a parents support group called "Family Ties" that meets on a monthly basis. The group supports the parents of a lesbian, gay, or bisexual child. Family counselling and mediation services are also available.

Training & Consultancy

We run a number of training courses and workshops on sexual orientation issues, and can provide consultancy services to agencies or organisations.