

About Us

a guide to The Rainbow Project

Promoting the health and wellbeing of Lesbian, Gay, Bisexual and/or Trans people and their families in Northern Ireland.



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Welcome

Dear friend,

It is my pleasure to welcome you to The Rainbow Project. We are Northern Ireland's largest lesbian, gay, bisexual and trans (LGB&T) organisation which aims to promote the health and wellbeing of LGB&T people and their families in Northern Ireland.

The Rainbow Project was established in 1994 by a group of volunteers aiming to prevent the further spread of HIV and AIDS in Northern Ireland. This volunteer ethos remains an integral part of The Rainbow Project. The organisation is managed by a volunteer board of Trustees and our staff team are supported by volunteers to meet the needs of our community.

Today The Rainbow Project offers a range of services, support and advocacy for and on behalf of the LGB&T community in Northern Ireland. This booklet provides information on our history, structure, values and services.

Thank you for your interest in The Rainbow Project. If you require any further information please visit our website, contact us on twitter, facebook or speak to a member of staff at either of our offices.



*Duane Farrell
Chair of Board of Trustees*

About Us

Our Vision

The Rainbow Project's vision is of a society free from homophobia, heterosexism and transphobia where all people are recognised as equals.

Mission Statement

The Rainbow Project aims to promote the health and wellbeing of lesbian, gay, bisexual and/or trans people and their families in Northern Ireland, as well as those questioning their orientation or gender, through partnership, advocacy and the development and delivery of appropriate support services.

Our History

The Rainbow Project was established in 1994 by a group of volunteers who were concerned about the spread of HIV and AIDS amongst gay and bisexual men in Northern Ireland.

We conducted research into the needs of gay and bisexual men and began to develop a range of support services to meet these needs. The Rainbow Project began to offer information, support and safer sex packs. As more gay and bisexual men engaged with The Rainbow Project, it became clear that they required additional support related to their health and wellbeing.

The Rainbow Project introduced counselling support services and advocacy for those that had experienced hate or discrimination. In 2003, we opened our first Foyle Centre and youth project, which was open to the entire LGB&T community.

In 2012, to meet the changing and better understood needs of our community, The Rainbow Project formally updated its constitution to be fully inclusive of all LGB&T people and their families.



Our Values

The following values are at the core of The Rainbow Project's being. These values underpin the work of the organisation.

LGB Affirmative: We value all sexual orientations equally and believe that no one sexual orientation is better or worse than any other. We believe that all sexual orientations should be celebrated and that nobody should face prejudice or inequality based on their sexual orientation.

Sex Positive: We value sex, and sexuality, as an important part of who we all are. We believe that understanding our sexuality and promoting openness in our relationships leads to better sex lives, better health and wellbeing and better relationships.

Gender Aware: We value the diverse representations of gender within our society. We believe that people should not have to fit in with the gender roles assigned to us by society and we actively encourage free presentation of gender as a representation of our uniqueness.

Evidence led: We value the opinions and experiences of our community and society. We ensure that all our work, aimed at addressing the inequalities experienced by lesbian, gay, bisexual and/or transgender people, is clearly evidence led and in response to the needs of our community.

Rights based: We value the individual human rights of all people in society. We believe that to ensure the rights of one you must ensure the rights of all and consequently, our work is carried out from a rights based perspective.

Holistic: We employ a holistic approach in our efforts to address the inequalities faced by LGB and/or T people. Our work is led by the treatment of the whole person, taking into account the impact of social factors, rather than just the individual's physical or mental health.

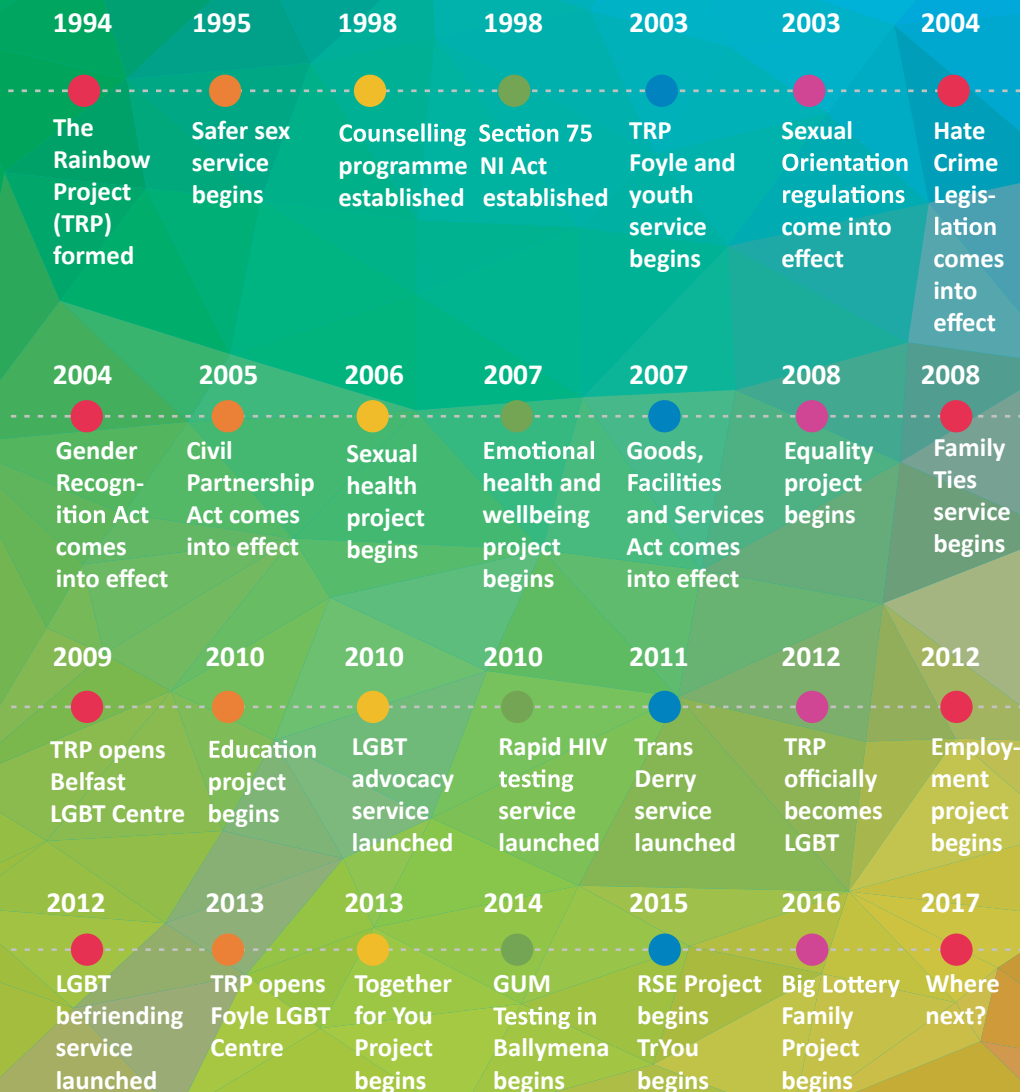
Innovative: We are always seeking new and innovative approaches to addressing the inequalities experienced by LGB and/or T people.

Expert: We value ourselves as the leading experts on LGB and/or T issues in Northern Ireland. Through continual study, research and consultation we are always expanding our knowledge base around issues relating to sexual orientation and gender identity. We provide expert services to LGB and/or T people and those working with our community.

Volunteer led: We value the individual contributions made by each of our volunteers and recognise the key role they play in the delivery of services.

Our Story

The Rainbow Project aims to promote the health and wellbeing of LGB&/T people and their families in Northern Ireland. We do this by providing a number of services in addition to lobbying and campaigning for full legislative equality. We do this with 14 full-time members of staff, supported by volunteers and under the direction of a volunteer-led Board of Trustees. We have a strong volunteering ethos and seek to create opportunities for people to contribute to our overall organisational aims and objectives.



Our Services

The Rainbow Project provides a range of professional services for LGB&T people and their families. If you are interested in accessing any of our services or would like more information please do not hesitate to contact us.

Health Promotion

We provide health related information and support on a wide range of issues to enable LGB&T people make informed decisions about their health and wellbeing.

Safer sex packs

We provide tailor made safer sex packs free of charge to LGB&T individuals in our centres and through the post.

Rapid HIV and Syphilis Testing

We provide Rapid HIV and Syphilis testing in LGB&T venues across Northern Ireland for gay and bisexual men, including trans men. We also provide testing for lesbian, bisexual and trans women who may be at high risk of HIV infection.

Outreach GUM Clinics

In conjunction with GUM clinicians we facilitate drop-in full sexual health clinics once a month in Foyle, Ballymena and Belfast.

Personal development courses and programmes

We deliver personal development courses and programmes to support the health and wellbeing of LGB&T people.

We deliver support and advice to LGB&T people who wish to stop smoking. This includes the provision of nicotine replacement therapies.

Our Services

Co-Cultural counselling

We offer counselling support service for LGB&T people in our Belfast and L'Derry offices. All our counsellors identify as LGB&T and are registered and accredited or are working towards accreditation with the British Association of Counselling and Psychotherapy.

LGBT Advocacy Service

We provide an LGB&T advocacy service for victims of homophobic and transphobic hate crime and incidents and those who need support in accessing housing or services from the Housing Executive.

Drop-in Space (The Rainbow Project Foyle only)

The Rainbow Project's Foyle Office offers a regular drop-in space for those who wish to meet other LGB&T people.

Family Support services

We provide a range of peer and support services for LGB&T people and their families including:

Same-Sex Family Support Project - In partnership with HEReNI we provide support and social opportunities for same sex attracted parents and their children.

Family Ties – In partnership with Cara-Friend we provide support and social opportunities for the parents and families of LGB&T people.

Peer Support Services

We provide several peer and social support groups including TransDerry, Gay Ethnic Group, LGB&T Counsellor's Forum, Addiction Support, Men's and Women's Groups.

Youth Services

We provide LGBT specific youth services through our Foyle office. We provide a range of health and wellbeing workshops to LGB&T young people who are not in education, employment or training and who may be experiencing poor mental health. We also facilitate TrYou, a group implemented by and for young trans people. This is a safe space for these young people to socialise and explore their respective identities.

Our Services

LGBT Befriending Service

We provide a co-cultural befriending service for LGB&/T people who are socially and geographically isolated or who need support with coming out. As part of this service we run a monthly film night on the first Wednesday of each month and a low cost/no cost social Saturday on the second Saturday of the month.

Workshops for LGB&/T People

We provide a range of one-off workshops for LGB&/T people on health and wellbeing.

OUTreach in rural areas

As part of the 'Together for You' project we have developed a range of peer and social support groups in areas with limited or no LGB&/T service provision in Ballymena, Armagh, Omagh and Enniskillen.

Awareness campaigns

We seek to make the general public aware of issues which negatively impact or disproportionately affect our community.

We also provide services to professionals who work with our community or identify as LGB&/T themselves.

Sexual Orientation/Gender identity awareness training

We provide training for professionals, community and voluntary sector organisations on sexual orientation and gender identity.

Consultation and equality guidance

We offer expert consultancy regarding workplace equality guidance and policies as well as providing training on sexual orientation/gender identity and the law in the context of the Northern Irish workplace.

Advice and guidance

We provide advice and guidance to professionals on health and wellbeing issues related to LGB&/T people and their families.

Our Services

Research on issues affecting LGB&T people and their families

The Rainbow Project conducts research and undertakes scoping exercises for the purpose of evidencing the needs of LGB&T people and their families in Northern Ireland.

Campaigning and lobbying

We lobby politicians and decision makers to take action for legislative equality and provide appropriate service provision for LGB&T people in Northern Ireland.

Strategic Representation

We represent the needs of LGB&T people and their families on a number of groups, panels and forums across Northern Ireland.

Relationship and Sexuality education

In partnership with Relate and Nexus, we deliver three two-hour RSE training sessions to youth groups and community organisations. We provide young people with factual, objective information which will help them make informed decisions regarding their sexual health.



Support Us

The Rainbow Project relies on the generosity of our members, volunteers, users and supporters to ensure we can continue to provide professional services to LGB&T people throughout Northern Ireland. You can support us in a number of ways:

Volunteering

Volunteers are the cornerstone upon which The Rainbow Project is built. They remain integral to our success today. The Rainbow Project regularly recruits volunteers that improve the lives of LGB&T people and their families. We have a range of roles including clerical officers, OUTreach, befriending, drop-in hosts, and peer and social support group facilitators. If you think you could support us by volunteering please contact info@rainbow-project.org

Donating

You can make one off or monthly donations towards the work of The Rainbow Project through our Just Giving page at:

www.justgiving.com/rainbowhealth

'Liking' and 'following' us

Why not give us a like on our Facebook page or follow us on Twitter? Go to @TRPNI on twitter or search for The Rainbow Project on facebook.com

If you would like more information on how to support The Rainbow Project please visit:

www.rainbow-project.org/supportus



028 90319030

www.rainbow-project.org

the rainbow



project

Our Details

Contact Details:

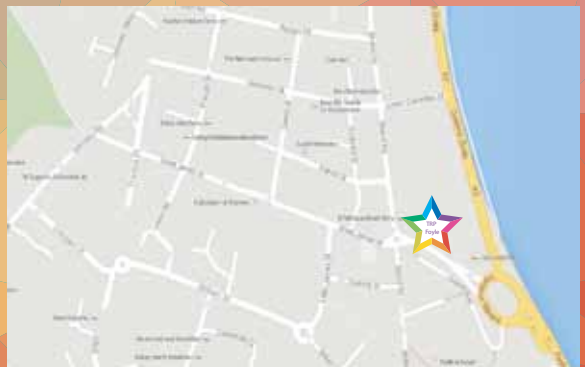
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