

# LGBT+ in Tipperary



## National Supports

- **LGBT Helpline** 1890 929 539, [www.lgbt.ie](http://www.lgbt.ie)
- **Instant Messaging Support** <https://lgbt.ie/instant-messaging-support-service/>
- **Transgender Equality Network Ireland** 01 8733575 [www.teni.ie](http://www.teni.ie)
- **Gender Identity Support** 01 907 3707
- **Gay Men's Health Service**, Telephone: 01 873 4932 Website: [www.gmhs.ie](http://www.gmhs.ie)
- **Mpower - Community Rapid HIV Testing**, Telephone: 01 8733799 Website: [www.hivireland.ie/mpower](http://www.hivireland.ie/mpower)
- **HIV Ireland**, Telephone: 01 8733799 Website: [www.hivireland.ie](http://www.hivireland.ie)
- **Gay Switchboard Ireland**, Email: [ask@gayswitchboard.ie](mailto:ask@gayswitchboard.ie) // Telephone: 01 872 1055 // Online Chat: [www.gayswitchboard.ie](http://www.gayswitchboard.ie)
- **Gay Project** - Cork Phone: 021 430 0430 Email: [info@gayproject.ie](mailto:info@gayproject.ie)
- **LINC** Working exclusively with Lesbian and Bisexual women in the Republic of Ireland are here to Listen Tue 11-3, Wed 11-3, Thur 11-8 Call on 021 4808600.

## Training for Groups in LGBT+ Health Awareness

Training in LGBT+ health awareness is available from

- [Gerard@clonmelcrc.ie](mailto:Gerard@clonmelcrc.ie)
- [Jmccarthy@ntdc.ie](mailto:Jmccarthy@ntdc.ie)
- [lgbt@goshh.ie](mailto:lgbt@goshh.ie)
- [www.lgbtireland.ie](http://www.lgbtireland.ie)
- [www.teni.ie](http://www.teni.ie)
- [www.HSEland.ie](http://www.HSEland.ie)

Life gets better together LGBT

You are not alone if you need support we are here for you



Never be afraid to be your true self

It's never too late to come out and be you

Be proud Be you

Love is Love



Ireland has become a more inclusive society over the past few decades as it embraces new cultures and with this diversity there is a growing inclusiveness to people who are lesbian, gay, bisexual or transgender.

But there remains some prejudice and homophobia within our society, a lot of older LGBT+ people grew up in a time when homosexuality and transgender were considered a mental illness, a shameful and immoral act. This resulted in many people experiencing discrimination and rejection and isolation.

Thankfully many older LGBT+ people are comfortable with their identity, living full and rewarding lives and have effective resilience skills to manage challenges in their lives. There are also some LGBT+ older people that have never told anyone about this part of themselves.

**Many factors have been shown to help**

- LGBT+ people to develop their resilience.
- Acceptance of who they are
- Access to supports and organisations
- Affirmation from friends and family and strong relationships
- Friendship and support from the LGBT+ community

**As people age they can face challenges**

- some of these will be similar to other aging populations but it is also known that older LGBT+ are:**
- Likely to be single and living alone
  - Not to have children
  - Not likely to have strong family connections
  - To experience mental health and wellbeing difficulties

Sexuality is a lot more than sexual intercourse or sexual feelings, but includes our relationship with ourselves. Our feelings about our sexuality are an important influence on our health both physically and mentally, having a positive attitude to our own sexuality can support us to make healthy choices.

It is common that biological sex and gender get confused. Gender refers to the role of male or females within society whereas Sex relates to the biological anatomy. For some people their biological sex does not match their gender identity and they might consider themselves as Transgender.

Sexual orientation is often used to describe a person's emotional, romantic and sexual attraction to others some of these include:

- **Lesbian** - A woman attracted to other women - Women who have sex with Women - WSW
- **Gay** - someone attracted to people of the same gender - most often used for men attracted to men (Men who have sex with men - MSM)

- **Bisexual** - Someone who is attracted to people from more than one gender.
  - **Transgender** - when a person's sex does not match their gender identity
  - **LGBT+** - Lesbian, Gay, Bisexual and transgender + used for those who are outside of these identities
- Terminology can be confusing and change over time glossaries can be found at [www.teni.ie](http://www.teni.ie) & [www.belongto.org](http://www.belongto.org)

**IF YOU NEED SUPPORT WE ARE HERE FOR YOU**



**South Tipperary**

**Gerard Sweetman**

LGBT+ Project Health Worker  
Clonmel Community Resource Centre  
Kickham Street, Clonmel Co Tipperary

**Tel:** 0526129143 **Mob:** 0858541514

**Email:** Gerard@clonmelcrc.ie

**Facebook :** LGBT+ Health South Tipperary

**Twitter :** @LGBTISOUTH,

**Web:** www.clonmelcrc.ie



**North Tipperary**

**Joanne McCarthy**

Community Development Worker  
North Tipperary Development Company  
2nd Floor Friar's Court, Nenagh,  
Co: Tipperary

**Tel:** 067-56676 **Mob:** 087-369 7922

**Email:** jmccarthy@ntdc.ie

**Facebook :** <https://www.facebook.com/NorthTippDevComp/>

**Web:** www.ntdc.ie

**We offer:**

- Safe Space
- Confidentiality
- One to One Support
- Support Groups
- Social activities
- Referrals to and from other services

**We offer:**

- Referrals to and from other services
- Confidential Service
- Offer Workshops and Information / Training events
- Can provide a Safe Space if required
- Offer Grant opportunities for Tipperary Based LGBTI Groups

**LGBT Support Project Worker, Patrick McElligott on 061 314354 or email [lgbt@goshh.ie](mailto:lgbt@goshh.ie) GOSHH provides a range of services for LGBT people**

