

GOSHH

GOSHH is a charity which provides a safe, confidential, welcoming environment for everyone we work with.

Our office is based in Limerick City and we work throughout the Counties of Limerick, Clare, and North Tipperary.

We focus on the promotion of equality and wellbeing of all with a positive and respectful approach to sexual orientation and gender diversity.

Formed in 1989, Limerick AIDS Alliance operated until 1994 when the name changed to Red Ribbon Project reflecting the breadth of sexual health services provided throughout the Mid West of Ireland.

Gay Switchboard Limerick was founded in 1986 and became Rainbow Support Services in 2001 reflecting the wide variety of identities supported throughout the Mid West of Ireland

Both projects joined together in 2013 and became GOSHH in 2014.

If you require further information on the services offered by **GOSHH**, please contact us for a confidential appointment.

GOSHH is open to all!

We would be delighted if you called in!

Confidential Enquiry

061 316661
lgbt@goshh.ie
youth@goshh.ie

Redwood Place,
18 Davis Street,
Limerick
Tel: 061 314354
www.goshh.ie



GOSHH

**LGBT Peer Support
Groups**



**Community, Support,
Information, Training,
Education and Development**

GOSHH Services

We actively challenge inequality and stigma within the areas of Gender, Orientation, Sexual Health, HIV, on a daily basis. We believe everybody has the right to be safe and free from discrimination and violence. GOSHH is committed to health promotion and community development.

GENDER

Gender is self identified and we all have the right to freedom of gender expression. We support people around their gender identity; this includes people who identify as Trans*, Queer and Inter* (TQI) as well as all other gender identities.

ORIENTATION

Sexual orientation is central to our identity and is a core part of being human. We support people around their sexual orientation,; this includes people who identify as Lesbian, Gay or Bisexual (LGB) as well as all other orientations.

SEXUAL HEALTH

Sexual health is a human right, incorporating the mental, emotional, social and physical aspects of a person. We believe that pleasure and consent are integral parts of sexual health and are relevant throughout a persons lifespan. We support people with all aspects of sexual health, including visits to the STI clinic.

HIV

Everyone has the right to know and understand their own HIV status. We support people who are living with and affected by HIV. This support is particularly important immediately following a new HIV diagnosis.

PEER GROUPS AND NETWORKS

A peer is someone who is in similar circumstances to yourself. When peers have contact with each other it is called a peer network or group. At GOSHH, we offer peer groups for people who are Lesbian, Gay, Bisexual, and Trans* as well as their family members. All our groups are social and supportive. We run different activities depending on the needs of the people attending.

The Youth Group

Thursdays, 5.30 to 6.30, GOSHH premises.
Group for LGBT+ young people under 18.
Please contact youth@goshh.ie for more information

The YA's

Tuesdays, 5.30 to 7.00, GOSHH premises.
Group for LGBT+ Young Adults aged 18 to 24.
Please contact lgbt@goshh.ie for more information.

The Outlet

Tuesdays, 7.30 to 9.00, GOSHH premises.
Group for LGBT+ adults over 25. Please contact lgbt@goshh.ie for more information

Transpire

Last Monday of each month.
Group for people who identify as Trans*, or on or off the Gender Spectrum. Please contact lgbt@goshh.ie for more information.

Parents of Trans* group

Last Monday of each month
Group for parents of Trans* children, please contact lgbt@goshh.ie for further information.

Parents of LGB group, Limerick and Clare

Group for parents of LGB children, Please contact lgbt@goshh.ie for more information.

Our groups are created to respond to your need; if you feel you are not represented in the above groups and know others who would like a space to express themselves freely, please contact us.

We also offer:

PERSONAL SUPPORT AND COUNSELLING

We support individuals and their partners, family and friends. GOSHH personal support can be accessed in person, by phone, by text, or online via email or social media.

The GOSHH team is non-judgemental and has a strict confidentiality policy. Our counsellors are qualified and accredited with recognised governing bodies.

CD CLUB

Young people under the age of 18 can join our CD Club by requesting a condom demonstration. This takes about 30 minutes, and you can come with a group of your friends, Please contact us for an appointment.



Please contact:
Rachel Newland,
Youth Worker
on 087 444 7368 or
youth@goshh.ie
Or
Patrick McElligott,
LGBT Support Project Worker,
on 085 285 0107 or
lgbt@goshh.ie

