

# 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**

**info@goshh.ie**

Redwood Place,  
18 Davis Street,  
Limerick.

061 314354

[www.goshh.ie](http://www.goshh.ie)



[sexualwellbeing.ie](http://sexualwellbeing.ie)

## GOSHH

**Gender Orientation**

**Sexual Health HIV**



[www.goshh.ie](http://www.goshh.ie)

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

## GOSHH Services

Within the areas of Gender, Orientation, Sexual Health, HIV, we actively challenge inequality and stigma 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 identity is self identified and we all have the right to freedom of gender expression. We support people around 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 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.

### OPENING TIMES

Our centre on Davis Street, Limerick is our base in the Mid Western Region. Regular opening hours are from 9.30am—5.00pm and from 11.00am—5.00pm on Wednesday. We close for lunch from 1pm - 2pm everyday. Some of our other services are available outside of these hours. We provide free condoms, lubrication or glyde dams to anyone who asks for them.

### TRAINING AND EDUCATION

Our training and education services cover Gender, Orientation, Sexual Health, HIV. Our approach is person centred and is designed to meet the needs of each group we work with. We can design a tailor made programme for you.

### 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.

### OUTREACH

We provide an outreach service for sex workers and people affected by prostitution. We also provide cost price condoms and personal support.

We organise events during the Limerick Pride festival to complement and highlight our LGBTQI (Lesbian, Gay, Bisexual, Trans\*, Queer, Inter\*) work.

### CD CARD

Young people under the age of 18 can get a CD Card by requesting a condom demonstration. They take about 30 minutes, are for a maximum of four people, and you need to make an appointment. Please contact us for more information.

### 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. We facilitate peer networks.

We run peer groups for youth, people living with HIV, LGBTQI adults, parents of LGBT people, and people living with Hepatitis.

### RAPID HIV TESTING

A Rapid HIV Test takes approximately 15 minutes and is available on a one to one basis by appointment. Rapid HIV Testing is done in a confidential and comfortable Environment by trained staff members. Please contact us for more information or to book an appointment.



Our vision is to create an environment where the mental, emotional, physical, and social wellbeing of everyone is promoted and sexual rights are respected, protected, and fulfilled.

