

## National Supports

- LGBT Helpline 01890 929 539 <https://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)

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

Life gets  
better  
together  
LGBT



Never be  
afraid to be  
your true self



Its never to  
late to come  
out and be you

Be proud  
Be you

Love is  
Love



Ireland has become a far wider inclusive society over the past few decades as it embraces new cultures and communities. Along with this diversity there is a growing inclusiveness when it comes to people who are lesbian, gay, bisexual or transgender and those who do not fall within those groups but who do not identify as heterosexual.

Despite this there remains some prejudice and homophobia with in our society, along with that 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.

In spite of this 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.

There are many factors that have been shown to help LGBT+ people to develop their resilience and to be comfortable with whom they are.

- Acceptance of who there are
- Access to supports and organisations
- Affirmation from friends and family and strong relationships
- Friendship and support from the LGBT+ community

This leaflet aims to provide information

on the LGBT+ supports available in County Tipperary, 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 family connections
- To experience mental health and wellbeing difficulties

### What is Sexuality?

Sexuality is a lot more than having sexual intercourse or sexual feelings. It involves our relationship with ourselves and those around us. Our feelings about our sexuality are an import influence on our health both physically and mentally and can be what drives us to develop relationships. Therefore, having a positive attitude to our own sexuality can support us to make healthy choices. Sexual orientation has many definitions, but is often used to describe who a person feels sexual desire for.

Sex and Gender? It is common that biological sex and gender get confused. Gender refers to the role of male or females within society whereas Sex relates the biological anatomy.

For some people their biological sex does not match their gender identity and they might consider themselves as Transgender. This term includes many gender identities including transsexual, non-binary and gender variant to name a few.

Terminology can be very confusing and terms change over time but glossaries can be found at [www.teni.ie](http://www.teni.ie) and [www.belongto.org](http://www.belongto.org)  
**Lesbian, Gay, Bisexual and transgender + is used for those who are outside of these other identities**  
**Lesbian – A women attracted to other**

**women**  
**Gay- some attracted to people of the same gender**  
**Bisexual – Someone who is attracted to people from the same gender and other genders**  
**Men who have sex with men – MSM**  
**Women who have sex with Women – WSW**

## IF YOU NEED SUPPORT WE ARE HERE FOR YOU

### South Tipperary

**Gerard Sweetman** - LGBT+ Project Health Worker  
[Gerard@clonmelcrc.ie](mailto:Gerard@clonmelcrc.ie)  
**Tel:** 0526129143 **Mob:** 0858541514  
**Facebook:** LGBT+ Health South Tipperary  
**Twitter:** @LGBTISOUTH,  
[www.clonmelcrc.ie](http://www.clonmelcrc.ie)

#### We offer:

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

Life gets better together  
**LGBT**

### North Tipperary

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

**087-369 7922 / 067-56676**

**Web:** [www.ntdc.ie](http://www.ntdc.ie)  
**FB:** <https://www.facebook.com/NorthTippDevComp/>

**NTDC**  
 North Tipperary Development Company

clonmel community resource centre  
 Community at work!

**LGBT Support Project Worker, Patrick McElligott on +353 61 314354 or email [lgbt@goshh.ie](mailto:lgbt@goshh.ie) GOSHH provides a range of services for LGBT people**

Gender • Orientation • Sexual Health  
**GOSHH**

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

