

# HERE FOR ILLAWARRA



This guide can be shared online and printed from [acon.org.au/who-we-are-here-for/regional-nsw/](http://acon.org.au/who-we-are-here-for/regional-nsw/)  
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## LOCAL LGBTIQ+ SOCIAL AND SUPPORT GROUPS

### Illawarra Rainbow Community

[illawarrarainbowcommunity.com.au/](http://illawarrarainbowcommunity.com.au/)  
Instagram: [@illawarrarainbowcommunity](https://www.instagram.com/illawarrarainbowcommunity)  
[facebook.com/IllawarraRainbowCommunity](https://www.facebook.com/IllawarraRainbowCommunity)  
[illawarra.rainbow.community@gmail.com](mailto:illawarra.rainbow.community@gmail.com)

The Illawarra Rainbow Community (IRC aims to be a place for the LGBTIQ+ community to come together in support of each other, and foster a safe space & community spirit

### Illawarra Rainbow Community Groups

#### Main IRC Group

[facebook.com/groups/443569846438096](https://www.facebook.com/groups/443569846438096)

#### Rainbow Families of the Illawarra

[facebook.com/groups/  
rainbowfamiliesoftheillawarra/](https://www.facebook.com/groups/rainbowfamiliesoftheillawarra/)

#### Trans & Non Binary

[facebook.com/groups/1138561179550447/](https://www.facebook.com/groups/1138561179550447/)

#### Bisexual+

[facebook.com/groups/  
bipluscommunityillawarra/](https://www.facebook.com/groups/bipluscommunityillawarra/)

#### Men and Masc

[facebook.com/groups/327463542242811](https://www.facebook.com/groups/327463542242811)

### Illawarra Shoalhaven Gender Alliance

[illawarrashoalhavengenderalliance.org.au](http://illawarrashoalhavengenderalliance.org.au)  
[hello@illawarrashoalhavengenderalliance.org.au](mailto:hello@illawarrashoalhavengenderalliance.org.au)

Illawarra Shoalhaven Gender Alliance is a not-for-profit community health organisation that aims to support the health of the local Trans & Gender Diverse (TGD) community. The Alliance aims to enhance collaboration between the TGD community, health providers, educators, service providers, policy makers, and allies.

### Illawarra LGBTIQ+ Inclusion Network

[facebook.com/groups/Illawarra.LGBTIQ.Network](https://www.facebook.com/groups/Illawarra.LGBTIQ.Network)  
[illawarralgbtqiinclusion@gmail.com](mailto:illawarralgbtqiinclusion@gmail.com)

The Illawarra LGBTIQ+ Inclusion Network (ILIN) is a group of LGBTIQ+ community members, allies, local service providers and government representatives working together for LGBTIQ+ communities of the Illawarra

### The Rainbow Underground (TRU)

[facebook.com/TheRainbowUnderground](https://www.facebook.com/TheRainbowUnderground)  
[hello@rainbowunderground.com](mailto:hello@rainbowunderground.com)  
Instagram [@rainbowunderground18](https://www.instagram.com/rainbowunderground18)

TRU aim to provide togetherness and creative opportunities for queer and creative people in the Illawarra and South Coast

### Unity Illawarra and South Coast

[unityisc@rainbowunderground.com](mailto:unityisc@rainbowunderground.com)

Unity is a Not-for-Profit organisation committed to hosting a variety of social events in the Illawarra and south coast regions to provide support for the queer community and friends. Monthly events draw a wide range of community members from young to old

### Port Pride

[facebook.com/portpride2505](https://www.facebook.com/portpride2505)  
Instagram [@portpride2505](https://www.instagram.com/portpride2505)  
[portpride2505@gmail.com](mailto:portpride2505@gmail.com)

Port pride exists to position LGBTQIA+ people in the heart of the community at large through connection, education, and a continual commitment to the celebration of diversity

### Allsorts - Wollongong University Queer Collective

[facebook.com/groups/2408387961/  
uow.queer@gmail.com](https://www.facebook.com/groups/2408387961/uow.queer@gmail.com)

Allsorts is the queer collective at UOW and is open to lesbian, gay, bi, trans, intersex, a-spec, genderqueer and queer people - or anyone who doesn't see their identity as fitting neatly under the heterosexual label

### Queers Down South

[facebook.com/ groups/955835471852328](https://www.facebook.com/groups/955835471852328)  
Instagram: [@queers.down.south](https://www.instagram.com/queers.down.south)

An all inclusive Meetup group for LGBTQIA+ folks and their allies on the South Coast

### TransGlitterUs

[transglitterus.com.au](http://transglitterus.com.au)  
(02) 4446 5736  
Instagram [@transglitterus](https://www.instagram.com/transglitterus)  
[facebook.com/transglitterus](https://www.facebook.com/transglitterus)

TransGlitterUs is a free social & emotional support to the LGBTQI community. Using their own makeup brand, they also offer no-obligation makeup tutorials, designed for Transgender Women. Makeup proceeds go towards funding support services. Bookings by appointment only

### Queer Space

[facebook.com/queerspace](https://www.facebook.com/queerspace)  
[james@queerspaceaustralia.com](mailto:james@queerspaceaustralia.com)

Queer Space is dedicated to creating a safe space for anybody and everybody! Events happening regularly

## ACON Regional Outreach

1800 063 060 | 02 9206 2113

0437 651 752 (Josef) | [f /aconsouthernnsw](https://www.facebook.com/aconsouthernnsw)

We're here for people of diverse sexualities and genders and people with HIV across regional NSW. Providing a range of outreach services, including: peer education, sexual health info & resources, counselling, referrals, inclusive practice training & strengthening supportive environments.

ACON acknowledges and pays respects to the Traditional Custodians of all the lands on which we work.



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## LOCAL LGBTIQ+ SOCIAL AND SUPPORT GROUPS

### TAG

[headspace@gph.org.au](mailto:headspace@gph.org.au) | 02 4220 7660  
Instagram @headspace\_wollongong  
[facebook.com/headspacewollongong/](https://facebook.com/headspacewollongong/)

TAG is a monthly social group for trans and gender diverse folks ages 18-25

### Parents of Trans Kids

[headspace@gph.org.au](mailto:headspace@gph.org.au) | 02 4220 7660  
Instagram @headspace\_wollongong  
[facebook.com/headspacewollongong/](https://facebook.com/headspacewollongong/)

A twice monthly support group for parents and caregivers of trans and gender diverse people

### Wollongong Youth Services

[youthservices@wollongong.nsw.gov.au](mailto:youthservices@wollongong.nsw.gov.au)  
(02) 4227 8222  
[facebook.com/WollongongYouthServices](https://facebook.com/WollongongYouthServices)  
Instagram @wollongongyouthservices

Wollongong Youth Services run two groups for LGBTQ+ young people

### Rainbow League

A social group for same-sex attracted, gender diverse or questioning young people aged 16-24. Monday, 4 - 5.30pm

### Q-munity

A social group for same-sex attracted, gender diverse or questioning young people aged 12-15. Monday, 4 - 5.30pm

### Pink Drinks Network Illawarra

[facebook.com/groups/381022349342625/](https://facebook.com/groups/381022349342625/)

The Pink Drinks Network is a simple initiative designed to provide a regular private social networking opportunity for predominately GLBTQI members of the community

### Respecting Equality Amongst Lesbians (REAL) Illawarra

[facebook.com/29229974902](https://facebook.com/29229974902)  
[real.illawarra@gmail.com](mailto:real.illawarra@gmail.com)

REAL is a network of women who are creating opportunities for the lesbian community to engage with each other

## LOCAL HIV AND STI SERVICES

### Port Kembla Sexual Health Service

02 4223 8457

Port Kembla Hospital

Testing & treatment for HIV, STIs, and Hepatitis B & C, access to PrEP & PEP, information and advice on sexual health, vaccination for Hepatitis A & B. Free condoms and lube

### Local Needle & Syringe Program (NSP)

[health.nsw.gov.au/hepatitis/pages/nsp-outlets.aspx](http://health.nsw.gov.au/hepatitis/pages/nsp-outlets.aspx)

Details of local NSPs in the Shoalhaven where you can access sterile injecting equipment, advice, information & referral

### Teen Clinic - Kiama

02 4232 1244

83 Manning St, Kiama

A social group for same-sex attracted, gender diverse or questioning young people aged 12-15. Monday, 4 - 5.30pm

### Kiama Medical Practice

02 4232 1244

83 Manning Street, Kiama NSW 2533

Nurse led clinic for young people to discuss sexual health and access free HIV/STI testing and treatment.

Tuesdays 2:00pm - 5:00pm

Thursdays 2:00pm - 5:00pm

### Shoalhaven/Illawarra Women's Health Service (Trans and Cis)

0401991684

[Bogumila.gerlowska@health.nsw.gov.au](mailto:Bogumila.gerlowska@health.nsw.gov.au)

Cervical screening including self collected, Breast checks, STI testing, Contraception, Menopause, menstruation and sexual health information for Trans and Cis people. District wide from Wollongong to Ulladulla. Call, text or email for more information

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0437 651 752 (Josef) | [f/aconsouthernsw](https://facebook.com/aconsouthernsw)

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# HERE FOR HEALTH



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## STATEWIDE & NATIONAL SERVICES

### Ending HIV

[endinghiv.org.au](http://endinghiv.org.au)

An ACON campaign focused on ending HIV transmission among gay men through testing often, treating early and staying safe

### Minus18 (National)

[facebook.com/minus18youth](https://facebook.com/minus18youth) | [minus18.org.au](http://minus18.org.au)

Youth led social & support organisation for gay, lesbian, bisexual & trans youth

### NSW Sexual Health Info Link

1800 451 624 | [shil.nsw.gov.au](http://shil.nsw.gov.au)

Phone and online sexual health service for sexual health, specialising in HIV and STI risk assessment, testing, treatment and support

### QLife (National)

1800 184 527 | [qlife.org.au](http://qlife.org.au)

LGBTIQ+ phone & online counselling service operating every day from 3pm - midnight

### The Institute of Many - TIM (National)

[facebook.com/theinstituteofmany](https://facebook.com/theinstituteofmany)  
[theinstituteofmany.org](http://theinstituteofmany.org)

Grassroots movement of people living with HIV (PLHIV) who run Australia's largest online community for PLHIV

### 1800 RESPECT National Sexual Assault, Domestic Family Violence Counselling Service

1800 737 731

Confidential information, counselling and support service Open 24 hours to support people impacted by sexual assault, domestic or family violence and abuse. Call 000 if you are in immediate danger

### NSW Police LGBTIQ Liaison Officers (formerly known as GLOs)

[tinyurl.com/NSWPolice-GLO](http://tinyurl.com/NSWPolice-GLO)

Contact officers for LGBTIQ+ people who are victims of crime. They also assist other police to respond to homophobic and transphobic incidents

### Gay and Lesbian Rights Lobby (NSW)

[grrl.org.au](http://grrl.org.au)

Referral and resources on gay and lesbian rights for the media, policy makers and the community

### Intersex Human Rights Australia (IHRA)

[facebook.com/intersexaus](https://facebook.com/intersexaus) | [ihra.org.au](http://ihra.org.au)

Information, education & peer support for intersex people, their families & friends

### Bobby Goldsmith Foundation (NSW)

02 9283 8666 | 1800 651 010 | [bgf.org.au](http://bgf.org.au)

Counselling, housing, study, employment & financial support for people living with HIV

### Twenty10 (NSW)

02 8594 9555 (intake) | 02 8594 9550 (admin)  
[twenty10.org.au](http://twenty10.org.au)

Specialist support for young people of diverse genders & sexualities, & intersex status

### Inner City Legal Centre (NSW)

1800 244 481 | [iclc.org.au](http://iclc.org.au)

Expert specialist legal advice for LGBTIQ+ people anywhere in NSW

### Lifeline (National)

13 11 44

24 hour crisis support hotline

### Positive Life NSW

02 9206 2177 | 1800 245 677 | [positivelife.org.au](http://positivelife.org.au)

Information, support, referral and advocacy for people living with HIV in NSW

### The Gender Centre (NSW)

02 9569 2366 | 1800 069 115

[gendercentre.org.au](http://gendercentre.org.au)

Trans & gender diverse accommodation service, & education, support, training & referral centre

### Sex Worker Outreach Project (SWOP)

02 9206 2166 | 1800 622 902 | [swop.org.au](http://swop.org.au)

Run by and for sex workers for information, support, outreach, free worker packs, resources and referrals

### Parents of Gender Diverse Children

[pgdc.org.au](http://pgdc.org.au) | [info@pgdc.org.au](mailto:info@pgdc.org.au)

Peer support for parents and carers of transgender and gender diverse children

### Multicultural HIV and Hepatitis Service

1800 108 098 | [mhahs.org.au](http://mhahs.org.au)

Multi-lingual health information and support

### BlaQ

[blaq.org.au](http://blaq.org.au) | [facebook.com/blaqmobs](https://facebook.com/blaqmobs)

BlaQ Aboriginal Corporation is committed to empowering the Aboriginal and Torres Strait Islander LGBTIQ+ community through innovation, inclusion, understanding and advocacy

### Rainbow Cultures

[rainbowcultures.org.au](http://rainbowcultures.org.au)

A Directory of LGBTQIA+ multicultural community groups and services in NSW

## ACON Regional Outreach

1800 063 060 | [regionalo Outreach@acon.org.au](mailto:regionalo Outreach@acon.org.au)

[f /ACONSouthernNSW](https://facebook.com/ACONSouthernNSW)

We're here to support people of diverse sexualities and genders, and people with HIV across regional NSW take control of their health by providing a range of local, outreach and remote programs, campaigns & services, including: peer education, sexual health info & resources, counselling, referrals, inclusive practice training & strengthening supportive environments.

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