Get Engaged

Are you an older member (50+ years) of the LGBTQ+ community?

Would you like to be involved in creating a more connected LGBTQ+ community as you age?

Images: courtesy of the Centre for Ageing Better.

Get Engaged at Outhouse, Dublin is an initiative for older members of the LGBTQ+ community. It offers an opportunity to come together, to look at issues and challenges faced by the community, and to consider practical initiatives to address them.

It aims to develop skills and knowledge within the group to build resilience so we can address specific needs together.

It's designed to be interactive and enjoyable with a pragmatic,hands-on focus. Topics addressed include: Positive Ageing, Personality, Teamwork and Collaboration, Planning and Implementing a Community Project, Communications. Other possible topics: Identity as an Older LGBTQ+ adult, Managing Change as an Older Person.

How can I get involved?

Get Engaged is funded by the Bank of Ireland Community Fund, through Community Foundation Ireland and is free to attend. This course is delivered in 2.5 hour sessions once a week over 5 weeks (please note the weeks are not all consecutive). Each session builds on the one before, so please only sign up if you can participate in all 5 sessions.

Venue: Outhouse LGBTQ+ Centre,
105 Capel Street, Rotunda,Dublin 1, D01 R290
Dates: Tuesdays 8, 15, 22, 29 September & 13 October 2026
Times: 10.30 am – 1.00 pm (which includes a comfort break with tea and coffee)

How can I book?

To make a booking please contact Hannah Kelly, Programmes and Services Manager, Outhouse LGBTQ+ Centre on hello@outhouse.ie or call 01 873 4999

If you have any questions on the course please contact Fiona Holohan, Engage Programme Coordinator in Age & Opportunity on engage@ageandopportunity.ie or call 01 9133922

Comments from past participants.

"To see how I engage with the group and to see for myself where I fit in a group. There was great energy in the group due to the facilitator's energy. I feel it's very important to bring out the best in each one of us".
Participant, Get Engaged Galway 2024

"Learning more about myself and finding my voice".
Participant, Get Engaged, Galway 2024

Who are Age & Opportunity?

Age & Opportunity is the national organisation working to enhance wellbeing for older people through participation in sport and physical activity, arts and creative engagement, personal development, community collaboration and active citizenship.
www.ageandopportunity.ie

Age & Opportunity is funded by