

## SOUTH AUSTRALIAN LGBTIQ+ GROUPS, ORGANISATIONS, SERVICES AND VENUES

This list has been compiled by Jackie Wurm, COTA SA Rainbow Hub from The Rainbow Directory SA and other online sources. Updated 11/1/2024.

### **The Rainbow Directory SA**

The Rainbow Directory SA is an online portal of LGBTIQ+ services, groups, activities and organisations across South Australia, managed by Catalyst Foundation. The website is free to use, and free to register your service. They welcome anyone who provides a service or runs an activity that is specific to LGBTIQ+ people to register their service on the website.

<https://www.rainbowdirectorysa.com.au/>

This list is in three sections:

1. Adelaide-based groups, organisations, services and venues
2. Regional SA groups
3. National groups

## ADELAIDE-BASED GROUPS, ORGANISATIONS, SERVICES AND VENUES

### **Adelaide Sharks**

The Adelaide University Sharks is Adelaide's gay & inclusive rugby union team.

[adelaideunisharksrugby@gmail.com](mailto:adelaideunisharksrugby@gmail.com)

<https://www.facebook.com/adelaideunisharksrugby/>

### **Bfriend**

Bfriend is a unique service that has operated in SA since 1995 supporting the LGBTIQ+ community and their families. Our free and confidential services include peer support, community connections, workplace training and volunteering opportunities for the community. We also support those in regional areas by email and/or phone. Telephone/video conference options available. Bfriend also operates the Adelaide LGBTIQ Events page, an online listing for LGBTIQ+ social groups across SA.

[www.unitingcommunities.org/service/community-support/lgbtiqa-support](http://www.unitingcommunities.org/service/community-support/lgbtiqa-support)

[www.facebook.com/BfriendUC/](http://www.facebook.com/BfriendUC/)

[bfriend@unitingcommunities.org](mailto:bfriend@unitingcommunities.org)

### **Catalyst Foundation**

Catalyst Foundation organise [social activities for LGBTIQ+ aged 50+](#) and provide [LGBTIQ+ training](#). Our [Toward a Safe Place](#) project provides information about LGBTIQ+ domestic and family violence, and have a monthly newsletter. We also run the [Rainbow Directory SA](#).

[LGBTIQ+ - Catalyst Foundation](#)

Sarah Childs [sarahchilds@catalystfoundation.com.au](mailto:sarahchilds@catalystfoundation.com.au)

Facebook [LGBTIQ+ Social Groups for people 50+](#)

### **ColourFull Abilities**

ColourFull Abilities focuses on the coming together of people from multiple diverse groups in particular people with a disability and members of the LGBTIQ+ Community. We aim to increase social and community participation for individuals with an NDIS plan and provide a safe space for people to accept themselves for who they are. This includes LGBTIQ+ Inclusivity Training for internal and external workers (Intersectional understandings of LGBTIQ+ & Disability)

[www.colourfullabilities.com](http://www.colourfullabilities.com)

[www.facebook.com/ColourFullAbilities](http://www.facebook.com/ColourFullAbilities)

[admin@colourfullabilities.com](mailto:admin@colourfullabilities.com)

### **COTA SA Rainbow Hub**

The Rainbow Hub provides programs and activities focussed on the Lesbian, Gay, Bisexual, Transgender & Intersex+ (LGBTI+) community aged 50+. Join us at our lunches + events, [sign up](#) for our free newsletter, be supported to access aged care help, be part of our [visitors program](#). We also advocate on key issues and offer [Silver Rainbow](#) - Diversity & Inclusion Training & Consulting. [Rainbow Horizons](#) is our inclusive end of life project.

[www.cotasa.org.au/rainbowhub](http://www.cotasa.org.au/rainbowhub)

[cotasa@cotasa.org.au](mailto:cotasa@cotasa.org.au)

[www.facebook.com/rainbowhubsa](http://www.facebook.com/rainbowhubsa)

### **Diverse-City**

Diverse-City is an LGBTIQ+ venue at 163 Gouger Street, Adelaide. Café by day; Entertainment at night, and social club all the time. Meet a friend, grab a coffee, stay for lunch ... enjoy a show, drink a cocktail (or mocktail), watch a band, and borrow a book from their LGBTIQ library. Venue, catering & equipment hire.

[www.facebook.com/DiverseCityAdelaide](http://www.facebook.com/DiverseCityAdelaide)

[www.instagram.com/DiverseCityAdelaide/](http://www.instagram.com/DiverseCityAdelaide/)

Phone: 7076 9211

Email: [enquiries@Diverse-City.com.au](mailto:enquiries@Diverse-City.com.au)

### **Drop In Care Space**

The Care Space is a 100% peer run community art and social hub on Kaurana Land for lgbtqi+, autistic, neurodivergent & disabled folks to connect with others, take a break, create and enjoy activities and find ways to look after your well-being.

<https://www.dropincare.space/>

[board@dropincare.space](mailto:board@dropincare.space)

<https://www.facebook.com/dropincare.space>

### **ECH LGBTI Connect**

ECH LGBTI Connect provides culturally safe access, navigation, advocacy and connection to aged care services for and from LGBTI community members in South Australia. The Team comprises five older members of the LGBTI community who assist older LGBTI people to access aged care services, including registering with My Aged Care. The LGBTI Connect Rainbow Social Group meets monthly for events and bus trips. Additionally, the LGBTI Individual Visitors Program provides friendly volunteers for older LGBTI people who are at risk of loneliness or social isolation.

[lgbticonnect.ech.asn.au/](http://lgbticonnect.ech.asn.au/)

Robyn Lierton [rburton@ech.asn.au](mailto:rburton@ech.asn.au)

### **Feast Festival**

Feast is Adelaide's LGBTIQ+ Queer Arts and Cultural Festival *glittered* throughout "Pridevember" - one of 11 major Festivals in South Australia and is the 3rd largest LGBTIQ+ Festival in the country. Feast is an International event, bringing performers from all over the world.

[www.feast.org.au](http://www.feast.org.au)

[www.facebook.com/FeastFestival](https://www.facebook.com/FeastFestival)

[office@feast.org.au](mailto:office@feast.org.au)

### **Feast Queer Youth Drop In**

Feast Queer Youth Drop In is a social drop in space for queer young people between the ages of 15-25. No prior booking is required. There are different activities that run each drop in, or you can just come along and hang out with others. Dinner is also available for a gold coin donation.

[www.facebook.com/feastdropin](https://www.facebook.com/feastdropin)

[ypo@feast.org.au](mailto:ypo@feast.org.au)

### **Gay and Lesbian Immigration Task Force SA Inc.**

MISSION: To achieve equality in the Australia immigration system and provide social support for Members, to assist in settlement and advocate on behalf of members to support services.

[www.sa.glitf.org.au](http://www.sa.glitf.org.au)

[secretary@sa.glitf.org.au](mailto:secretary@sa.glitf.org.au)

### **Intersex Peer Support Australia (IPSA)**

[www.isupport.org.au](http://www.isupport.org.au)

[www.facebook.com/intersexpeersupport/](https://www.facebook.com/intersexpeersupport/)

[channaford@adam.com.au](mailto:channaford@adam.com.au)

### **Kindred Spirits for Transgender, Gender Diverse and Non Binary communities**

Kindred Spirits is a safe social group for LGBTIQ+ peoples and family and allies. We also host a number of social events at different locations.

[www.tllpc.com](http://www.tllpc.com)

[info@tllpc.com](mailto:info@tllpc.com)

[www.facebook.com/TLLPC.ks/](https://www.facebook.com/TLLPC.ks/)

### **Mary's Poppin**

Unremixed, untainted and unashamed. Owned & hand curated by party veterans In The Dark, this is one bar to get your knees up and throats sore. 5 Synagogue Place, Adelaide.

[www.maryspoppin.com/](http://www.maryspoppin.com/)

[www.facebook.com/maryspoppinbar/](https://www.facebook.com/maryspoppinbar/)

### **My Lover Cindi**

Queer Utopia on Kurna Yarta. My Lover Cindi is an LGBTIQ+ night space with a focus on accessibility. We are a bar and a space to dance. We are a place to host community events. A spotlight for queer performance. A place for people of all walks of life to come together. My Lover Cindi is proud to host and celebrate the diversity within queer communities. Allies and friends are welcome.

2/192 Pirie Street, Adelaide

email: [hello@mylovercindi.net](mailto:hello@mylovercindi.net)

[www.mylovercindi.net](http://www.mylovercindi.net)

[www.instagram.com/mylovercindi.adl/](https://www.instagram.com/mylovercindi.adl/)

### **Parkstone Foundation**

The Foundation is managed by a committee of honorary Trustees who ensure that the Trust Fund is used for its intended purpose which is to support LGBTIQ+ community projects consistent with its objectives. Since its inception, the Foundation has allocated over \$50,000 to support 72 LGBTIQ+ community projects in SA.

<https://www.parkestonefoundation.org/>

[parkestonefoundation@gmail.com](mailto:parkestonefoundation@gmail.com)

### **Pink Parents SA**

Pink Parents SA are a group of prospective and established families of South Australia's same-sex community, with a facebook community and regular family meetups/playgroups.

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

### **Positive life SA**

is a peer driven organisation, led by a community elected HIV positive Board of Management and has grown from modest beginnings to become an integral provider of information, advocacy, and support to positive people across South Australia.

<https://positivelifesa.org.au/>

[president@hivsa.org.au](mailto:president@hivsa.org.au)

<https://www.facebook.com/positivelifesa/>

### **Pride of the South**

A Volunteer based Community Support Group for the Southern suburbs LGBTIQ+ Community with a focus on building connections and advocating for Acceptance, Respect and Equality.

[www.prideofthesouthblog.wordpress.com](http://www.prideofthesouthblog.wordpress.com)

[prideofthesouth15@gmail.com](mailto:prideofthesouth15@gmail.com)

[www.facebook.com/SouthernLGBTIQPride](http://www.facebook.com/SouthernLGBTIQPride)

### **Queer Amnesty International Adelaide Action Group**

We are a group dedicated to advocating equality for queer people through our activism, sharing queer related news and hosting community based events. Our events are accessible and held on Kurna land. Everyone is welcome!

[lgbtq.amnestyadelaide@gmail.com](mailto:lgbtq.amnestyadelaide@gmail.com)

[www.facebook.com/QueerAdelaideAI](http://www.facebook.com/QueerAdelaideAI)

### **QueersInScience**

QueersInScience is an initiative aiming to build community and improve support for LGBTQIA+ people working in STEMM (Science, Technology, Engineering, Mathematics, and Medicine) in Australia to foster and champion inclusion of LGBTQIA+ people within STEMM organisations.

[www.queersinscience.org.au/](http://www.queersinscience.org.au/)

[www.facebook.com/groups/QueersInScienceSA](http://www.facebook.com/groups/QueersInScienceSA)

[queersinscience@gmail.com](mailto:queersinscience@gmail.com)

### **Rainbow Crows**

Rainbow Crows started in August 2016 as the non-profit, queer supporter group for the Adelaide Football Club. We are an inclusive, diverse social and community group for anyone in the LGBTIQ community and its allies with the aim of providing an environment that safely allows everyone to passionately support the Adelaide Crows teams.

<https://rainbowcrows.org/>

[president@rainbowcrows.org](mailto:president@rainbowcrows.org)

<https://www.facebook.com/rainbowcrows>

## **SAMESH - SA Mobilisation + Empowerment for Sexual Health**

SAMESH was created in 2015 as part of a joint initiative between lead agency, ShineSA and VAC (Victorian AIDS Council), to support education, training and advocacy of sexual health and HIV. We provide a range of services and initiatives all designed to provide people with information, education, and programs to enhance their sexual health and well-being. These services are open to people of all cultural backgrounds and gender experiences.

[www.samesh.org.au](http://www.samesh.org.au)

[samesh-enquiries@samesh.org.au](mailto:samesh-enquiries@samesh.org.au)

<https://www.facebook.com/samesh.org.au>

## **SA Pride at Work**

SA based professionals collaborating and sharing resources to support educate and promote LGBTIQ+ equality in the workplace.

[saprideatwork@gmail.com](mailto:saprideatwork@gmail.com)

[www.facebook.com/SAPrideAtWork/](http://www.facebook.com/SAPrideAtWork/)

## **SARAA (South Australian Rainbow Advocacy Alliance)**

SARAA is a community run charity working for an LGBTIQ+ inclusive, healthy and safe South Australia, through advocacy, community building, and awareness raising.

[www.saraa.org.au](http://www.saraa.org.au)

[info@saraa.org.au](mailto:info@saraa.org.au)

<https://www.saraa.org.au>

## **SHINE**

SHINE SA provides sexual health and relationship well-being services including clinics, counselling, education and information. They support groups including <https://www.facebook.com/TransFemmeSHINESA/>

<https://shinesa.org.au/>

[info@shinesa.org.au](mailto:info@shinesa.org.au)

<https://www.facebook.com/SHINESAinc/>

## **The Cottage Adelaide**

Our priority is to meet the needs of LGBTIQ and HIV+ community members aged 16 years and above living in Adelaide, including to make positive changes in relation to drinking and using drugs. We address the fact that our communities often experience higher levels of harmful substance use and that alcohol and other drug (AOD) service use is lower in our communities. *Our service is free of charge.*

<https://thorneharbour.org/services/alcohol-and-other-drug-services-aod/the-cottage-adelaide/>

[matt.trenorden@thorneharbour.org](mailto:matt.trenorden@thorneharbour.org)

[facebook.com/thorneharbour](https://facebook.com/thorneharbour)

## **Thorne Harbour Health SA**

We support the health and wellbeing of our LGBTIQ+ communities and people living with HIV in South Australia through a range of programs, campaigns, and services. From our work in partnership with SHINE SA at SAMESH to the range of services we offer at 1/122 Carrington Street, the Thorne Harbour Health team in Adelaide is committed to ensuring that the communities we serve have the support they need to thrive in South Australia. They offer both a Mental Health, and Alcohol and Other Drug programs.

[www.facebook.com/profile.php?id=100093789777752](http://www.facebook.com/profile.php?id=100093789777752)

[www.instagram.com/thorneharbour.sa/](http://www.instagram.com/thorneharbour.sa/)

[thorneharbour.org/south-australia/](http://thorneharbour.org/south-australia/)

## **Transgender and Gender Diverse Social Group**

Monthly coffee morning for transgender and gender diverse people aged 50+ to enjoy good cake, coffee and conversation. Come and meet old friends and make new ones. Contact [mbeagley@ech.asn.au](mailto:mbeagley@ech.asn.au)

WHEN: 10:30 - 12:00pm usually Wednesdays once a month

WHERE: Café Komodo, 118 Prospect Rd, Prospect

## **TransMascSA**

A FREE group for trans and gender diverse people, presumed female at birth, who identify as trans men, trans masculine or non-binary/gender diverse+. Meeting regularly on Wednesdays at 57 Hyde Street, TransMascSA is a safe, confidential, social support style group that promotes holistic well-being and social connectedness through peer support. The group is for those aged 13+ (no upper age limit) with parental consent strongly recommended for those under the age of 18.

[www.transhealthsa.com](http://www.transhealthsa.com)

[transmascsa@outlook.com.au](mailto:transmascsa@outlook.com.au)

[www.facebook.com/TransMascSA](http://www.facebook.com/TransMascSA)

## **UNIDOS/PEACE Multicultural Services at Relationships Australia South Australia**

A friendly community group for people who are same sex attracted or curious about their sexuality from multicultural and non-English speaking backgrounds. We also welcome people who would like to contribute through friendship, social support, networking and allyship.

Tingting: [t.zhou@rasa.org.au](mailto:t.zhou@rasa.org.au) Ben-Hur: [b.winter@rasa.org.au](mailto:b.winter@rasa.org.au)

<https://www.facebook.com/groups/Unidos.rasa/> (Private) 08 8245 8100 (Mon-Fri 9am-5pm)

## **Uranian Society of South Australia**

Established in 1989, the Uranian Society of SA is a group for men who identify as Gay, Bi, Trans, Queer with an interest in Gay Men's arts and culture. Meeting monthly (excluding January, February & November), we gather for social interaction as well as hearing from guest speaker/s.

[www.uraniansocietysa.wordpress.com](http://www.uraniansocietysa.wordpress.com)

[uraniansocietysa@hotmail.com](mailto:uraniansocietysa@hotmail.com)

## **Urgent Mental Health Care Centre**

This free service is open 24 hours a day, seven days a week with no referral required. You can walk in or call them on 8448 9100 to let them know you're on the way

[www.uhmcc.org.au](http://www.uhmcc.org.au)

## **REGIONAL SA GROUPS AND SERVICES**

### **Fleurieu Pride**

Fleurieu Pride is a LGBTIQ+ social group in the Southern Fleurieu, South Australia

[fleurieupride@gmail.com](mailto:fleurieupride@gmail.com)

<https://fleurieupride.wordpress.com>

<https://www.facebook.com/FleurieuLGBTIQ>

### **Gender Connect Country SA**

Do you live in Country SA and have questions about being or supporting those who identify as trans, gender diverse or gender questioning? SHINE SA's Gender Connect Country SA is a FREE service that provides confidential support from peer workers with lived experience of gender diversity.

Phone Service: 08 7099 5390 Monday, Tuesday, Wednesday, Thursday (closed on Public Holidays) 3pm – 8pm

Web chat: [shinesa.org.au/gender-connect-chat/](https://shinesa.org.au/gender-connect-chat/)

[shinesa.org.au/gender-connect/](https://shinesa.org.au/gender-connect/)

### **Goolwa Weekly Dinner for Lesbian Women**

Wednesday nights, 6pm. Goolwa Hotel, 7 Cadell Street, Goolwa

Bookings required – call Carol Clarke 0451 342 842

### **LGBTIQ+ Mid-North SA**

This group's aim is to inform and support LGBTIQ+ people living in the Mid-North Region of South Australia. Here you will find information about local LGBTIQ+ events and services and other broader information from other like groups and services generally. This group is a Private Group and a safe and respectful space for LGBTIQ+ people.

<https://www.facebook.com/groups/667140880842570/about>



## **LGBTIQA+ Yorke Peninsula**

A group for the LGBTIQA+ Community on the Yorke Peninsula. Chat, make new friends, catch up, seek advice and support, find information about local LGBTIQA+ events and services and other broader information from other like groups and services generally. This group is a Private Group for LGBTIQA+ people over the age of 18 years.

<https://www.facebook.com/groups/119460909391130/>

## **NATIONAL GROUPS**

### **Beyond Blue**

We're here for you. Your mental health is important. Some days are better than others and we all need a helping hand from time to time. Wherever you are in your mental health journey, we'll be here to help.

Phone 1300 22 4636

[www.beyondblue.org.au/](http://www.beyondblue.org.au/)

chat [www.beyondblue.org.au/support-service/chat](http://www.beyondblue.org.au/support-service/chat)

### **Black Rainbow**

Black Rainbow is the national Aboriginal and Torres Strait Islander Lesbian, Gay, Bisexual, Transgender, Intersex, Queer, Sistergirl and Brotherboy (LGBTI+SB) organisation in the pursuit of positive health and wellbeing.

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

Get in touch with them via their webform at [blackrainbow.org.au/contact/](http://blackrainbow.org.au/contact/)

### **Lifeline**

You are not alone. We're here to listen. We are a national charity providing all Australians experiencing emotional distress with access to 24 hour crisis support and suicide prevention services. We exist so that no person in Australia has to face their darkest moments alone.

Call us Call 13 11 14

[www.lifeline.org.au/](http://www.lifeline.org.au/)

Chat [www.lifeline.org.au/crisis-chat/](http://www.lifeline.org.au/crisis-chat/)

Text 0477 13 11 14

## **Out for Australia**

A volunteer run, not-for-profit, to support young LGBTQI+ professionals across all industries, through the early stages of their careers, through the provision of mentors, visible role models and events. Through the online platform Mentorloop, individuals can register as mentors and/or mentees. Out for Australia is a national organisation with a state team based in South Australia.

[www.outforaustralia.org/](http://www.outforaustralia.org/)

[sa@outforaustralia.org](mailto:sa@outforaustralia.org)

[www.facebook.com/OutforAustralia/](https://www.facebook.com/OutforAustralia/)

## **QLife**

The QLife family includes hundreds of highly experienced staff and volunteers Australia-wide. If you're looking to connect with someone to explore what's going on in your life, we're here to chat and to take your call from 3pm-midnight each day. We also welcome contact from people who may not be LGBTQI+ but who want to talk about someone else they care about.

Call 1800 184 527

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

Web Chat [qlife.org.au/resources/chat](http://qlife.org.au/resources/chat)