

**HIV & AIDS : nothing to do with you? You can't ignore what's inside : sooner or later everyone's life will be touched by HIV & AIDS ... / The Terrence Higgins Trust.**

**Contributors**

Terrence Higgins Trust

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Wellcome Collection  
183 Euston Road  
London NW1 2BE UK  
T +44 (0)20 7611 8722  
E [library@wellcomecollection.org](mailto:library@wellcomecollection.org)  
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HIV & AIDS.  
Nothing  
to do  
with you?

You cannot  
ignore what's  
inside.



## Anyone can turn to The Terrence Higgins Trust

True, AIDS has affected some people more quickly than others. Gay men have endured terrible losses, as have injecting drug users and people with haemophilia who were given unscreened blood transfusions.

For everyone who is or will be infected there are those who are affected. Families, friends, loved ones, even acquaintances will all be affected by a positive diagnosis.

In the coming months and years, HIV and AIDS will touch so many more lives.

The Terrence Higgins Trust, Europe's largest HIV and AIDS charity, provides ways in which everyone - but everyone - can do something to help. From helping to prevent the spread of HIV - to providing vital services for all those who are already living with the effects.

### The Terrence Higgins Trust works...

#### **... to stop the spread of HIV**

Through health education, we prevent the spread of HIV, stressing the importance of safer sex and safer drug use in cutting down its transmission. Our Roadshow takes the health message out to schools, shopping centres, concerts, clubs.... In the past year we have produced and distributed over a million posters and leaflets, many specially designed for groups at particular risk using hard hitting language and relevant images to get through.



#### **... to listen and counsel**

The Terrence Higgins Trust is so often the first place people turn when their lives are affected by HIV and AIDS. Trained counsellors answer the telephone in confidence when people who are worried call our national Helpline. Face-to-face counselling takes place on every issue from testing to coping with a positive diagnosis. For the partners and families of people who have died with AIDS we offer support to help them carry on living.

1-11-93 = Julia Sheppard





### ***... to bring people together***

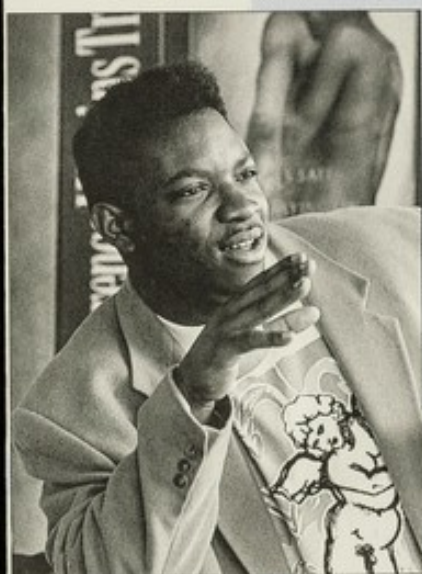
The Trust's pioneering buddying scheme gives practical help to people with AIDS in the Greater London Area. Buddies are carefully selected and trained volunteers who help an individual person with AIDS in a way that the

authorities, family and friends cannot. They do whatever is required - from helping with the chores to liaising with the social services. A Buddy is able to reduce the sense of isolation that people with AIDS often feel, by being someone secure and reliable who will always be there when others may have deserted. This demanding commitment from individuals is backed by the Trust's network of support groups.

### ***... to make life easier***

We have a department of specialists in housing and Welfare benefits which makes sure everyone receives what they are entitled to. We have a team of solicitors on hand to give free advice.

The Helper Cell is made up of volunteers who have time and a skill which they want to make available to people with AIDS - free of charge. The Trust puts people with AIDS in touch with someone who is willing and able to decorate a flat, or mend a television... or just drive them to hospital.



### ***... to fight ignorance and injustice***

At The Terrence Higgins Trust we are not just fighting a virus, we are leading a struggle against ignorance and prejudice.

We lobby government, we work with the business sector to ensure justice in the workplace. We have the largest library specialising in HIV and AIDS in Europe which is consulted by people living with the virus and workers in the field.

**The Terrence Higgins Trust**





## Counselling those infected...

When Philip approached the Trust he was feeling suicidal. He had to take an HIV test when he applied for life insurance. When his application was turned down he was not told the reason – nor allowed to see the test results. During a course of counselling sessions he decided he wanted to take another test and worked out what he would do should the result be positive. As soon as he knew the result, he would meet his counsellor; indeed he was HIV positive. The single most important part of his counselling, he said, was learning that being strong did not mean hiding feelings. Of course he was still frightened about the future but could now cope with the fear. After joining a self-help group and even though living with a positive diagnosis he felt, ironically, more alive than ever before.

## ...and affected

Jane received advice through face-to-face counselling which helped her to come to terms with the death of her husband with AIDS. She was guided through what she had to do in a way which meant that not only could she take informed action, it actually enabled her to give help to others affected by HIV and AIDS.

## Supporting families...

Martin was upset when he was diagnosed HIV positive in 1985. He told his wife and son, but the implications didn't really sink in. Three years later when he was told that he had ARC/AIDS, the shock was so deep he couldn't even cry. His son felt suicidal. Then people – even relatives – turned their backs on Martin and his family. He was put in touch with the Trust's Family Support Network who provided continuous help and arranged for Martin, his wife and his son to receive the most appropriate counselling.

## Giving practical help...

Alan, a gay man, contacted the Trust's welfare experts when he found he couldn't afford to keep to the special diet prescribed by his doctors. Living with HIV and AIDS means special needs for diet and heating which are made all the more crucial and difficult to afford by regular bouts of ill health. He had asked the authorities for the help to which he was entitled and nothing happened for four years. Inevitably he got into debt, and couldn't meet his phone or fuel bills or pay his rent. After several months work on his behalf by the Trust, Alan received more than £3,000 which was owing to him. Having settled his debts he could look forward to a better quality of life.

*These case histories are real. The names have been changed to respect the privacy of those involved.*





## ...against all the odds

James's claims for benefits had been turned down. The Trust's welfare advisors looked at the case and saw that he was legally entitled to what he was claiming. The DSS still refused to change their decision and James became increasingly demoralised and depressed and felt like giving up. With our support, he submitted a formal appeal and eventually won his case at a tribunal. His weekly payment more than doubled and he received £4,000 arrears.

## Being there...

A Buddy is a volunteer specially trained by The Terrence Higgins Trust to fulfil a range of needs. They give a person with AIDS someone to talk to, to shout at, to cry with, to laugh with... and generally try to make life a little easier. Maggie is Jim's Buddy. He says, "If I have a problem I would turn to Maggie first." She says that he is good for her and a great deal of trust and friendship has developed between them.

## How The Terrence Higgins Trust was born - and why it keeps growing

When in 1982, Terrence Higgins died with AIDS his illness was barely understood and his needs were not met. A group of his friends formed the Trust in his name to give real assistance to anyone whose life is touched by HIV and AIDS.

We currently channel the efforts of over 1,500 people, most of them volunteers. Anyone - regardless of age, gender, race or sexuality - can call on us at any time whether for themselves or on behalf of a partner, relative or friend.

We need money urgently to maintain our services at even the current level, since demand for them all continues to rise. So it is up to you to make sure we are here when anyone wants us.

We have achieved so much thanks to the generosity of individuals in giving their time - and money. The biggest needs are for understanding and money.

***We always keep an open mind - we need your help to ensure we can keep an open door.***

There is so much more to be done.

Thank you for whatever you can spare

The Terrence Higgins Trust, 52-54 Gray's Inn Road, London WC1X 8JU.  
Charity Registered Number 288527

The Terrence Higgins Trust



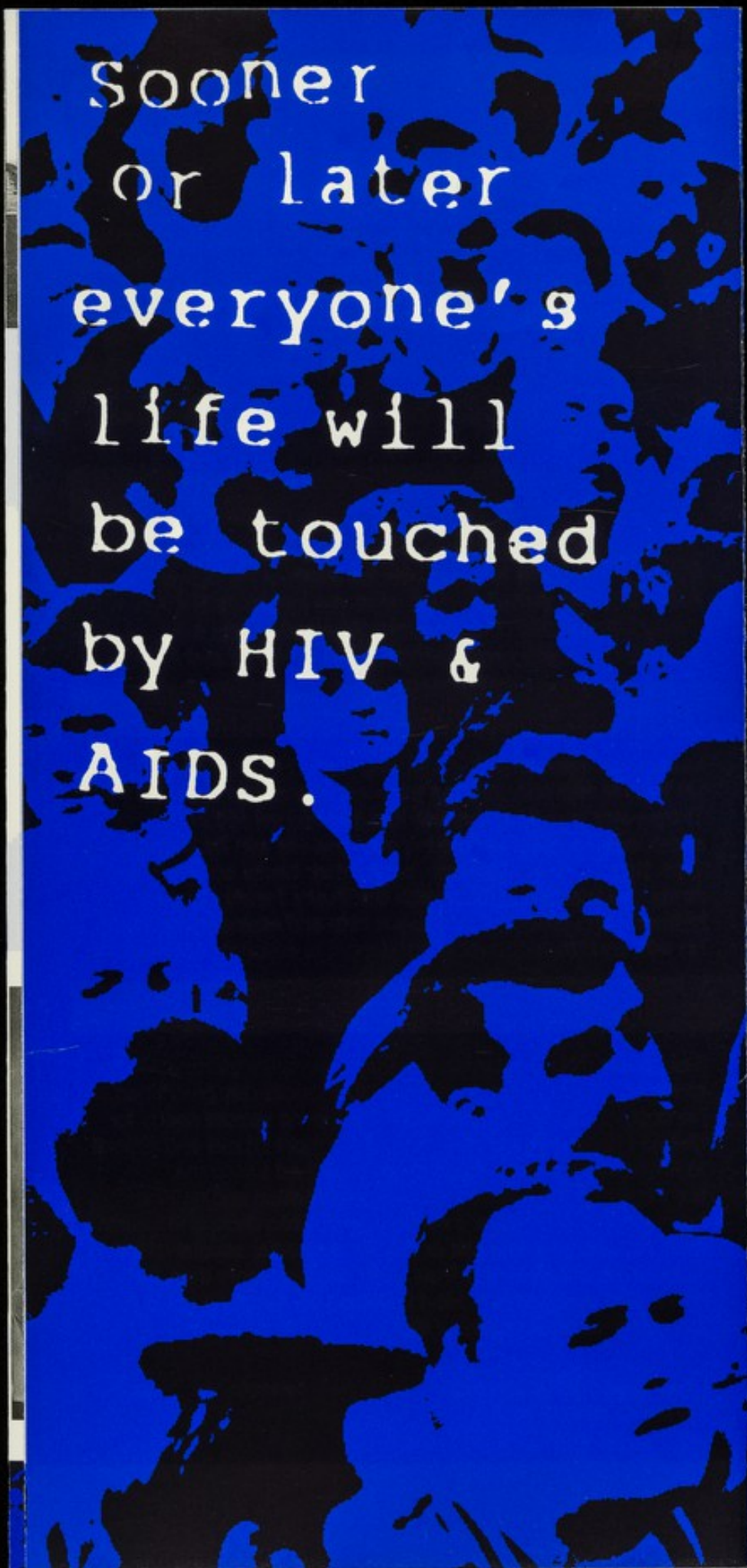
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HIV & AIDS.

Nothing  
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Well, just  
turn over.