#### Facing the challenge of HIV and AIDS / The Terrence Higgins Trust.

#### **Contributors**

**Terrence Higgins Trust** 

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#### CONTACTS

General telephone line 0171-831 0330

Helpline 12 noon to 10 pm 0171-242 1010

Legal Line: 7 pm to 9 pm Monday and Wednesday 0171-405 2381

The Terrence Higgins Trust 52-54 Grays Inn Road London WC1X 8JU. Registered Charity No: 288527

> Inside photos, from left: 1: Mike Goldwater/Network; 2,3,4: Chris Sowe; 5,6: Mark Power/Network



# HIV and AIDS affect us all. What are we doing for you?

The Terrence Higgins Trust is here to help anybody affected by HIV and AIDS. Our work falls into three main areas: we offer counselling, advice, support and practical



help to anyone who calls on us; we take preventative education to as many people as possible to stop further infection; and we campaign on behalf of all those discriminated by their HIV status.

The HIV virus can affect anybody at any time. Although some sections of the community have been particularly affected – enduring unimaginable losses, the virus seems now to be spreading most quickly within the heterosexual population.

For every person infected with the virus, there may be a partner, a lover, a mother, a father, children, friends, work colleagues who are all about to discover, in varying degrees, what it's like living with AIDS.

## Carrying on the fight

HIV and AIDS has been with us for more than a decade and right from the start the Trust has been at the forefront of the fight.

We have watched the virus spread and witnessed the affect on those it has infected. The latest research indicates that people are living with AIDS for a lot longer than originally thought, which means the Trust is going to be needed for a long time to come. We intend to be around for as long as is necessary.

### Stopping the spread of HIV

The Trust doesn't judge people but tries to persuade them to take as much care of their health as possible. Our Health Promotion campaigns communicate the importance of practising safer sex and safer drug use, with hard-hitting posters, leaflets, videos and postcards. Fundraising events raise awareness





and communicate our work to a massive audience. Making sure we get our message across to every section of society is crucial if we are to protect both present and future generations.

Facing the challenge of AIDS requires that we know as much about the virus as possible. The Trust's

Library hosts one of the largest collection of information on HIV and AIDS in Europe. It is as valuable to people with a positive diagnosis as it is to nurses, health workers, teachers and the general public – all of whom want to find out as much as they can about the virus.

#### Someone to talk to

If you are worried or need advice and someone to talk to, you can ring The Terrence Higgins Trust any day of the year.

Our Helpline is staffed by trained volunteers from 12 noon until 10 pm. They can discuss your worries with you and

offer support; give advice on safer sex; talk you through the pros and cons of taking an HIV test; tell you where to get a test if you decide to take one and put you in touch with our counsellors should you receive a positive diagnosis.

Through our Counselling Service you can arrange face-to-face counselling sessions in complete confidence. Our resident trained counsellors are skilled in helping



people find a way of handling the many emotional and practical aspects of living with HIV and AIDS. You can arrange to be seen individually, with your partner or in a family, for a maximum of 12 one-hour sessions. Our Advice Centre can offer expert advice on a broad range of issues such as welfare, housing and legal matters.

#### Friends in deed

When someone is diagnosed HIV positive, they may find their friends are unable to cope with the emotional strain of the situation. The Trust's pioneering Buddy Scheme offers people with AIDS who live in the Greater London area someone they can rely on when friends and Social Services are not enough. A Buddy is a specially trained volunteer who can give whatever practical help is needed, from sorting out bills, mowing the grass, making supper... to just plain listening. Above all they are someone to be there when they're needed.

#### Positive help

Coping with the practicalities of everyday life can be difficult when you are living with AIDS. The Trust tries to offer as much practical help as possible. The Small Grants Fund gives financial support to those who are unable to work because of illness



and may not have sufficient funds to pay for the special diet or treatments they need. The Fund is able to make one-off donations to pay an outstanding bill or make a gift of something such as a washing-machine – essential for someone coping with night sweats.

The Helper Cell is a unit of over 150 volunteers who are ready to carry out many practical tasks, from driving someone to hospital to plumbing in a shower. They also offer an interpreting service with volunteers speaking more than 15 languages – easing communication with hospital staff or Social Services. The Terrence Higgins Trust Advice Centre offers assistance with all manner of legal, housing and welfare problems. Many people with a positive diagnosis are currently suffering the iniquities of the system. They may not be receiving all the benefits they are entitled to, may be living in unsuitable accommodation or may have been unfairly dismissed from work because of their HIV status. The Trust has qualified lawyers and experts in the benefit and housing systems who are able to fight on your behalf against such discrimination.

## Half the fight is ignorance

Part of the battle against HIV and AIDS is overcoming people's prejudice and ignorance. The Terrence Higgins Trust lobbies parliament on all issues relating to HIV and fights for those who have been discriminated against on the grounds of HIV in the workplace. Recent successes include reducing, with other pressure groups, the age of consent for gay men to 18 years. We shall continue to lobby for a further reduction, as the present law makes it very difficult for the Trust to promote safer sex to young gay men.

After a five year campaign the Trust's Insurance Working Party has successfully lobbied for a change in the questions to be answered on life insurance forms. Now applicants are no longer required to state whether or not they have been tested HIV negative. Previously even a negative test could result in an increased premium.

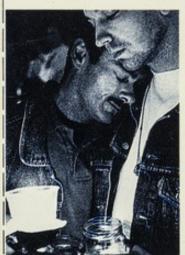
#### How The Terrence Higgins Trust began

Terrence Higgins died with AIDS in 1982, knowing very little of the virus that had taken over his body. The lack of support and information that was available to him shocked and upset his family and friends. They determined that no one else should suffer such indignity again and decided to found an organisation in his name.

Today the Trust is the UK's leading AIDS service organisation, channelling the efforts of over 1,300 volunteers. Anyone, regardless of age, race or gender can call on us at any time whether for themselves or on behalf of a relative or friend.

#### Together we can face the challenge

The Trust was born out of the generosity of the human spirit. It is that same spirit we are appealing to now. After



you have read about all we are achieving you may be saddened to learn we are being forced to cut essential services due to lack of funds.

And this at a time when what we really need to be doing is increasing the amount of help we can offer people.

The severe reduction in our government grant has meant we are more than ever reliant on the generosity of individuals.

By making a donation to the Trust you will be helping us maintain services, which in many instances are not available anywhere else, but are greatly relied upon by a growing number of people.

Whatever amount you can send to the Trust will make a very real difference to our work. Living with HIV and AIDS is a big enough challenge in itself, even with all the help the Trust can offer. Please do not stand by and watch our good work slowly being eroded, simply from lack of funds.

Thank you for whatever amount you can spare.

The Terrence Higgins Trust



# If you needed the Trust we'd be there. Will you be there for us?

If you want to know more about the vital work of The Terrence Higgins Trust, please return this form. If you possibly can, please make a donation to support us.

Please post to: Lyndall Stein, Head of Fundraising, FREEPOST WC5004, 52-54 Grays Inn Road, London WC1X 8BR. (Using a stamp will save us money.)

Mr/Mrs/Miss/Ms	Initial
Surname	
Address	
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Telephone	
To help the Trust with its v donation of:	ital work please accept my
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☐ The Small Grants Fund ☐	
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# The Terrence Higgins Trust



# HIV

# AIDS

affect

us all



The Remembrance Service at St. Martin-in-the-Fields following the Trust's annual Candelight Memorial. Photo: Mike Goldwater/Network.