

Body Positive : a guide to our services.

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Body Positive



A Guide to our Services

Body Positive

The future of HIV services

The services provided at Body Positive are designed to respond to the very latest information about HIV and AIDS; therefore the support services you can access at 14 Greek Street are completely up-to-date with the needs of people living with HIV at the turn of the millennium. Whatever your requirements, whether it's help in returning to work, advice and information about anti-HIV drugs or help to manage side effects, we have something for you. Our work is led by the people who use our services. It will always be that way.

Body Positive, set up in 1985, was one of the first organisations to work specifically with HIV positive people. Since then the HIV epidemic has changed dramatically, and Body Positive has changed dramatically too. We know that access to high quality information has become very important to HIV positive people, and in 1999 Body Positive was voted one of the most helpful sources of information on HIV by the largest ever survey of HIV positive people.

Our unique position in the heart of Soho ensures that there is a constant stream of people in and out of the building. Just a few minutes walk from four underground stations, and placed close to the main bus routes of Oxford Street, Shaftesbury Avenue and Piccadilly Circus, the offices couldn't be easier to reach for people living in and around London. However, if you live further away, or have difficulty travelling, our information services are accessible by telephone or post. We can also keep you up-to-date with the latest news and views by sending you the UK's longest-running newsletter, free to people living with HIV and AIDS.

What Can Body Positive Do For Me?

***"I have recently been diagnosed as HIV positive.
What can Body Positive do for me?"***

The Body Positive Recently Diagnosed Course has been developed to provide all the information and support that is needed to adapt to a new situation. The courses consist of two full day and six evening sessions over an eight-week period. We run women only courses regularly throughout the year. To book your place on the next available course or to find out more, please ring our Health Promotion team on 0207 287 8010.

"How can Body Positive help me look after my health and combat the side effects I'm experiencing because of my drugs?"

Body Positive has a newly enlarged healthcare wing offering over 8,000 appointments a year to HIV positive people. Services available include;

- Complementary Therapies – Acupuncture, Reiki, Massage and many other therapies.
- Clinical Therapies – Chiropody, Dietetics and Physiotherapy.
- Counselling.

To make an appointment for any of the above please call our Therapy Reception on 0207 287 8010.

The Body Positive Gym provides group workout sessions and customised individual training programmes for HIV positive people. Women only sessions are run on a weekly basis.

"I'm thinking of going back to work, how can you help me?"

Body Positive has pioneered return to work training for HIV positive people. Our course, 'Skills for Success', run in partnership with Uxbridge College provides;

- NVQ accredited training to develop Information Technology, Business and Customer Service skills.
- In-depth advice on finances and treatments.
- Practical support through in-house placements and career development.

Courses run for twelve weeks – 15 hours per week.

To book your place on the next available course induction please call 0207 287 8010.

"How can I meet other HIV positive gay men?"

The Gay Men's Group – London's largest peer-to-peer support group meet weekly and can access all Body Positive's services. The group offers a friendly, comfortable atmosphere for HIV positive gay men. If you would like more information, please call our Gay Men's Health Promotion Officer on 0207 287 8010.

"How can I find out more about combination therapy and anti-HIV drugs?"

You may be about to start taking combination therapy or worried about the combination you're taking at the moment. Come and talk to our Treatments Advisor. He/she will be able to help you sort through the jargon and advise you about your treatment options. The service is confidential and you can book an appointment by ringing 0207 287 8010.

"I need to talk in confidence to someone I can be sure will understand my situation."

Body Positive runs Positiveline – 0800 616 212 – the UK's only free helpline staffed exclusively by HIV positive people. The lines are open Sunday to Friday 7pm - 10pm, Saturday 4pm - 7pm.

"I want to find out more about HIV. I'm interested in how HIV works in the body, how it is currently treated and the ways in which it is monitored."

- We run HIV Starter Sessions – group workshops designed to introduce you to HIV, what it is, how it affects the body, what treatments are available and what services are on offer. These courses are open to anyone, whether they are HIV positive or not, they could be friends, family or professionals new to HIV.
- We offer a comprehensive, user-friendly Library for people to browse in, and have a team of staff and volunteers dedicated to assisting visitors, answering telephone enquiries and responding to written requests about anything related to HIV, AIDS and treatments.
- Our Internet Lounge offers access to multimedia information and the internet on six terminals.

HIV Starter Sessions are run every month.

To book your place please call 0207 287 8010.

The Library and Internet Lounge are open

Monday to Friday 11am - 7pm and Saturday 12pm - 5pm.

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For more information about Body Positive Services

Come and see us at 14 Greek Street or alternatively call us, write to us, email us or visit our website.

If you have any comments on how we can improve things even further at 14 Greek Street, we would be delighted to hear from you. Please don't hesitate to call us with your suggestions.

Body Positive

The future of HIV services

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"How can I ensure that I stay up-to-date with all the developments and news relating to HIV?"

Body Positive News is the UK's longest running and most widely distributed monthly newsletter for people living with HIV and AIDS. Contributors include people who use Body Positive services, doctors and clinicians, members of staff and a huge number of volunteers. BP News is delivered free to HIV positive people. For your free copy or to subscribe to BP News please call 0207 287 8010.

"How can I help Body Positive?"

You can support BP with a gift of time, money or both!

Volunteers work in all areas of the organisation. Without them we wouldn't be able to deliver the range and quality of services on offer. We provide extensive training where particular skills or knowledge are required. We always need people to help shake collecting tins, or to take part in sponsored events. To find out more about volunteering call the Volunteer Co-ordinator on 0207 287 8010.

Body Positive must raise over £1m every year to be able to continue to deliver these essential services. You can make a real difference to the lives of people with HIV by becoming a friend of Body Positive. In return for a monthly donation of £5.00 or more, you will receive our quarterly supporters newsletter and advance warning of BP events. To find out more about becoming a friend of BP, call the Fundraising Department on 0207 287 8010.

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Newsletter



Recently Diagnosed
Courses



Treatment Advice



HIV Starter Sessions



Skills for Success



Information



Health Promotion



Positiveline: 0800 616 212



Gay Men's Group



Healthcare



Internet Lounge



Gym