

**Body Positive Centre : 51B Philbeach Gardens, Earls Court, London SW5 9EB.**

**Contributors**

Body Positive (London, England)

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# BODY POSITIVE CENTRE

BODY POSITIVE • 51B PHILBEACH GARDENS • EARLS COURT • LONDON SW5 9EB

# **THE BODY POSITIVE CENTRE**

***'It's a great relief to be able to  
share your worries about the virus  
and your future'***

Wouldn't it be good to have a place where, if you are living with HIV or AIDS, you don't have to worry about people's reactions to you.. where HIV is normal and others are going through similar



experiences to your one...where you can make friends, relax and get information...where, if you are the lover, partner or relative of someone living with HIV, you can meet others?

***'The hardest part was getting  
through the door. I came and went  
away again twice before going in. I  
appreciated the volunteer who  
spent time with me.'***

The Body Positive Centre aims to be such a place. It has grown out of self help: people living with and affected by the virus joining together to overcome some of the effects of the virus.

## **WHAT HAPPENS AT THE CENTRE?**

When you come to the centre, you will see a reception table and a volunteer to welcome you. If there is not a volunteer, please ask someone to direct you: volunteers always wear identity badges. You do not have to introduce yourself. You are welcome to just come and use the facilities. The Centre is for people both living with and affected by HIV/AIDS. Body Positive staff and volunteers do not need to know your HIV status.

There is a main area where you are welcome to help yourself to free tea, coffee and biscuits. Hot meals are served between 12.30-2.30pm and 6-9pm. Food is often available outside of these times.

There is a TV room, an information room, a self service laundry and a garden.

Centre activities vary month by month, but usually include advice sessions, therapies and social events. All activities are listed in the Body Positive Newsletter. If you cannot see a copy ask a volunteer.

**Centre rules:** No violence. No offensive behaviour against women, black people, lesbians and gay men, drug users, sex workers or any other group. No illegal drugs. No alcohol.

**"This isn't what I wanted!"** We need to know if you are not satisfied or if there are improvements to be made. You can speak to a volunteer, write in the comments book (on the mantelpiece); use the suggestions box (in the corridor) or write to: The General Manager, Body Positive, 51b Philbeach Gardens, London SW5 9EB. There are also regular Centre User's Meetings.

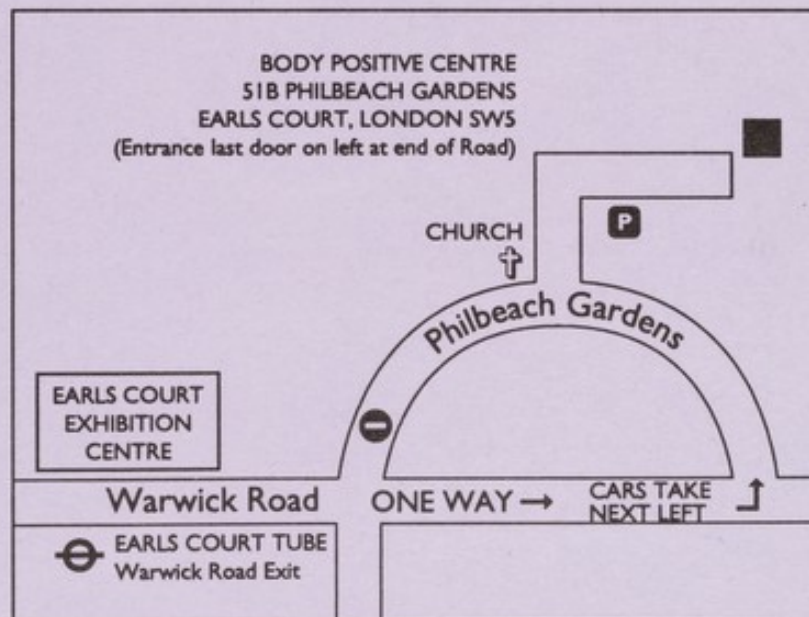
## WHEN IS THE CENTRE OPEN?

SUNDAY	11am - 5pm
MONDAY	11am - 9pm
TUESDAY	11am - 5pm 6pm - 9pm for women only
WEDNESDAY	11am - 5pm
THURSDAY	11am - 5pm
FRIDAY	11am - 9pm

## HOW TO GET TO THE CENTRE

If you are unwell or have mobility difficulty we can help with transport to the centre. For details please call the office 071 835 1045.

There are steps down to the centre but there is a stairlift



**Body Positive** is a self-help organisation providing information and support to men, women and children affected by HIV and AIDS. It is a living network of people affected by HIV who came together in London in early 1985, and who began a range of projects with a national profile, which has represented a model for the development of similar projects throughout the United Kingdom.

**Body Positive**, as its name implies, seeks to transform the diagnosis of a life-threatening infection, a positive test for HIV antibodies, into positive views and actions about keeping healthy and living well.

**Body Positive** is committed to confidentiality, responding to users' comments, quality service and fair and equal access for all men, women and children affected by HIV or AIDS.



## **BODY POSITIVE**

### **TELEPHONE NUMBERS**

#### **BP OFFICE**

9.30-5.30 Monday to Friday.  
For general enquiries,  
BP Centre information and  
to book Therapies etc.

**071 835 1045**

Minicom available

#### **HELPLINE**

7-10pm every evening  
to talk to someone who is HIV+.

**071 373 9124**

#### **POSITIVE YOUTH**

Support groups, information  
and advice for people living with  
HIV under the age of 26

**071 373 7547**

#### **WOMEN'S GROUP**

Support groups, information  
and advice for women affected  
by HIV/AIDS.

**071 370 2051**

#### **SMALL GRANTS**

A hardship fund for people  
living with HIV/AIDS.

**071 370 1066**

#### **BP WEEKENDS**

Awareness / training weekends  
for anyone interested in,  
or affected by, HIV/AIDS

**071 373 1287**

#### **INFORMATION ROOM**

**071 835 1815**

## **BODY POSITIVE**

**51b Phillbeach Gardens, London SW5 9EB**

**Telephone: 071 835 1045**

**Facsimile: 071 373 5237**

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