

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

Contributors

Body Positive (London, England)

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POSITIVE YOUTH

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

Positive Youth is a self-help group for young people aged 16 - 25, living with and affected by HIV/AIDS, resident in London.

SUPPORT GROUP

Every Friday evening between 6 and 9pm there is a social and support group for young people. This provides an opportunity to meet and talk informally about things which are important, to share worries as well as good news, and to relax in a supportive environment. There is a closed support group for those with HIV and/or AIDS. Occasionally the group invites a guest speaker to talk on a specific issue.

"I've found the group helpful because there are people there in the same situation as myself and I can talk to them knowing they will understand and be supportive."

There are also support weekends which young people are able to benefit from through Positive Youth and in addition complementary therapy sessions and workshops have been arranged.

SOCIAL ACTIVITIES

Since one of the main aims of Positive Youth is to put young people in touch with other young people to facilitate self-help, there are regular trips and outings arranged. In the past these have included going to the theatre, cinema, ice skating, bungee jumping and ten pin bowling. In promoting a healthy lifestyle there are regular sports activities on offer including gym, badminton, swimming, squash, spa/sauna, tennis etc.

* There are also residential weekends away which vary from being adventure based involving activities such as horse riding, abseiling, rock climbing, etc to those of a more relaxing nature.

"I am working through a lot of my inhibitions about my security and confidence, I am proud of what the group and I have achieved to go rock climbing and abseiling and broke down my own barrier."

"It was a really great experience to trust a group and go for an unknown expedition, walking together, helping each other and respecting each others feelings."

ONE TO ONE SERVICES

Young people are able to use Positive Youth as a point of access/referral to other agencies and can obtain information, advice and support on a range of issues including: housing, respite care, dentists, training, hardship grants, drugs, support groups, counselling and health issues.

SPEAKERS

Positive Youth has a number of committed volunteers who will talk to other groups of young people in schools, colleges, youth clubs, universities and also to professionals such as social workers, doctors etc about their personal experiences of living with HIV/AIDS. This is extremely rewarding for those who are involved and is of great importance in breaking down barriers and raising awareness.

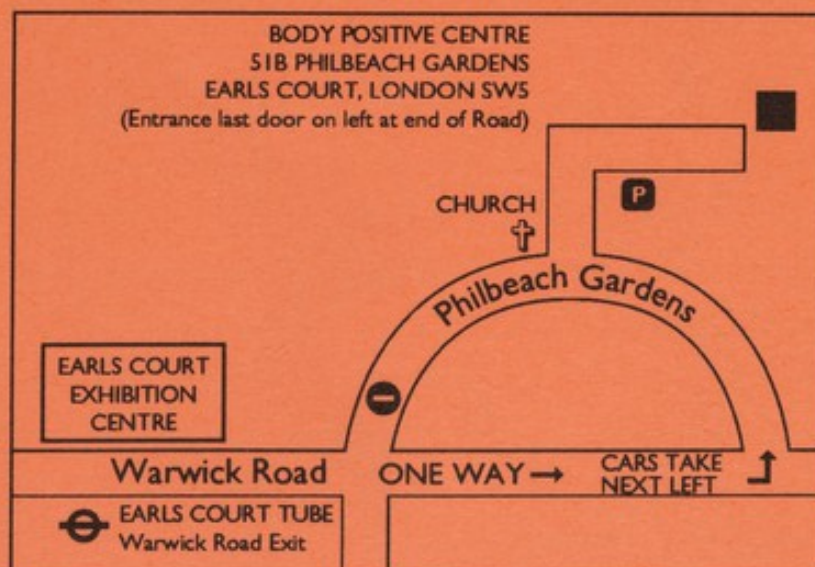
WHEN IS THE CENTRE OPEN?

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 20 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

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