

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

**Contributors**

Body Positive (London, England)

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# HELLPLINE

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

## **BODY POSITIVE HELPLINE**

**T**HE BODY POSITIVE HELPLINE is unique in that it is staffed entirely by men and women who are themselves HIV+.

Helpline operators receive training from Body Positive, but also share their own experiences to help callers who have concerns around HIV or who have particular problems that they need help with.

The Helpline is not an information line - it is an opportunity to talk to someone who is HIV+ and who understands the concerns and worries surrounding HIV from personal experience.

*The Helpline operates from  
7-10pm daily on*

**071 373 9124**

You do not have to be HIV+ to benefit from this service - our Helpline is open to anyone who is personally concerned about HIV or AIDS.

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.



## **OTHER BP SERVICES**

### **THE BODY POSITIVE CENTRE**

Wouldn't it be good to have a place where, if you are living with HIV or AIDS, HIV is normal. 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 Body Positive Centre aims to be such a place. When you come to the centre, you will see a reception table and a volunteer to welcome you. Volunteers always wear identity badges. You do not have to introduce yourself. You are welcome to just come and use the facilities.

There is a main area offering free tea, coffee and biscuits. Hot meals are served between 12.30-2.30pm. Food is often available outside of these times. There is a TV room, an information room, a self service laundry and a garden.

#### **CENTRE OPENING TIMES:**

SUNDAY: 11am-5pm

MONDAY: 11am-9pm

TUESDAY: 11am-5pm

6pm-9pm for women only

WEDNESDAY: 11am-5pm

THURSDAY: 11am-5pm

FRIDAY: 11am-9pm

SECOND SATURDAY OF THE MONTH:

12noon-5pm for women only

For details about how to get to the centre, please call the office on 071 835 1045, Mon - Fri 9.30am-5.30pm.

## **BODY POSITIVE NEWSLETTER**

**T**he Body Positive Newsletter is a national publication written by and for people affected by HIV and AIDS. Its prime function is to reach people affected by HIV/AIDS who don't have easy access to organised support facilities and to counteract the isolation they might feel.

Articles cover a wide range of topics from information on new drugs and treatments to personal experiences. It also carries features on welfare benefits, women's issues and information on alternative therapies.

The Noticeboard section gives details of events, support groups and organisations across the country. The Newsletter also carries Personal Ads for those wishing to meet other people affected by HIV/AIDS. The Diary section keeps readers up to date with events at the BP London Drop-In Centre.

If you would like to receive the Newsletter, or make a donation, please write to: **N/L Mailing Subscriptions, 51b Philbeach Gardens, London SW5 9EB.**

If you have any comments about the service please contact the office. If you have any complaints to make about the services that Body Positive offers please write to: The General Manager, c/o Body Positive.



**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**

### **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**

#### **NATIONAL NETWORK**

For details of Body Positive  
Groups in the UK.

**071 835 1045**

#### **INFORMATION ROOM**

**071 835 1815**

## **BODY POSITIVE**

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

**Telephone: 071 835 1045**

**Facsimile: 071 373 5237**

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