

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

Contributors

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BODY POSITIVE

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

WHAT IS BODY POSITIVE

In 1985 when public fears about AIDS were at a high point, a number of people who had tested HIV+ formed an organisation to give each other help and support.

The name BODY POSITIVE emphasises the organisation's aim, which is to turn a positive diagnosis for HIV into a positive outlook on life and living with the virus. Initially, a positive diagnosis for HIV feels anything but positive. People are often faced with practical difficulties such as loss of job or home, on top of emotional reactions of fear, isolation, rejection and prejudice.

Body Positive's approach is to enable people to help themselves. This idea extends into all areas of the organisation, where people affected by HIV/AIDS are encouraged to create their own support mechanisms, which are then tailor made to meet their particular needs. Body Positive provides administrative and financial back-up allowing people to concentrate their energies on helping each other.

The self-help ethic also encompasses the management and policy making of the organisation. Body Positive aims to be consultative at all levels, and to be consumer led in its growth and operation.

Body Positive offers its services to anyone affected by HIV/AIDS regardless of their gender, sexuality, life-style or racial origin. We try to ensure that the needs of people affected by, but not necessarily infected with, HIV, are met alongside the needs of those who are actually living with the virus.

Despite medical progress, there is still no cure for HIV infection. People affected by HIV have to rely on each other for support - both emotional and practical.

WHAT WE DO

Body Positive provides emotional support, practical help and information for everyone affected by HIV or AIDS. In particular:



A daily Help line where the calls are answered by men and women who are themselves HIV positive.



A regular Newsletter containing news and views on treatment and health issues, personal experiences, reviews and information of events, courses and support etc.



A Drop-In Centre in London, where hundreds of people come every week for all kinds of help and advice, alternative therapies, as well as social contact.



Training Weekends where HIV positive people assist others to learn about HIV/AIDS.



Hospital visiting.



A Hardship fund helping HIV positive people in need with clothing, bills and household equipment.



Support groups for Women, Young People, People in Prison and those Newly Diagnosed.



Support for the National Network building links throughout the UK.

HOW YOU CAN HELP

Body Positive is a registered charity which relies on donations to continue its work. This is your opportunity to help people affected by HIV/AIDS to help themselves. Your donation is needed, appreciated and will be used to the fullest benefit.

Donations can be made by cheque or credit card. Cheques should be made payable to '**Body Positive**' and sent to the address below. *Please do not send cash, in particular please do not send coins.*

HOW TO MAKE A DONATION

I wish to pay by: ☐ cheque ☐ postal order
☐ Access ☐ Visa ☐ American Express

Card number

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Expiry Date Amount £

Signature

If you wish you can call the office (071 835 1045) and make a donation by credit card quoting your name, card number, expiry date and amount.

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

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

INFORMATION ROOM

071 835 1815

BODY POSITIVE

51b Phillbeach Gardens, London SW5 9EB

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