

**Women's Group : Body Positive, 51B Philbeach Gardens, Earls Court,
London SW5 9EB.**

Contributors

Body Positive (London, England)

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WOMEN'S GROUP

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

BODY POSITIVE WOMEN'S GROUP

"I no longer feel isolated and alone, and I'm able to share my fears for the future in a supportive environment."

Body Positive women's group is a London wide group offering support, advice and information to all women living with, and affected by, HIV and AIDS. Our premise in the group is that we are women, positive women, partners, friends, carers and all living in Britain. With these as our starting points, we can begin to support one another, whilst learning from each other and recognising the important differences in life experience that we each have had.

We are open to all women regardless of sexuality, race, physical ability or lifestyle.

"...everyone here makes you feel welcomed and supported as a woman.."

We meet on a Tuesday evening between 6-9pm.

Informal one to one support; support group; welfare advice; complementary therapies; free tea, coffee and biscuits; food at a reasonable rate, for example a main course at £2 or soup at 60p; self service launderette; social activities and workshops are just some of the activities that the women's group offers.

We can arrange crèche facilities and transport if required by prior notice.

"The support and friendship that I get from the Women's Group has made a huge difference to my life."

Groundrules: Everything that is said remains within the group and is not shared outside the group. No violence or offensive behaviour against women, black people, lesbians or gay men, drug users, sex workers or any other group. Use of illegal drugs or alcohol on the premises is not acceptable.

"It is so good to meet other women and to be able to share my experiences with others in a similar situation."

"This is not what I wanted"

We need to know if you are not satisfied or if there are any improvements to be made. You can speak to Emma Colyer, write in the comments book which is located on the mantelpiece in the centre, use the suggestion box in the hallway or write to Stephen James, General Manager, Body Positive, 51b Philbeach Gardens, London SW5 9EB. For further information contact Emma Colyer on 071 370 2051.

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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