

Positive / Body Positive.

Contributors

Body Positive (London, England)

Publication/Creation

1993.

Persistent URL

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Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
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A POSITIVE OUTLOOK

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 operations.

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.

**TAKE A
POSITIVE
STEP**

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 groups 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 and PRISON 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.

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**MAKE A
POSITIVE
DIFFERENCE**

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.

I would like to support the work of
BODY POSITIVE and I (please ✓)

Enclose a cheque/postal order for £ _____

Wish to make a Credit card donation:

Access Visa Am.Ex.

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Expiry Date _____ Signature _____

Name _____

Address _____

I would like more information about:

- Becoming a Volunteer
- Becoming a Friend of Body Positive
- Including Body Positive in my will
- Tax effective donations

Please return this form to:

BODY POSITIVE
51B PHILBEACH GARDENS
LONDON SW5 9EB

BODY

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**SELF
HELP**

**FOR PEOPLE AFFECTED
BY HIV/AIDS**

**MAKE A
POSITIVE
CONNECTION**

HELPLINE 071-373 9124
7-10pm every evening

BP OFFICE 071-835 1045
9.30-5.30 Monday to Friday.
For general enquiries,
BP Centre information
and to book Therapies etc. MINICOM AVAILABLE

POSITIVE YOUTH 071-373 7547
Support groups, information
and advice for people living
with HIV under the age of 26

WOMEN'S GROUP 071-370 2051
Support groups, information
and advice for women affected
by HIV/AIDS.

SMALL GRANTS 071-370 1066
A hardship fund for people
living with HIV/AIDS.

BP WEEKENDS 071-373 1287
Awareness/training weekends
for anyone interested in, or
affected by, HIV/AIDS.

**NATIONAL
NETWORK** 071-835 1045
For details of Body Positive
Groups in the UK



BODY POSITIVE
51B PHILBEACH GARDENS
LONDON SW5 9EB
TELEPHONE: 071-835 1045
FACSIMILE: 071-373 5237

REGISTERED CHARITY NO 297823
REGISTERED COMPANY NO 2164911

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