

**Body Positive : living positively with HIV : a guide to our services / Body Positive.**

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# BODY POSITIVE

Living Positively with HIV



A Guide to our Services



## Body Positive

Body Positive was founded in 1985, in the early days of HIV/AIDS.

We were one of the first groups to address the specific needs of HIV positive men and women. Since then our services have improved the lives of thousands of people and been a model of good practice for many HIV groups throughout the world.

The HIV sector has changed dramatically since 1996 when combination therapy was introduced. There has been an increase in the diversity and complexity of HIV positive people's needs. At the same time there has been a reduction in secondary support services because funding has been channelled into expensive treatments.

In such a period of uncertainty and change, reliable access to high quality information has become the most valuable commodity for HIV positive people. Body Positive is therefore focussing on the health promotion and educational aspects of our work to best meet HIV positive people's needs.

Our Greek Street premises offer unrivalled access, being only minutes from four Underground stations and many of the West End's famous attractions. With extended opening hours – including Saturdays – and a fresh approach to HIV service provision, **Body Positive welcomes you to 14 Greek Street.**







## How Body Positive makes a difference



### Health Promotion

Body Positive's Health Promotion team offers an effective combination of accurate and unbiased information on medical, legal and financial matters, alongside comprehensive peer-to-peer support on the emotional and social aspects of living with HIV.

The individual Health Promotion services are:

-  **Information** – we offer a user-friendly Library for people to browse in, and have a team of staff and volunteers dedicated to assisting visitors, answering telephone enquiries and responding to written requests.
-  **Internet Lounge** – we offer access to multimedia information and the Internet on six terminals. The Library and Internet Lounge are open Monday to Friday 11am – 7pm and Saturdays 12pm – 5pm. We also offer legal, welfare and housing advice in conjunction with the Terrence Higgins Trust, available by appointment.
-  **Body Positive Newsletter** – this highly respected and authoritative monthly has a circulation of over 5,500 people. To join our growing readership call Body Positive for a free individual subscription.
-  **Treatment Advisory Service** – we offer confidential one to one advice by appointment (Tuesdays, Wednesdays and Fridays 3pm – 7pm) as well as monthly HIV Starter Sessions – group workshops designed to introduce you to HIV treatment issues. Both of these cover all the health and lifestyle issues around treatments to enable individuals to make the choices that are right for them.

◆ **Recently Diagnosed Courses** – we provide recently diagnosed people with the information and support they need to readjust to their new circumstances and look forward with confidence. Courses run throughout the year and each one comprises 2 full day and 6 evening sessions over an 8 week period.

◆ **Gay Men's Group** – London's largest peer-to-peer support group offers a friendly, comfortable atmosphere for positive gay men to relax and access all Body Positive's services every Monday evening.

◆ **Positiveline** – 0800 616 212 – the UK's only free helpline staffed exclusively by HIV positive people. The lines are open Monday to Friday 7pm-10pm, Saturday & Sunday 4pm-10pm.

Volunteers have a significant role in many of Body Positive's activities, allowing us to offer a visiting service to people with HIV whilst in hospital, and a speakers' group, who perform an educational role in schools and workplaces by discussing their experience of living with HIV.



## Healthcare

Body Positive has a newly enlarged Healthcare wing from which we will be offering over 8,000 appointments every year to HIV positive people:

- **Clinical therapies** – including chiropody, dietetics and physiotherapy.
- **Counselling** – specialists from the Red Admiral Project will be running regular sessions.
- **Complementary therapies** – including acupuncture, reiki and massage.





## Skills for Success

Body Positive has experienced an ever increasing demand from HIV positive people who are feeling well enough to consider a return to work or study, but are concerned that their IT skills and motivation have diminished with time. In response we are piloting an independent vocational training project, Skills for Success, which will provide:

- NVQ accredited training to develop IT, business and customer service skills.
- In depth advice on finances and treatments.
- Practical support through in-house placements and career development.

This project will develop positive individuals' skills and experience, enabling them to access exciting new opportunities.

## Body Positive and you

Body Positive is keen to hear from you – whether you want to use our services, support our efforts or become involved in the organisation. Please visit us at 14 Greek Street, Soho, London W1V 5LE or give us a call on 0171 287 8010 to find out more about how we make a difference.



**BODY POSITIVE**

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