

Take care of love ... : Aids doesn't mean you have to be afraid or alone / Sanctuary.

Contributors

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Publication/Creation

[1992?]

Persistent URL

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Sanctuary

TAKE CARE OF LOVE



"caring from the heart.....
...means caring for each other and ourselves"

aids doesn't mean you have to be afraid or alone

While serious illness is a fact of everyday life, HIV and AIDS has posed new confrontations and challenges for everyone: not only individuals with the virus, but their families, friends, carers, partners and lovers; in fact the whole caring community. People who are in the prime of their lives have become ill, and their prospects for a long life may have become severely affected. Everyone becomes affected, the frustrations and problems are shared by not only the people close to them but by the whole community.

When someone you know becomes ill, especially with a serious illness like HIV and AIDS, you may feel helpless or inadequate. You may say, as friends often do, "Just call if you need anything." Then out of fear or insecurity you may dread the call, if it comes, they may sense your unease.

Take care and look out for your love and the one you love. Here are some thoughts and suggestions about caring, not just for those you love but for yourself.

☐ Don't avoid your friends. Be there, it instils hope and trust, the love that has always been there, is needed now more than ever.

☐ Safe sex doesn't mean you can't touch each other. A simple squeeze of the hand or a hug can let someone know that you still care and are cared for. You can't catch AIDS by touching!

☐ Don't make promises you can't keep.

☐ Don't be afraid to talk, even if means talking about the illness or the future, hope is always important and yet don't feel that you always have to talk; silence between friends is a sign of their mutual trust and security.

☐ Remember life hasn't stopped, there are day to day celebrations and wonders to enjoy and share.

☐ Include them in all decision making, it's not just you. AIDS robs so many of control, dignity and responsibility. Support and maintain all of their decisions.

☐ Don't be angry with yourself or them when you can't seem to get on. Anger helps to clear the space between you. You may both have much stress and frustration. Don't be afraid to talk about yourself to someone else.

☐ Don't assume that anyone is handling their life or illness wrongly, they are not you.

☐ Sex need not always be genital to be fun or show your love.

☐ Share a meal, cooking it, eating it and the washing up. You can't catch AIDS from sharing utensils.

☐ Remember the little things that are important, flowers, colours, places, books etc.

☐ Don't confuse acceptance of the illness with defeat. This acceptance may allow a freedom to return self power.

☐ Share work and tasks, don't automatically take over or give in.

☐ Don't forget that there are others in your lives, they'll need support and time.

☐ Allow time for yourself. Always remember that you are not the other person and they are not you. But the circumstances could have been the other way around.

☐ Take care of the ones you love, don't share needles, explore safer sex, drugs and alcohol can make it harder to say no to unsafe practices.

☐ Enjoy the present moment, appreciate those around you, have a positive attitude; these are all catching.

People with serious illnesses, especially HIV and AIDS are no less than anyone else. They are, have always been and will always be people; have loved, been loved and are still loved; have been and will always be someone's children; they share the same world and community we do. An illness does not make anyone a lesser or greater person. It does however call for a response not just from the person, but from everyone around.

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WHAT IS AIDS AND WHAT DOES IT DO?

AIDS stands for Acquired Immune Deficiency Syndrome. This means that the body's 'natural' protection against diseases has been damaged and as a result is less able or cannot protect itself against many of the common diseases and illnesses as well as certain 'opportunistic' life threatening conditions.

But that's not all, it also appears to make people who may already be targets for discrimination and oppression, isolated and rejected. This illness has brought much cruel and unhelpful moralising, which has served no one, save ignorance and fear.

Sanctuary is about a philosophy of understanding, care and love; it is about the sharing of responsibility; about empowering people to make informed decisions about themselves and their lives; it is about quality, dignity, courage and strength.

To achieve these aims Sanctuary will provide;

- * Respite, convalescent and hospice care in a residential unit.
- * Family and carer support system, including accommodation.
- * Specialised parent and baby unit.
- * An education team to promote community awareness and self care.
- * Homecare and community support with the use of voluntary PAL teams.
- * Referrals and coordination with other AIDS groups.
- * A support and advice service including a telephone Helpline,
SANCTUARY PAL LINE
- * Day facilities for complimentary therapies.
- * Spiritual and social care.
- * Support Groups

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thank you for caring and taking the time to read this leaflet

FOR FURTHER INFORMATION ABOUT SANCTUARY AND HOW IT MAY BE
ABLE TO HELP YOU OR PERHAPS HOW YOU CAN HELP IT, NOT ONLY
WITH MONEY BUT WITH TIME
PLEASE CONTACT THE SANCTUARY OFFICE AT:

BALMORAL HOUSE
GRANVILLE PLACE
BOURNEMOUTH, BH1 1DP
TELEPHONE (0202) 317177
FAX (0202) 314727
HELPLINE (0202) 311166

SANCTUARY, THE SIMON OF CYRENE TRUST
IS REGISTERED WITH THE CHARITIES COMMISSION,
No. 1001046
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other agencies who would like to help you if you need some support, advice or want to do something about HIV & AIDS in you community

SANCTUARY PAL LINE
(0202) 311166

Dorset AIDS Support & Help
c/o 5 Belle Vue
WEYMOUTH
(0258)456505

BUDDIES GROUP
c/o (0202) 311166 or 398548

Body Positive (Bournemouth)
(0202) 304554

GENESIS
5 Belle Vue
WEYMOUTH
(0305) 779224

Lesbian & Gay Helpline
(0202) 318822

E.D.H.A. HIV & AIDS COUNSELLOR
Dept. GU Medicine, Kings Park Unit
Gloucester Road, Boscombe, BOURNEMOUTH
(0202) 398548

HIV PREVENTION COORDINATOR
(0202) 893000

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information and advice on Needle Exchange, Social Security, legal matters and referrals to other parts of the country can be obtained from

SANCTUARY PAL LINE & DASH