

**Worried or concerned about HIV or AIDS : Sanctuary Pal Line : AIDS doesn't mean you have to be afraid or alone / Sanctuary.**

**Contributors**

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**WORRIED OR CONCERNED**  
about **HIV** or **AIDS**



DOESN'T MEAN YOU HAVE TO BE

AFRAID OR ALONE

all calls and visits in the strictest confidence

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HIV and AIDS confronts us all, not just by infection,  
but by misunderstanding, ignorance, prejudice, fear  
and in caring for someone, loving someone, being with someone  
being a parent, being a partner, being a lover  
HIV and AIDS means caring for yourself as well

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SANCTUARY PAL LINE

**0202 311166**

As a complementary service to existing help and support lines and in conjunction with Dorset Aids Support and Help the Sanctuary offers a telephone helpline service

**Monday to Friday, 10am to 8pm, Saturday and Sunday 4pm to 8pm.**  
(This service is planned to be 24hr, 7 days a week).

The service will provide:

support  
information  
counselling  
referrals to other agencies

for all issues arising from HIV and AIDS.

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All calls are dealt with in a caring and non-judgemental way, according to the caller's needs and wishes.

All calls are treated with the utmost confidentiality by trained helpers.

Callers may also call into the Sanctuary office requesting the same service and meet with the counsellor for a more personal approach.

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## SANCTUARY PAL TEAMS

PAL teams consist of trained volunteers, many with additional and specific expertise and skills. Anyone can ask for support from the PAL teams and the necessary support can usually be arranged in 2-3 days  
At present SANCTUARY PAL teams can only operate in Dorset and parts of Hampshire and Wiltshire

**If we cannot help we will find someone who can!**

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Services offered by PAL teams:

- Domestic and housekeeping support and assistance
- Shopping
- Transport
- Companionship
- Night and day sitting
- Dog walking
- Counselling
- Aromatherapy
- Hypnotherapy
- Spiritual healing
- Advice (with professional backup)
- Relief / respite care for families, carers and people with HIV and/or Aids -  
this is provided in volunteers' own homes to anyone from anywhere in the country.
- Friendship
- Emotional support
- Psychological counselling

Referrals to the BUDDIES GROUP and to agencies nationwide

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Sanctuary is a community commitment and response  
If you feel that you can help by joining the Pal Team by volunteering or offering help and services please contact the Pal Team Coordination Team at the Sanctuary Office

Training and support will be given to all volunteers

PAL teams can be established anywhere and will widen the service offered.

The Sanctuary PAL Teams work in conjunction and with liaison and referral to other groups, statutory, non-statutory and voluntary

Pal Team Coordination Team  
Sanctuary office, Balmoral House  
Granville Place, BOURNEMOUTH  
0202 317177

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other agencies who would like to help you if you need some support or want to do something about HIV & AIDS in your community

**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**