

Young and Irish : AIDS, know the facts : emigrating to Britain? Living in Britain? / produced jointly by AGIY, Action Group for Irish Youth, Postively Irish Action on AIDS (PIAA).

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Young
AND
IRISH

AIDS

KNOW

THE

FACTS

EMIGRATING TO BRITAIN?

LIVING IN BRITAIN?

PRODUCED JOINTLY BY

AGNY ACTION GROUP
FOR IRISH YOUTH





Basement Sessions (1)

020
-7501
9264



Big Up

Celebrating five years as a sexual health organisation
for and led by black gay men

Basement Sessions (1)



SUNDAY FEBRUARY 20 2000 TO SUNDAY 12 MARCH 2000

020-7501 9264

How can AIDS affect my health?

AIDS is caused by a virus known as HIV. When someone has HIV it is sometimes not possible for their bodies to protect themselves from a variety of illnesses. Some people develop certain infections and cancers which may lead to death.

How is HIV passed on?

The first thing to remember is that HIV is not spread by day-to-day contact like shaking hands, hugging, kissing, coughing and sneezing, sharing cups or from toilet seats. Ignore people who tell you otherwise — **they don't know the facts**. You can only get HIV if three things happen:

- | | | |
|--------------|----------------|--------------------|
| ● It has to | ● It has to | ● It has to |
| BE IN | GET OUT | GET INTO |
| someone's | of their | your |
| body | body | <i>bloodstream</i> |

The main ways HIV gets into your bloodstream is if you:

- ★ have sexual intercourse
- ★ share drug equipment (needles, syringes, spoons and filters etc).

A woman can pass the virus on to her baby in the womb.

If you want to avoid HIV don't let certain body fluids—sperm-blood-vaginal juices—get into your body and don't pass them on.

Basement Sessions (1)

Where you get to talk and hear brothers in a way you never heard them talk before.

Basement Sessions are for those Black gay men who started the year looking for a place where they could talk and share with like-minded brothers ideas about lifestyles, identity and relationships.

Chill out and relax with good-natured and interesting conversation.

Held in the private lounge area of Café Goya, on Sundays 3pm to 5pm. Light refreshments prepared

by Goya's chef will be available.

Basement Sessions @ Café Goya Downstairs,

85 Acre Lane, Brixton, London SW2

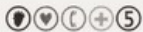
Nearest Tube: Brixton (Victoria) Clapham Common (Northern Line)

Buses: 37, 35

Tax: Free — spaces are limited so please book in advance

Time: 3pm–5pm

For more information or to book call Big Up on 0171 501 9264 ext.20 and ask for Basement Sessions or email basementsessions@bigup.co.uk



Big Up

20 February Brother Love

Introduces the idea of the Basement Sessions to participants, the facilitator and participants to one another.

27 February Face To Faith

The session will attempt to unravel the relationship between religion, spirituality and sexuality.

5 March Black Macho

In this session we look at how we view masculinity and the influences on our Black male identity.

12 March Looking for Mister Right

This session is an exploration of our desires for the perfect partner.



Name

Address

Postcode

Email

Telephone

☐ Please add my details to your general database

☐ Please send me more information on

Names and addresses are confidential to Big Up and are not passed to other organisations

Please send to:

Big Up Freepost LON10579 London SW2 1BR

*Are you
having a
great time?*

*Are you
feeling lonely
or confused?*

*Is life different
here from
life at home?*

*Have you just
arrived in
London?*

*Have you been
here for a
while?*

Many things are new and exciting, some things are strange and uncertain. Finding a place to live, getting a job, making friends are all important but remember you've got to stay fit and healthy to survive here AND **YOU WILL NEED TO KNOW THE FACTS TO PROTECT YOURSELF AGAINST AIDS.**

**SPREAD THE WORD
NOT THE DISEASE!**

Can it happen to me? — Yes!

- Over 5,451 cases of AIDS have been reported in the UK. (Dec. '91)
- It is estimated that 100,000 people in the UK are affected by the HIV virus.

Are you having sex with a man, a woman or with both?

You only have to have unsafe sex once and you will be putting yourself and your boyfriend(s)/girlfriend(s) at risk.

You are more at risk if you have sex with someone who is or has been involved in unsafe sex and/or unsafe injecting drug use.

Are you injecting drugs?

If you are — sharing equipment once is enough to pass on HIV.

Remember you cannot tell by looking at someone if they are infected or not.

Should I take the test for HIV?

There are many reasons for and against having the test which will show whether you have come into contact with HIV. Do not allow anyone to force you into having the test.

The test cannot tell you whether or not you have AIDS or will ever develop AIDS. People who are infected with HIV do not always develop AIDS.

If you are thinking of having the test or want more information it is best to go to a STD (Sexually Transmitted Disease) Clinic and talk things over with an adviser. These clinics are confidential but if you are worried **you don't have to use your real name.**

Help and Advice

STD Clinics

PRAED ST. CLINIC, St. Mary's Hospital, Praed St., W2 Tel. (071) 725 1697
HIV pre test counselling and testing. Free condoms. Advice. Phone or visit
for appointment.

JAMES PRINGLE HOUSE, 73 Charlotte St., W1. Tel. (071) 580 6584
HIV pre-test counselling and testing, free condoms, advice. Phone or visit
for appointment Mon-Fri 9 a.m.-6 p.m.

'AIDS' Agencies

CENTRAL LONDON ACTION ON STREET HEALTH (CLASH)

15 Bateman Buildings, Soho Sq., W1V 5TW. Tel. (071) 734 1794
(ansaphone when out):

Confidential advice, information, counselling and contact with good doctors; also operates drop-in service for collection of works etc. and condoms on Friday between 10.30 a.m.-4.30 p.m.

TERENCE HIGGINS TRUST, BM AIDS, London WC1N 3XX.

HELPLINE (071) 242 1010.

Open 3-10 p.m. every day providing information, advice, referrals and counselling on HIV and AIDS. Vistel, Tel. 405 2463 (for people with speech or hearing problems)

NATIONAL AIDS HELPLINE, 0800 567 123

Free confidential telephone advice.

Drug Agencies

THE BASEMENT PROJECT, 4 Hogarth Road, SW5. Tel. (071) 373 2335

Needle exchange, support, onward referral, housing, legal and welfare advice, well woman clinic. Drop-in Monday to Friday p.m. Women only needle exchange on Thursday. Covers the West London area.

THE STOCKWELL PROJECT, 1-3 Stockwell Gdns. SW9. Tel. (071) 274 7013

Needle exchange, support, onward referral, acupuncture, primary health care arranged, welfare advice, access to detoxification services. Drop-in Monday-Friday p.m. Covers the South London area.

DRUG ADVISORY SERVICE HARINGEY (DASH), St. Ann's Centre for Health Care, St. Ann's Road, London N15 3TH. Tel (081) 802 0443
Information and counselling service.

Needle Exchanges

THE CARAVAN, South Wharf Road, Paddington, W2. Tel. (071) 725 1418.

Needle exchange, support, onward referral, primary health care, welfare advice, legal advice, women only sessions. Drop-in Monday to Friday afternoons. Covers West and North West London area.

THE EXCHANGE, 16A Cleveland St, WC2. Tel. (071) 631 1750

Needle exchange, support, onward referral, primary health care, doctor's surgery, counsellor. Drop-in Monday to Friday afternoon. Covers the West End, North and East London.

Gay Contacts

LONDON LESBIAN AND GAY SWITCHBOARD, Tel. (071) 837 7324
24 hour information and advice for lesbians and gay men.

NORTH LONDON LINE, Tel. (071) 607 8346

Lesbian and gay youth project for 16-25 year olds. Drop-in Monday evenings. Group sessions, counselling, support and welfare advice. Phone for details.

QUEST, Support for gay Catholics Tel. (071) 792 0234 Fri. Sat. Sun. 7-10 p.m.

Women and Health

PREGNANCY ADVISORY SERVICE (PAS), 13 Charlotte St., London W1. Tel. (071) 637 8962.

Informal, confidential information and advice service. Pregnancy testing. Counselling. Medical Examinations. No appointment necessary for pregnancy testing.

Irish Contacts

POSITIVELY IRISH ACTION ON AIDS (PIAA), St. Margaret's House, 21 Old Ford Road, London E2 9PL. Tel. (081) 983 0192
PIAA was set up to highlight the needs of Irish people in Britain affected by HIV. PIAA provides advice and information on existing services and agencies who are sensitive to the needs of Irish people. They also run regular support groups for Irish people living with HIV. If you are concerned about HIV please ring Luke for a confidential discussion.

IRISH GAY MEN'S NETWORK — Contact by Tel. (081) 983 0192.
Social and support network for Irish gay men which meets on the first and third Tuesday of every month at the Lesbian and Gay Centre, Cowcross St, EC1.

IRISH GAY HELPLINE — Tel. (081) 983 4111
Provides a telephone information, listening and counselling service for Irish gay men in Britain. The Helpline is staffed by trained volunteers and operates each Monday from 7.30 p.m. to 10.00 p.m. All volunteers are Irish gay men and at any one time there will be two volunteers on the Helpline.

CAIRDE — c/o London Friend, 86 Caledonian Road, London N1. Tel. (071) 837 2782.
Irish lesbian social and discussion group. Meets 2nd and 4th Sundays of each month from 6.30 p.m. to 8.30 p.m.

ACTION GROUP FOR IRISH YOUTH: For a comprehensive list of advice centres (including Irish advice centres) and a wide range of other services available in London read the AGIY publication 'A Guide to London for Young Irish People'.

Send a cheque for £2.00 (Stg. £2.75 from the Republic of Ireland) to:

Action Group for Irish Youth
5-15 Cromer St.
London WC1H 8LS
Tel. (071) 278 1665

Chemists

Stocks of dams or latex barriers can be purchased from:

Collonades Chemists, 28 Porchester Road, London W2.

Cottrells Chemist, 15 Charlotte St., London W1.

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HOW TO AVOID THE RISKS

A NEW KIND OF SEX

The list of sexual variations is endless and the fun of safer sex is learning to invent new sexual activities. Just remember — **don't** allow sperm, blood or vaginal juices to be transferred from one body to another.

Practising safer sex can make your sex life imaginative, adventurous and fulfilling.

You can try

- * kissing/sucking different parts of your partner's body
- * rubbing and massaging bodies together
- * masturbating together or masturbating one another
- * using your hands/fingers to penetrate the vagina or anus (beware of any cuts/sores on the hand)
- * experimenting with sex toys (but use your own and don't share it with your partner)
- * creating and sharing sexual fantasies together (dirty talk).

Oral sex is thought to be O.K., but avoid it if you have any cuts/ulcers or open sores in your mouth.

Learning to practise safer sex can take time and at first may be difficult, especially if you don't feel comfortable talking about sex. However if you persevere, you can discover a whole new feeling of sexual satisfaction!

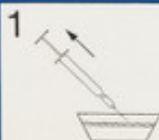
SAFER SEX

GETTING HELP

The AIDS Agencies listed at the back provide the **HELPLINES**, where trained counsellors can give you advice on learning to practice safer sex. The counsellors are there to help you and are used to talking about sex in an open way, so feel free to discuss anything you want with them.

* If you are going to use drugs do it carefully; you may do less harm to yourself and live longer and healthier.

CLEANING USED WORKS

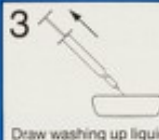


1 Draw Fresh Cold Water into the Syringe.



2 Flush it out.

THROW THE WATER AWAY!

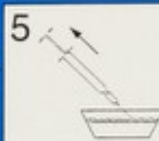


3 Draw washing up liquid mixed with water, or bleach (not thick bleach) into the Syringe.



4 Flush it out.

THROW THE BLEACH/ WASHING UP LIQUID AWAY!



5 Draw Fresh Cold Water into the Syringe.



6 Flush it out.

THROW THE WATER AWAY!

DO NOT SHARE YOUR CLEANING EQUIPMENT WITH ANYONE ELSE!

(If you can't get bleach/washing up liquid, then **AT LEAST** wash out your equipment two or three times with fresh cold water (DO NOT SHARE THIS WATER WITH ANYONE ELSE).

DO THIS TWICE

DO THIS TWICE

DO THIS TWICE



1 Do not try to put on the condom when the penis is soft.



2 Wait for the penis to go hard. Put on the condom before vaginal/anal intercourse.



3 Tear the strip across one corner and remove the condom. Either you or your partner can then begin to put the condom on.



4 With one hand, squeeze the end of the condom with thumb and finger to expel air because air inside the condom can make it burst.



5 Put the condom on the end of the penis and roll it all the way down.



6 Take the penis slowly out of your partner after intercourse. Hold the condom firmly around the penis so that it remains in place until the penis is withdrawn. Be very careful not to spill any sperm.



7 Take the condom off. Do not use it again.

HIV AND SEX

HIV is mostly caught or passed on through vaginal or anal intercourse. Protecting yourself means always practising safer sex, preferably by avoiding sexual intercourse altogether. If you intend having vaginal/anal intercourse, then to make it safer **ALWAYS** use a condom (rubber, johnnie, dures, sheath). A condom helps to stop sperm, blood and vaginal juices from being transferred. Condoms should be used with a lubricating jelly like K.Y. or spermicide cream that contains nonoxonyl 9, like Duragel or Gynol II.

NEVER USE oils like vaseline with a condom as they'll melt and destroy the rubber.

OTHER FORMS OF PROTECTION FOR WOMEN

A 'dental dam' is a small thin sheet of rubber. Using a 'dental dam' will make oral sex safer. When placed over the vagina, it will prevent the exchange of body fluids, including menstrual blood, getting into a partner's mouth — particularly if your partner has bleeding gums, mouth ulcers or cuts.

Dams are not as freely available as condoms so you may find cutting a condom in half a useful alternative. See overleaf under 'Chemists' for stockists.

USING A CONDOM

Condoms also protect you from other sexually transmitted diseases like warts, herpes and gonorrhoea. They also protect women from cervical cancer, as well as preventing pregnancy, although you may want to use another method of birth control as well e.g. cap, coil, pill.

Condoms aren't 100% safe because they can tear or come off.

For greater protection you may wish to use two condoms.

- * **FOR VAGINAL SEX** — Durex Gold, Nu-Form, Gossamer.
- * **FOR ANAL SEX** — HT Special, Lifestyles Extra.
- * **FOR ORAL SEX** — Durex Fetherlite, Jiffy.

Before you use a condom **ALWAYS** check that the expiry date on the condom packet has not passed and look for the kitemark (see below) which guarantees that the condoms have been tested to British standards.



WHAT CAN YOU DO?

YOU CAN STOP USING

- * Don't be afraid to ask for help. You don't have to go through it alone.

You can stop fixing

If you are a drug user the best protection against HIV infection is not to inject. If you use drugs, other ways are safer instead of injecting, like:

- swallowing
- snorting

SAFER DRUG USE

YOU CAN STOP SHARING

- * Always try to get your own equipment
- * You can get new equipment from needle and syringe exchange schemes (see section in **HELP AND ADVICE** for further information).
- * Use clean equipment everytime you fix

- * Keep your equipment safe so that it can't be borrowed without your knowledge
- * Use your own spoon etc. for cooking up
- * Use clean cold water to mix with your gear (Do not use warm water because this can cause blood to clot and get stuck in the equipment)
- * Do not share your filter
- * Do not share any cooking, injecting or cleaning materials
- * Dispose of your equipment safely or through your exchange.

* **If you can't get your own equipment and you have to share — clean your equipment first**

Fixing, or using dirty injecting equipment can damage your health BUT sharing equipment is always dangerous. Small amounts of blood can be exchanged if you share.

If you want to avoid HIV **don't** share, even with your boyfriend or girlfriend.

The more often you share the greater the risk you run of being infected with HIV.

SHARING ONCE CAN BE ENOUGH!

Except for alcohol, LSD and some minor tranquilisers, the use of drugs like **TB**, heroin, cannabis or hash, cocaine or crack, amphetamines or speed for non medical reasons, is illegal. Drugs can be unpredictable and lead to misuse, dependency and affect your judgement; all those decisions you've made about practising safer sex could soon go out the window!