

**HIV/AIDS : a free, specialist counselling service / The Red Admiral Project.**

**Contributors**

Red Admiral Project (London, England)

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A watercolor illustration of a Red Admiral butterfly (Vanessa atalanta) with its wings spread, showing dark blue, red, and white markings. The butterfly is positioned in the center of the page, surrounded by various flowers: white lilies at the top, a yellow flower to the left, a large white daisy in the foreground, and a purple flower at the bottom right. The background is a light, textured cream color.

# HIV/AIDS

A FREE, SPECIALIST  
COUNSELLING  
SERVICE

THE RED  
ADMIRAL  
PROJECT

## ■ What is the Red Admiral Project and who is it for?

The Red Admiral Project provides free, specialist counselling to anyone affected by HIV or AIDS. The service is for people with HIV or AIDS, their partners, family and friends.

A team of professional counsellors offers one-to-one, couple and family counselling seven days a week from the Project's small off-street centre in Earls Court.

Red Admiral aims to be welcoming and comfortable for everyone. The Project particularly appeals to people who like a centre to be low profile, personal and highly confidential.

## ■ How can counselling help?

HIV or AIDS can have a major impact on someone's life. It can bring up many fears and uncertainties which can sometimes be hard to manage alone.

Red Admiral's counsellors work with people to help them find their own solutions to some of the issues which HIV or AIDS can raise.

These may include:

- ☐ Living with the uncertainty of an HIV or AIDS diagnosis
- ☐ Managing bereavement
- ☐ Taking the HIV test
- ☐ Telling other people that you have HIV or AIDS
- ☐ Dealing with loneliness and isolation
- ☐ Resolving difficulties in relationships
- ☐ Dealing with fears and anxieties
- ☐ Living with disability or disfigurement
- ☐ Supporting and caring for someone with HIV or AIDS
- ☐ Practising safer sex
- ☐ Managing compulsive sexual behaviour
- ☐ Getting through crises
- ☐ Facing death
- ☐ Managing drug or alcohol use
- ☐ Dealing with loss and separation

## ■ What is Red Admiral's approach to counselling?

Red Admiral offers short term and crisis counselling. The Project's overall aim is to assist people to understand and make sense of some of the more difficult feelings and thoughts raised by HIV or AIDS. How this may be achieved will vary according to each individual but may involve assisting someone to:

- ☐ Identify and explore the impact that HIV or AIDS is having on their life
- ☐ Understand and address specific problems
- ☐ Reach decisions
- ☐ Develop personal insight and awareness
- ☐ Work through feelings of inner conflict
- ☐ Improve relationships with others
- ☐ Deal with crises

Red Admiral uses an integrative model of counselling which combines both person-centred and psychodynamic approaches. The Project is a member of the British Association for Counselling. In accordance with BAC requirements all counsellors receive weekly supervision of their work.

## ■ How do I see a counsellor?

Appointments can be made by ringing the Red Admiral Project between 10.00am and 6.00pm, Monday to Friday. (Counselling is offered seven days and five evenings a week.) The first appointment takes the form of an introduction and it can be followed by up to eleven further 50 minute sessions at any one time.

Red Admiral's specialist counsellors include gay, heterosexual and bisexual men. The team also includes a Women's Counsellor and a Drugs Counsellor.

## ■ Does Red Admiral provide any other services?

Whenever possible Red Admiral offers counselling to people at home or in hospital, who are unable to visit the centre. Red Admiral also runs a number of support groups, including a group for people who have been bereaved as a result of HIV or AIDS. For details of these services please contact the Project.



## ■ Can you help us?

### Darryl's story -

*"Three years ago I discovered I was HIV positive. The news came as a shock. I was overwhelmed by thoughts and feelings which left me incapacitated and uncertain of what the future would hold for me. I wanted to talk to someone, but it had to be someone with whom I would feel safe.*

*I found out about Red Admiral and came and saw one of the counsellors. Through counselling I have come to really value myself. I have been able to make sense of my thoughts and feelings, and to take charge of my life. Although things can still be difficult sometimes, I now feel far better able to cope with the challenges which living with HIV presents.*

*As one of Red Admiral's first clients I was invited to join the Management Committee. I now know what it takes to provide a free counselling service - not least of which is money! The Project raises funds from a number of sources but still needs to raise £30 for each session in order to make ends meet.*

*Any help you are able to give to Red Admiral would be enormously appreciated. Simply complete the coupon below. Your support really will make a difference to someone. Thank you."*



I would like to support the work of the Red Admiral Project and enclose my donation for:

£15 ☐    £30 ☐    £60 ☐    Other £

NAME

ADDRESS

POSTCODE

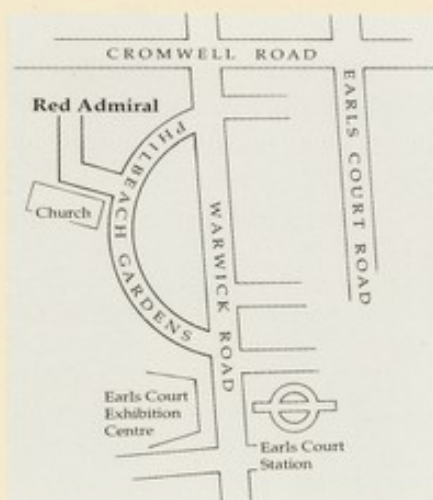
I enclose a cheque/postal order made payable to the Red Admiral Project.

I would like more information about (please tick):

- ☐ The work of the Red Admiral
- ☐ Tax effective donations
- ☐ Including Red Admiral in my will
- ☐ Helping with fundraising

Please return this coupon to: The Red Admiral Project,  
51a Philbeach Gardens, London SW5 9EB.

## ■ How to find us



### **Tube:**

The nearest tube station is Earls Court which is on the District and Piccadilly lines (Warwick Road exit.)

### **Buses:**

C3, 31, 74, 283, 349

### **Parking:**

Limited meters and residents' parking (Kensington & Chelsea) are available in the area.

As we are based close to the Earls Court Exhibition Centre, parking can be extremely difficult. We therefore strongly recommend public transport.

The Red Admiral Project  
51a Philbeach Gardens  
Earls Court  
London SW5 9EB  
Phone: 071-835 1495  
Fax: 071-373 1935

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John Shine

Access details on request

In Bristol, please contact  
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