

**The Landmark : a centre for people affected by HIV/AIDS.**

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• LAUNDRY • HOLISTIC THERAPIES •  
• COUNSELLING & SUPPORT GROUPS • VITAMINS SCHEME • TRANSPORT  
• MEALS • HOME SUPPORT

• ADVICE SERVICE • INFORMATION ROOM • DROP-IN CENTRE • CRÈCHE



# THE LANDMARK

A Centre for People affected by HIV/AIDS





## What is The Landmark?

The Landmark is a centre which exists to improve the quality of life of people who are affected by HIV/AIDS. It offers a wide range of facilities and services from a specially adapted building in Brixton, South London. The Landmark is open to anyone who is living with HIV/AIDS, and to their partners, carers, family and friends.

## What is available?

### The Drop-In Centre

The Drop-In Centre offers a friendly and supportive social environment and a number of practical services. It is run by a trained team of staff and volunteers who can show you round and explain all of our services in more detail. The drop-in team are also familiar with issues relating to HIV/AIDS, and are there to listen and to help you with any particular problem you may have. Anything you discuss will be treated in the strictest confidence.

#### The drop-in centre offers:

- ☼ A comfortable lounge
- ☼ A restaurant offering lunchtime and evening meals
- ☼ A crèche
- ☼ A laundry
- ☼ An information room containing a wide range of material on HIV/AIDS
- ☼ An exercise room
- ☼ A quiet room
- ☼ Space to sit outside



A range of social events and activities is also offered.

To meet some of the diverse needs of different people within the community, The Landmark offers some services to specific groups. These include women-only and black-only drop-in times, and specific meetings for carers and gay men.

There is always a member of the drop-in team on duty during opening hours.



### Drop-in Centre Opening Times

<b>Monday</b>	Mixed drop-in 1-5pm
<b>Tuesday</b>	Mixed drop-in 1-5pm Black-only drop-in 5-9pm
<b>Wednesday</b>	Mixed drop-in 1-5pm Women-only drop-in 5-9pm
<b>Thursday</b>	Mixed drop-in 1-9pm
<b>Friday</b>	Mixed drop-in 1-5pm
<b>Saturday</b>	The Landmark is closed
<b>Sunday</b>	Mixed drop-in 1-5pm

## Appointment Services

### Counselling

Counsellors at The Landmark provide support and can help you to address particular problems. You can see a counsellor on your own, or you can bring a partner, carer or friend with you. Social workers from some of the South London boroughs and hospitals also offer appointments.



### Advice Services

Advice is usually available in housing, money/benefits, legal issues, nutrition and dental care.





### **Holistic Therapies**

A wide range of holistic therapies are available including acupuncture, massage, reflexology, homoeopathy and shiatsu. We also offer a vitamins scheme, through which vitamins and food supplements can be purchased at cost price.

### **Transport Service**

The Landmark has its own cars and a team of volunteer drivers who provide a free transport service. Return journeys can be made to clinics, hospitals or other services, as well as to The Landmark itself.

### **Reachout (Home Support) Service**

Reachout is The Landmark's home support service for people who live in South London, have HIV/AIDS and would benefit from additional support in the home because they are unwell or isolated. This service is provided by a team of volunteers, all of whom receive extensive training. A volunteer will visit on an on-going basis, and as well as providing emotional support may be able to help with practical tasks such as shopping or with gaining access to other services.

With the exception of meals and the vitamins scheme, all of The Landmark's service are free - although you are welcome to make a donation towards the cost of those that you use. Use of some services will depend on where you live, and whether you have HIV/AIDS yourself.

## **How do I use The Landmark?**

Call in during drop-in hours to the address overleaf; or if you would like more details of our services, telephone 0181-678 6686 and ask for an information pack.



## I Want to Help!



I would like to help people affected by HIV/AIDS by making a financial contribution to the work of

**The Landmark** to the amount of:

☐ £10   ☐ £25   ☐ £50   ☐ £100

☐ Other £ .....

I enclose a ☐ cheque ☐ PO made payable to **'South London AIDS Action'** or

Debit my ☐  ☐  Account No:

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Name as it appears on card .....

Card Expiry Date .....

Signature .....

Date .....

☐ I understand that a **Covenant** is the most tax-effective way of making a donation to The Landmark and I would like you to send me further information

☐ Please send me information about becoming a **Friend of The Landmark**

Name .....

Address .....

Postcode .....

Please detach form and return in an envelope to:

**The Landmark, FREEPOST (SW8551)  
LONDON SW2 2BR.**

No stamp is required, although if you use one, it will save us valuable funds.



## Underground

The nearest station is Brixton on the Victoria Line; The Landmark is about 15 minutes walk from the station.

## Bus

If you are coming from Central London, the 2 stops on Tulse Hill, about 2 minutes walk from The Landmark; the 3 and 196 stop on Effra Road, about 5 minutes walk away - ask for the stop before Brixton Water Lane. If you are coming from South London, take the 2 along Tulse Hill.



## Parking

There is **very** limited parking at The Landmark which you can use if you have an orange disability sticker and are currently experiencing mobility difficulties; otherwise, it is usually possible to park for free in the streets nearby.

## Access details

The Landmark has full disabled access. A ramp leads to the main entrance, and the door can be opened automatically. There is a lift to all floors and all public rooms, including toilets and showers, have wheelchair access.



47 TULSE HILL  
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FAX: 0181-678 6825

VOLUNTEERS  
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The Landmark is managed by South London AIDS Action, a Company Limited by Guarantee. Registered Office: 61 Charterhouse Street, London EC1M 6HA. Registered at Cardiff No: 2293475. Charity Registration No: 299692

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