

**Positive care : a guide to care services for people affected by HIV/AIDS in South Glamorgan / South Glamorgan Health Authority, South Glamorgan AIDS Network.**

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# **POSITIVE CARE**


**A guide to  
care services for  
people affected  
by HIV/AIDS in  
South Glamorgan**




**CARDIFF AIDS HELPLINE** **(0222) 223443**

(with minicom support for the deaf)


The Helpline is staffed by trained volunteers from all walks of life. Since 1986, they have provided a range of confidential services in response to the needs of the local community. At present the Helpline is open weekdays between 7.00pm and 10.00pm offering support and information. They can provide community care and support, face-to-face counselling and discretionary grants to people affected by HIV.

**CARDIFF FRIEND** **(0222) 340101**

Cardiff Friend is a service specifically for lesbians and gay men. A general helpline is available Tuesday to Saturday between 8.00pm and 10.00pm, with HIV/AIDS counselling and information available on Saturdays.

**COMMUNITY DRUG TEAM** **(0222) 395877**

A multi-disciplinary team based at 46 Cowbridge Road East, Canton, Cardiff. Offers a range of services to drug users, their partners and families, including counselling, support, information about drug problems and HIV issues. The day centre offers a programme of activities combining recreation and therapy. A Needle Exchange Scheme provides clean equipment and safe disposal facilities, with referral to other agencies and treatment services, and an outreach team working with drug users and prostitutes. Services provided are user-friendly and confidential.

**GUM CLINIC** **(0222) 492233 ext 5207/8** (Enquiries)**(0222) 498900** (Health Advisors)

The Genitourinary Medicine Clinic is based at the West Wing of the Cardiff Royal Infirmary. The HIV/Aids Counselling and Advisory Service provides a comprehensive support service for people with HIV infection, partners, family, friends and carers.


**The District HIV Co-Ordinating Centre acts as a focus for those providing care services and health promotion in South Glamorgan. We don't actually provide care ourselves, but we can put you in touch with those agencies who do.**

If you are living with HIV/AIDS, or are caring for someone who is affected by it, we can arrange a meeting between you (and anyone you want to bring along) and people who will help.


You can get advice on money and benefits to which you're are entitled; any problems related to work or housing; counselling and support; advice and support if a child in your care has HIV or AIDS; help with shopping, cooking, laundry and cleaning; assistance in getting a telephone or television; providing equipment in your home to make it easier to manage; and personal care to enable you to continue living in your own home.

Basically, if you're diagnosed as HIV positive, you can, at any stage, choose to let the District HIV care Co-Ordinator, arrange a meeting to plan your own care programme with South Glamorgan's HIV care services. You will have a keyworker to call on, and together you can call further meetings to see how things are working out, or to get the assistance of other agencies. You can start this all off by contacting the District HIV Care Co-Ordinator direct, or by going through your GP, or any of the agencies in this leaflet.


All this is at the other end of a phone. All the information you give will be treated as strictly confidential, and it will for you decide if someone else needs to know.

**FAMILY PLANNING ASSOCIATION** **(0222) 342766**


The Family Planning Association can provide counselling and information around the issues of HIV and pregnancy.

**DRUG AID** **(0222) 383313**


Drug Aid offers a friendly welcome for anyone using drugs, solvents or tranquillisers, and their relatives or friends. It also offers a Needle Exchange Scheme.

**OASIS** **(0222) 451693**

Oasis is a drop-in care centre offering a warm welcome to all who are concerned with HIV/AIDS, with their families, partners and friends. The centre is open Mondays between 10.00am and 3.00pm.

**SOCIAL SERVICES DEPARTMENT** **(0222) 492233 x5410/5575**

There are a number of ways Social Workers may be able to help directly or by working in partnership with other sections of the Social Services Department. These services include practical help in the home, advice about equipment and adaptations and advice about benefits. Counselling and emotional support is also offered to you, your partner, carer and relatives.

**COMMUNITY HEALTH UNIT** **(0222) 396776/495816** or  
**(0446) 720799**

The primary health care team, consisting of a family doctor (GP), health visitor, community nurses and midwives, and social workers, can provide care for you in your own home. It offers a day or night sitting service, staffed by nursing auxiliaries to enable caring relatives or friends to have a complete rest on one or two nights a week when no alternative is available. Community sisters arrange for this when someone is caring for a seriously ill person. There is also a loan service for medical and nursing aids.

**I**f you, or someone you care about has been diagnosed HIV positive, probably the last thing you need at the moment is a leaflet like this to remind you. But please, keep it safe. You might find later that you need support or help, and this gives you the contacts in South Glamorgan for groups and agencies dedicated to caring for people living with HIV, and those close to them.

**I**t might seem difficult at the moment, but the most important thing to do is to look after yourself by eating sensibly. This will help you maintain your weight, physical strength and general well-being. Further information on diet is available for you

**R**emember, you might not need us right now, but if you ever decide you do we'll be right here.

**THE DISTRICT HIV  
CO-ORDINATING CENTRE**

Abton House, Wedal Road, Cardiff, CF4 3QX



**(0222) 522011 Fax (0222) 521984**

We hold all the strands of the HIV Care Services together in South Glamorgan, and make sure they work in the best interests of people affected by HIV. The District HIV Care Co-ordinator is Clive M Rees.