

### Newly Diagnosed Course

This is a closed group offering support to people who have received an HIV diagnosis within the last twelve to eighteen months.

### Positive Self Management Programme

Seven weekly sessions for a mixed group where HIV positive people give and receive support through goal setting and problem solving.

### Positive Life Group

An activities group for HIV positive gay men who want to do more with their lives.

### Kaleidoscope

A group that provides a safe supportive place for black gay, bisexual and men who have sex with men of African and or Caribbean heritage regardless of HIV status.

### Beau Belles Youth Group

Provides a social & support group for young lesbian gay, bisexual and transgendered people under 25.

### Himat Group

Provides a safe, supportive place for south Asian men who have sex with men (MSM).

### African Support Groups

Provide emotional support, advice and information. Crèche facilities.

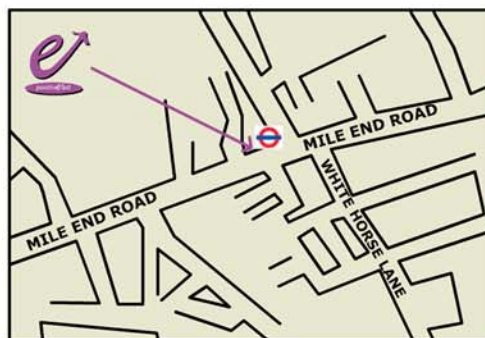
### Training and Skills Development

We offer a range of English and computer courses.

## HOW TO ACCESS PE SERVICES

If you are HIV positive, eligible to work in the UK and would like help with any of the issues covered in this leaflet, then please do not hesitate to contact us. Other services are available for people whose immigration status is not yet determined.

**Directions:** Upon exiting Stepney Green tube station, stay on the same side of the road, turn right and walk 50 meters down Mile End Road.



**Opening times:** Monday to Friday 10am to 5pm

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Tel: 020 7791 2855

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Better futures for positive people



The Employment Programme at Positive East is supported by Barclays Bank.

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Registered office 29 Ludgate Hill, London, EC4M 7JE.

## EMPLOYABILITY PROGRAMME AT POSITIVE EAST

### ARE YOU HIV+ AND THINKING ABOUT GOING BACK TO WORK?

#### Maybe

- you don't feel ready yet
- you don't know what your options are
- you don't feel confident
- you don't feel you have the skills
- you are concerned about discrimination at work
- you are concerned about loss of benefits
- you are concerned about disclosure at work

## WHAT IS THE EMPLOYABILITY PROGRAMME ?

The Employability Programme (EP) provides services for People Living With HIV (PLWH) who want to return to the workplace and education. We also help those PLWH who are in work and who may be having problems with discrimination or employment issues.

## WHAT DOES THE PROGRAMME OFFER?

Although the EP helps PLWH find work, the idea is not to get everyone into a job, regardless of whether they are ready or not, but to help people who are thinking of returning to work get closer to the workplace. For some people, this might be a question of filling out application forms and getting some advice about interview practice.

For others, who might have been out of the workplace for a long time, or are perhaps newly diagnosed, moving closer to employment might require more varied and longer-term one to one and group support services.

## ONE-TO-ONE EP SERVICES AT POSITIVE EAST

### Emotional Support

The EP caseworker at Positive East will assess your support needs and make appropriate referrals to other services. In addition, the caseworker provides one-to-one short-term psycho-social and emotional support to anyone who is considering returning to work and has difficulties with confidence, self-esteem, assertiveness, motivation and decision-making.

We offer:

- An initial assessment and registration appointment
- Signposting & referral to other services & agencies where appropriate
- Action planning
- Support with building confidence to help you feel positive about gaining skills, re-training, volunteering or getting a job
- Ongoing follow-up support sessions where appropriate
- Ongoing telephone and e-mail support

## Careers Guidance

Career Guidance at Positive East offers a one-to-one service of advice sessions to help you to make informed decisions about work, education/training or volunteering options by:

- An initial Careers Guidance appointment to discuss individual needs
- Action planning
- Access to a vacancies database
- Support with CVs, application forms and interviews
- Follow-up interviews
- Telephone and E-mail support
- Signposting and referral to other services and agencies

## GROUPS & COURSES

### Apply Yourself Course

A series of workshops to help you move towards work. Topics include, confidence building, valuing skills, CVs, application forms & interview techniques.

### Personal Synthesis Course

A personal development programme, which focuses on developing qualities that are relevant to everyday life such as; handling emotions, having confidence & making decisions.