

## Positive East: Recently Diagnosed Course

In a safe and supportive setting, along with other people in a similar position, the Recently Diagnosed Course provides an opportunity for people to deal with the impact of an HIV diagnosis and to learn more about living well with the condition.

Covering a wide range of topics, the course offers the chance to share experiences, explore feelings about being HIV positive, and to take a look at the many issues faced by positive people.

The course is **free** and designed mainly for people from all London boroughs who have received a diagnosis of HIV within the last twelve months. However, people who have had their diagnosis for longer may still benefit from the course.

The interactive weekly sessions typically include the following:

- a workshop with the Food Chain on good diet and nutrition, along with a practical demonstration and a meal
- advice and up to date information from an HIV consultant
- a discussion about sex and relationships with a psychologist
- a talk to the group from a careers advisor about training and employment related issues.
- a clinical nurse specialist discusses practical issues and concerns about treatment and adherence
- a psychologist helps explore the difficult topic of disclosing HIV positive status to partners, relatives and friends
- a clear understanding of the benefits system is provided by a welfare rights advisor
- insight is given into a range of available counselling therapies by a counselling psychologist
- an understanding of the Crown Prosecution Service and the law around intentional or reckless transmission
- exercise advice from the YMCA Positive Health Team
- the opportunity to meet and talk with people who have lived with HIV for a number of years

Places are limited and are offered on a first come first served basis but the course is repeated throughout the year.

The course is free and available to people from all London boroughs and surrounding counties.

If you would like further details, please contact Positive East on:

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