

Access criteria for Positive East services

Positive East provides support for people living with or affected by HIV. The majority of our services are focused on people living with HIV and are accessible if living in or using HIV hospital services within the following areas:

Barking and Dagenham; City of London
Hackney; Havering
Newham; Redbridge
Tower Hamlets and Waltham Forest

Positive East Volunteering (including Outreach Volunteers) is open to anyone, regardless of HIV status. For details, [click here to visit the Positive East volunteering webpage](#), or email: rebecca.byekawaso@positiveeast.org.uk or telephone **020 7791 2855**.

For full details and latest information about all Positive East services, visit our website at www.positiveeast.org.uk, or telephone **020 7791 2855**.

It's Better to Know: Free, Fast, Friendly and Confidential HIV testing

According to the Health Protection Agency (Nov 2010)

- The number of people living with HIV in the UK reached an estimated 86,500 in 2009, but more than a quarter - almost 22,500 - were unaware of their infection.
- Over half of people newly diagnosed in 2009 – 3,450 – were diagnosed late, after the stage when treatment should have started.

Having a test simply informs what your status is at that time. If you are sexually active, depending on the type of sex you have, you may want to test at least once a year. If unsure, you can always talk to the nurse/clinician at the session before you make a decision as to test or not.

Positive East provides a free, fast, friendly and totally confidential HIV testing sessions in Tower Hamlets, Newham and Hackney. There is no need to make an appointment, simply attend during our sessions times and get your results.

Our test clinics use the Rapid Test method. This provides the results within minutes and uses a blood sample from a finger-prick test.

For details about our HIV venues and session times, plus why it is better to know about your HIV status and information about HIV, visit: www.itsbettertoknow.org.uk or email: testme@positiveeast.org.uk .

Positive East support groups

Being a community-focused organisation, Positive East believes in local support groups within a local and friendly setting.

We provide a wide range of groups, providing general information and support as well as specialised interest groups reflecting specific issues and concerns of the various communities we aim to help and support.

Most of our groups meet once a month, with different topics and issues each session. (Please note: our groups are compliant under section 35 of the Race Relations Act 1976.)

If you are interested in attending one of our Groups, telephone **020 7791 2855**, [or email the Group](#) (each group has a dedicated email contact) Positive East support groups are focused on people living with HIV in specific areas, or at certain groups:

- Barking, Dagenham and Havering:
Open to both men and women living with HIV in the Barking, Dagenham and Havering areas
- E17 African Women's Group:
Open only to African women living with HIV in Waltham Forest and Hackney areas
- French- African Support Group:
Open to French-speaking African men and women living with HIV from across London
- Himat:
A pan-London South Asian gay, bisexual MSM men's group, regardless of HIV status
- Karibu - Redbridge Family Support Group:
Open to both men and women living with HIV in Redbridge area
- New Beginnings:
Open to both men and women living with HIV in Positive East catchment areas
- Positive Life:
A pan-London gay, bisexual MSM men's group, only for men living with HIV
- Route 15:
Open to both men and women living with HIV in Newham, Tower Hamlets and Hackney areas

For further details, contact the relevant group facilitator, [click here to visit the Positive East Groups web page](#) for email contact details.

Positive East wellbeing courses

Positive East provides and host a varied range of courses/sessions on aspects of living well with HIV and general wellbeing aspects.

We run various courses at different times throughout the year - so please check with the course facilitator regarding future courses planned.

For more information and to register for a place, telephone **020 7791 2855**, or [click here to visit the Positive East Wellbeing Courses webpage](#) for the course facilitator email details.

Courses provided are:

- Apply yourself
- Assertiveness Training
- Happy Parents, Happy Children
- Life Coaching
- Personal Synthesis
- Re:Assure women's workshop
- Recently Diagnose
- Redbridge gay men's workshops
- Sexy Health workshops for African men Tower Hamlets

Apply Yourself:

Designed to support people living with HIV in East London to return to work; the programme will help you with your job search and help provide answers to questions such as:

- How to explain gaps in your work history
- Issues of disclosure
- How to identify your skills and knowledge
- Tips on completing application forms and interview techniques

The course is open to service users with the right to work or study in the UK, who are thinking about returning to work or starting work for the first time.

For information regarding course session dates, plus further details on the course topics/requirements, contact Sue Murphy at sue.murphy@positiveeast.org.uk or telephone **020 7791 2855**.

Assertiveness Training:

Are you HIV positive? Want to learn how to assert yourself and be confident and take charge?

For information regarding the course plus to register for a place, contact Rebecca Byekwaso at rebecca.byekwaso@positiveeast.org.uk or telephone **020 7791 2855**.

Happy Parents, Happy Children:

A free eight week course for fathers, mothers and guardians, who has a child and is living with HIV. The aims of the programme are to provide support and develop self-confidence to help you feel more in control. Topics the programme covers include amongst others:

- Coping with HIV
- Communicating with Teenagers
- Understanding the UK education system
- Communicating with family, friends, health professionals and schools

The Happy Parents programme is run over 8 weekly sessions, each lasting around 2 hours and 30 minutes, by trained facilitators. Places are limited, and need to be pre-booked.

For information regarding future course session dates, plus further details on the course topics/requirements, contact Ceasar Kalema at ceasar.kalema@positiveeast.org.uk or telephone **020 7791 2855**. If you would like to find out [further details about the Happy Families course programme is available to download.](#)

Life Coaching:

In addition to our [careers advice and guidance service](#), we offer personal telephone coaching by a qualified Life Coach.

Life coaching aims to help people to focus on the future and specifically on those elements of their life that they can control and find answers for themselves. Through a series of telephone calls, the coach will help you to clarify the main issues that may make a real and positive difference; plus provide support in setting realistic but challenging goals, so the individual actions can build towards the bigger picture.

Coaching by telephone is highly effective as it saves time and travelling expenses and sessions can be scheduled to suit the individual. You will be asked to commit to up to 12 telephone sessions at regular intervals, at times agreed between you and the life coach.

For information regarding participating in the course, contact Sue Murphy at sue.murphy@positiveeast.org.uk or telephone **020 7791 2855**.

Personal Synthesis:

Personal Synthesis is a type of personal education that integrates cognitive, emotional, behavioural and social aspects of personal development. It focuses on cultivating personal competence's such as handling emotions, gaining confidence, making decisions, dealing with anxiety and stress, communicating effectively, forming constructive relationships etc. The programme has been run with more than 25 groups in east London.

For more information regarding course session dates, plus further details on the course topics/requirements, contact Rebecca Byekwaso at

rebecca.byekwaso@positiveeast.org.uk or telephone **020 7791 2855**. If you would like to find out [further details about Personal Synthesis, a course overview programme is available to download.](#)

Re:Assure:

Re:Assure Women's Project aims to support refugee/asylum seeking women who are living with HIV/AIDS on their journey to overcoming traumatic experiences.

We provide individual one-to-one psychological therapy for women, who:

- are refugees or seeking asylum
- are living with HIV and
- have experienced violence, sexual abuse or other traumatic events

Occasionally, we will also work with women together with their partners or other significant people, as appropriate.

Women may self-refer or they can be referred by other Positive East staff.

We also provide a six week group course on 'Self-expression, sex and relationships'. This runs twice a year and is open to any refugee/asylum seeking women who are living with HIV/AIDS.

To request an appointment or information about the service, or for information regarding course session dates, plus further details on the course topics/requirements, contact Jane Tungana or Dr. Angel Byrne at jane.tungana@positiveeast.org.uk or angela.byrne@positiveeast.org.uk or telephone **020 7791 2855**. If you would like to find out [further details about Re:Assure, a course overview programme is available to download.](#)

Recently Diagnosed Course:

The course is free and designed mainly for people who have received a diagnosis of HIV at some time within the last twelve months.

In a safe and supportive setting, along with others in a similar situation, the Recently Diagnosed course allows you the opportunity to begin dealing with the impact of your diagnosis, and to learn more about living with HIV. You will find a wide range of information is provided, and we hope that this, along with the chance to share your experiences with others will help you explore your feelings about being positive and to take a look at the many issues faced by positive people.

The weekly sessions cover topics such as, diet and nutrition; advice and information from an HIV clinician; a discussion about sex and relationships with a psychologist; and a talk with a careers advisor about employment related issues. A clinical nurse specialist discusses practical issues and concerns about treatment and adherence, while a psychologist helps to explore the issue of disclosing status to those who are closest to.

A clear understanding of the benefits system is provided by a welfare rights advisor, while insight is given into a range of available counselling therapies by a counselling psychologist. The present legal framework regarding transmission is also discussed.

In addition, there will be the opportunity to meet and talk with people who have lived with HIV for a number of years and to hear about the beneficial effects of complementary therapies.

For information regarding course session dates, plus further details on the course topics/requirements, contact Jim Jewers at jim.jewers@positiveeast.org.uk or telephone **020 7791 2855**. If you would like to find out [further details about the Recently Diagnosed Course, a course overview programme is available to download here.](#)

Redbridge Gay men's workshop:

A series of workshop to be held in Redbridge the one-day sessions focus on a range of topics, such as:

- HIV and Stigma
- HIV – BEST (Better Equipped to Start Therapy)
- GMFA's Arse Class & Finding a Boyfriend

Places are limited and this is expected to fill quickly. The workshops are usually held in the Ilford area and open to all east London MSMs.

For further information, or to book a place, email Jeff at workshops@positiveeast.org.uk or telephone **020 7791 2855**.

Sexy Healthy workshop:

A free course and designed for African men living and working in Tower Hamlets.

The workshop covers issues affecting African men regardless of their HIV status, such as:

- HIV/STI awareness
- Negotiating safer sex
- Assertiveness skills
- Condom use

With quizzes, prizes and lunch included, places are strictly limited and have to be pre-booked. For information regarding the next workshop course dates and to reserve a place email Ceasar Kalema ceasar.kalema@positiveeast.org.uk or telephone **020 7791 2855**.

I'm an existing Positive East service user, but moving outside of the catchment area:

If you move outside of our catchment area but still continue to use a hospital based in our catchment area, you can continue to use our services. However, if you also change hospital then access to our services may be withdrawn.

In cases of dispersal, if you are no longer using a hospital service in our catchment area, a transition period is allowed to support you in your re-settling period and help ensure you access local service as needed.

GMI (Gay Men's Interactions) Partnership and Positive East:

The GMI Partnership is made up of Positive East, the Metro Centre and West London Gay Men's Project (London Borough of Hounslow) and provides services under the Pan London HIV Prevention Programme (PLHPP).

All of GMI services under the PLHPP are one-to-one to address the concerns that Men who have sex with Men (MSM) have with practicing safer sex. Accessible across London with a focus on sexual health issues, the service is available to any gay/bi or MSM.

- **GMI Health Trainers:** GMI Partnership Health Trainers are often the first point of contact for men on issues related to sexual health and HIV prevention.
- **GMI Counselling:** The GMI Partnership Counselling Service gives men a chance to speak about the issues they face in maintaining safer sex.

For details about accessing GMI Partnership services, visit: www.gmipartnership.org.uk, or telephone **020 7160 0941**.

Author: Christopher Scott Burrows, Positive East Community Services Manager

Date: December 2010