

 **PositiveEast**
better futures for positive people

A guide to our services



**Positive East's
mission:**

**To improve
the quality
of life of
individuals &
communities
affected by
HIV.**

 **PositiveEast**
better futures for positive people

About us

Positive East has been at the forefront of HIV service and care for over 30 years.

We offer a range of activities and programmes that provide practical and emotional support to people living with HIV.

We also offer free, rapid and confidential HIV & STI testing, HIV prevention information and sexual health advice at community based locations across East London.

We're also the proud hosts of the World AIDS Day RED RUN and the U=U Community Quilt!

*Produced by Positive East
Illustrations: Erin Aniker*

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Who can use our services?



Our HIV support services are free and available to anyone living with HIV in East London, or who receive their treatment in an East London hospital clinic. Anyone over the age of 18 can use our rapid HIV/STI testing service.

How to use our HIV support services

Website: positiveeast.org.uk and use our online self referral form

Call: Positive East on 020 7791 2855

Email: talktome@positiveeast.org.uk



After you make contact, one of our peer support coordinators will arrange your first appointment. You'll then work with your peer support coordinator to action your personalised care plan.

Book an HIV/STI test



Visit: positiveeast.org.uk/hivtest

Email: prevention@positiveeast.org.uk

Call: 020 7791 2855



Benefit Advice

Providing you with information, advice, advocacy, and support around HIV-related issues including welfare benefits, housing, immigration, and referrals on employment matters.

How we deliver our Benefit Advice service

Our skilled and experienced benefit advisers are available by telephone, email or through face-to-face meetings. The service is available at our Stepney Green building or on selected days at several local HIV clinics - currently the Jonathan Mann Clinic at the Homerton Hospital, Graham Hayton Unit at the Royal London Hospital and Greenway Centre at Newham Hospital.

Health & Wellbeing services

We offer a wide range of activities to support your overall health and wellbeing including:

Psychology services for women

Complementary therapies

Social & support groups

Creative Opportunities

Computer suite

Gym & fitness

Peer Mentors

Peer Support

Befriending

Counselling

Workshops



Counselling

One to one counselling provides free & confidential one to one support.

All counsellors are qualified or are in placement with Positive East.



Psychology services for women

Our specialist psychology services are for women living with HIV who have experienced significant trauma.





Social & Support Groups

We currently offer four community based support groups that meet monthly.

Positive Over 50

For anyone over the age of 50

Together

Our group open to anyone living with HIV

Women's Group

For all women

Rainbow Men

For Gay, Bisexual and men who have sex with men

To attend our support groups, you'll need to be eligible to use our services. All our groups are trans/non-binary inclusive.



Peer Support

We offer peer support provided by our experienced team of Peer Support Co-ordinators.

This can be by telephone, in-person at our building, or in your HIV clinic. Peer support co-ordinators can register you with our services, carry out a full assessment of your needs, and tell you all about what we can offer. They can also help with some practical advice and support.

For more complex advice needs they can link you in with our Benefit Advice Team.



Creative Opportunities

We offer a range of creative opportunities to try new skills and explore aspects of life with HIV through different kinds of creative expression – these are sometimes in series’ of sessions, or single sessions.

Creativity can take many forms, everything from self-portraits to dance, theatre-making to creating collage.

Workshops and Wellbeing Matters

We offer a range of wellbeing workshops and information events throughout the year. These have included workshop series exploring how HIV stigma can limit us, men’s wellbeing workshops, discovering ways to be more self-compassionate, and much more.

We have regular Wellbeing Matters events, exploring a range of health and wellbeing topics – from dealing with hate crime to improved sleep.

Complementary Therapies

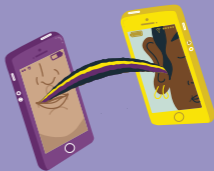


We currently offer twice weekly Mindfulness Meditation sessions as well as weekly Qigong exercise sessions, and Ear Acupuncture.



Befrienders

Our befriending service is for people living with HIV who are aged 50 or over, offering a friendly regular telephone conversation on an agreed day and time, ideal if you feel lonely or isolated. This service is provided by trained volunteers.



Peer Mentors

Our peer mentors are all volunteers, living with HIV themselves. They've been trained in a range of skills to help you identify achievable goals, map out the steps to take to reach them, support and motivate you to manage any setbacks and share with you when you celebrate success.

Peer mentor support typically consists of up to 6 sessions - this can be extended if needed.

HIV/STI Testing and Prevention

We offer a wide range of HIV & STI testing and prevention activities that include:

HIV & STI testing

Sexual Health information

PrEP and PEP signposting

Free condoms and lube

Community outreach

Training for professionals

Positive East's HIV/STI testing, prevention and sexual health service is available to anyone over the age of 18.

HIV/STI Testing



Positive East's friendly and professional Testing and Prevention Team deliver in-person HIV/STI testing at community venues across East London including our building in Stepney Green, libraries, bars, pharmacies and sex-on-premises venues.

With just a prick of the finger, you'll find out your HIV status during your appointment.

We also test for Syphilis, Gonorrhoea, Chlamydia and Hepatitis B & C, and you'll get those results within 10 working days from Barts Health.

Book your free HIV/STI test today!

E: prevention@positiveeast.org.uk

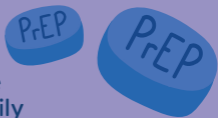
W: positiveeast.org.uk/hivtest

P: 020 7791 2855



PrEP

PrEP (Pre-exposure prophylaxis) is medication taken by HIV-negative people before and after sex to reduce the risk of getting HIV. PrEP does not protect you from other STIs or pregnancy. There are two main ways to take PreP. You can take as a daily pill or when you plan to have sex, this is called event based dosing.



PEP

PEP (post-exposure prophylaxis) is a course of medication taken by HIV negative people after sex to reduce the risk of getting HIV. It can stop an HIV infection after the virus has entered the body. You can get PEP from sexual health clinics and



A&E and needs to be taken within 72 hours (3 days) of the potential exposure to HIV, but is most effective within the first 24 hours.

Positive East does not prescribe PrEP/PEP for more information visit our website



HIV Training

Does your organisation really know about HIV today?

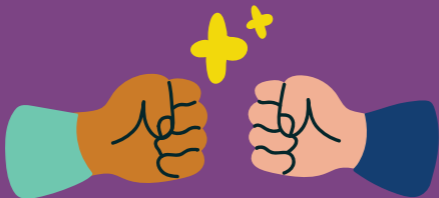
The world of HIV has changed, and so have the needs of people living with HIV.

If you're involved in running any kind of organisation, you'll encounter people living with HIV – as clients, volunteers, staff or board members.

We offer a range of HIV training packages to organisations serving North East London boroughs.

Our training offer is free, tailored to your needs and can include both HIV prevention, sexual health and how to better support those living with HIV.





Fundraising

Positive East is a community-based organisation that relies on continued community support to deliver our essential services.

There are many ways to get involved and support our work financially for example £10 can provide a free, rapid and confidential HIV test and £50 can provide one hour of free counselling.

This includes making a regular monthly donation, holding a fundraising event in support of our work or by taking action and lacing up at our annual World AIDS Day RED RUN.

Donate today!



World AIDS Day **RED RUN**

The **RED RUN** isn't a race – it's a movement.

More than just a run, this inclusive event welcomes all ages and abilities, fostering a spirit of community over competition. The 10k/5k route can be walked, run or sashayed!

It's your chance to join thousands and make a real difference to support the lives of people living with HIV!

The **World AIDS Day RED RUN** takes place annually in November in Victoria Park.

**TAKE
ACTION.
LACE UP!**

redrun.org.uk



Volunteer

Volunteers are at the heart of the charity and enable us to support over 3,000 people per year!

Last year nearly 1 out of 4 hours of our support services were delivered by our cohort of nearly 100 trained and passionate volunteers.

Through volunteering with us you'll be making a tremendous positive impact in our community whilst meeting new people, sharing your experiences and learning some new skills.

Visit our website for our currently available volunteer roles.





U=U

Stands for Undetectable equals Untransmittable, meaning that if you are taking your HIV medication regularly, and have an undetectable viral load, it is biologically impossible to pass the virus on sexually.

This crucial message helps us to break the cycle of HIV stigma, as well as being central to our ambition to eliminate new HIV transmissions by 2030.

U=U Community Quilt

To help promote the transformative message of U=U, Positive East has developed the U=U Community Quilt project where we will create three large 2,030mm x 2,030mm (6.5' x 6.5') quilt panels, comprised of thousands of selfies from people from around the world.

The individual selfies will be printed on fabric then hand stitched together, celebrating each individual and their contribution to the U=U movement.

Overlaid will be the three, but simple and powerful letters: U = U. From far away these letters will be clearly visible, however as you approach the quilt panels, the letters will dissolve unfolding a diverse mosaic of people and faces.

Everyone can get involved regardless of your location or HIV status.







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