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What your donation could buy...

£3.50... buys a Day Rider bus ticket, so that someone living with HIV can get to essential appointments

£10.00... tops up someone's gas or electricity meter

£25.00... pays for baby sterilisation equipment for a positive mother advised not to breast feed

£35.00... pays for replacement bedding (some HIV positive people experience terrible night sweats)

£150... pays for someone to attend a residential newly diagnosed course

£200... pays for training and support for a volunteer

Visit our website

www.gh.t.org.uk

George House Trust,
77, Ardwick Green North, Manchester M12 6FX
Telephone: 0161 274 4499

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**ANNUAL
REPORT
2009-2010**

Supporting people living with & affected by HIV

Preventing the transmission of HIV

Supporting people living with & affected by HIV

Positive prevention

Campaigning to bring an end to HIV related stigma & discrimination

george house trust
still life with HIV **25**

Vicky's story...

George House Trust runs a community support programme, using volunteers to provide focussed and time-limited support to people living with HIV.

Here is Vicky's story, who is a woman originally from Kenya:

Before David came I was literally housebound and felt hopeless. The only time I left the house was to go to George House Trust on Tuesdays with one of their volunteer drivers.



"I wanted to go to church again as my faith is an important part of my life. I hadn't been able to go since losing my sight 18 months ago."

I didn't understand how "Ring and Ride" works. David came to my house on Saturday mornings and booked the bus for me. He then came back on Sunday mornings to accompany me to church on the bus. He helped me get on the bus and then helped me find my way into church. He shares my faith and he reads the bible to me, which I can't do for myself, even in Braille, as it's far too big.

After three months, I started to ring the bus and book it for myself and I have made new friends in my church. Now he comes to see me on Saturdays and we are practising walking to the park and the shops with my stick. I would like to be able to leave my house independently.

I feel more confident now and my spiritual life is good. Having his help has changed how I feel about my sight loss. Now I'm seeing more possibilities rather than impossibilities. I believe that there is quite a lot that I can do and that I can offer.

Patrick's story...

Patrick is a very gentle, gay Irish man in his 40's who has been coming to George House Trust for support since 2001. His life is fairly chaotic as he depends on alcohol, doesn't always take his medication consistently and has very poor memory.

He is always losing his mobile phone, his wallet or being taken advantage of by people who sense his vulnerability.

"When Patrick's flat caught on fire and he lost everything, George House Trust helped him to replace some of the things that he had lost."

As he is quite lonely and isolated, he loves coming along to our Gay Men's Space and Saturday Space. Because of his isolation he is planning to move back to Ireland, where he will have the support of his family, particularly his sister.

Patrick's health is deteriorating, and he is currently waiting to have a series of major operations. George House Trust has always been there for him, and will continue to be for as long as he is living in the north-west. When he does move back to Ireland, we will ensure that he gets support from a HIV charity over there.



Sebastian & Cheyenne's story...

I was inspired to become a Community Support Volunteer by conversations I had with other volunteers who provide essential one to one support to those people most in need within George House Trust.

I was excited to be matched as a gay man with an African woman. This was a new approach of GHT and I felt extremely proud to be chosen to be part of that. Would we have any common ground? Would she find the fact that I was gay difficult?

Cheyenne was in hospital when I began visiting her, and she was really quite ill. My initial role was to provide company and to ensure that her washing was done as the hospital could not do this for her. When her health improved we worked on mobilising her and giving her some freedom. We would visit the park together often.

"Although Cheyenne was physically weak, she had an amazing strength of character. Despite having led an extremely difficult life she had never lost the will to keep fighting."



She had been unbelievably courageous and brave in situations that would destroy weaker people. Despite dealing with so much she was never resentful or bitter. I admired this so much. She never wanted or accepted pity. She also had a huge amount of faith which she never questioned or challenged. She was totally accepting of me as a gay man. She also had a fantastic sense of humour, we laughed all the time.

We became firm friends. She liked to impart wisdom and I think that because I am a similar age to her son, she felt that she was fulfilling this duty to me. She had a huge impact on me. She taught me about acceptance, tolerance and forgiveness.

I will always remember her smile- it was huge! When I am having a bad day I think about her and I think about what she would say. I remember how lucky I was to have that time with her, just her and me. I will remember her story and I will use it to educate people and to inspire people and to challenge people's views and attitudes around HIV and asylum seekers. She would have liked that.

Sadly Cheyenne died on the 16th June 2010.



Revai Moyos story...

I am from Zimbabwe. I first met a member of GHT's staff at the clinic where I was diagnosed in 2008. Within 6 months I became a volunteer, because the support that George House Trust gave me was overwhelming.

After my diagnosis I experienced the darkest days of my life.

"GHT was there for me helping me financially, with counselling and helping me to make friends with other positive people."

I am a Positive Speaker for George House Trust because I want to raise awareness and challenge HIV stigma. I do this by sharing my experience as a positive woman. I dispel myths around HIV, promote safe sex and encourage people to get tested.

People react differently when they hear me speak as a Positive Speaker- sometimes people cry or people's perceptions change. Positive people say that listening to me helps them to feel inspired to face the world.

George House Trust is my home where my family accepts and supports me unconditionally. I am not discriminated against, but valued.



Andrew's story...

I was diagnosed HIV positive in March 2009 at the Salford clinic, and the day after I tried to take my own life. I was living with my partner at the time who tested negative. Not long after that we split up I went home to live with my parents for a while.

"A HIV nurse at the Salford clinic set up a meeting for me with a worker from George House Trust in April 2009."

I talked through how I was feeling, and one of the most worrying things was that I knew very little about HIV. At the time I was working, but shortly after this time.

I decided to leave my job because the stress of the diagnosis was overwhelming.

GHT helped me to come to terms with my diagnosis and learn more about managing my condition to stay healthy. I recently attended one of their newly diagnosed courses, which really helped me to accept my HIV status and to feel optimistic about my life again. I really don't know what I would have done if I hadn't come across George House Trust. My life is taking off again now- I have my own flat, have a job and am starting a college course.

"My advice to others? Get tested regularly and know your status."