

services+

A directory of HIV Services in the North West

2008 edition

welcome

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Welcome

This is the 2008 edition of the guide to services provided by George House Trust for people living with and affected by HIV in North West England.

There are over 85,000 people diagnosed with HIV in the UK, around 5,000 of whom live in the North West.

This guide provides information about the support, help and information available for people living with, and affected by HIV, from George House Trust, together with contact details for other groups, clinics and organisations, in and outside the North West region.

People living with HIV may need support at different times and for many different reasons. The services available at George House Trust are here to provide that support when you need it.

We hope that you find this guide useful. If you have any suggestions or ideas about what we should be doing in the future, please let us know.

welcome

George House Trust

George House Trust is the HIV charity for the North West of England. We've been around since 1985 and are now supporting nearly 2000 people living with and affected by HIV in the region. We're the UK's second oldest HIV charity and the largest provider of HIV support outside London.

We're committed to promoting the best possible quality of life for all people living with HIV through high quality support services and campaigning.

We are based in Ardwick, just south of Manchester city centre (see map on page 34). There is a spacious room for groups and courses, a comfortable reception area with high speed internet access, information centre and counselling and advice rooms.

We also provide some services around the region. These are in Salford, Blackburn and the two main Manchester hospitals. In addition you can contact us for support and information using our website or by phone.

Opening Times

We are open:

Mondays:	9.00am - 8.00pm
Tuesdays-Fridays:	9.00am - 5.00pm

Please note we do not normally open at weekends or on Bank Holidays.

If you want to see somebody in person, you need to make an appointment by phoning or e-mailing us. If you turn up without an appointment we may not be able to see you.

Contacting Us

Telephone:	0161 274 4499 during the times above
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Write:	77 Ardwick Green North Manchester M12 6FX
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E-mail the team:	support@ght.org.uk
Online services:	www.ght.org.uk

First contact

When you first contact us we will arrange an appointment for you to see one of our Advisers. This will be an opportunity for you to discuss and decide which services, if any, you may need.

When you first contact George House Trust we will need to take down some details from you for our records. After we have seen you, we will also need a letter confirming that you are HIV positive from your consultant. We can obtain this from your consultant with your permission.

Confidentiality

All the information that you give to us is confidential and is not disclosed to anyone else unless you ask us to do so.

On your first visit to our building we will ask you to read and sign a confidentiality statement. Confidentiality is of paramount importance and everybody involved in George House Trust is bound by the same rules.

Becoming Involved

George House Trust wants to ensure that what we do and what we provide is appropriate to the needs of people living with or affected by HIV. Here are some of the ways you can become involved in the organisation:

- quarterly review meetings are held at our group services for gay men, African people, and women - a good opportunity to have your say about George House Trust services
- let us know what you think by making a suggestion, comment or complaint. You can do this by speaking to a staff member, visiting our website, e-mail, phone or in writing.
- become a volunteer. All our volunteers receive training and regular support from our Volunteer Co-ordinator. Apply online or phone us.

George House Trust is a membership charity which elects its Trustees. If you're interested in becoming a member please contact us.

Open Access Services

Most of the services provided by George House Trust are *open access*.

This means:

- our services are open to anyone who is HIV positive and living in the North West of England
- our services are free
- you can contact us yourself or another agency can contact us on your behalf
- we will refund reasonable travel expenses
- crèche facilities are provided on certain days
- our children's services are also open to HIV negative and untested children directly affected by HIV
- if you need a general appointment we aim to arrange this is within one working week
- if you need information or advice over the phone or by e-mail, we aim to always respond within two working days.

Advice, Information & Support

George House Trust can help with advice, support, and information on anything about living with HIV.

This might include having someone to talk to after your HIV diagnosis, help through a difficult time, advice and help with issues such as: money, debts, housing, sex, relationships, telling people, the law, employment, immigration, or housing. We can also tell you about services from other organisations.

One-to-One Appointments

You can book an appointment to see one of our Advisers. This can be at our building in Ardwick, or at one of our regional hospital based services, such as Blackburn, Manchester Royal Infirmary, North Manchester General, or Salford.

The Adviser will provide advice and help you identify any other support you may need. This may be from our services, or we may refer you to specialist services provided by another organisation, with your permission.

Locally Based Services

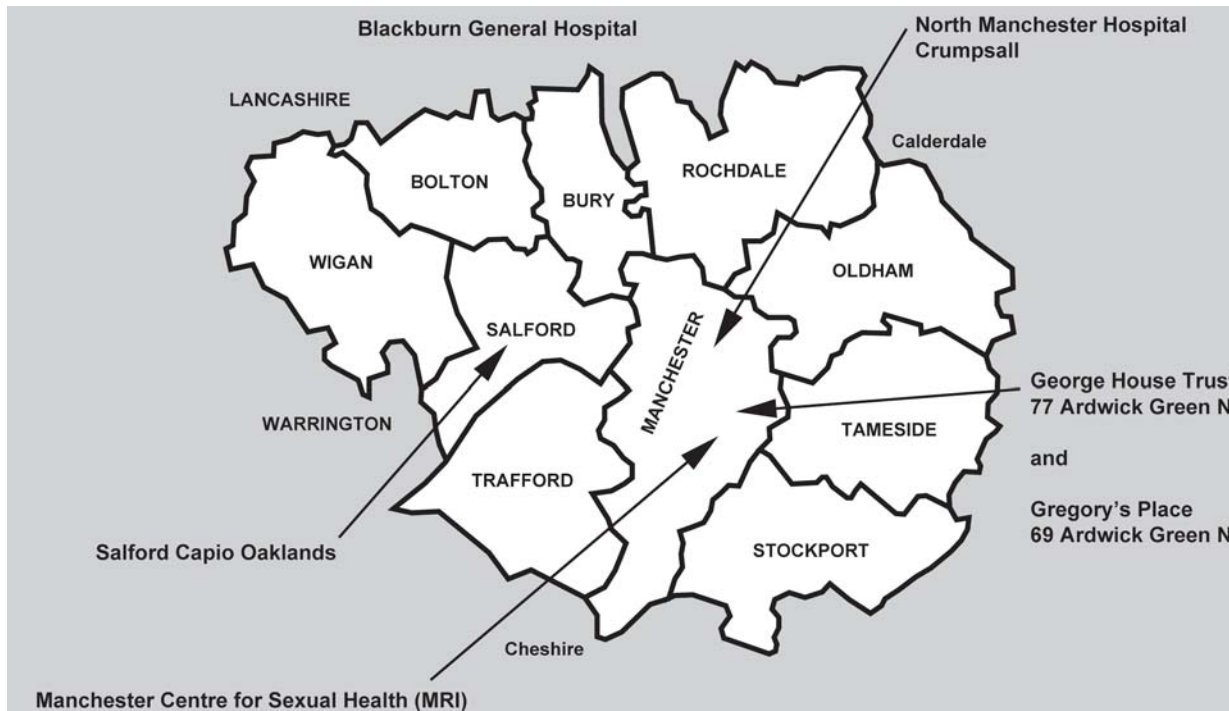
You can make an appointment to see one of our Advisers at one of these local services: Either ring and book, or turn up and ask during the clinic.

North Manchester General Hospital (Crumpsall)
Every Friday
9.30am-12.30pm

Manchester Centre for Sexual Health (MRI)
Every Monday
1.30pm-4.30pm

Salford - Goodman Clinic at Capio-Oaklands Hospital
Alternate Tuesdays 9.30am - 12.30pm

Live outside Manchester? You can obtain advice and support by phone, seek payments from Welfare and other funds, and apply for community support, all without needing to come to our office.



services

Telephone Advice

You can call us for advice and information during our office opening hours (including up to 8pm on Mondays) on 0161 274 4499.

Information Centre & Web access

The George House Trust reception area has a wide range of up to date HIV resources and publications for you to browse or take away. Computers with free fast internet access are available for people living with HIV - please ring to check availability.

Publications & e-mail Updates

Anyone with HIV can receive our information mailings:

- *Insight* & other information posted regularly
- e-mail *Information Update* sent fortnightly -
- subscribe on line or e-mail support@ght.org.uk

Condoms

We provide free condoms and lube to HIV positive people. You can pick these up from the office, or we will post these to you if you live in the North West. Please phone us or order through our website.

Website & e-mail

Our website - www.ght.org.uk - includes:

- news and information about us
- online services such as Welfare Fund form, volunteering, complaints and suggestions
- a directory of useful links to HIV-related sites
- a diary of our services and events

You can request information or advice online at our website or by e-mailing support@ght.org.uk

Volunteers Help

Volunteers provide services for George House Trust and are an integral part of our organisation. Our volunteers are fully trained and supported, and are committed to our aims and confidentiality.

Volunteers can:

- provide transport or accompany you to a hospital appointment or George House Trust service
- visit you in hospital or help you if you are ill
- help you settle in at one of our groups or spaces
- help translate or interpret for you, if English is not your first language
- provide community support.

Specialist Advice and Information

We offer support for dealing with diagnosis, telling others, treatments, relationships, going back to work, and dealing with immigration issues - or whatever else faces you.

Treatments & Health

Support, information and advice is offered on HIV treatment choices and using hospital services, changing and starting treatments, taking treatments correctly, drug side effects and developing a good relationship with your consultant. We also advise migrants about charges for HIV treatment.

Debt and Money advice

Help with dealing with your debts and managing your money, from a specialist adviser from Manchester Advice.

Thursdays 10.00am-12.00 midday, and on Mondays 2pm-4pm. Please call to book an appointment.

Welfare Rights Advice

Advice on your entitlements and information about benefits from a specialist welfare rights adviser from Manchester Advice.

Thursdays 10.00am-12.00 midday, and on Mondays 2pm-4pm. Please call to book an appointment.

Employment Advice

George House Trust provides advice and support to people living with HIV in employment and to people wishing to start training or return to employment. Our advisers can also suggest other specialist help.

Immigration Support

Whatever immigration status you might have, we can help adults and children with immigration issues. We work closely with the Greater Manchester Immigration Aid Unit and local law centres, to try to obtain the very best legal advice and representation for people.

Events and Courses

Places on most courses and events are limited. For more information, or to apply for a course or event, please contact us.

Saturday Space

Saturday Space is a mixed event open to everyone living with HIV. At present Saturday Space happens every two months.

The day offers an informal environment for people to meet up. Please check Insight, our website, or call us for the next date.

Newly Diagnosed Courses

During the year we run two courses for gay men who are newly diagnosed with HIV. The five session courses for up to 12 men cover a number topics, and provide time for informal discussion, and help build personal support.

Gay Men's Residential Weekend

Residential weekends for HIV positive gay men provide a safe and comfortable space and time to look at different issues around living with HIV. It is an opportunity to share experiences, support and

ideas. The courses are completely free and take place in Hebden Bridge in Yorkshire. The weekend course runs twice a year.

African Weekend

Each year we run at least one residential weekend for African people with HIV and their families. The weekend, which is completely free and takes place nearby in Cheshire, is a chance for a relaxing break, as well as an opportunity to share support, experiences, and ideas.

Information Sessions

From time to time we organise information sessions for people with HIV, volunteers and others working with people living with HIV. Check the website diary and our mailings for more information.

Positively Healthy

A regular programme of physical and sporting activities for HIV positive gay men, organised with Pride Sports. Check flyers and website diary for details of the dates and activities.

Group Spaces

George House Trust runs a number of different group spaces for people living with HIV. Most of these take place at our building in Ardwick.

Group spaces provide a safe and comfortable environment to chat and socialise with other people living with HIV.

- light snacks, tea and coffee are provided
- travel expenses are paid (public transport costs or equivalent)
- a free crèche is provided for the African and Women's spaces at the nearby *Gregory's Place* family centre
- George House Trust volunteers and staff are on hand if you need them
- occasional speakers, events, outings and therapies are organised - check our website diary for details

Feel free to come to one of the group spaces whenever you wish. If you have never been in contact with George House Trust before, please give us a call first.

Gay Men's Space

Every Monday evening (except on Bank Holidays)
5.00 - 8.00pm

African Space

Alternate Tuesdays (check website diary & flyers)
12.00 midday - 2.30pm. Open to men and women.

Women's Space

Alternate Tuesday's (check website diary & flyers)
12.00 midday - 2.30pm

Non-African Women's Space

One Monday evening every two months. Childcare is available. See the website diary, flyers and Insight or please call our office for dates and more details.

Financial Help

George House Trust offers financial support services to help reduce financial hardship for people with HIV.

George House Trust Welfare Fund

If you need money urgently because you have no money for essential items (food, gas etc.) then call our office as we may be able to offer a small payment straight away.

Non-urgent applications must be made in writing either online through our website or on a form from our office. Non-urgent applications are considered by our panel at the end of each month.

Please remember that we always receive more applications to the Fund than there is money to pay out. Sometimes we have to make difficult decisions. Priority is always given to people in the greatest need.

The George House Trust Welfare Fund is financially supported by Manchester Pride and by donations.

CRUSAID

We can apply for you for a grant from Crusaid , the national HIV Hardship Fund. These grants are discretionary and the decision about whether to pay is made independently by Crusaid. You do not have to be on benefits to apply, but if your weekly income is above Crusaid's top limit, they will not help. Ask us for details of Crusaid's current rules.

Children with AIDS & Other Charities

We can apply for you for help from the Children with AIDS Charity Hardship Fund. They can give grants for essential items and expenses relating to children (clothes, bedding, bills etc), whether or not the child or young person has HIV.

We also have contacts with many other local and national funds that can provide financial help.

Community Care Grants

If you receive Income Support, you may apply for a Community Care Grant from the Department for Work and Pensions to pay for some items. George House Trust can help you with this.

services

Carer Support

George House Trust can also help you if you are providing support for a person living with HIV. You might be a partner, relative or friend of someone who is HIV positive. Contact us for more details.

Support and advice

Our services team are able to talk to you over the phone or in person to talk through the issues around caring or providing support for someone who is HIV positive. Volunteers can help provide a break from caring.

Children's Services

Together with Barnardo's Health Through Action, we support children with HIV and children in families affected by HIV.

Crèche

A crèche for pre-school children using our Tuesday Women's and African services is offered by Barnardo's at *Gregory's Place* and at other times if you book in advance.

Outings and Activities

Weekly activities and outings take place in school holidays. We also have a popular Christmas Party.

Taxis

Taxis can be provided for HIV positive children attending hospital (paid for by Children with AIDS Charity).

Young Carers Group and Fund

With Barnardo's we provide support and advice for young carers of people with HIV.

Specialist Services

Some George House Trust services have to be prioritised for people who are most in need and who can most benefit. If you are interested in one of the services below, please contact us and we will meet with you to discuss your needs and appropriate support.

Community Support

Community Support is the name we use for our one to one service for people living with HIV, away from our office. Specialist volunteers are fully trained and are able to help with occasional practical tasks, or to provide emotional and social support, in your home or somewhere else. Examples of the type of community support that our volunteers offer include: helping with shopping or going to appointments, meeting in a social setting, finding your way around a new area, and providing a listening ear when you're going through a difficult time. Community Support is provided for an agreed time and is reviewed by the Volunteer Co-ordinator, to make sure it remains the right support for you.

Counselling

George House Trust provides focussed therapeutic support about the impact of an HIV diagnosis, living with HIV, or any other issues you may have.

A short course of regular counselling is offered, with one of our team of qualified counsellors. The length of the counselling course will be negotiated with you but will normally be no longer than sixteen weeks.

North West A-Z Directory

Barrow-in-Furness

Furness General GUM 01229 404464
HIV Social Services 01229 894517

Blackburn with Darwen

Jarman Centre 01254 263525
HIV Social Services 01254 587740

Blackpool

Body Positive 01253 292803
www.blackpoolbodypositive.com
HIV Community Support 01253 651920
Victoria Hospital GUM 01253 306926
HIV Social Services 01253 477933

Bolton

CAB - specialist immigration advice
0870 126 4038
Centre for Sexual Health, Royal Bolton Hospital
01204 390771
Refugee Action 01204 365334

Bradford

OUR (Bradford) 01274 740548

Burnley

Burnley General GUM 01282 644300

Bury

Fairfield Hospital GUM Department
0161 627 8753
HIV Social Services 0161 778 3574

Carlisle

GUM Department 01228 814814
Cumbria HIV Support Group
01228 591986
North Cumbria HIV Social Services (Wigton)
01228 607000

Chester

Countess Of Chester Hospital GUM
01244 363091

Crewe

Body Positive Cheshire & North Wales
01270 653150
www.bpcnw.co.uk

Halifax

Brunswick Centre 01422 341764
www.thebrunswickcentre.org.uk

Kendal

Westmorland GUM Department
01539 795217

Lancaster

Ashton Community Care Centre GUM Department
01524 387402
HIV Social Services 01524 583 630

Leeds

Leeds HIV service 0113 209 5585
leedshivservice@blackhealthagency.org.uk

Liverpool

Refugee Action 0151 702 6300
Royal Liverpool Hospital GUM Department
men 0151 706 2620
women 0151 706 2621
Sahir House 0151 708 9080
helpline 0151 709 9000
www.sahir.uk.com
Wirral HIV Social Services 0151 606 2006

Macclesfield

GUM Department 01625 661463

Manchester

Barnardo's Health Through Action
Gregory's Place 0161 273 2901
Black Health Agency 0845 450 4247
www.blackhealthagency.org.uk
Boaz Trust 0161 202 1056
Body Positive North West
0161 882 2200
www.bpnw.org.uk
Citizens Advice Bureau 0845 122 1112
Disabled Living Centre 0870 760 1580
George House Trust 0161 274 4499
www.gh.t.org.uk
Greater Manchester Immigration Aid Unit
0161 740 7722
Lesbian & Gay Foundation
0161 235 8035
L&GF helpline 08453 30 30 30
www.lgf.org.uk
Manchester Royal for Sexual Health at
Manchester Royal Infirmary
men 0161 276 5200
women 0161 276 5212
Clinical Nurse Specialist 0161 276 5221

Manchester City Council

Switchboard 0161 234 5000

Money Advice 0161 438 1619

Debt-Line &

Welfare Rights 0161 234 5678

Homelessness

men 0161 234 5340

women 0161 219 6050

www.manchester.gov.uk

Manchester Drugs Service

0161 273 4040

North Manchester General Hospital

GUM *central booking* 0161 627 8753

Care Managers 0161 720 2640 *or* 2634

Infectious Diseases 0161 720 2844 *or* 5

HIV Specialist Nurses 0161 720 2638

www.pat.nhs.uk

North Manchester Law Centre

0161 205 5040

Refugee Action 08009 172 719

South Manchester Law Centre

0161 225 5111

Withington Hospital GUM Clinic

0161 217 4939

Morecambe

GUM Department 01524 405704

Oldham

Sexual Health Centre *central booking*

0161 627 8394/5

HIV Social Services 0161 911 4799

Preston

GUM Department 01772 522814

Rochdale

Baillie Street GUM *central booking* 0161 627 8753

HIV Social Services 01706 647474

Runcorn

Halton GUM 01928 753217

Salford

Goodman Clinic for Sexual Health at Capio

Oaklands Hospital 0161 212 5717

HIV Social Services 0161 607 6999

Southport

Southport GUM 01704 513303

St Helens

St Helens GUM 01744 458383
 HIV Social Services 01744 456 903

Stockport

Stepping Hill GUM 0161 419 5151
 HIV Social Worker 07800 618879

Stoke on Trent

Staffordshire Buddies 01782 201251
 North Staffs GUM 01782 554205

Tameside

Cricketts Lane GUM 0161 339 2222
 HIV Social Services 0161 342 3640

Trafford

Sexual Health Centre 0161 746 2621
 HIV Social Services 0161 912 1213

Warrington

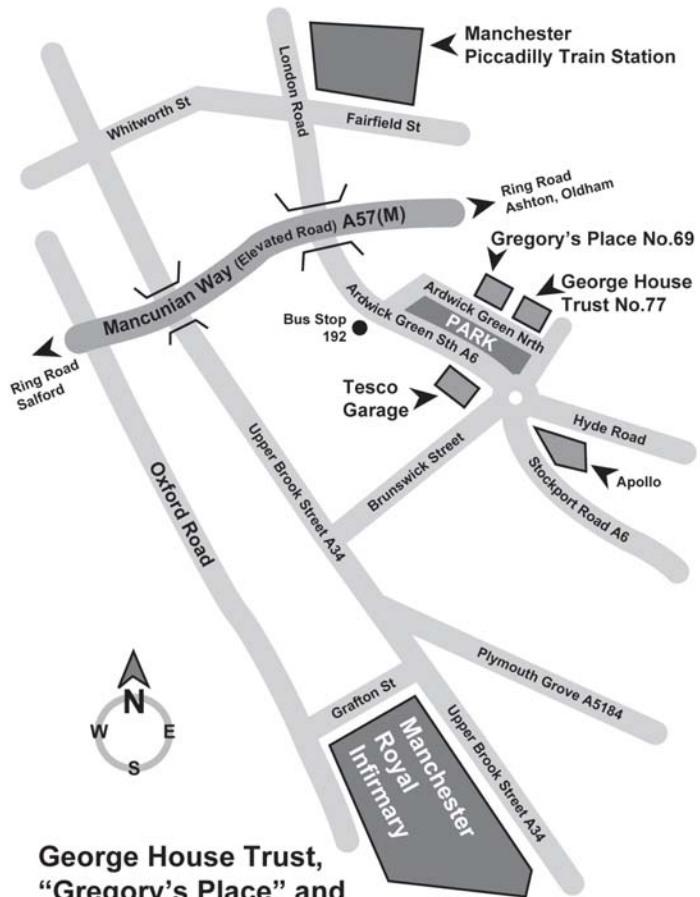
Warrington GUM 01925 662476

Wigan

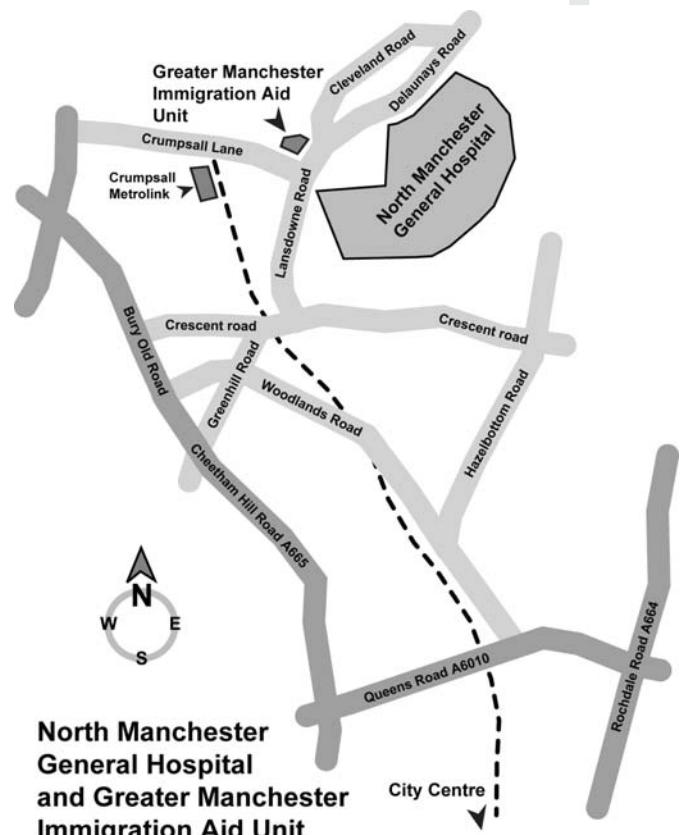
Royal Infirmary GUM 01942 822277
 HIV Social Services 01942 404523

Useful Numbers

African AIDS Helpline 0800 096 7500
 Asylum Aid 0207 354 9264
 Barnardo's Health Through Action 0161 273 2901
 Equality & Human Rights Commission
disability helpline 08457 622 633
 Greater Manchester Immigration Aid Unit
 0161 740 7722
 Haemophilia Society 0800 018 6068
 HIV i-Base *treatments information* 020 7407 8488
www.i-base.org.uk
 Lesbian & Gay Foundation 0161 235 8035
helpline 08453 303030
 Medical Foundation for the Care of Victims of
 Torture 0161 236 5744
 National Sexual Health Helpline 0800 567123
 National Coalition of Anti-Deportation Campaigns
 0121 554 6947
 NHS Direct 0845 4647
www.nhsdirect.nhs.uk
 Positive Nation magazine 0207 407 7747
 Positively Women 020 7713 0222
 Terrence Higgins Trust Direct
helpline 0845 1221200
www.tht.org.uk



**George House Trust,
"Gregory's Place" and
Manchester Royal Infirmary**



**North Manchester
General Hospital
and Greater Manchester
Immigration Aid Unit**

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77 Ardwick Green North Manchester M12 6FX

0161-274-4499 www.ght.org.uk