

## Being Involved

George House Trust wants to ensure that what we do and what we provide is appropriate to the needs of people with or affected by HIV. To help us do this, we need your help.

- quarterly review meetings are held at our group services - an opportunity to have your say
- we welcome suggestions, comments and complaints - do this by speaking to a staff member, visiting our website or in writing.
- become a volunteer. All our volunteers receive training and ongoing support from our Volunteer Coordinator. Apply online or phone us.

## Contact us

**Mondays:** 9.00am - 8.00pm

**Tuesdays-Fridays:** 9.00am - 5.00pm

**Telephone:** 0161 274 4499

**Our address:** 77 Ardwick Green North  
Manchester M12 6FX

**Our website:** [www.gh.t.org.uk](http://www.gh.t.org.uk)  
**Email the team:** [support@gh.t.org.uk](mailto:support@gh.t.org.uk)

Registered charity 700364  
Information is correct at March 2006

## 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 over 1600 people with and affected by HIV in the region. We're the UK's second oldest HIV charity and the largest provider of support outside of London.

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

There are currently over 60,000 people living with HIV in the UK, of whom over 4,000 live in the North West. 25% are African people.

This leaflet provides information about the support, help and information available at George House Trust for African people living with, and affected by HIV. Full details of our services for everyone living with HIV in the North West are available in our Services Directory and online at [www.gh.t.org.uk](http://www.gh.t.org.uk).

# african+

## HIV services for African people in the North West

2006 edition

george house trust   
still life with HIV

# welcome

We are based in Ardwick, just south of Manchester city centre, and we also provide some services in Salford, Stockport, Bolton, Preston and other parts of Manchester. You can contact us for support and information by using our website or by phone.

The services available at George House Trust are here to provide support when you need it. If you have any suggestions or ideas about what we should be doing in the future, please let us know.

### Access and confidentiality

All the information that you give to us is confidential and is never disclosed to anyone else unless you ask us to.

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

- our services are available to anyone who is HIV positive and living in the North West
- our services are free
- you can contact us yourself directly or another agency can contact us on your behalf
- we will reimburse reasonable travel expenses
- a creche is can be provided on many occasions

## Advice, Information & Support

George House Trust can help you with advice, information and support on anything related to being HIV positive.

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

### One-to-One Appointments

Our Advisers will discuss with you the services available, your specific needs and concerns and how we might be able to help.

This can be at our building in Ardwick, or at one of four locally based services. These are at:

**North Manchester General Hospital** (Crumpsall)  
**Manchester Centre for Sexual Health** (MRI)  
**Salford Hope Hospital** (Eccles)

For **Preston** and other venues contact GHT for details.

### Specialist Advice and Information

**Immigration** - we work with others to ensure people with HIV receive the best immigration advice and support

**Treatments / Health** - support with taking HIV treatments and using hospital services

**Debt and Money Advice** - help with dealing with your debts and managing your money

**Employment Advice** - support for people with HIV in or wishing to start employment.

### 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**.

### Website/Email

- online services / email advice - [support@ght.org.uk](mailto:support@ght.org.uk)
- a directory of useful links to HIV related sites
- diary, news and information

### Publications/Email Updates

Anyone with HIV can join our free information mailings:

- our publication "Insight" sent out free of charge
- fortnightly email "Information Update"

### Carers

We can provide advice, information and support to you if you are supporting someone who is HIV positive. This might be a close friend, partner or relative.

### Condoms

We can provide free condoms and lube to HIV positive people. Pick these up from the office, or we can post them to you. Phone us or use our online order form.

## Groups, Events & Courses

**African Space - alternate Tuesdays 12.00 midday - 2.30pm** - a safe and comfortable environment to chat and socialise with other African men and women with HIV.

**Women's Space - alternate Tuesdays 12.00 midday - 2.30pm** - a safe and comfortable environment to chat and socialise with other women with HIV.

**Saturday Space** - a mixed event open to everyone affected by HIV which takes place 3/4 times a year. At all these spaces a creche is provided and light snacks, tea and coffee provided. Occasional speakers, events, outings and therapies are organised. Feel free to come to spaces whenever you wish. If you have never been in contact with us before, please give us a call first.

**Bolton African Group** - monthly group on a Tuesday for African people with HIV in the Bolton area. Contact us for details of the next meeting and venue.

**African Weekend** - each year we run at least one residential weekend for African people with HIV and their families. The weekend, which is free and takes place in Cheshire is a chance for a relaxing break.

**Children's Services** - with our partners, Barnardo's Health Through Action Project, we support children with HIV and affected by HIV. This includes creche for services and appointments by arrangement, activities in the school holidays, a taxi service for positive children attending hospital and a young carers group and fund.

## Financial Help

Our Welfare Fund gives grants to help with household bills and other essential items. It can also make small emergency payments if you are in urgent need. You must apply in writing either online at [www.gh.org.uk](http://www.gh.org.uk), or by using a Welfare Fund application form. The Fund is financially supported by Operation Fundraiser and by individual donations and there are limited funds.

We can also apply for a grant for you from Crusaid, the national HIV Hardship Fund. This grant is discretionary and although we make the application for you, the decision about whether to pay is made by Crusaid.

## Specialist Services

**Volunteer Community Support** - Volunteers are able to help with some practical tasks or provide emotional/social support. This is initially provided for a set time period and is reviewed regularly.

**Counselling** - we provides focussed therapeutic support about the impact of an HIV diagnosis, living with HIV or any other issues you may have.

**Complementary Therapies** - a limited course of massage, shiatsu, acupuncture or reflexology can be at