

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
Email the team: 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. 55% are gay men.

This leaflet provides information about the support, help and information available at George House Trust for gay men 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.

gay+

HIV services for gay men
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

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: 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

Treatments / Health - support with taking HIV treatments and using hospital services, including changing and starting treatments,

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

Welfare Rights Advice - advice on your entitlement to and information about benefits

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
- 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

Groups, Events & Courses

Gay Men's Space - Mondays 5.00-8.00pm - a safe and comfortable environment to chat and socialise with other gay men with HIV. Light snacks, tea and coffee are provided and occasional speakers, events, outings and therapies are organised - check the website diary for details.

Feel free to come to the Gay Men's Space whenever you wish. If you have never been in contact with George House Trust before, please give us a call first.

Newly Diagnosed Course - A regular 5 session course for gay men diagnosed HIV positive within the previous 12 months covering a range of topics and with time for informal discussion.

Gay Men's Residential Weekend - a weekend for HIV positive gay men providing a safe space, time to look at different issues around being HIV positive, and share experiences and ideas. The courses, which run twice a year, are completely free of charge and take place in Hebden Bridge in Yorkshire.

The newly diagnosed courses and residential weekends are provided in partnership with the Lesbian and Gay Foundation.

Financial Help

The George House Trust 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.ght.org.uk, or by using a Welfare Fund application form available from our office. 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. Volunteer community support 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 provided in partnership with The Bodywise Natural Health Centre at the Manchester Buddhist Centre.

Complementary therapies are provided with support