

# Green Ribbon Campaign

On World AIDS Day in December Manchester's **Body Positive North West (BPNW)** launched its 'GO4IT!' green ribbon campaign. The campaign aims to raise awareness of and access to HIV testing.



The green ribbon was first used to promote HIV testing in Botswana, the first country in Africa to offer its people free antiretroviral therapy (HIV treatment drugs). In the UK many people still don't feel confident to test for HIV despite the availability of HIV drugs in this country. BPNW believes that normalising HIV testing is a powerful way of reducing HIV stigma.

West London Gay Men's Project supports the 'GO4IT!' campaign and will be displaying the green ribbon on our future Fast HIV Testing Service publicity. We hope that the campaign will help encourage more people to test for HIV. If you would like more information about the campaign log onto: [www.bpnw.org.uk/go4it](http://www.bpnw.org.uk/go4it).

Here are the upcoming dates for 24s, West London Gay Men's Project's free bulk condom and lube distribution scheme. To sign up to the scheme and collect your condoms and lube, just speak to one of our friendly outreach workers on the night - they'll be wearing GMP T-shirts. You can also pick up 24s bags at our Fast HIV Testing Services. Alternatively, call George Leonard on **0800 587 8302** or email **24s@westlondongmp.org.uk**.

## February ❖❖❖

- **West 5**  
Sat. 14<sup>th</sup> 8:30pm – 11:30pm
- **Club Kali**  
Fri. 20<sup>th</sup> 10pm – 1am
- **Windsor Castle**  
Sat. 21<sup>st</sup> 8pm – 11pm
- **The Culvert**  
Fri. 27<sup>th</sup> 8pm – 11pm

## March ❖❖❖

- **Ted's**  
Mon. 9<sup>th</sup> 8pm – 11pm
- **Hope & Anchor**  
Fri. 13<sup>th</sup> 7pm – 10pm
- **West 5**  
Sat. 21<sup>st</sup> 8:30pm – 11:30pm
- **The George**  
Fri. 20<sup>th</sup> 8pm – 11pm
- **Windsor Castle**  
Fri. 27<sup>th</sup> 8pm – 11pm

Upcoming  
**24s**  
Dates

## Useful Contacts



Pages 6-7

Upcoming  
**24s**  
Dates

Page 12

west london  
**gmp**  
gay men's project

# the SOURCE

●●●● health information for the LGBT community

## Interactive 'life check' launched on i-Phones



This issue we look at the 'Behaviour Attitude Skills & Knowledge' (BASK) interactive life check that the Gay Men's Interactions (GMI) Partnership currently uses with men who have sex with men and which is soon to be adopted by West London Gay Men's Project. We give you an update about the new Fast HIV Testing Service that is now running in Hammersmith & Fulham and highlight Manchester's Body Positive North West 'GO4IT!' green ribbon campaign.

Auntie Jee is back again this issue with her problem page, plus the Contacts section offering information on local support services, sexual health clinics and LGBT youth groups, can be found on pages 6 and 7.

We would like to hear your thoughts on The Source, so please call or e-mail us with any comments, suggestions or ideas you may have on **0800 587 8302** or **thesource@westlondongmp.org.uk**.



**West 6**

**Sexual Health Check-ups for men who have sex with men**

Tuesdays 5.30pm – 7.30pm  
Tel: 0845 811 6699

West London Centre for Sexual Health  
Charing Cross Hospital  
Fulham Palace Road  
London W6 8RF  
West 6 is fully wheelchair accessible  
[www.chelwest.nhs.uk](http://www.chelwest.nhs.uk)

West London GMI Partnership  
Chelsea and Westminster Hospital NHS Foundation Trust

## Free Counselling

For some gay men unprotected anal sex is horny, intimate and feels natural.

They also worry about the risk of HIV and other STIs.

We can offer you a space to talk about safer sex and learn how to reduce risks, regardless of your HIV status or ability to pay.



Email: [counselling@gmipartnership.org.uk](mailto:counselling@gmipartnership.org.uk)

Tel: **020 8305 5002**

Web: [www.gmipartnership.org.uk](http://www.gmipartnership.org.uk)

GMI Partnership services are free and provided by Londoners from diverse backgrounds, who are trained and supervised to work with men across the City.

The GMI Partnership is funded as part of the Pan-London HIV Prevention Programme.

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# i-BASK on the Scene

The **BASK (Behaviour, Attitude, Skills, Knowledge)** is an intervention tool pioneered by the **Gay Men's Interactions (GMI) Partnership**. BASK is used by GMI Partnership's health trainers to engage with men who have sex with men (MSM) on topics surrounding their sexual health and general well-being. The BASK is an innovative tool that makes use of the latest technologies and gadgets. The first generation of BASK called **e-BASK** was laptop based. Within 6 months the BASK has evolved to the **i-BASK** platform, which is uses i-Phones.

The purpose of the **i-BASK** and **e-BASK** is to establish, via a series of structured questions, an individual's health and well-being, with particular focus on sexual health. A frank dialogue between the health trainer and the individual is encouraged and this will lead to an electronically generated Action Plan, tailored to each particular man's circumstances and feelings about himself, his health and behaviours. Action plans are then sent out via email once the intervention is complete.



Follow-ups are done with the individuals to see whether the information provided in the BASK action plan was useful and to support individuals in any choice they might make based on the information given and the discussions had. The follow-up might also allow the health trainer to refer the person concerned to an appropriate support service.



Using i-Phones for the i-BASK is discrete, handy and flexible and it can be used in all sorts of venues and locations where health trainers come into contact with MSM. The i-Phone also helps eliminate concerns about privacy and high noise levels in some venues. For more information and to find out where the health trainers will be conducting the i-BASK email: [healthtrainer@gmipartnership.org.uk](mailto:healthtrainer@gmipartnership.org.uk) or log onto [www.gmipartnership.org.uk](http://www.gmipartnership.org.uk).

West London Gay Men's Project will be using the BASK intervention from April 2009 so keep an eye out for the team at a gay venue near you soon. Log onto [www.westlondongmp.org.uk](http://www.westlondongmp.org.uk) or call **0800 587 8302** for updates.

# CONTACTS



## Local Support Services

**Naz Project London** Services for Spanish, Portuguese, Muslim, Somali, Ethiopian & Asian men ☎ **020 8741 1879** 🌐 [www.naz.org.uk](http://www.naz.org.uk)

**Living Well** Self Management Programme and support for people living with HIV ☎ **020 8746 2274** 🌐 [www.livingwelluk.com](http://www.livingwelluk.com)

**HART (Hillingdon AIDS Response Trust)** Practical and emotional support to people affected by HIV and AIDS ☎ **01895 813874**

**The Bridge, Fulham Broadway Methodist Church** Drop-in, therapies and counselling for people living with HIV **Thursdays 2pm-8pm** ☎ **020 7381 3806**

**Hounslow African Health Project** Provides services around health and social care to the African migrant communities in the Borough of Hounslow

☎ **020 8580 1046**

**OutWest** Social and support group for the LGBT community in West London

☎ **020 8892 5061** 🌐 [www.outwest.org.uk](http://www.outwest.org.uk)

## Sexual Health Clinics

**Ealing Hospital** - Level 8 Clinic, Pasteur Suite

☎ **020 8967 5555** (reception) no appointment necessary

**West London Centre for Sexual Health (Hammersmith)**

**West 6 Clinic**, for men who have sex with men, Tuesdays 5.30 pm - 7.30pm  
Appointments preferred – limited walk-in appointments. Arrive before 7.15pm

**Orange Clinic**, for women who have sex with women, Wednesdays 1.30pm – 7pm

☎ **020 8846 6699** Appointments ☎ **020 8846 1579** Health Advisers

**West Middlesex Hospital Sexual Health Clinic (Hounslow)**

☎ **020 8321 5718** (reception) no appointment necessary

**Tudor Centre (Uxbridge / Hillingdon)** ☎ **01895 279537** (reception)  
appointment only

**Patrick Clements Centre (Brent)** 2nd Floor Central Middlesex Hospital

☎ **020 8453 2221 / 2536** walk-in & appointments (limited)

**Northwick Park Dept. of GUM (Brent/Harrow)** ☎ **020 8869 3142**  
walk-in & appointments (limited)

## Free Rapid HIV Testing Service run by WLGMP

**Wednesdays 6pm-8pm (Ealing) TVU Complementary Medicine Centre**  
**Thursdays 6pm – 8pm (Hounslow) The Heart of Hounslow** \*STI testing available at this venue  
**Saturdays 2pm-4pm (Hammersmith & Fulham) Fulham Broadway Methodist Church**

For more information about the service please contact West London GMP on 0800 587 8302.

## Lesbian, Gay & Bisexual Youth Groups

**O.O.T (Hammersmith)** ☎ **0800 169 4318** 🌐 [www.outonthursday.org.uk](http://www.outonthursday.org.uk)

**Your Zone (Ealing)** **07985 12 64 42** 🌐 [yourzone@ealing.gov.uk](mailto:yourzone@ealing.gov.uk)

**Mosaic (Brent)** ☎ **07931 336 668** 🌐 [www.mosaicyouth.org.uk](http://www.mosaicyouth.org.uk)

**NRG (Kingston and Richmond)** ☎ **020 7803 1684**

**Court Out (Kensington and Chelsea)** ☎ **020 7373 2335**

🌐 [courtout@thespacekc.org](mailto:courtout@thespacekc.org)

## Local Police Community Safety Units

**Ealing - 020 8246 9617 Hammersmith - 020 8246 2436**  
**Hounslow - 020 8721 9104**

**IN AN EMERGENCY ALWAYS dial 999**

**CRIMESTOPPERS 0800 555 111**

## Other Useful Numbers / Sources of Information

**West London Gay Men's Project Sexual Health Advice Line**

☎ **0800 587 8302** 🌐 [info@westlondongmp.org.uk](mailto:info@westlondongmp.org.uk)

🌐 [www.westlondongmp.org.uk](http://www.westlondongmp.org.uk)

**London's Health Directory for Gay Men on the Web**

🌐 [www.gmfa.org.uk/londonservices](http://www.gmfa.org.uk/londonservices)

**NHS Helpline** ☎ **0845 46 47** 🌐 [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

**National HIV/AIDS/STI Helpline** ☎ **0800 567 123**

**THT Direct** ☎ **0845 12 21 200**

**London Lesbian & Gay Switchboard** ☎ **020 7837 7324**

**The Beaumont Society** Support network for transgender people

☎ **Help line 07000 287878** (open Tuesdays & Thursdays between 7pm and 11pm hours) 🌐 [www.beaumontsociety.org.uk](http://www.beaumontsociety.org.uk)



# West London Fast HIV Testing Service Update



The Fast HIV Testing Service, run by West London Gay Men's Project (WLGMP) now operates from a new venue in Hammersmith & Fulham. We are now based at **Fulham Broadway Methodist Church every Saturday afternoon from 2pm – 4pm**. The venue is easily accessible next door to Fulham Broadway tube and is serviced by many

bus routes. Providing the service on a Saturday afternoon gives men the opportunity to pop down outside of office hours and have a pin prick test done in a friendly and professional atmosphere. The service is non-faith based and all men who have sex with men (MSM) are welcome. WLGMP has three HIV testing venues based in Hounslow, Hammersmith & Fulham and Ealing. All venues provide an ideal location for MSM who live or work in London to get tested and receive their HIV result in the same session.

The tests are carried out in a friendly environment by trained staff and the service aims to be as comfortable as possible, including pre and post test discussions. It is a drop-in service so no appointment is necessary. Results are given to you there and then but please arrive no later than 30 minutes before the end of a session to guarantee a test.

For more information check out our [website www.westlondongmp.org.uk](http://www.westlondongmp.org.uk) or Facebook page **West London GMP (London network)** for updates. Alternatively please contact WLGMP on **0800 587 8302**.

We are also currently looking for volunteers to fulfil the role of testing service receptionist. Training will be provided, so if you are interested in volunteering please contact Oliver Gilbody on 0800 587 8302 or email [oliver@westlondongmp.org.uk](mailto:oliver@westlondongmp.org.uk).

## Saturdays 2pm – 4pm

**Fulham Broadway Methodist Church**  
452 Fulham Road  
Fulham  
SW6 1BY

**Nearest tube - Fulham Broadway (District Line)**

**Bus routes: 14, 414, 211, 28, 295**

Directions from Fulham Broadway tube: Walk through the shopping centre and turn left at exit (Fulham Road). Walk approximately 50 metres and the Church is located on your left. Turn left directly at the side of the Church (Wandsdown Place) and enter through the brown wooden doors on your left. There will be signs displayed giving directions.

## Wednesdays 6pm – 8pm

**Thames Valley University**  
**Complementary Medicine Centre**  
**Walpole House**  
18-22 Bond Street  
Ealing  
W5 5AA

**Nearest tube - Ealing Broadway (District Line)**

Directions from Ealing Broadway tube: Turn left out of Ealing Broadway and right onto The Broadway. Bond Street is the second road on the left after Ealing Broadway Shopping Centre.

## Thursdays 6pm – 8pm

**Heart of Hounslow**  
92 Bath Road  
Hounslow  
TW3 3EL

**\*STI Testing available at this venue**  
**Nearest tubes – Hounslow Central, Hounslow West (Piccadilly Line)**

Directions from Hounslow Central tube: Turn left out of Hounslow Central, follow road that curves to the right onto Bath Road and Heart of Hounslow is 5 minutes walk away on the left hand side.



# Ask Auntie Jee



If you have a problem that you would like Auntie Jee to answer, email it to [thesource@westlondongmp.org.uk](mailto:thesource@westlondongmp.org.uk) or send it by post to: West London Gay Men's Project, Well-Being & Involvement Unit, Community Services, Civic Centre, Lampton Road, Hounslow, TW3 4DN.

## Dear Auntie Jee

I am gay and in my first year of university in halls of residence living with people I don't know. It is my first time living away from home and I'm feeling quite lonely. The other problem I have is that two of the guys I live with are calling me names such as batty boy and queer. This usually happens after they come in from a night out when they're drunk. Lately I tend to stay in my room but I can still hear them making comments about me when they are in the lounge. I wanted to go to university to enjoy myself but at the moment they are making my life a misery.

**Jon, Uxbridge**

**Jon**, for many people going to university is an amazing experience and there should be no reason why you shouldn't have that kind of experience too. I'm wondering if you would like to talk to someone about your situation. If you are living in halls of residence there is usually a warden

who looks after each hall and you can talk to him or her. Harassment and bullying is not accepted by universities but unfortunately I don't know which university you attend so I can't give you any specific support information. Having said that, most universities will have a student support/counselling service and they will be able to guide you through what you want to do next.

I am also concerned that you are lonely. It can take time to settle in at university and make friends but there are usually several social groups that you could join to make friends. You might want to join your university's Lesbian Gay Bisexual & Transgender group where you may find other people in similar situations to you.

If you would like to talk to someone face to face about the issues then you can contact the GMI Partnership at [info@gmipartnership.org.uk](mailto:info@gmipartnership.org.uk) or call **020 8305 5002** or alternatively contact the **London Lesbian and Gay Switchboard** [www.llgs.org.uk](http://www.llgs.org.uk) **020 7837 7324**.

## Dear Auntie Jee

My best friend and I are both gay and often go out on the pull together. Over the last 6 months my friend has had sex with lots of men but the last few times he hasn't worn a condom. Instead he has started taking Post Exposure Prophylaxis (PEP). He says that he doesn't like condoms and that PEP will stop him from getting HIV. He says that he goes to different sexual health clinics to get it and lies about how many times he has had it before. He says he has taken the course of treatment 4 times in the last 6 month and feels fine. I'm worried that he shouldn't be taking PEP so much.

**Rupert, Islington**

**Rupert**, you are right to be concerned about your friend and it appears that he isn't completely aware of the facts about PEP. However, if he is lying to medical staff it is clear that he must know on some level that he shouldn't be taking PEP as often as he is.

PEP is a treatment that may prevent HIV infection after the virus has entered the body. Each treatment involves taking anti HIV drugs for 4 weeks and there are sometimes side effects. Side effects can include diarrhoea, nausea and prolonged headaches as well as the potential for long term damage to the liver.

The drugs are very strong and taking the treatment 4 times in 6 months is not good for his body. If he continues with this behaviour he may find that he begins to experience side effects and may significantly damage his body.

Whilst it is good to access PEP appropriately what your friend also needs to know is that PEP is **not guaranteed** to prevent HIV from taking hold once the virus has entered the body. PEP must be taken within 72 hours of exposing yourself to HIV and it is advised that the earlier you begin treatment, the more effective it will be. Using condoms and lube for sex still remains the most efficient way of staying safe from HIV. If your friend or you would like more information about PEP log onto: <http://www.tht.org.uk/informationresources/hivandaids/postexposureprophylaxis/>.

He might want to discuss the reasons behind him not using condoms with someone face to face. He can contact the GMI Partnership at [info@gmipartnership.org.uk](mailto:info@gmipartnership.org.uk) to discuss some options or call **020 8305 5002**. The GMI Partnership offers a very good peer led mentoring programme and a professional counselling service, one of which may benefit your friend.