

# the SOURCE

●●●● health information for the LGBT community

## Where to now for World AIDS Day?



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# WELCOME to Issue 24 of The Source.

This issue we interview the manager of the Mosaic LGBT Youth Centre about the plans to develop Ealing's LGBT youth group, Your Zone. We give updates on the West London Transgender Group and UK Black Pride event and look at the upcoming World AIDS Day and ask the question; where to now?

Our agony Auntie Jee is back with her problem page and our Contacts section provides information on local support services, sexual health clinics and LGBT youth groups.

We would like to hear your thoughts on The Source, or on any other issues of interest to you, so please call or e-mail us with any comments, suggestions or ideas you may have to 0800 587 8302 / 020 8583 2474 or [thesource@westlondongmp.org.uk](mailto:thesource@westlondongmp.org.uk)

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One **24** bag is  
**ONLY £7.99**  
including p+p.  
Let us know if you can get it for less!



In each **24** bag you get 24 condoms and a 250ml bottle of lube. A choice of 3 different types of condom is available and you can decide how many of each type you'd like.

**24** bags are sent to you in discrete protective packaging (Deliveries to UK residents only).



West London Gay Men's Project sells condoms and lube at close to cost price via [www.24scondoms.org.uk](http://www.24scondoms.org.uk). Any profits made are put back into providing free **24** bags to men who have sex with men in targeted settings.

# West London Transgender Group – Update

The West London Transgender Group is gaining momentum and are seeing new faces arrive each month.

The group has been organised by the West London Gender Variant Association (WLGVA) and so far representatives from Galop [www.galop.org.uk](http://www.galop.org.uk), Ealing's Community & Volunteer Service and Harrow's Citizens Advice Bureau have all come along to have informal chats with members and provided them with helpful information. The group is very much led by those attending, so everyone is given the opportunity to have a say in what they would like to get from the group.

## UK Black Pride

UK Black Pride took place on 20th August and WLGMP went along to chat to people about our services and celebrate the event. As in previous years, we had a stall offering a wide range of resources and we promoted our '24s' condoms and lube online store [www.24scondoms.org.uk](http://www.24scondoms.org.uk) and signed people up for our Wellness Day on 22nd October, which is for Black, Asian and Minority Ethnic men who have sex with men.

Black Pride was held at Torrington Square this year and a wider

The group runs on the last Friday of the month from 7.30pm – 9.30pm

@ The Carers' Centre,  
46 South Ealing Rd,  
(Side entrance off  
Lothair Rd)  
Ealing W5 4QA

Nearest tube: South Ealing  
(Piccadilly Line) Bus route: 65

All Trans people are welcome and if you would like to attend or for more information, please email: [info@westlondongmp.org.uk](mailto:info@westlondongmp.org.uk) or call 0800 587 8302 / 020 8583 2474

**Changing facilities are available and the venue is wheelchair accessible.**

choice of breakout events was offered. Acts on the main stage included the fabulous Son of a TuTu and Asifa Lahore.

Despite the summer downpour, which hindered the footfall for some time, the sun eventually came out and the day ended well with WLGMP chatting to several men about sexual health and offering services.



# Where to now for World AIDS Day?



**Russell, WLGM's Positive Men's Worker offers his personal views about World AIDS Day...**

World AIDS Day (WAD) is upon us again and we can expect the usual blizzard of numbers telling us how many million people now have HIV, how many were newly infected in the last year, how many have died and how many are on treatment. It's designed to "raise awareness", but I'm not sure whether it makes any demonstrable difference to the lives of people with HIV. To me personally, as a man living with HIV, it just feels more like a roll-call of deaths than anything to do with the living. After all, in all the years of WAD I have never met one person with HIV who, following some WAD campaign, told me it really made a difference to their life. Now, maybe my expectations of WAD are too high, but I would like to think that, with all the money and effort that go into it every year, we might just see some tangible result at the end of it.

This year has seen a number of remarkable developments in our knowledge of HIV. In particular, we've learned that adherence to antiretroviral therapy (ART) makes people with HIV 'virtually uninfectious' by any practical definition of the term. This appeared in the papers in August and got a brief flurry of interest, but soon disappeared as the media reverted to type in their reporting of the case of a man convicted of GBH for infecting two women with HIV. The comments posted below the reports in The Daily Mail and The Sun demonstrate that not only is HIV stigma alive and well –

the calls for branding and concentration camps were particularly chilling – but also HIV ignorance is still at appalling levels. Given the coverage of the news in August, how do people still believe that if you get HIV, you'll definitely develop AIDS and die within five years? How do they still believe that people with HIV are so infectious that even kissing one of them once will result in the aforementioned inevitable grisly death?

Here in a nutshell is the job World AIDS Day needs to do in my view – focus on HIV stigma, its causes, its effects and then do something meaningful to eradicate them. Spend the money on more TV programmes to counter the nonsense that routinely gets paraded as fact. Spend it on initiatives in schools to teach kids not only about safer sex, but also the realities of HIV stigma and how, in the UK at least, it is actually the biggest hurdle that people with HIV have to overcome now that the medical management of HIV is not nearly the problem it used to be.

Unfortunately there is still resistance to the idea of painting HIV as anything less than an unremitting tragedy and I know where some of this resistance comes from. There's an influential rump of people who still think that HIV prevention is best served by maintaining the fiction that the only way to keep you from getting HIV is to make you believe that your life will be over if you do. They still don't seem to understand the consequences of this approach. It is psychologically impossible to make someone fear and hate an infectious disease without fearing and hating the people who have it – the ones who might pass it on to them - and then asking them to willingly go for tests twice a year where they risk discovering that they have this disease and are now one of those to be feared and hated. Yet people with HIV live with the results of this failed strategy every day, every time we hear that people with HIV should be tattooed, rounded up and deported if they're foreign, or chemically castrated if they're UK born. This World AIDS Day please light a candle – and make a wish that we could use it to burn down the edifice of HIV stigma that does more psychological damage to people with HIV than the virus does to their physical health.

# CONTACTS

## Local Support Services

**Naz Project London** Services for Spanish, Portuguese, Muslim, Somali, Ethiopian & Asian men and services for BME women 📞 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) 📧 [membership@outwest.org.uk](mailto:membership@outwest.org.uk)

**North West London Lesbian & Gay Group** 📞 07941 707884 🌐 [www.nwlgay.com](http://www.nwlgay.com) 📧 [nwllgg@hotmail.co.uk](mailto:nwllgg@hotmail.co.uk)

**West London LGBT Forum** 📞 020 8280 2286 🌐 [www.ealingcvcs.org.uk](http://www.ealingcvcs.org.uk) 📧 [lgbt@ealingcvcs.org.uk](mailto:lgbt@ealingcvcs.org.uk)

**The River House** Drop-in for people living with and affected by HIV 📞 020 8753 5190 🌐 [www.riverhousetrust.org.uk](http://www.riverhousetrust.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)

# CONTACTS

## LGBT Youth Groups

**Mosaic LGBT Youth Centre (Brent)**

- 📞 [www.mosaicyouth.org.uk](http://www.mosaicyouth.org.uk)
  - ✉ [info@mosaicyouth.org.uk](mailto:info@mosaicyouth.org.uk)
  - ☎ 07931 336 668
- or free phone 0800 043 3411

**Your Zone (Ealing)**

- ☎ 07985 126 442
- ✉ For email contact please use the Mosaic address above.

**Gendered Intelligence Youth Group**

- Support group for trans, gender queer or questioning young people
- ✉ [www.genderedintelligence.co.uk](http://www.genderedintelligence.co.uk) (email form on-line)

## Other Useful Numbers / Sources of Information

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

- ☎ 0800 587 8302 / 020 8583 2474
- ✉ [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)

**Free Fast HIV Testing Services**  
run by **WLGMP**

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

**EALING**

Every Wednesday 6pm – 8pm  
(arrive by 7.30pm)  
The Carers' Centre  
46 South Ealing Rd,  
(Side entrance off Lothair Rd)  
Ealing W5 4QA

**HOUNSLOW**

(STI testing available  
from 6pm-7pm)

Every Thursday 6pm – 7.30pm  
(arrive by 7pm)  
Heart of Hounslow Polyclinic  
92 Bath Road, Hounslow TW3 3EL

**HAMMERSMITH**

Every Sunday 2pm – 4pm  
(arrive by 3.30pm)  
Naz Project London,  
30 Blacks Rd,  
Hammersmith W6 9DT

For more information about the services please contact West London GMP on **0800 587 8302**  
Walk-in service, no appointment necessary.

## Local Police Community Safety Units

**EALING**

**020 8246 1112**

**HAMMERSMITH**

**020 8246 2828**

**HOUNSLOW**

**020 8721 9104**

**IN AN EMERGENCY ALWAYS dial 999**

**CRIMESTOPPERS**  
**0800 555 111**

PLEASE GO TO A CLINIC IMMEDIATELY

# Your Zone's bright future



This month has seen Kilburn based Mosaic LGBT Youth Centre taking over delivery and management of Your Zone: the Ealing youth group for lesbian, gay, bisexual, trans and questioning teenagers.

The Source speaks with Lukasz Konieczka, Mosaic Centre Manager about the current and developmental plans for the future:

## **What type of support does Mosaic LGBT Youth Centre offer to young LGBT people?**

At the moment Mosaic offers young people under age of 19 a youth group with fun and interesting activities, but more importantly, the opportunity to meet other LGBT peers and make honest friendships, as everyone is able to be who they really are. We also offer one-to-one coaching/mentoring sessions with youth workers to support those young people who would like to address specific difficulties they are facing. It might be school or career choice, uncertainty about sexuality or gender, or any other issue they see as important. Mosaic also offers sexuality awareness workshops for schools where we discuss different sexualities and try to combat homophobia and prejudice. We also now offer bespoke training packages for professionals and support staff working with young people.

## **It seems like you do quite a lot of work, are you intending to provide all of it in Ealing as well?**

We are going to be using our expertise and will respond to local needs as and when they arise, but our main focus is to get Your Zone youth group moving, as they have not been meeting for a long time. Getting them all together as well as attracting new members is our main aim. Of course one-to-one support will be also offered on an appointment basis.

## When are you going to officially re-launch Your Zone?

We are in phase one of preparations so we are going to be contacting all current members of Your Zone inviting them to take part in a focus planning group by the end of September and we aim to launch the youth group mid October. Mentoring and coaching is already available.

## Were you thinking of developing such work in other boroughs?

Mosaic is a very successful model, but we do not intend to build an empire. What we are driven by is opportunity and local need. When both are explicit then there is no reason why we wouldn't act upon them. At the moment we have a few projects in the pipe line, but it is more 'watch this space' as I can't share details.

## You are very mysterious. Will you not give a sneak preview to The Source readers?

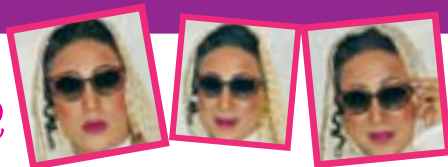
We are going to be offering more accredited courses and we will be offering young people more development opportunities beyond the youth clubs...

## I suppose this will have to do for now, but please keep us and our readers informed. Is there any way interested individuals can get hold of you or get more information?

Yes of course. Mosaic LGBT Youth Centre's website is at: [www.mosaicyouth.org.uk](http://www.mosaicyouth.org.uk) where most of our information becomes available first. We also have a Twitter account: [MosaicYouth](https://twitter.com/MosaicYouth) and Facebook: [www.facebook.com/mosaic.centre](https://www.facebook.com/mosaic.centre) I am also reachable on: **07931 336668** & free phone: **0800 0433 411** (Skype and land lines).

**MOSAIC**  
LGBT YOUTH CENTRE

# 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 Section, Community Services, Civic Centre, Lampton Road, Hounslow, TW3 4DN.

Dear Auntie Jee,

I'm writing hoping you can provide me with some information about coming out as transgender. One of my closest friends has recently told me that they are more than likely going to come out. While I understand what this means, I'm not sure how this all works and I really want to be able to support them. We've been friends for 10 years and during the last 4 years my friend often wears more feminine clothes. At first I found this very odd but now I'm just used to it. I want to support them so any information you can provide would be really helpful. **Mark, Uxbridge**

*Mark, firstly let me just say what an amazing friend you are for supporting your friend! It's important when you're coming out for the first time to tell someone who you trust and who will be supportive and understanding and this is probably why your friend has confided in you.*

*TransBareAll [www.transbareall.co.uk](http://www.transbareall.co.uk), The Gender Trust <http://gendertrust.org.uk/> and Gires [www.gires.org.uk](http://www.gires.org.uk) are organisations that support trans people.*

*It's important for your friend to remember that by the time they've decided to come out, they will have processed how they feel. They may need to give some people around them time to process this too and may experience some rejection to begin with. This will be hard but your support and the support of others should go a long way in helping them overcome this. There are several websites including the ones listed above that can provide useful information for your friend. The West London Trans Group (see page 3 for info) is also open to trans people and their family and friends, where they can receive peer support and meet other people in the community.*

# PACE HEALTH CHAMPS

A service for women by women  
in the LGBTQ community

Want to be healthier & happier?  
Improve your diet? • Stop smoking?  
Start exercising? • Or reduce drinking?

**We Can Do It!**



## We can offer support!

This is a FREE exciting  
volunteer lead service,  
Offering 3 – 4 consultations, empowering  
& supporting women to take control  
& improve their own health.

To make an appointment  
contact Becky.

[becky.large@pacehealth.org.uk](mailto:becky.large@pacehealth.org.uk)

**0207 715 0374**

Supporting women to make  
realistic changes.

# Wellness Day

**For Black, Asian  
& Minority Ethnic Men  
who are Gay, Bi or men  
who have sex with men**



**Celebrating our communities**  
**Be Well, Be Powerful,**  
**Be Informed**

There will be a free  
Caribbean and Asian inspired  
lunch, free Goodie bag and  
tea and coffee provided.

For more information go to  
[www.westlondondongmp.org.uk](http://www.westlondondongmp.org.uk)

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

# Upcoming 24s™ Dates

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 WLGMP or 24s T-shirts. You can also pick up 24s bags at our Fast HIV Testing Services. **Alternatively, call 0800 587 8302 or email [24s@westlondongmp.org.uk](mailto:24s@westlondongmp.org.uk).**

## October ☼☼☼

### • **Urban Desi Anexo Bar & Club**

Raduno Raduno, 85 Charterhouse Street  
EC1M 6HJ **Sat 8th 10.30pm – 1am**

### • **Club Caribana**

Club Union, 66 Albert Embankment SE1 7TP  
**Sat 8th 11.30pm – 2am**

• **Club Exilio** Guys Bar, Boland House,  
St Thomas St, London Bridge SE1 9RT

**Sat 8th 11pm – 2am**

### • **Ted's Place**

305a Northend Road, W14 9NS  
**Fri 14th 9.30pm – 12am**

### • **Club Bootylicious**

Club Coliseum, 1 Nine Elms Lane,  
Vauxhall SW8 5NQ **Sat 15th 11pm – 2am**

### • **Portsea Sauna**

2 Portsea Place, W2 2BL  
**Thurs 27th 4.30pm – 6pm**

### • **Quebec**

12 Old Quebec Street Marylebone W1H 7AF  
**Thurs 27th 6pm – 8pm**

### • **Richmond Arms**

20 The Square, Richmond TW9 1DZ  
**Fri 28th 8pm – 11pm**

### • **West 5**

Popes Lane, South Ealing W5 4NB  
**Sat 29th 9pm – 12am**

## November ☼☼☼

### • **Windsor Castle**

152 Bath Road, Hounslow TW3 3ET  
**Sat 5th 9pm – 12am**

### • **West 5**

Popes Lane, South Ealing W5 4NB  
**Sat 12th 9pm – 12am**

### • **Ted's Place**

305a Northend Road, W14 9NS  
**Mon 14th 8.30pm – 11pm**

• **Club Exilio** Guys Bar, Boland House,  
St Thomas St, London Bridge SE1 9RT

**Sat 26th 11pm – 2am**

### • **Richmond Arms**

20 The Square, Richmond TW9 1DZ  
**Sun 27th 3pm – 6pm**

## December ☼☼☼

### • **West 5**

Popes Lane, South Ealing W5 4NB  
**Thurs 1st 7.30pm – 10.30pm**

### • **Hope & Anchor**

20 Macbeth St, Hammersmith W6 9JJ  
**Fri 2nd 7.30pm – 10.30pm**

### • **Windsor Castle**

152 Bath Road, Hounslow TW3 3ET  
**Sat 3rd 9pm – 12am**

### • **Ted's Place**

305a Northend Road, W14 9NS  
**Fri 9th 9.30pm – 12am**

### • **Urban Desi Anexo Bar & Club**

Raduno Raduno, 85 Charterhouse Street  
EC1M 6HJ **Sat 10th 10.30pm – 1am**

### • **The George**

114 Twickenham Road, Isleworth, TW7 7DJ  
**Fri 16th 8.30pm – 11pm**

### • **Club Kali**

The Dome, 1 Dartmouth Park Hill N19 5QQ  
**Fri 16th 10pm – 1am**

Shift times & dates may be  
subject to change – please check  
**[www.westlondongmp.org.uk](http://www.westlondongmp.org.uk)**  
for updates.