

# West London GMP Petition

From April 2008, Hounslow Primary Care Trust (PCT) no longer intends to fund West London Gay Men's Project. The Project currently provides valuable sexual health services for gay and bisexual men in Hounslow. This cut will affect Hounslow residents as well as any non-Hounslow residents who use sexual health services in Hounslow.

**If the cut goes ahead, the services that will no longer be available include:**

- *The Source* health information magazine
- Free 24s condom and lube bags
- Outreach workers in gay venues
- 1-2-1 support
- Telephone helpline

Please support the project by signing our petition – log on to [www.westlondongmp.org.uk](http://www.westlondongmp.org.uk) and click on the 'Save our Services Petition' icon. Thank you.

If you wish to voice your concern further about the Hounslow cuts, please do so by:

- Contacting your local MP or Councillor to let them know what is happening
  - Writing to the PCT directly expressing your concern.
- The contact is: *Chief Executive*, Hounslow Primary Care Trust, Phoenix Court, 531 Staines Road, Hounslow TW4 5DP

# the SOURCE

●●●● health information for the LGBT community

## Useful Contacts



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## Upcoming 4s Dates

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## Upcoming 4s Dates

- **November**
- **West 5** • Fri. 2<sup>nd</sup> 8pm - 11pm
- **Hope & Anchor** • Wed. 7<sup>th</sup> 7pm -10pm
- **Bootylicious** • Sat. 10<sup>th</sup> 11pm -2am
- **Ted's** • Tue. 13<sup>th</sup> 8pm -11pm
- **Club Kali** • Fri. 16<sup>th</sup> 10pm -1am
- **Windsor Castle** • Fri. 23<sup>rd</sup> 8pm - 11pm
- **Bromptons** • Fri. 30<sup>th</sup> 10pm -1am

- **December**
- **West 5** • Sat. 1<sup>st</sup> 8pm - 11pm
- **The George** • Sat. 8<sup>th</sup> 8pm - 11pm
- **Ted's** • Mon. 10<sup>th</sup> 8pm -11pm
- **Windsor Castle** • Fri. 14<sup>th</sup> 8pm - 11pm

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, just speak to one of our friendly outreach workers on the night - they'll be wearing GMP T-shirts. Alternatively, call **George Leonard** on **0800 587 8302** or email **24s@westlondongmp.org.uk**

## How Safe Are You?



## Taking Care at Cruising Grounds

# WELCOME to Issue 12 of The Source

Welcome to Issue 12 of The Source, your local magazine bringing you information on LGBT issues in your area.

This issue we highlight the work the GMP have been doing at a well-known cruising ground in West London and provide information about how to use these sites more safely. We spotlight the new GMP Outreach team members who can be seen working in venues across West London.

We also invite you to sign the petition to help stop GMP services including the 24s condom and lube scheme and Outreach work from being cut in Hounslow.

Other regular features include our problem page, with answers provided by Auntie Jee, plus details of GMP's free condom and lube distribution scheme, 24s.

The Contacts page, offering information on local support services, sexual health clinics and LGBT youth groups can be found on pages 6 and 7.

## West London Lesbian, Gay, Bisexual & Transgender Convention

(Brent, Ealing, Hammersmith, Harrow, Hounslow, Hillingdon & Richmond)

29<sup>th</sup> November 2007 @ Ealing Town Hall between 10am-4pm

### Key National Speaker:

Peter Tachell (Gay Rights Campaigner)

#### LGBT Workshops

- Community safety
- Health
- Housing
- Human Rights / Equalities legislation

#### Residents

- Have your say on local services

#### Service Providers

- Find out more about the needs of LGBT residents

### Plus Social Event @ West 5 6pm-Late

\* Have your say \* Information stalls \* Lunch \* Q&A \* Refreshments \* Social Event \* Workshops

Please Contact Jim Wong to reserve your place and for any special access needs  
jim@ealingcvs.org.uk or 020 8280 2233

WestLondon  
Network

## 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, Public Health & Health Improvement Unit, Housing & Community Services, Civic Centre, Lampton Road, Hounslow, TW3 4DN.

Dear Auntie Jee

### Dear Auntie Jee

I've been with my girlfriend for two years but over the last few months I've been having sex with men too. I've always used condoms with my girlfriend but not with other men. Often the condoms have split when I've been having sex with my girlfriend and I'm worried about getting her pregnant and getting an STI.

### Akeem, Acton

Akeem, it is great that you have always used condoms with your girlfriend but I am concerned that the condoms are splitting on a regular basis. I'm wondering whether you are using enough lube and/or using the right type of condom – perhaps you need a different variety? You might want to change the condom for a new

one if you've been having sex for longer than half an hour to prevent it splitting. Using lube on the outside of the condom may help too. You can get free lube and condoms in a size/shape that is suitable for you by signing up to West London GMP's 24s scheme (see back page for details).

I'm not sure if you are clear about the facts relating to sexually transmitted infections (STIs) and condom use. It is more likely that you could contract an STI or HIV from one of the men you have been having sex with, particularly if you are the guy being penetrated without using a condom. I am wondering if you have been having sex without condoms with men because you were unaware of the risks? Log onto West London GMP's

website and check out the section on sexual health for more information about this: [www.westlondongmp.org.uk](http://www.westlondongmp.org.uk).

I also think you should go to a sexual health clinic (see Contacts page) for a full sexual health check up. Having unprotected anal sex carries with it the risk of contracting HIV, so you should get an HIV test done as soon as possible. The health adviser at your clinic will talk to you about the test and will be able to offer you support and information. Although it might be difficult, it is a good idea for your girlfriend to go for a sexual health check up too. Encourage her to go for a pregnancy test and get the check up at the same time. This may raise problems in your relationship but your girlfriend needs to be aware of the risks she may have been exposed to.

**Feel free to call West London GMP's helpline if you want to discuss things further (see Contacts page).**

*Dear Auntie Jee*

I'm a recently divorced 49-year-old man. I'm gay and I've always known this and I've been in a relationship with a man for a year and a half. I have a worry in the

bedroom department because I know my partner wants to have anal sex with me (which I have never done) and being penetrated by him or anyone else is something I'm scared about. I'm worried about it being painful and it somehow seems dirty to me. I love my partner and want to make him happy when we have sex. Please help!

**Daniel, Richmond**

*Daniel, I'm glad that you have found a partner you are happy with, however I'm wondering if you have actually spoken to him about your concerns with having anal sex. If you talk to him he will have a better understanding of how you are feeling and you never know, anal sex may not be as big a deal to him as you think.*

*It's absolutely fine if you feel you don't want to have anal sex, some gay men feel the same way, so you're not alone. You shouldn't be forced into having any type of sex you are uncomfortable with; having said that, there are myths and attitudes surrounding anal sex that you may have picked up.*

*Anal sex doesn't have to be painful – using lots of water-*

*based lube and feeling relaxed and comfortable will help. Positioning yourself on top of your partner or on your side with your partner lying behind you will help control how much of him enters you, so you can take things slowly.*

*You say that anal sex 'somehow seems dirty' to you. I'm wondering if this is an opinion you've learned through messages and views in society about gay men and anal sex, rather than the act itself? **It might be useful for you to call GMP's helpline (see Contacts page) to explore this further.***

*If you are still worried about anal sex being dirty then going to the toilet beforehand and having a good wash will help put your mind at rest. You can also buy anal douches to clean inside your arse from sex shops, on-line or by asking your G.P. However you must be aware that these can damage the lining of your arse making it easier for HIV to be passed on, so wearing condoms is essential.*

**For more information about good arse health check out: [www.westlondongmp.org.uk](http://www.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)



Chelsea and Westminster Hospital **NHS**  
NHS Foundation Trust

# CONTACTS



## Local Support Services

**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)

**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.livingwellhiv.com](http://www.livingwellhiv.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** • Thursdays 2pm-8pm  
Drop-in, therapies and counselling for people living with HIV  
 **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  
 **0845 811 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) **Appointments Only**

## 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)

## Local Police Community Safety Units

**Ealing**  
**020 8246 9617**  
**Hammersmith**  
**020 8246 2436**  
**Hounslow**  
**020 8577 1212**

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** or text/call **07947 734201**  
 [info@westlondongmp.org.uk](mailto:info@westlondongmp.org.uk)  
 [www.westlondongmp.org.uk](http://www.westlondongmp.org.uk)

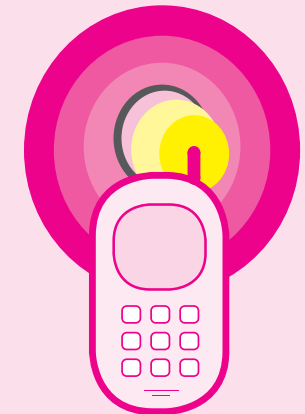
**London's Health Directory for Gay Men on the Web**  
 [www.metromate.org.uk](http://www.metromate.org.uk)

**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**



# New West London GMP Outreach Workers

If you're a regular at the gay venues across West London you may have spoken to the GMP Outreach Team offering you sexual health information and promoting our free condom and lube scheme, 24s. You may also have spotted some new faces recently, as we have recruited four new members to the team...



Russell

**R**ussell returns to the GMP as Outreach Worker for Men with HIV, having left his full time post in January to take up a position with a medical charity. He has worked in HIV for 8 years and is active in the gay and HIV positive communities, chiefly as a volunteer facilitator with GMFA and as an outspoken columnist for Positive Nation magazine. He aims to make sure the needs of positive men are considered in Outreach, not just as potential sources of infection to negative men, but also in their own right.

**A**scar has a background in customer service and brings to the team his great people skills and lots of enthusiasm. His life experiences and cultural background led him to want to work with gay men and sexual health. He says, "Outreach is a great way of contacting people and making referrals or giving information – in my mind, being approachable and open is key to successfully communicating with the gay community."



Ascar



Stephen

**S**tephen is the new Black Gay Men's Outreach Worker and is passionate about HIV prevention, being a 'long-term survivor' for 19 years. He speaks several languages including Spanish, Catalan, French and Italian and would eventually like to work for the UN in the HIV/AIDS field. Currently, Stephen also works as a councillor for 'Antidote', an LGBT service for people affected by alcohol and substance abuse.

**M**anuel works as a care manager in London. He is committed to improving gay and bisexual men's knowledge around sexual health and sees Outreach work as the ideal platform to do this. He says, "Outreach is about more than just safer gay sex, it's about gay freedom. Delivering the correct information can make the right difference to an individual and that's why it's so great to get out and meet the gay community face-to-face."



Manuel

All the new Outreach workers, as well as the existing ones (George, Ibrahim, Colin and Rui) will be happy to answer any questions you have about your sexual health. They carry with them various resources about sexual health plus information about drugs, general health and wellbeing issues. If there's something that's bothering you, have a chat with them. You can also join up to 24s – see page 12 to find out which venue you can see the team in over the next couple of months.

# Reports of Attacks at Cruising Grounds

**In** July 2007, Channel 4 broadcast 'Clapham Junction', a drama about the lives of a group of gay men in London, culminating in the brutal murder of one of them on Clapham Common. Over the past few weeks the gay press have carried warnings about cruisers being attacked on Clapham Common and other areas such as Hampstead Heath.

Press reports and TV shows have helped bring this issue to public attention but sadly these attacks are all too real and even closer to home.

The GMP has recently worked at an Ealing cruising site after the police asked for our help.

There had been a number of complaints from the public about the sexual activity of men at this site. **The decision not to name the site has been taken to lessen the possibility of homophobic attacks there.**

The police agreed with the GMP that men who cruise these sites might not only be the victims but also witnesses to homophobic crime. Bearing this in mind we talked to men about their experiences.

We also encouraged them to report crime, to be aware of other members of the public when cruising and to dispose of their litter responsibly.

For the most part the men we spoke to didn't know of any homophobic attacks on cruisers but unfortunately this was not always the case. One man talked about a group of men coming down to the site with baseball bats and he had made the police in Ealing aware of this. Another man spoke about attacks at another

cruising ground where men had been threatened and their cars vandalised. This information was passed on to the police.

The sharing of information between cruisers, the GMP and the police has had a positive effect in that action can be taken to safeguard the men using sites.

## Things to remember if you're going to a cruising ground...

- Don't take lots of cash or valuables with you.
- If you do happen to be carrying something expensive, such as your mobile phone or watch, don't make it known to people.
- Avoid going if you're drunk or have taken drugs, as you are less likely to be aware of the potential dangers around you.
- Make sure you know the layout of the area and avoid dead ends so you can exit quickly.
- Talk to other men and see if there have been any attacks, so you can steer clear of particular cruising grounds.
- Don't listen to personal stereos or I-pods when you're cruising so you have all your senses about you.
- If you're attacked always shout for help – you may want to carry a personal alarm with you.
- Report any incidents of crime to the police – alternatively report on-line at [www.westlondongmp.org.uk](http://www.westlondongmp.org.uk).
- If you're looking to have anal sex, always carry condoms and lube.