

the SOURCE

●●●● health information for the LGBT community

WLGMP hosts its first 'Wellness Day' for Black and Minority Ethnic men



Useful Contacts



Pages 6-7

Upcoming 24s Dates

Page 12



to Issue 21 of The Source

Happy New Year and welcome to Issue 21 of The Source. West London Gay Men's Project would like to thank the readers of The Source for all their support in 2010 and we look forward to an exciting 2011!

This issue we review the Wellness Day for Black, Asian, Middle Eastern and other men who have sex with men. We feature the 24s condom and lube online store's official launch party and highlight the survey being carried out in West London about the support needs of the Trans/Gender Variant communities.

As usual, Agony Auntie Jee is back with her problem page and 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, 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** or **thesource@westlondongmp.org.uk**

West London **gmp** Click for protection
gay men's project



Buy high quality low cost condoms & lube online, delivered to your door...

Go to www.24scondoms.org.uk to order now!

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

In each 24s 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.

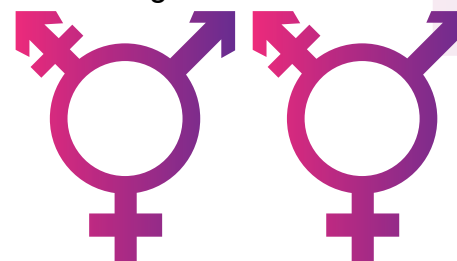
24s bags are sent to you in discrete protective packaging (Deliveries to UK residents only).

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

Trans/Gender Variant support survey

The West London Gender Variant Association's (WLGVA) Working Group, a new initiative lead by West London gender variant residents, has developed a survey to help identify and set up a gender variant support network group in the Hounslow or Ealing area. As many of you will know, there is currently nothing to support trans/gender variant people in West London.

The survey is open to all trans or gender variant people who live, work or play in West London. For us, gender variant is a broad term which includes people whose expressions of gender (masculinity and femininity) do not conform to dominant gender norms.



From the survey we want to identify the following:

- What people want from a trans drop-in
- When it should meet
- What it should offer
- What the main issues trans people face are

To complete the survey go to: http://www.surveymonkey.com/s/wltrans_survey

This survey is confidential. Please note: we will not ask you for any other personal identifying information.

To find out more about what we are doing or to be kept informed about when the trans drop-in starts, join our mailing list by contacting us on the number below. If you would like a hard copy of the survey sent to you through the post or for further information, contact West London Gay Men's Project on **0800 587 8302** or email info@westlondongmp.org.uk

You can also write to:
**West London Gay Men's Project Civic Centre
Lampton Road
Hounslow
TW3 4DN**

24s™ condom & lube online store official launch party

West London Gay Men's Project (WLGMP) has launched a new online store www.24scondoms.org.uk that enables gay, bisexual and other men who have sex with men to buy high quality condoms and lube at low cost prices, delivered direct to your door...



The idea of www.24scondoms.org.uk is to allow guys to get hold of high quality condoms and lube at close to cost price. WLGMP recognises that it isn't always easy to find time to go to a sexual health clinic to stock-up on condoms and lube and buying bulk condoms and lube from a shop can be very expensive. Condoms are still the most effective way of preventing HIV and STIs during sex, so providing guys with another way to get hold of condoms and lube at reasonable prices is important. In each bag you get 24 condoms plus a large 250ml bottle of lube.

A choice of 3 different varieties of condom is available. You can decide what quantity of each condom you'd like (up to 24) and they will send you the bag including package and postage costs for just **£7.99**.

24s bags are sent to you in discrete plain packaging and are delivered straight to your door within 3 working days.

Any profits made from selling 24s online are put back into providing free 24s bags to men who have sex with men who are most in need, in targeted settings.

Kudos bar hosted the official launch party and GoGo boys, goodie bags, free champagne and condoms/lube helped get the party into full swing. WLGMP staff were on hand to show guys the website and the feedback was fantastic. Karen Randall, Head of WLGMP said 'we are proud to be offering the lowest cost condoms and lube possible to men, particularly at this financially challenging time. With condoms still being the most effective protection against HIV and STIs it's so important for guys to get them cheaply, delivered to their door for when they're needed.'

To get your bags of 24s go to www.24scondoms.org.uk.



Photography: Oskar Marchock 2010



CONTACTS

Local Support Services

- Naz Project London** Services for Spanish, Portuguese, Muslim, Somali, Ethiopian & Asian men ☎ 020 8741 1879 🌐 www.naz.org.uk
- Living Well** Self Management Programme and support for people living with HIV ☎ 020 8746 2274 🌐 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
- The River House** Drop-in for people living with and affected by HIV ☎ 020 8753 5190 🌐 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

Lesbian, Gay & Bisexual Youth Groups

- Hounslow LGBT Youth Group (Hounslow)** ☎ 07960 155 329
- Your Zone (Ealing)** ☎ 07985 12 64 42
🌐 yourzone@ealing.gov.uk
- Mosaic (Brent)** ☎ 07931 336 668
🌐 www.mosaicyouth.org.uk
- NRG (Kingston & Richmond)** ☎ 020 7803 1684
- Court Out (Kensington & Chelsea)** ☎ 020 7373 2335
🌐 courtout@thespacekc.org

Other Useful Numbers / Sources of Information

- West London Gay Men's Project Sexual Health Advice Line** ☎ 0800 587 8302
🌐 info@westlondongmp.org.uk
🌐 www.westlondongmp.org.uk
- London's Health Directory for Gay Men on the Web** 🌐 www.gmfa.org.uk/londonservices
- NHS Helpline** ☎ 0845 46 47
🌐 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** ☎ Help line 07000 287878 (open Tuesdays & Thursdays between 7pm and 11pm hours)
🌐 www.beaumontsociety.org.uk

Don't risk not knowing!
Test for HIV



Free Rapid HIV Testing Service run by WLGM

Wednesdays 6pm - 8pm
***New Venue* Ealing**
The Carers' Centre,
46 South Ealing Road W5 4QA

Thursdays 6pm - 8pm
Hounslow
***STI testing available at this venue** The Heart of Hounslow
92 Bath Road, TW3 3EL

Sundays 2pm - 4pm
***New Venue* Hammersmith**
Naz Project London
30 Blacks Road, W6 9DT
Call number below or visit WLGM website for January start date at this venue

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

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

Ask Auntie Jee



If you have a problem that you would like Auntie Jee to answer, email it to 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 am a gay Polish man who has been in the UK for the last 3 years.

A few months ago, I met a cute Indian guy who was just a casual encounter. We ended up meeting regularly until we both decided to commit to each other. We both feel we are soul mates.

We went for a sexual health screen so we could stop using condoms. Sexually we are both versatile. My results were fine but my partner's came back HIV positive. He had not been tested before. We have had a chance to talk through things and although we love each other, he says he will understand if I want to move on and find a negative partner. It's all very recent and we are both still getting our head around this. I want to know if there are any other couples who are in a similar situation and how they manage. I love him dearly and cannot think of a future without him and he feels the same.

Marek and Kam Isleworth

Marek and Kam, thank you for your wonderful letter. I am glad to hear that you are willing to face up to and deal with one of the biggest challenges a relationship could possibly face.

Sero-discordant couples (where one person has a different HIV status to their partner) are not as rare as some

people think. The other common names are negative/positive or mixed status couples. Sero-discordant couples do face additional issues - including what level of sexual activity is comfortable for them and knowing that practicing safer sex reduces but does not eliminate the risk of transmission to the HIV negative partner. There might also be potential psychological issues arising out of supporting one another and being of different HIV status, but there is help and support available to both of you. If you're honest and communicate to each other about how you feel and what you want, then you're on your way to being able to live with HIV in your relationship.

Positive East runs a newly diagnosed group which might help. You can reach them on **0207 791 2855** or email them on recentlydiagnose@positiveeast.org.uk. You can also check out the Terence Higgins Trust website 'Vive la Différence' <http://together.chapsonline.org.uk/Home/>. River House and WLGMP will be running a group for HIV positive and HIV negative partners in Hammersmith early 2011. Check www.westlondongmp.org.uk or ring **0800 587 8302** for details.

I wish you both all the best with your future.

Auntie Jee

Wellness Day for Black, Asian, Middle Eastern and other men who have sex with men (MSM)

In November last year West London Gay Men's Project held its first free 'Wellness Day' for Black, Asian and Middle Eastern Gay, Bi and other MSM.

The event was held at the welcoming Lilla Huset venue in Hammersmith and attracted

a good mixture of people. Workshops included Group work and BME MSM; Faith, Spirituality and Sexuality; Nutrition and Diet; Self-Confidence and Self Worth; and an art workshop: An Expression of Your Authentic Self.



Dear Auntie Jee

Wellness Day continued...

The day was run by Black and Asian MSM with wide experience of working in their communities. Guys were treated to a screening of the film 'Beyond Labels', which explores Black gay male experience in London. Afterwards there was an insightful Q&A session with the film's director, Jaime Sylla, Gay Liberation pioneer, Ted Walker Brown, who also features in the film, and the South Asian MSM worker at the Naz Project London, Asif Quraishi. The day was organised by WLGMP to create a safe space where BME MSM could share their experiences and talents and

inform each other about Health and Wellness topics, including HIV.

Guys attending the day said the workshops were empowering and informative and the conversations and exchanges were heartfelt and meaningful. Most of all, those attending said they came away with something of value...and not just their Goodie bags!

The day gave everyone the opportunity to make new friends, reunite with old ones and help create community. WLGMP hopes to organise another Wellness Day later this year, so watch this space!



WLGMP would like to thank the following facilitators and guest speakers for helping make the day such a success:

Gamal 'G' Turawa
Anthony Johnson
Rev. Rowland Jide Macaulay
Ibrahim Ismail
Philip Makepeace
Stephen Brown
Ascar Anderson
Jaime Sylla
Asif Quraishi
Theodore (Ted) Walker Brown



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.**

January ☼☼☼

- **Hope & Anchor** 20 Macbeth Street, Hammersmith W6 9JJ
Fri 7th 7.30pm - 10.30pm
- **Club Habibi** Oak Bar, 70 Green Lanes, Stoke Newington N16 9BU
Sat 8th 8.30pm - 11pm
- **West 5**
Popes Lane, South Ealing W5 4NB
Fri 14th 9pm - 12am
- **Club Kali** The Dome, 1 Dartmouth Park Hill N19 5QQ
Fri 21st 10.30pm - 1.30am
- **Windsor Castle**
152 Bath Road, Hounslow TW3 3ET
Sat 29th 9pm - 12am

February ☼☼☼

- **Club Caribana**
65 Goding Vauxhall, SE11 5AW
Sat 5th 11.30pm - 2am
- **Richmond Arms**
20 The Square, Richmond TW9 1DZ
Fri 11th 8pm - 11pm
- **Urban Desi Anexo Bar & Club**
61 Turnmill Street, Farringdon EC1M 5PT
Sat 12th 10.30pm - 1.30am
- **Ted's Place**
305a Northend Road, W14 9NS
Fri 18th 9.30pm - 12.30am
- **West 5**
Popes Lane, South Ealing W5 4NB
Sat 19th 9pm - 12am

• Windsor Castle

152 Bath Road, Hounslow TW3 3ET
Fri 25th 9pm - 12am

- **Club Exilio** Guys Bar, Boland House, St Thomas St, London Bridge SE1 9RT
Sat 26th 11pm - 2am

March ☼☼☼

- **The George** 114 Twickenham Road, Isleworth TW7 7DJ
Fri 11th 8.30pm - 11pm
- **Club Habibi** Oak Bar, 70 Green Lanes, Stoke Newington N16 9BU
Sat 12th 10.30pm - 1.30am
- **Ted's Place**
305a Northend Road, W14 9NS
Mon 14th 8.30pm - 11pm
- **The Quebec** 12 Old Quebec St, Marylebone W1H 7AF
16th 6pm - 9pm
- **West 5**
Popes Lane, South Ealing W5 4NB
Fri 18th 9pm - 12am
- **Club Bootylicious**
Club Coliseum, 1 Nine Elms Lane, Vauxhall SW8 5NQ
Sat 19th 11.30pm - 2am
- **Hope & Anchor**
20 Macbeth St, Hammersmith W6 9JJ
Thurs 24th 7.30pm - 10.30pm
- **Windsor Castle**
152 Bath Road, Hounslow TW3 3ET
Sat 26th 9pm - 12am