

the SOURCE

●●●● health information for the LGBT community

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.**

April

• **Urban Desi Anexo Bar & Club**
61 Turnmill Street, Farringdon EC1M 5PT
Sat 9th 10.30pm – 1.30am

• **Ted's Place**
305a Northend Road, W14 9NS
Mon 11th 8.30pm – 11pm

• **West 5**
Popes Lane, South Ealing W5 4NB
Fri 15th 9pm – 12am

• **Richmond Arms**
20 The Square, Richmond TW9 1DZ
Fri 22nd 8.30pm – 11.30pm

• **Windsor Castle**
152 Bath Road, Hounslow TW3 3ET
Sat 23rd 9pm – 12am

• **Hope & Anchor**
20 Macbeth St, Hammersmith W6 9JJ
Thurs 28th 7.30pm - 10.30pm

May

• **The Quebec**
12 Old Quebec St, Marylebone W1H 7AF
Thurs 5th 6pm – 9pm

• **The George**
114 Twickenham Road, Isleworth TW7 7DJ
Fri 6th 8.30pm – 11pm

• **Ted's Place**
305a Northend Road, W14 9NS
Fri 13th 9.30pm – 12.30am

• **West 5**
Popes Lane, South Ealing W5 4NB
Fri 20th 9pm – 12am

• **Club Exilio** Guys Bar, Boland House,
St Thomas St, London Bridge SE1 9RT
Sat 21st 11pm – 2am

• **Windsor Castle**
152 Bath Road, Hounslow TW3 3ET
Sat 28th 9pm – 12am

June

• **Hope & Anchor**
20 Macbeth St, Hammersmith W6 9JJ
Thurs 2nd 7.30pm - 10.30pm

• **Richmond Arms**
20 The Square, Richmond TW9 1DZ
Fri 10th 8.30pm – 11.30pm

• **Urban Desi Anexo Bar & Club**
61 Turnmill Street, Farringdon EC1M 5PT
Sat 11th 10.30pm – 1.30am

• **Ted's Place**
305a Northend Road, W14 9NS
Fri 17th 9.30pm – 12.30am

• **Club Kali**
The Dome, 1 Dartmouth Park Hill N19 5QQ
Fri 17th 10pm – 1am

• **Club Bootylicious**
Club Coliseum, 1 Nine Elms Lane,
Vauxhall SW8 5NQ
Sat 18th 11.30pm – 2.30am

• **Windsor Castle**
152 Bath Road, Hounslow TW3 3ET
Fri 24th 9pm – 12am

• **West 5**
Popes Lane, South Ealing W5 4NB
Sat 25th 9pm – 12am

• **The Quebec** 12 Old Quebec St,
Marylebone W1H 7AF
Wed 29th 6pm – 9pm

Shift times & dates may be
subject to change – please check
www.westlondongmp.org.uk
for updates.



Useful Contacts



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WLGMP's Health Trainers



WELCOME

to Issue 22 of The Source.

Spring has sprung and this issue we take a look at some of the services and groups available to you in the coming months, including the Positive Meets Negative group for people in relationships with mixed HIV status (HIV positive/HIV negative). We feature our new and even more convenient rapid HIV testing service venues, highlight our exciting West London Health Trainer service and review next year's funding situation for local and Pan London sexual health services for Men who have Sex with Men (MSM).

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 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.

New rapid HIV testing venues



WLGMP runs convenient out-of-office hours rapid HIV testing every week in venues across West London. We now run a clinic every Sunday afternoon (the only Sunday rapid HIV clinic for MSM in London) from The Naz Project in **Hammersmith**. You can also get tested in **Ealing** and **Hounslow** on a Wednesday and Thursday evening respectively. No appointment is necessary and results are given to you there and then (please arrive no later than 30 minutes before the end of a session to guarantee a test). We currently offer full STI screening in Hounslow only.

Karen Randall, Head of WLGMP said, "The tests are carried out in a non-clinical environment by trained staff at times that suits the client. We aim to provide a service that is as comfortable and welcoming as possible, including pre and post test discussions and we believe that providing gay and bisexual men with a

greater choice of how and when they want to test is a step in the right direction towards reducing undiagnosed HIV infection and late diagnoses."

Check out our website:

www.westlondongmp.org.uk,
Facebook: **West London GMP**
or call **0800 587 8302** for details.

WLGMP also provides an online store www.24scondoms.org.uk for gay, bisexual and other MSM to buy **high quality condoms and lube at low cost prices, delivered straight to your door.** 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 we 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.

WLGMP Health Trainers

In January of this year, one lucky community member walked away with £100 in WLGMP's Prize Draw. The winner was one of over 3000 men who have been in contact with the Health Trainer service in the last year. WLGMP Health Trainers offer a confidential, non-judgmental service to gay and bisexual men and MSM who live, work or socialise in West London. Daniel Winstanley, WLGMP's Community Outreach Coordinator, tells us some more about the service:



'Our Health Trainer Team offer a chance to chat to someone confidentially about sex, relationships and health issues.

You can talk about improving communication,

building your confidence in asking for the sex that you want, and reducing the risk of getting or passing on sexually transmitted infections including HIV. In addition, Health Trainers can explore other issues that may affect our sex lives. This includes relationships, communication, self esteem and self image, emotional wellbeing, and drug and alcohol use. We have contact with a wide range of services that might be able to provide extra help.

Health Trainers are men from the community who have life experience as well as professional training. We use tried and tested techniques to help people with the changes they want to make in their lives, giving information and support that is specific to their needs. We work with gay and bisexual men and men who have sex with men (MSM) in lots of different places, including pubs, clubs, saunas, cruising grounds, health clinics and community groups. We come from a range of backgrounds and have specific workers available for Asian men, Black men and HIV Positive Men.

The initial tool that Health Trainers use is the **iBASK** – an interactive sexual health quiz completed on an iPhone.

The **iBASK** helps to explore **B**ehaviours, **A**ttitudes, **S**kills and **K**nowledge, and to create a tailor-made action plan, which might include meeting with a Health Trainer again for further support. Certain men are contacted in a couple of months and invited to repeat the **iBASK** to see if things have changed for them since they first met with a Health Trainer. In order to encourage men to take part, we offer a prize draw for those who complete a follow-up. Many guys tell us that the service has really made a difference for them.'

Since January 2010, the Health Trainer service have approached nearly 3000 men and completed over 400 **iBASKs**. The Prize Draw took place in January: this year's winner was Dan Cox, who won £100 Ikea vouchers which he's using to furnish his flat. Dan said 'I found the **iBASK** a fun and interesting way to chat about sexual health and the Health Trainers were really friendly – I think it's a really valuable service and I was thrilled to hear I'd won a prize!'

For more information on the Health Trainer service, email Daniel at gmpadvice@westlondongmp.org.uk or call 0800 587 8302.



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 Helpline** ☎ 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

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



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

Every Thursday 6pm – 8pm
(arrive by 7.30pm)
Heart of Hounslow Polyclinic
92 Bath Road, Hounslow TW3 3EL
(STI testing available)

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

When Positive Meets Negative

WLGMP is very excited to be offering a new group work programme in partnership with River House based in Hammersmith called 'When Positive Meets Negative'.

When Positive Meets Negative is a support group for people in relationships with mixed HIV status (HIV positive/HIV negative). The group will be a place where people can come together to share experiences, give and receive emotional support, access information and develop support networks.

Positive Meets Negative is open to anyone living, working or socialising in West London.

The reasons the programme has been developed include:

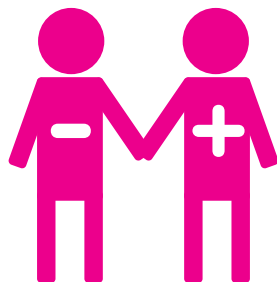
- To increase understanding and knowledge of safer sex and sexually transmitted infections
- To strengthen happy and healthy relationships
- To build a healthy self-esteem and communication skills

- To offer practical skills of dealing with emotions
- To offer peer and worker support through interactive exercises
- To bridge the gap between clinical services and people in the community living with or affected by HIV

When Positive Meets Negative is open to relationships formed of mixed or the same gender, sexuality, age and experience of HIV (either living with or affected by) and is not specifically for men who have sex with men.

If you are interested in attending the group or would like more information please contact:

Daniel at West London Gay Men's Project on 0800 587 8302 or Joel at River House on 020 8753 5190.



London Funding

As we arrive at the end of the financial year you may have read in the gay press about major funding cuts to the Pan London HIV Prevention Programme (PLHPP) for gay and bisexual men and you may be worrying about its impact.

The PLHPP provides the following services to gay and bisexual men in London:

- **Counselling and mentoring**
- **Health Trainer outreach**
- **Group work**
- **Freedoms condoms**
- **Campaigns and leaflets**
- **Helpline**
- **FS magazine and website**

All of these services have been cut by a whopping 43% and contracts only extended for 6 months (to September 2011). Meanwhile a needs assessment will be carried out to establish what services gay and bisexual men in London want and need going forwards.

WLGMP is part of the PLHPP, in the GMI Partnership, and we provide counselling, mentoring and Health Trainer services across London. It is clearly a very worrying time and we

are focussing on ensuring that services can continue as much as is possible with that level of cut, but we are committed to continuing to work to improve the health of MSM in London and ensure you have the services you need. We will keep you updated on developments and make sure you are aware of the opportunity to feed in your comments and views to the needs assessment when the time comes.

On the positive side, WLGMP has managed to secure funding, with minimal cuts, for our entire local, West London work. That means that this magazine, our HIV testing clinics, outreach, 24s condoms, 121 support, helpline etc will continue for the next year at least. This is a remarkable achievement when so many agencies are facing immediate cuts, and is a testament to the quality of the work we provide, the positive feedback we have from MSM in West London and the commitment of commissioners to see our work continue. We will persist in fighting to ensure that vital services are funded going forward.

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 fifty year old gay guy who in my teens and early twenties experimented with a large variety of sexual partners of all ages and types.

However, by the time I got to my mid twenties I was pretty well focused on younger, cute, slightly 'queenie' guys and this pattern continued right into my early forties. By default, rather than choice, from my mid twenties, I became 'top' only. That is to say all my partners were 'bottoms' and I went along with that.

But then suddenly, in my mid forties, I started to be attracted to masculine guys my own

age or older. I also became increasingly desired to be fucked!

So I went there! And the sex has been brilliant. I no longer feel much attraction to young twinks.

But there is a problem that really worries me. After sex I feel repulsed and immediately want to shower and go, or for my partner to shower and go. Whereas, when I used to have sex with young twinks, after coming all I wanted to do was cuddle up, kiss and whisper sweet nothings.

I don't want to be a lonely old queen, but it seems to me that unless I can regain the sense of intimacy that I used to get from sex with younger partners then I will never be able to form a long term intimate relationship.

Please help.

Robin, Brent

Robin, having a 'type' that you're attracted to more than any other 'type' is nothing out of the ordinary. It is human nature for us all to have our different preferences, be it sexual or otherwise. What you may have been attracted to at a younger age compared to what you are attracted to as a mature man can also change. As people develop, naturally what they look for in a partner often changes. Priorities alter and with that there can be a shift from the type of men you are usually attracted to.

You say you feel repulsed after you've had sex with men your own age or older, but you do enjoy the sex. Many gay men can experience feelings of disgust after having sex with other men, which may be linked to personal experiences of abuse or growing up gay in a 'straight' world. It sounds like there are some underlying issues here that you may wish considering exploring with a counsellor. You can try the organisation London Friend, which is based in Islington and can be reached on **020 7833 1674** or at www.londonfriend.org.uk. They offer a safe, confidential place where you can talk to a counsellor about your problems. Alternatively contact your GP who may refer you to a local service.

I wish you luck in resolving your problem.

Auntie Jee

