

the SOURCE

●●●● health information for the LGBT community

West London Transgender Group



Useful Contacts



Pages 6-7

Upcoming
24s
 Dates
 Page 12



WELCOME

to Issue 23 of The Source.

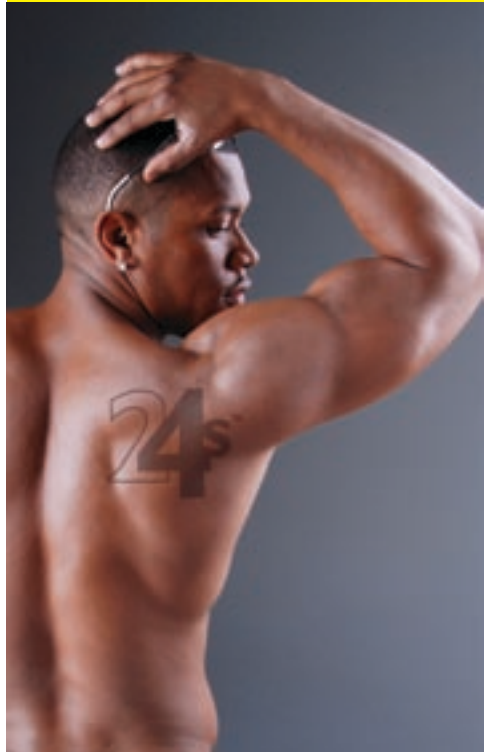
This issue we take a look at the new West London Transgender Group and talk to West London Citizens Advice Bureaux's first legal and welfare adviser, employed to work solely with the LGBT community. We highlight our exciting new internet outreach service, which is in addition to the outreach our Health Trainers currently do in bars and clubs.

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
gay men's project

Click for protection



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

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

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. Any profits made are put back into providing free 24 bags to men who have sex with men in targeted settings.

LGBT?

Need legal and welfare advice?



My name is Oliver Davidge-Stringer. Through Citizens Advice Bureaux (CAB) in West London, I am London's first legal and welfare adviser solely for the LGBT community. This involves going out into the community and doing work with those struggling with issues relating to discrimination, money & debt, welfare benefits, housing, employment, family and consumer problems – as well as many others.

The reason this project is so important is because for the first time it takes this type of expertise and support to those members of the LGBT community who are uncomfortable with going into a CAB. This is a pilot project that will be launched over 6 boroughs in West London. That means the majority of the work I personally carry out will be based across West London. However it does not mean that I will be unable to help those who live in different areas of the city. I am building up a support network of LGBT advisers across the whole of London, which I will be able to refer you to no matter what area of London you are from.

There are a wide range of welfare issues still facing the gay LGBT community. For example - discrimination still occurs and even in London, LGBT people still receive unfair treatment at work. It can be difficult to know where to turn and how to take appropriate action. This is where I step in, I can advise in areas like these; right up to the point where I could help cases to court or tribunals for free.

If you are looking for advice in any of the advice areas you would expect a CAB to cover, but are confused about where to turn, then I encourage you to contact me on: 07425 623 434 or email: oliverds@harrowhac.org.uk

West London Transgender Group

June saw the successful launch of the West London Transgender Group. This monthly drop-in group is for men and women from the Trans community, where they can come and meet each other in an informal setting.

The group has been organised by the West London Gender Variant Association (WLGVA). WLGVA was set up in response to the lack of services available to the Trans community in West London. The drop-in aims to help support Trans community members and provide them with relevant and helpful information. If you would like to get involved in supporting and making a difference to other Trans people in West London then come along - you can come on your own or you can bring your friends and/or family.



At each meeting there are light refreshments and there will often be a short presentation about particular services or issues that affect members of the Trans community. 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 and how it can be run to meet their different needs. It is also a chance to catch up with new friends in a safe and confidential environment.



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

If you would like to attend or for more information,
please email: info@westlondongmp.org.uk
or call **0800 587 8302**

Changing facilities are available and the venue
is wheelchair accessible



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

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 📧 membership@outwest.org.uk

North West London Lesbian & Gay Group 📞 07941 707884 🌐 www.nwlgay.com 📧 nwllgg@hotmail.co.uk

West London LGBT Forum 📞 020 8280 2286 🌐 www.ealingcvcs.org.uk 📧 lgbt@ealingcvcs.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 & Transgender Youth Groups

Your Zone
(Ealing)

☎ 07985 126 442
✉ yourzone@ealing.gov.uk

Mosaic LGBT
Youth Centre

☎ 07931 336 668
or free phone 0800 043 3411
✉ www.mosaicyouth.org.uk
✉ info@mosaicyouth.org.uk

Gendered
Intelligence
Youth Group

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

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 / 020 8583 2474
✉ info@westlondongmp.org.uk
✉ 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

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

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

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

PLEASE GO TO A CLINIC IMMEDIATELY

7

West London Gay Men's Project Internet Outreach

From August onwards, WLGMP's Health Trainer team will be available online, through live chat and messaging on various gay community websites. You can speak to us online on Fridays – feel free to come and say hi and chat about any questions, information or other matters you may want to discuss.



HIV prevention policy and research suggests the importance of working with men 'where they're at': providing sexual health information and advice in ways which are relevant and accessible. In the last year our Health Trainer service has worked with nearly 3000 men in bars, clubs, saunas, cruising grounds and social groups – so we are really glad to be expanding this work to include men who meet or interact online. Guys may prefer to contact us in this way for convenience and/or anonymity.

WLGMP works to reduce unmet sexual health/HIV prevention need by providing a quality, confidential support to men who have sex with men (MSM). The aim of the Internet Outreach project is to provide guys who live or socialise in West London with clear, accurate and credible information about sexual health and HIV, in order to improve access to services and increase their knowledge and skills. WLGMP will be available for live chat from 3-6pm on Fridays, and can be messaged through their profiles at other times.

We are really grateful to all of the websites who are supporting us in this work, including Gaydar, Adam4Adam, Fitlads, and Squirt.org.

www.gaydar.co.uk/wlgmp

<http://www.adam4adam.com/?p=wlgmp-gmi>

www.fitlads.net/wlgmp

www.squirt.org/wlgmp

For more information about this service, please contact Daniel: support@westlondongmp.org.uk.

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 man in my 30s and am living a lie. I was 'forced' to get married 10 years ago to a woman but am actually attracted to men. The thing is my family come from a strict Pakistani Muslim background where being gay is not accepted or tolerated. I pleaded with my mum not to force me to get married, telling her it's not what I wanted, but she wouldn't listen. I think she knew the reason I didn't want to get married but was in denial, thinking that if I married a woman and had sex with her, I would change.

Ten years on I am still married and have two beautiful sons. I wouldn't give my sons up for the world, but cannot live this lie any longer. I want to tell my wife and

sons the truth but am frightened of the consequences. My sons are now 9 and 7 and I don't want to lose them.

Please can you help?

Anon, West London

Thank you for writing in. Firstly let me congratulate on making a very tough decision. You are definitely not alone in this. I have come across many men who have been married to women and have kids but are gay. There are a number of reasons why this happens, one of which is due to cultural or religious reasons. Whilst not uncommon, it is a difficult and painful position for the person affected and for the others involved.

Coming out can be difficult, especially when you have to consider your children and how they may react to this news.

However, there are a couple of organisations that can offer you support at this very difficult turning point in your life. Naz Project in Hammersmith (www.naz.org.uk 020 8741 1879), and Positive East in Stepney (www.positiveeast.org.uk 020 7791 2855) both offer groups for Asian men, where you can meet and chat with guys in similar situations. We also have a specialist Health Trainer, Ascar who works with Asian men and can be contacted via email: asianmen@westlondongmp.org.uk.

You may also find it useful to talk to a counsellor, who can work with you through this process. You can try organisations like The West London Centre for Counselling (WLCC). They can be reached on 020 87438060 or at www.wlcc.org.uk, they're based in Shepherd's Bush. London Friend can be reached on 020 7833 1674 or at www.londonfriend.org.uk, they're based in Islington. They both offer a safe, confidential space where you can talk to a counsellor about your problems.

I hope this helps and your new life is all you wished for.

Good luck,

Auntie Jee

Dear Auntie Jee,

Hi. So, I'm hoping to get some advice from you. My family and friends would not be accepting if I came out as gay...it is one of those families. My family expects me to marry (a woman) when I finish my degree. They don't know that I am attracted to men. I've never had sex, but I have been browsing the casual encounters adverts on Craigslist and Gumtree (I don't want to pay for Gaydar). I have not met up with anyone yet because I still live at home so I can't 'host' as they call it, and though I am tempted to contact some guys I see, I am scared too. I don't have any gay mates so I don't feel comfortable going out to a gay bar or anything like that. I feel confused and I don't really know where to start.

Please help.

Bob, 22 Heston

Bob, thanks for your letter. Your dilemma is quite common among young gay/bi men from various backgrounds. It will provide a convenient backdrop for me to address a couple of themes which will apply to both yourself and others in a similar situation. Firstly, coming out is a very personal decision, and easier for some guys than others. You will be glad to know that there is support out there. If you feel like meeting and chatting with guys in a similar situation you may want to check out the PACE workshops “twentysomething” and “sexual debut” (<http://www.pacehealth.org.uk/>).

Secondly, you mentioned that you feel you can't go out on the gay scene because you don't have any gay mates. Having a network of peers is important for most people. There may also be a gay group at your university. Otherwise you can have a look at the GMFA website for other social and activity groups.

Thirdly...sex. You indicated that you have not had sex yet. Since you are seeking advice

now, you will be better prepared and more aware than most people. Sex is a natural desire and can be very rewarding and pleasurable. On the flip side, it can also have some consequences including sexually transmitted infections (STIs) and HIV. These usually are the result of unprotected sex, though no sexual activity is risk free. You might want to take a look at The GMFA website <http://www.gmfa.org.uk/sex/>. It outlines and discusses the risks for STIs and HIV transmission associated with various sexual behaviours. I do want to address the fact that you are browsing the internet to potentially find men. Many men use the internet to find sex and the possibilities are seemingly endless and temptation is high. However, the internet also can be used as a powerful tool to get the type of sex you want, and to specify how safe you want it to be before meeting up with someone, so use that to your advantage.

Be safe and have fun!

Auntie Jee

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.**

August

- **Urban Desi Anexo Bar & Club**
61 Turnmill Street, Farringdon EC1M 5PT
Sat 13th 10.30pm – 1.30am
- **Club Caribana**
65 Goding Street, Vauxhall, SE11 5AW
Sat 13th 11.30pm – 2am
- **Ted's Place**
305a Northend Road, W14 9NS
Fri 19th 9.30pm – 12am
- **UK Black Pride**
Torrington Square, Birbeck University,
WC1E ZHX
Sat 20th 11.30am – 5pm
- **Richmond Arms**
20 The Square, Richmond TW9 1DZ
Sat 20th 8.30pm – 11.30pm
- **West 5**
Popes Lane, South Ealing W5 4NB
Sat 27th 9pm – 12am

September

- **Club Exilio** Guys Bar, Boland House,
St Thomas St, London Bridge SE1 9RT
Sat 3rd 11pm – 2am
- **Ted's Place**
305a Northend Road, W14 9NS
Mon 12th 8.30pm – 11pm
- **Club Kali**
The Dome, 1 Dartmouth Park Hill N19 5QQ
Fri 16th 10pm – 1am
- **Club Bootylicious**
Club Coliseum, 1 Nine Elms Lane,
Vauxhall SW8 5NQ
Sat 17th 11.30pm – 2.30am
- **West 5**
Popes Lane, South Ealing W5 4NB
Fri 23rd 9pm – 12am
- **Windsor Castle**
152 Bath Road, Hounslow TW3 3ET
Sat 24th 9pm – 12am
- **Hope & Anchor**
20 Macbeth St, Hammersmith W6 9JJ
Fri 30th 8.30pm – 11pm

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