

The Source

Health Information for Gay & Bi Men

Upcoming 24s dates

February 2005

1st	Birdcage
4th	W5
12th	George
12th	W5
14th	Birdcage
21st	Teds
24th	W5

March 2005

1st	Birdcage
5th	Club Exilio
12th	George
19th	W5
22nd	Teds

Welcome

...to the new health information point for Gay and Bisexual men, provided by the EHH Gay Men's Project. **'The Source'** will be delivered through your door, into your e-mail inbox, or available through the bars in West London every few months. **'The Source'** will be your one-stop guide to what health services are available in the area, what's fresh and new, what's been around for a while **and** how to go about contacting them.

Over time **'The Source'** will cover all manner of services from sexual health, health and fitness, nutrition, stopping smoking, youth services and many more. This is also where you as part of the community could play a part too. If there is anything that you think would be of interest to you, let us know, and we will feature it here. Call, snail-mail or e-mail any suggestions or contacts you have with organisations in the area to us. The contact details are on the back page!



Available in
local gay bars,
GU Clinics,
gay youth
projects and
participating
local
agencies

Condoms and Lube aka '24s'

24s is a FREE bulk condom and lube service available as a membership scheme. 24s provides condoms and water based lubricant for men to take home and allows men to choose which condoms they would prefer with regards to shape and thickness.

As a member of 24s you can choose which

condoms you would like in the pack. All our condoms are spermicide-free and will not damage the lining of the arse. You can choose from:

Durex Gossamer:

Large condom - flared tip, 'easy on', standard thickness.

Durex Ultrastrong:

Traditional straight shape, extra thick

Mates Original:

Traditional straight shape, standard thickness

Mates Ribbed:

Textured, traditional shape, standard thickness

If you find none of these are suitable for you, or are having difficulties with condom use please contact a member of the team to discuss other options.

On joining the scheme your FIRST bag will have all 4 types of condoms listed above. After that you choose the ones you want, from the condoms we offer. Giving you a choice allows you to try different condoms and find the ones that are best for you. ***Tell us what you prefer when you pick up your next 24s bag.***

You are also given a 155ml bottle of ID Glide lubricant in your bag. It is important that you use plenty of lube for anal sex. The lube we have provided is non-spermicidal

and safe for use with all condoms.

Men wishing to become members and take advantage of this free scheme, can join in any of the venues across Ealing, Hammersmith and Hounslow where **24s** will be distributed, and then pick up their packs at any of the advertised venue sessions in the future (see the front page for where we will be).

Other venues you can pick up a pack of 24s include:

- ◆ West London Centre for Sexual health
- ◆ West Middlesex Hospital Sexual Health Clinic
- ◆ Ealing Hospital - Pasteur Suite
- ◆ Naz Project London
- ◆ Riverhouse
- ◆ Yourzone, I-dentity, Out on Thursday lgb youth groups

See the back page for all the contact details.

So why have condoms that are not ‘extra strong’?

Research into condom and lubricant use amongst gay and bisexual men shows that there is no difference in the breakage and slippage rates of both standard and extra-strength condoms, when they are used properly with enough lubricant applied to the right places.

Feedback

We are always pleased to receive any feedback from you on any aspect of 24s.

Contact Karen on 020 8583 2476 or by e-mail: 24s@dial.pipex.com



Please contact 24s at:
24s@dial.pipex.com
020 8583 2476

Writer:
24s, Gay Men's Project,
Civic Centre, Lampton Road,
Hounslow, TW3 4DN

gmp
Gay Men's Project

Local Contacts

Sexual Health Clinics

Ealing Hospital - Pasteur Suite

020 8967 5555 (reception) no appointment necessary

West London Centre for Sexual Health (Hammersmith)

020 8846 1567 / 1577 (reception) - appointments only

West Middlesex Hospital Sexual Health Clinic (Hounslow)

020 8565 5718 (reception) no appointment necessary

IF YOU HAVE SYMPTOMS OF AN STI,
PLEASE GO TO A CLINIC IMMEDIATELY
THEY WILL SEE YOU AS AN EMERGENCY PATIENT

Lesbian, Gay & Bisexual Youth Groups

I-identity (Hounslow)

08000 854 036 www.identityuk.com

Out on Thursday (Hammersmith)

0800 169 4318 www.outonthursday.org.uk

Yourzone (Ealing)

07985 12 64 42 yourzone@ealing.gov.uk

Local Community Safety Units

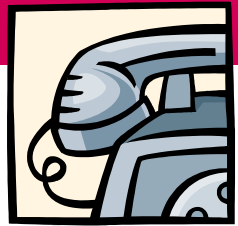
Ealing 020 8246 9617

Hammersmith 020 8246 2436

Hounslow 020 8577 1212

In case of an emergency always **dial 999**

Crimestoppers 0800 555 111



Local Support Services

Living Well

Self Management Programme and support for people living with HIV

020 8746 2274 www.livingwellhiv.com

Naz Project London

variety of services for Spanish or Portuguese speaking men, Muslim, Somali, Ethiopian and Asian men

020 8741 1879 www.naz.org.uk

The Riverhouse

Drop-in centre for people living with, and those affected by HIV.

020 8576 5875 www.riverhousetrust.org.uk.

Other useful numbers / sources of information

NHS Helpline

0845 46 47 www.nhsdirect.nhs.uk

National HIV/AIDS/STI Helpline

0800 567 123

THT Direct

0845 12 21 200

London's sexual health directory for gay men on the web
www.metromate.org.uk

London Lesbian & Gay Switchboard

020 7837 7324

Sexual Health Advice and Support

EHH Gay Men's Project provides free sexual health advice and support for gay and bisexual men . The service can be accessed in a number of ways which include:

- * freephone helpline
- * e-mail support
- * 1-2-1 (face to face) sessions

All with the aim of providing men the chance to explore and discuss sexual health and other issues, with another man that has had similar experiences and got through the other side.

Advice and answers to straightforward enquiries can be given over the phone or by email. More complex issues can be dealt with on a face to face session through booked appointments. All circumstances will be discussed to decide the best way forward on a call by call basis.

Appointments can be made for any time during the day (Monday to Friday) and some evening appointments are available up to 8:00pm.



Appointments last between 45 minutes and one hour with up to six available for each client. Through those appointments there is the opportunity to learn new skills, or develop existing skills in a supportive environment to help change any aspect of their lives men may not be happy with.

We will provide onward referral information such as Sexual Health Clinic details, psychosexual service details, and counselling services wherever necessary.

Any personal information supplied to us will not be shared with any other organisation, subject to existing mutli-agency child protection requirements, however anonymised information will be used for monitoring purposes.

There are two workers attached to the project, one of whom has lived with HIV since 1990. You may ask to speak to him if you want to speak to another man with HIV.

The service is available Monday to Friday between 9:00 am and 5:00 pm, to contact call:

0800 587 8302

(please note that 0800 numbers are not free when calling from a mobile)

minicom: 020 8740 6779

fax: 020 8583 2477

Outside these hours (or in exceptional circumstances during them) a 24 hour answerphone is available and a message can be left. The service can also be contacted on either of the following e-mail addresses:

cash@dial.pipex.com

cashpositive@dial.pipex.com

This a self-referral service, however recommendations and referrals from other agencies are welcomed.

Introducing...

The EHH Gay Men's Project

Contact Details:



Simon Mitchell

T: 020 8811 8834

F: 020 8743 8366

simon.mitchell@hounslow.gov.uk



Karen Randall

T: 020 8583 2476

F: 020 8583 2477

karen.randall@hounslow.gov.uk



Russell Fleet

T: 020 8749 8429

F: 020 8743 8366

russellfleet@btclick.com



George Leonard

T: 020 8583 2586

F: 020 8583 2477

george.leonard@hounslow.gov.uk

Each issue of 'The Source' is a way to introduce you to the key players of a particular project. This issue it's the turn of the EHH Gay Men's Project. You may well have seen a number of them out and about at some time or another. Consider this a formal introduction. The team is currently:

Simon Mitchell - Acting Head of Project Responsible for strategic and project management.

Karen Randall - Resources Manager Managing the resources of the project including the condom & lube scheme - 24s

Russell Fleet - Specialist - men with HIV Direct work with men living with HIV, telephone support and advice service as well as training and seminars.

George Leonard - Outreach Worker As the name says - George is responsible for the Outreach in Bars and Clubs.

There are also six sessional outreach workers (they will feature in the next issue), who make up the team of guys hitting the bars with George.