

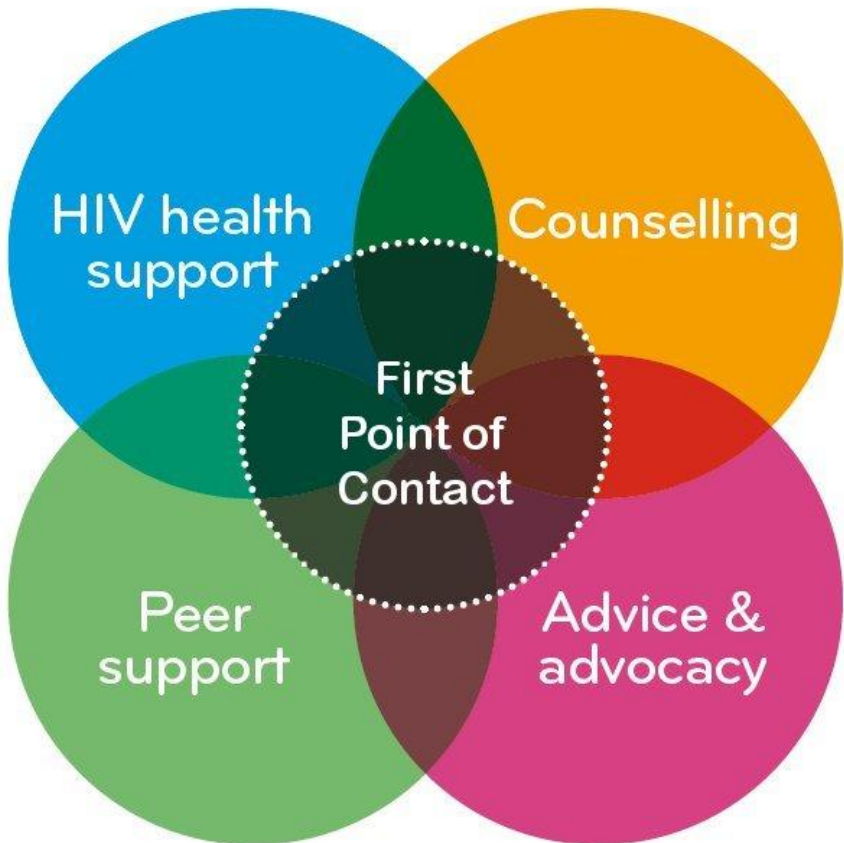
Positive Living

Services for people with HIV

Lancashire and
Blackburn with Darwen
HIV Partnership



The partnership



HIV health support
Peer support
First point of contact
Counselling
Advice and advocacy



Body Positive North West and partners have created a new service, called “Positive Living” and this booklet is information for service users and their carers.

With a wide range of treatment available and some of the best health care in the world, people with HIV can live long, healthy lives.

But having HIV can make some things more complicated. In Lancashire and Blackburn with Darwen there is a group of services working together to complement the work of clinic staff and other HIV services, so you can get the best information, advice and support when you need it.

There are five different services offering support and advice tailored to your needs and concerns. To get started with any of these services simply contact our first point of contact.

First point of contact



- ❖ I have just found out I am positive, what next?
- ❖ I need help but I don't know where to go or who to ask.
- ❖ I have lots of questions – who can I speak to?
- ❖ I have been living with HIV for a while but things have changed in my life.
- ❖ As a carer what support is there for me?
- ❖ My partner/relative is HIV positive, I'm not sure how best to support them

This is the place to start, either as someone living with HIV or as a carer – and we know that there are carers who are also HIV positive. Our first point of contact will help you discuss any problems and direct you to the services that can help, quickly and efficiently. You can meet a member of staff in person or do it over the phone. The team can make phone calls and referrals on your behalf, and then check in with you later to make sure you are getting the support you need.

HIV Health Support



- ❖ **How does the treatment work?**
- ❖ **I am worried about possible side-effects.**
- ❖ **I am finding it hard to take my medication regularly.**
- ❖ **I don't always know the right questions to ask my doctor.**

This service offers practical advice and support to help you get the most out of your health care.

A health trainer/health support worker can help you understand more about HIV and the treatments available, cope with the difficulties of taking treatments, and support you in managing your health.

This person will cut through the medical jargon and explain everything in plain language.

Counselling



- ❖ I am not coping very well at the moment, who can I talk to?
- ❖ I feel anxious.
- ❖ I want to talk to someone outside of my family and friends.

You can talk in confidence to a qualified, professional counsellor at a time and location that suits you. Counselling provides a place for individuals and couples to talk through how they are feeling and get professional support.

Peer support



- ❖ **How can I meet other people with HIV?**
- ❖ **I am newly diagnosed and feel quite isolated.**
- ❖ **I don't have anyone to talk to.**
- ❖ **I want to share my experiences with other people.**

Peer support services offer you a chance to meet other people with HIV, and talk and share experiences in a friendly supportive environment. Our first point of contact can help you find a support group convenient for you.

Advice and advocacy



- ❖ **Am I receiving the right benefits?**
- ❖ **I am worried about my housing situation.**
- ❖ **I am having problems with debt. Can anyone help?**

If you have concerns or questions about housing, money, debt, employment, immigration or benefits then this team of qualified advisers will be able to help you.

The staff provide confidential, free, impartial advice in a range of areas.

The service is Community Legal Services quality-marked.

Where are these services available?

The services are available from range of venues and locations across Lancashire and Blackburn with Darwen including:

- ❖ HIV clinics,
- ❖ Various community organisations,
- ❖ (In exceptional cases) home visits.

North Lancashire
Lancaster
Wyre
Fylde



Central/West Lancashire
Preston
South Ribble
Chorley
West Lancashire

East Lancashire
Blackburn with Darwen
Burnley
Pendle
Ribble Valley
Rossendale
Hyndburn

Our values

Each service is free and delivered by a team of friendly professional staff and volunteers.

We do our best to offer you the service at a time and place that is convenient for you. We can offer support by phone, email or face to face.

Home visits are available in exceptional cases.

All the services are:

- ❖ Confidential,
- ❖ Reliable,
- ❖ Straightforward.

Who are the partners?

Blackburn with Darwen Council, Lancashire County Council, Renaissance@Drugline, CLASS and Thrivine, and a range of other organisations in Lancashire and Blackburn with Darwen are working together to make it easier for you to get information, advice and support as and when you need it.

If you think there is something here that could help you – simply get in touch with our single point of contact.

Call us on **0300 365 0070**

Further information can be found at
www.positive-living.org.uk
www.bpnw.org.uk

Body Positive North West is a registered charity, number 1002475

Lancashire and
Blackburn with Darwen HIV Partnership
– *working together for you*

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