

CENTREPIECE

news from Northern Ireland's leading HIV charity

february 2010

Monday drop in a fantastic success

Since just before Christmas Monday evenings have been a drop in until 10pm.

Whilst some weeks we have been few in number on other occasions we've been quite full.

"We're here for everyone, especially those whose

work commitments make it difficult to come into the Centre during the working day. The longer opening hours on Mondays mean that more people can access our services." says Rory Thompson, Community Support Officer.



Anniversary Dinner

Celebrate 20th Anniversary of Belfast Pride in style
3 course meal Black tie
Sat 26 June £37

Tickets from belfastpride.com

Volunteers Required

Saturday 24th July to
Saturday 31st July

If you would like to be involved as a volunteer for Pride please contact Rob on rob.anderson@belfastpride.com

FREE YOGA CLASS — FRIDAYS 12.30-2.00

Build a Bear: 'we had a fantastic time'

In early December the children's party saw a large number of parents and kids meeting at the Centre where they had some party games and refreshments.

This was followed by a trip to Build a Bear Workshop in Victoria Square.

Many of those there said that they had a fantastic time. Thanks to Rory and Jeni for organising it.



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THE CENTRE
7 JAMES ST SOUTH

Centre helps shape *Seacht* storyline

Two writers from award-winning Irish language television drama *Seacht* came to The Centre to help them writing a story which will feature in next year's series of the drama.



Catch up with *Seacht* on bbc.co.uk/iplayer/

OASIS

A weekend of calm and peacefulness away from the hustle and bustle of everyday life for those living with HIV, their partners, families and friends. 26-28 March 2010, Ammerdown, Somerset. £140.00 For further info contact Rory

Farewell to old friends

Lately we've said a fond farewell to some longstanding members of staff or volunteers. **Jane Irvine** has now retired from giving massages at The Centre but is continuing to do so in Bangor. Just before Christmas there was a reception for Jane and we gave her a present which was from all her many friends at the Centre.

Diane Lockhart a longterm volunteer has moved to Uganda to work there, and she also got a present from all of us here at the Centre.

Initial results from Living with Stigma Index are here



Back in August, the Centre took part in the Living with HIV Stigma Index survey.

The initial UK results are:

84% of people living with HIV ave supported other people living with HIV.

60% are not sure if their medical records are being kept confidential.

46% reported that their rights may have been abused in some way over the last year.

45% of people living with HIV have challenged, confronted, or educated someone who was stigmatizing them.

31% have not had a constructive conversation with a health care professional about their reproductive health, sexual relationships, drug-use, and emotional well-being.

Across the United Kingdom between May and September 2009, **869** people living with hiv have been interviewed by their peers about **experiences of living with hiv**, accessing health and other services, **experiences of stigma and discrimination**, sources of support and **living positively**. We were part of that. This important research will be used to influence policy makers at UK, European and United Nations levels. Thank you to **Tony Bell** for making it happen here.

Northern Ireland results will follow — watch this space.

SERVICE USER FORUM

Thursday 25 Feb. starts at 7.00 p.m.

The service user forum is our time to help in the development of the support services we need

ALL WELCOME

Celtic Nights... ...African Sunrise

All proceeds donated to HIV charities in Northern Ireland, and the Leratong Hospice in South Africa

in City Hall, Belfast

by kind permission of the Deputy Lord Mayor, Cllr Danny Lavery

on Saturday 17 April 2010
at 7.30 pm

Drinks Reception at 7.00 pm

Tickets £25 available from The Centre

Access for all - it's the LAW

The Law has just changed which makes it illegal now for transport providers to

discriminate on the basis of disability. The transport providers covered are, buses and coaches, taxis, trains, rental vehicles, and breakdown recovery services. There are a few exceptions which can be checked on the website below.

Who is protected?

Any person who has a physical or mental impairment that has a substantial and longterm effect on his or her ability to carry out normal day-to-day activities. Some disabilities may be visible, but others may not be immediately obvious, such as mental ill



health or epilepsy. The Disability Discrimination Act also specifically covers anyone who has cancer, HIV or multiple sclerosis. All people are protected from discrimination if they have a disability.

equalityni.org

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POSITIVELY WOMEN

The Centre subscribes to *Positively Women* a newly redesigned quarterly magazine launched in 1998.

It has an estimated circulation of nearly 10,000 beneficiaries, healthcare professionals, clinics and other organisations across the globe. Each magazine includes personal testimony, features, information, and provides a forum for debate.

A single subscription costs £24 but if you cannot afford this and are a woman who is positive, it is possible to register for free.

The Centre can give you a subscription form or you can register online at

positivelywomen.org.uk

Congratulations to our world champion

Well done to the member who won a Gold medal in the **Unequipped 67½ kilo**

Masters 3 class at the WDFPF World Powerlifting Championships in Milton Keynes on 12 November.

Live near Ballymena?

Joan Anderson helps The Centre by providing many therapies at the Braid Valley Hospital site in Ballymena. Contact **The Centre** if you would be interested in any of her therapies.

World AIDS Day 2009

Congratulations and thank you to everyone who took part in our World AIDS Day events in Armagh, Belfast, and Derry.



Photo © 2009 Michael Carchrie Campbell

Opportunities to help film makers

African HIV Policy Network wants assistance from Africans living with HIV in the UK for a film being developed on HIV related stigma among

African communities. They are working with a skilled former BBC film-maker, **Angus Malcolm**, who is researching the film on behalf of AHPN and



the target audience for the film will be African communities, health and social workers, and key policy makers in the UK.

The initial stage of this piece of work is for Angus to have a discussion with people on the phone about their particular experiences, especially as it relates to HIV-related stigma.

If you would be interested in helping with this, please send

your contact number, name and suitable time of day for a telephone discussion with Angus about this to AHPN's Policy Officer, Edna Soomre by email:

edna.soomre@ahpn.org

Another film maker has also contacted us looking for individuals to share experiences to participate in a new short documentary. If interested, please contact him using the contact details in the advertisement below.

HIV DOCUMENTARY

Are you living with HIV?

We are looking for HIV+ individuals to participate in a new short documentary focusing on HIV today

Please contact:

hiv.docu@gmail.com

CENTRE OPENING HOURS

MONDAYS

9.00am to 10pm (late night drop-in)

TUESDAYS--THURSDAYS

9.00 am — 5.00 p.m.

FRIDAYS

9.00 a.m. — 4.30 p.m.

CONTACT
Tel: 028 9024 9268

THE CENTRE
7 JAMES ST SOUTH

Just +ve?



Just found out?
Interested in a support group?
contact Rory on 9024 9268