

SERVICES SUMMARY

CHILDREN'S SERVICES: 0-12 years

- Weekly Support Sessions providing fun, age appropriate educational and personal development activities for children under 3 and aged 3-10.
- The BaSe – group activities targeting the educational/social needs of pre teens aged 10-12.
- One to one/small group Educational Support for children missing school.
- One to one and family support e.g. for children who know of HIV within the family, bereaved children, those experiencing emotional/behavioural difficulties and parents wishing to disclose.
- Monthly BaSe Group for children aged 10-12 who know of their HIV status or that of their family.
- The promotion of the rights and needs of the child and to advocate to ensure individual children's needs are met.

TEEN SPIRIT: 13-19 years

- UK's only support group for 13-19 years who know that they are living with, or closely affected by HIV.
- Structured support sessions including a programme of facilitated workshops on HIV and other issues relating to adolescence e.g. sexual health, drugs awareness, conflict resolution, self esteem etc.
- One to one support with a counsellor/Youth Worker.
- Information/Advocacy on a range of issues e.g. careers, relationships, housing and health.
- Regular space for HIV positive teens to discuss issues specific to living with HIV e.g. adhering to treatments, coping mechanisms, disclosing to friends and family.
- One to one/small group educational support.

ADULT SERVICES:

- Providing peer and one to one support, information/advocacy, workshops, counselling, treatment advice and complementary therapies, a hot meal.
- Mixed support sessions for women and heterosexual men, including a 'Men only' and 'Women only' facilitated spaces.

INFORMATION/ADVOCACY SERVICES:

- Providing one to one and written information on HIV/related issues, e.g. Health, Welfare, Legal and Social issues (from sex and relationships to returning to work or study).
- Advocacy, follow up case work and quality referrals to other agencies.
- A programme of self-help workshops, including regular health & treatment updates by medical professionals, discussion groups on relationships, parenting, disclosure, assertiveness, stress management etc.

HOLISTIC HEALTH SERVICES:

- Providing one to one Health/Treatment Support providing a wide range of information on improving immunity, adhering to HIV treatments, treatment options for children, transmission (basic information, super infection, preventing transmission for discordant couples), pregnancy, fertility, sperm washing, clinical trials, subtypes, fatigue, opportunistic infections, nausea and diarrhoea.
- Complementary therapies for children, teenagers and adults including a regular Homoeopathy Clinic.
- Counselling (BAC or UKCP registered counsellors) and support for partners, carers & family.

OTHER SERVICES

- Regular Newsletter free to all service users; Internet access; Structured Volunteer Programme; Training and outreach services.