

Gay and Bisexual Men's Survival Kit

Everything you need to get the most out of life!



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Support and Advice

Albert Kennedy Trust

Offering support to LGBT people under 25 made homeless or living in a hostile environment <http://www.akt.org.uk>

Antidote

Service provided by London friend for LGBT people needing support around problematic alcohol or drug use, including a Monday drop-in clinic from 11am – 1pm at 86 Caledonian Road N1 9DN
<http://www.londonfriend.org.uk/get-support/drugsandalcohol/>

Beat

The UK's leading charity supporting anyone affected by eating disorders or difficulties with food, weight and shape <http://www.b-eat.co.uk/>

Beaumont Trust

Provides information and support for people with issues around gender identity, including a helpline. <http://www.gender.org.uk/bt>

Bloomsbury Patient Network

Peer support, advice and advocacy for people living with HIV from the Bloomsbury Clinic at Mortimer Market Centre
<http://www.bloomsburynetwork.co.uk>

Body and Soul

Charity promoting the respect, dignity and wellbeing of children, teenagers, adults and families living with and affected by HIV
<http://www.bodyandsoulcharity.org/>

Broken Rainbow

Helpline & support for LGBT people and their families caught up in issues around domestic violence.
<http://www.brokenrainbow.org.uk>

Cara

Provide support, information, advocacy and advice to people living with, or affected by HIV with a focus on spiritual and faith communities <http://caralife.com/>

Centred

(Kairos in Soho). An organisation run by diverse LGBTQ people. Main activities include: publishing, community events, networking, volunteering, LGBTQ history and heritage activities, and community infrastructure <http://www.centred.org.uk>

Chemsex

Information, tips and short films from the guys at 56 Dean Street on helping you to better manage any difficulties you might be having around chemsex <http://www.chemsexsupport.com/>

Code

Walk in chemsex support clinic on 3rd Floor 56 Dean Street. Tuesday evenings 5-7pm. Thursday afternoons 1 -4pm and 1st and 3rd Saturdays of each month 1 – 3pm. Also Monday mornings from 9am -12 at the Bloomsbury clinic at Mortimer Market Centre <http://www.chemsexsupport.com/>

FFLAG

Supporting parents, families and friends of LGBT people. <http://www.fflag.org.uk>

56 Dean Street

Sexual health & GUM Clinic, support and advice on ChemSex and wellbeing <http://www.chelwest.nhs.uk/services/hiv-sexual-health/clinics/56-dean-street/56-dean-street>

Food Chain

Helping people living with HIV in London to access the nutrition they need to get well, stay well and lead healthy, independent lives <http://www.foodchain.org.uk>

FTM London

Peer support for female to male transgender or transsexual people <http://www.ftmlondon.org.uk>

Galop

London's LGBT anti-violence & abuse charity. Give advice and support to people who have experienced biphobia, homophobia, transphobia, sexual violence or domestic abuse. Also provide support to those who have had problems with the police or have questions about the criminal justice system <http://www.galop.org.uk>

Gender Trust

Support and information centre for anyone with any question or problem concerning their gender identity, or whose loved one is struggling with gender identity issues. www.gendertrust.org.uk

GMFA

Charity dedicated to gay men's health <http://www.gmfa.org.uk>

HEPC

Information and support for those either at risk or living with Hepatitis C <http://www.hepc.co.uk>

Imaan

Support for LGBT Muslims, their family & friends
www.imaan.org.uk

Living Well

Wide range of health services for people living with HIV including counselling, groups and workshops, life coaching, complimentary therapies and information days
<http://www.livingwellcic.com/what-we-do/hiv-services/>

Men Get Eating Disorders Too

Support for men with disordered eating www.mengetedstoo.co.uk

My HIV (Terrence Higgins Trust)

Online information and support resource, including online counselling, health support, advice as well as a Community Forums

discussion board where you can talk to others living with HIV
<http://www.tht.org.uk/myhiv>

NAPAC

National Association for people abused in childhood
<http://napac.org.uk/>

NAZ

Providing sexual health support within Black Asian Minority Ethnic (BAME) communities. Offers a range of services including 6 peer support groups for BAME men who have sex with men
<http://naz.org.uk/prevention-programmes/msm/>

Positive East

Community based HIV charity providing a range of support for people living with or affected by HIV in East London
<http://www.positiveeast.org.uk>

Positively UK

Provides 1-to1 peer support, Gay Talk group, social events, welfare advice and volunteering opportunities for gay/bi men living with HIV all over London <http://positivelyuk.org>

Regard

Organisation for disabled LGBT people. <http://www.regard.org.uk>

Samaritans

Emotional support 24/7, 365 days a year. Helpline 08457 90 90 90
www.samaritans.org

South London HIV Partnership

One stop shop, support and signposting for anyone living with HIV in South London <http://www.slhp.org.uk/>

Stonewall Housing

Free confidential housing advice to LGBT people in London.
<http://www.stonewallhousing.org>

Survivors UK

Advice & support for survivors of male rape and sexual abuse
<http://www.survivorsuk.org>

Switchboard

Information, support and referral service for lesbians, gay men, bisexual and trans people and anyone considering issues around their sexuality and/or gender identity. Helpline 0300 330 0630
<https://switchboard.lgbt/>

THT (Terrence Higgins Trust)

HIV support, helpline and sexual health services
<http://www.tht.org.uk/myhiv>

UK Lesbian and Gay Immigration Group (UKLGIG)

Charity that promotes equality and dignity for LGBTI people who seek asylum in the UK, or who wish to immigrate here to be with their same-sex partner <http://uklgig.org.uk/>

Counselling and Therapy



Albany Trust

Provides low cost and fee paying one to one therapy and free group therapy sessions for men living with HIV www.albanytrust.org

BACP (British Association for Counselling & Therapy)

Find & search for a registered UK therapist
<http://www.itsgoodtotalk.org.uk/therapists/>

BADTH: (British Association of Dramatherapists)

Find out how Dramatherapy can offer you alternative ways to heal your life through drama and storytelling <http://www.badth.org.uk>

ELOP (East London Out Project)

Holistic centre offering counselling and support services to LGBT people mainly in North and East London <http://www.elop.org>

Helios Centre

Subsidised services, including psychotherapy, counselling and complimentary therapies. Specific programmes for LGBT people over 50 and for people living with HIV who are looking to get back into work or further education <http://www.helioscentre.org.uk/>

Living Well

Counselling, life coaching and complimentary therapies for anyone living with HIV <http://www.livingwellcic.com/what-we-do/hiv-services/>

London Friend

LGBT organisation offering a helpline, social and support groups and low cost one-to-one counselling
<http://www.londonfriend.org.uk>

NAZ Project London

Provides counselling and psychotherapy to those experiencing difficulties with their sexuality, relationships and sexual health
<http://naz.org.uk/prevention-programmes/counselling>

Metro Centre

Provides mental health & wellbeing services and counselling including to people living with HIV. South London based
<https://www.metrocentreonline.org/>

Outcome (Islington Mind)

Day centre open on Tuesdays providing therapies for LGBT people to improve their mental health, learn new skills and acquire knowledge to improve their quality of life
<http://www.islingtonmind.org.uk/outcome.asp>

Pace

Offer a range of services both face to face and online. These include; counselling, advocacy, workshops and a youth group
www.pacehealth.org.uk

Pink Therapy

LGBT counselling for individuals, couples, families and groups
www.pinktherapy.com

Terrence Higgins Trust

Help with concerns around coming to terms with your diagnosis and telling others, sex and relationships, discrimination, HIV treatment, drugs and other issues. Offer up to 12 weeks of sessions, either one-to-one or for couples. To make an appointment call 020 7812 1777 or email:
info.counselling@tth.org.uk

Addiction and Recovery



Many of the following are 12 Step programmes available for those seeking sobriety, abstinence and recovery from substance and process addiction. *Some groups have specific meetings for gay/bi men, but all are welcome in all meetings.

Al-Anon

For families and friends of alcoholics <http://www.al-anonuk.org.uk>*

Alcoholics Anonymous

Concerned with the personal recovery and continued sobriety of individual alcoholics who turn to the Fellowship for help
<http://www.alcoholics-anonymous.org.uk> *

Co-Dependents Anonymous

Informal self-help groups made up of men and women with a common interest in working through the problems that co-dependency has caused in their lives <http://www.coda-uk.org>

Cocaine Anonymous

<http://www.cauk.org.uk>

Debtors Anonymous

Helping people recover from compulsive debting and underearning
<http://debtorsanonymous.org.uk>

Gamblers Anonymous

<http://www.gamblersanonymous.org.uk>

Narcotics Anonymous

a fellowship of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs <http://ukna.org> *

Overeaters Anonymous

A fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating.

Meetings in London, Essex, Norfolk, Suffolk, Reading and Surrey
<http://www.oasouthandeastengland.org.uk>

Sex & Love Addicts Anonymous

12 step programme for anyone who knows or thinks they have a problem with sex addiction, love addiction, romantic obsession, co-dependent relationships, fantasy addiction and/or sexual, social and emotional anorexia <http://www.slaauk.org>

Sex Addicts Anonymous

12 step programme for men and women who share their experience, strength and hope with each other for the purpose of finding freedom from addictive sexual behaviour and helping others recover from sex addiction <http://saa-recovery.org.uk>

Smart Recovery

For those seeking alternative recovery from addiction
www.smartrecovery.org.uk



Social and Dating

Active and Connected Group, Positive East

Monthly group for 50+ gay men living with HIV in London providing a lively mix of social and active events in and around London
<http://www.positiveeast.org.uk/services/gaymgroups.php>

Aged to Perfection – Positively UK

Monthly group for 50+ people living with HIV
<http://positivelyuk.org/>

Bear Hug

Social group in London for gay men whose primary interest is bears
<http://www.bearhug.net>

Bored Of the Scene

For people fed up with the party crowd, meet & date other gay people for dinner. Alcohol free <http://www.boredofthescene.co.uk>

Change of Scene

A monthly discussion group for gay and bi men to share their lives and experience. Part of 56 Dean Street's Wellbeing Programme
<https://www.facebook.com/achangeofscene>

London Gay and Bisexual Men's Mindfulness Meditation Group

<http://www.meetup.com/buddhist-meditation-for-gay-and-bisexual-men>

Dance Out Loud

5 Rythms weekly dance evening event for gay men, on Fridays
<http://www.meetup.com/The-Dance-Out-Loud-Group>

Evolving Minds

Mindfulness meditation for gay and bi men. Meetings every Monday except bank holidays <http://evolvingminds.org.uk/classes-2/gay-and-bi-mens-class/>

Exilio Latino

LGBT Latin Dance Club <http://www.exilio.co.uk>

Gay Authors Workshop

Organisation of LGBT writers and authors. Hold monthly meetings to support writers by providing opportunities for them to meet, to read, to discuss and develop their work
<http://www.paradisepress.org.uk/about-us>

Gay Brotherhood

A Facebook group to connect with other gay men to give and to get support and help <http://www.facebook.com/GayBrotherhood>

Gay Gordons London

Scottish Country Dancing for the LGBT community
<http://www.thegaygordons.org>

Gay Mates

Fun, relaxed group for making new 'gay mates'. Social network listing events, meet-ups, groups, nights out, cinema trips and other activities all over London <http://www.meetup.com/GayMates>

Gay Talk – Positively UK

Monthly group for gay/bi men living with HIV at Positively UK. Meets on the first Saturday of the month at 12noon – 4pm, lunch

included. Provides a safe and friendly space for guys living with HIV to get peer support, share experiences, learn new stuff and have fun <http://positivelyuk.org/>

Gay Talk Social – Positively UK

Monthly social for gay/bi men living with HIV. Meets on the third Thursday of the month from 6pm. For information on venue visit <http://positivelyuk.org/>

Gay Tours London

<http://www.gaytourslondon.com>

Gay4play

Adventure activities for gays, lesbians and their friends throughout London <http://www.gay4play.co.uk>

Gusto Dining Club

London dining club for gay men, first Wednesday of each month
<http://www.gusto-dining.co.uk>

Joyful Noise

Choir open to all people living with HIV consisting of people of multi-ethnic, faith, gender and sexual orientation:
<http://naz.org.uk/services/jnc-choir/>

Let's Talk About Gay Sex and Drugs

Entertaining, monthly open mic night for gay men to share their feelings and experiences about sex and drugs

<https://www.facebook.com/LetsTalkAboutGaySexAndDrugs>

London Gay Men's Chorus

Europe's largest gay men's choir <http://www.lgmc.org.uk>

London Gay Reading Group

Usually meets on the second Sunday of the month to discuss books of gay interest <http://www.lgrg.co.uk>

London Gay Symphony Orchestra

<http://www.lgso.org.uk>

Loving Men

Personal development events and resources for gay and bi men to meet each other on a deeper level and experience a stronger sense of community <http://www.lovingmen.org/>

Matrix

Non-scene social group for gay and bisexual men from all backgrounds. Includes trips, guest speakers, games nights and video evenings. 1st and 3rd Thursday of every month (except bank

holidays), 7pm to 9pm <http://www.londonfriend.org.uk/get-support/social>

Naked Boys Reading

Literary salon featuring unclothed men. Bi-monthly events feature the sexiest of literary buffs reading to you.

<https://www.facebook.com/nbrldn>

Out And About

Walks for gay people interested in the history and architecture of London (and the Home Counties) <http://www.outandabout-london.org>

Out Everywhere

Social club for gay people in the UK to meet people on your wavelength <http://www.outeverywhere.com>

Paradise Press

Publishes a wide range of fiction, poetry and non-fiction by lesbians and gay men. Founded in 1978 <http://www.paradisepress.org.uk>

Pink Date

Gay dating and networking, a friendly alternative to the scene <http://www.pinkdate.co.uk>

Pink Ink

New creative writing group open to all LGB&T people. There is no need to book, just come along. Fourth Thursday of every month from 7pm to 9pm <http://londonfriend.org.uk/get-support/social>

Pink Singers

LGBT community choir <http://www.pinksingers.co.uk>

Plus Friends

For people who are living with or affected by HIV. Provides support and companionship in a social setting, for meeting like-minded people in a relaxed & friendly atmosphere for drinks, dinners, theatre and other events
<http://www.meetup.com/plusfriendslondon>

Positive 21

A progressive support group, created with the sole aim of providing a confidential discussion and advice outlet to gay and bisexual men of all ages living with HIV <http://www.positive21.org.uk>

Positive Life Group – Positive East

Meets 6.30 – 8.30 once every two weeks on a Tuesday at Positive East for gay/bi men living with HIV
<http://www.positiveeast.org.uk/services/gaymgroups.php>

Positively UK

Provides 1-to1 peer support, Gay Talk group, social events, welfare advice and volunteering opportunities for gay/bi men living with HIV <http://positivelyuk.org>

Project Indigo

A safe space for young people who identify as LGBTQ or who are questioning their sexual or gender identity. Meets in Hackney on a Thursday evening <http://www.pacehealth.org.uk/services/youth/>

Salsa Rosada

Salsa classes for LGBT people <http://www.salsa-rosada.co.uk>

Spoken Word London

An open-mic poetry & performance night every second and fourth Wednesday of the month
<https://www.facebook.com/SpokenWordLondon>

Suit & Tie Society

For gay men who like to wear formal dress. Meets monthly in various bars and private members clubs in central London
<http://www.suitandtiesociety.co.uk>

T On Tuesday

T on Tuesday is a trans social group. Open to all trans people, meets on the second and fourth Tuesdays of every month from 7pm to 9pm. No need to book, just turn up at 7pm
<http://www.londonfriend.org.uk/get-support/social>

The Diversity Choir

London's original LGBT community chamber choir
<http://www.diversitychoir.co.uk>

The Fourth Choir

London's LGBT-friendly chamber choir for advanced singers
<http://www.thefourthchoir.com>

The List London

Social networking groups for professional gay men in London
<http://www.thelistlondon.org>

The Pink Juke Box

Ballroom and Latin dance club for LGBT people and their friends
<http://www.pinkjukebox.co.uk>

The Quest for Gay Men

Workshops, groups and resources for gay men to explore and better understand the complexities, joys, challenges, frustrations, thinking and emotions involved with being a gay man in today's world
<http://www.thequestawaitsyou.com>

Urban Connections

For friendship, dating, networking for gay men
www.urbanconnections.co.uk



Sports and Activities

Cycle Out London

Cycling club for gay men and lesbians and their friends. Run a year-round programme of rides and social events in and around London (North, South, East and West) and the Home Counties
www.cycleoutlondon.org.uk

Gay Badminton Group

A mixed ability group playing mainly doubles, based in Harrow
<http://www.gingernob.freemove.co.uk/>

Gay Bikers Motorcycle Club

www.gbmcc.co.uk

Gay Outdoor Club

Walking, cycling, badminton, canoeing, climbing, swimming
<http://www.goc.org.uk/>

GLUG (Gay and lesbian Underwater Group)

SCUBA diving club for LGBT divers and their friends www.glug.co.uk

GMFA Guide to Gay Sports & Social Groups

<http://www.thegayguide.org.uk/search-for-a-club>

Goslings London Badminton Club

www.goslingslondon.com

Graces Cricket Club

www.gracescricket.org.uk

Ishigaki

Martial arts club www.ishigaki.org.uk

London Frontrunners

Running. www.londonfrontrunners.org

London Titan Football Club

www.londontitans.com

LYC London

Gay sports club primarily playing tennis and badminton
<http://www.lyclondon.com/>

Out Play Squash

www.outplaysquash.com

Out to Swim

Swimming and waterpolo www.outtoswim.org

Outdoors Lads

Hiking, camping, climbing, hostelling, biking, canoeing, sailing...
www.outdoorlads.com

Positive Health Programme (Central London YMCA)

Personalised 12 week programme for people living with HIV, which includes an initial fitness assessment, a tailored exercise plan and support from professional fitness trainers throughout. For more information contact Victoria Brown victoria.brown@ymca.co.uk or

becky.ogorman@ymca.co.uk. Referral needed from GP or consultant.

Stonewall Football Club

www.stonewallfc.com

The Kings Cross Steelers

Rugby. www.pitchero.com/clubs/kingscrosssteelers

The London Raiders

Softball. www.londonraiders.co.uk

The London Spikers

Volleyball. www.londonspikers.org

The Sailing & Cruising Association

www.gaysailing.org.uk

West London Gay Bridge Club

www.wlgbcc.co.uk

Useful and Interesting Websites and HIV blogs

Beyond Positive

<http://www.beyondpositive.org/>

Betablog

<http://betablog.org/>

HIV Equal

<http://www.hivequal.org/>

I-Base

HIV treatment information base. A high quality and authoritative range of guides, information and support. This is your go to on HIV treatment <http://i-base.info/>

My Care My Voice (National AIDS Trust)

Your rights and what you should expect from your health and support services. Advice on how to get the most from your HIV services <http://mycaremyvoice.org.uk/>

My Fabulous Disease

<http://marksking.com/>

NAM Aidsmap

Excellent information resource on HIV and AIDS

<http://www.aidsmap.com/>

National AIDS Trust

Championing the rights of people living with HIV. Information and resources, particularly on the law and your protections

<http://www.nat.org.uk/>

Poz.Com

<http://poz.com/>

The Body.Com

<http://www.thebody.com/>

We are positive

If you have any additions you would like to suggest to this Survival Kit please email: jfielder@positivelyuk.org

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