



Positive About HIV

Eyes Open who are we?

We are a regional steering group working to raise awareness and reduce stigma around HIV.

This leaflet is for those living with or affected by HIV containing HIV specific services in the North East and Cumbria.

www.eyesopenart.org

Online Support & Information

Websites we recommend:

- Looped in
- British HIV Association
- Children's HIV association
- Terrence Higgins Trust
- National AIDS Trust
- National AIDS Map, there are a number of online tools available at NAM including medication checker and side effects checker
- myHIVforum, as part of THT

Apps we would recommend:

- Headspace
- Calm
- AIDS info
- Liverpool HIV iChart

In the Loop Newsletter

In The Loop is a quarterly Newsletter for those in the HIV community in the North East and Cumbria

To subscribe visit the Mailchimp <http://eepurl.com/dOBcYP>

Social Work

The HIV specialist teams offer a needs based assessment where various issues can be discussed and support can be offered.

NEWCASTLE
0191 282 5329

GATESHEAD
0191 4332467

SUNDERLAND
0191 565 6256 (ext 42574)

MIDDLESBROUGH
01642 835 988



BST supports people with HIV at every step of their journey.

From courses for those newly diagnosed to sessions about HIV and aging, we have something for every person whatever their need, including peer mentoring, one to one support, social groups, youth work, events and more.

To find out more visit our website or get in touch.
info@blueskytrust.org
www.blueskytrust.org

Finding Your feet

A relaxed, safe and welcoming one day course for those newly diagnosed with HIV is run by Blue Sky Trust twice a year. To find out about the next available course please contact

Info@blueskytrust.org

Terrence Higgins Trust

THT Teesside offer HIV testing and support for people living with HIV in Middlesbrough, Stockton, Redcar and Hartlepool.

For more information visit:
www.THT.org.uk



Clinical Psychology

Clinical psychology aims to provide meaningful psychological change to improve the quality of life and well-being for those living with HIV.

Newcastle: 0191 2824081
Northumbria/ North Tyneside:
0191 297 0441

Welfare Support

People living with HIV can access specialist advice and support from a welfare rights officer around issues such as housing and benefits.

NORTH EAST
0191 282 3873

Third Sector Support Patient Participation Team

The PPT is a patient led group for HIV positive people in Newcastle. We offer the opportunity to talk to others with HIV in a safe and supportive environment as well as communicating with the NHS to ensure the best service for all with HIV.

Contact Tel: 07854 807 220
Email: ppt.newcastle@gmail.com



"No one will know you have HIV unless you choose to tell them. Some people, it's helpful if they know. Others, only need to know if you want them to"

(HIV positive person, Newcastle)

This leaflet is made in conjunction with



North Tyneside Council www.eyesopenart.org

Sexual Health Clinics

To find a sexual health clinic near you, please search one of the following.

Sexual health centres provide a range of services that are free and confidential.

You can also access sexual health checks at your local GP.

NEWCASTLE

New Croft Centre
New Croft House, Market Street East. NE1 6ND.
0191 229 2999
www.newcastle-hospitals.org.uk

GATESHEAD

Trinity Square Sexual Health Sexual Health Services, West Street, Gateshead. NE8 1AD.
0800 42 20 200
www.gatesheadsexualhealth.co.uk

NORTHUMBERLAND

Sexual Health Services
Morpeth Clinic, Gas House Lane, Morpeth. NE61 1SR.
01670 515151
northumberland.nhs.uk/sexualhealth

NORTH TYNESIDE

One to One Centre
Brenkley Avenue, Shiremoor. NE27 0PR.
0191 297 0441
www.northumbria.nhs.uk/our-services/sexual-health-services/

SUNDERLAND

Sexual Health Services
Sunderland Royal Hospital
Kayll Road. SR4 7TP.
0191 569 9966

SOUTH TYNESIDE

Palmer Community Hospital
Wear Street, Jarrow. NE323UX.
www.southtynesidesexualhealth.nhs.uk
0191 402 8191

COUNTY DURHAM

Sexual Health Services
0191 372 8700

DARLINGTON

Sexual Health Hub
01325 743 203

TEESSIDE

Sexual Health Services
www.thesexualhealthhub.co.uk
0333 000 0014

CARLISLE

Sexual Health Services
www.cumbriapartnership.nhs.uk/our-services/specialist-services/cumbria-sexual-health

*“You are going to be ok”
(HIV positive person, Carlisle)*

*“Give yourself time, your mental health is as important as your physical health”
(HIV positive person, Northumberland)*

HIV Treatment Centres

NEWCASTLE

RVI,
Ward 19.
0191 282 9334 or 0191 282 3110

New Croft Centre
0191 229 2999

NORTHUMBERLAND

CRAMLINGTON
Specialist Emergency Care Hospital
Clinical Infection Department
0344 811 811

MORPETH

One to One Centre
01670 51 51 51

N. TYNESIDE

One to One Centre
0191 297 0 441

DURHAM

University Hospital of North Durham
0191 333 2660

Darlington Memorial Hospital
01325 743 203

Bishop Auckland General Hospital
0191 372 8700

SUNDERLAND

Sunderland Royal Hospital
0191 569 9966

CUMBRIA

Carlisle
Solway Centre for Sexual Health
07834 389 74

Workington

Derwent Clinic for Sexual Health
07834 389 742

TEESSIDE

James Cook University Hospital
01642 850 850



Specialising in sexual health promotion and HIV prevention for gay and bisexual men aged 13 years and older in Newcastle
www.mesmacnewcastle.com



Community based sexual health for women 16 years and older in Newcastle including HIV support.
www.shinewomen.co.uk

HIV Testing



As well as a sexual health clinic or GP, free and quick HIV testing can be accessed through MESMAC and SHINE by appointment.

Home testing kits can be ordered via:
www.freetesting.hiv



PEP and PrEP

Post-exposure prophylaxis, often referred to as PEP, can be taken within 72 hours of exposure to HIV and may prevent infection.

Pre-exposure prophylaxis, often referred to as PrEP, can be taken by HIV-negative people who are at risk of contracting HIV to prevent infection.

Both can be discussed with your GP, HIV specialist doctor or at a sexual health clinic.

www.i-base.info/u-equals-u

U=U*

**UNDETECTABLE
viral load means HIV IS
UNTRANSMITTABLE**

* Undetectable = Untransmittable



For more information visit BHIVA.org

“Learning you have HIV can be difficult, I knew very little about it when I was diagnosed.

But with help, support and advice, HIV is just a part of my life and does not define me. I'm not scared of HIV”

(HIV positive person, North Tyneside)

HIV is protected by the 2005 Equality Act

Those living with HIV cannot, legally, be discriminated against in a place of work, a medical facility or within the community.