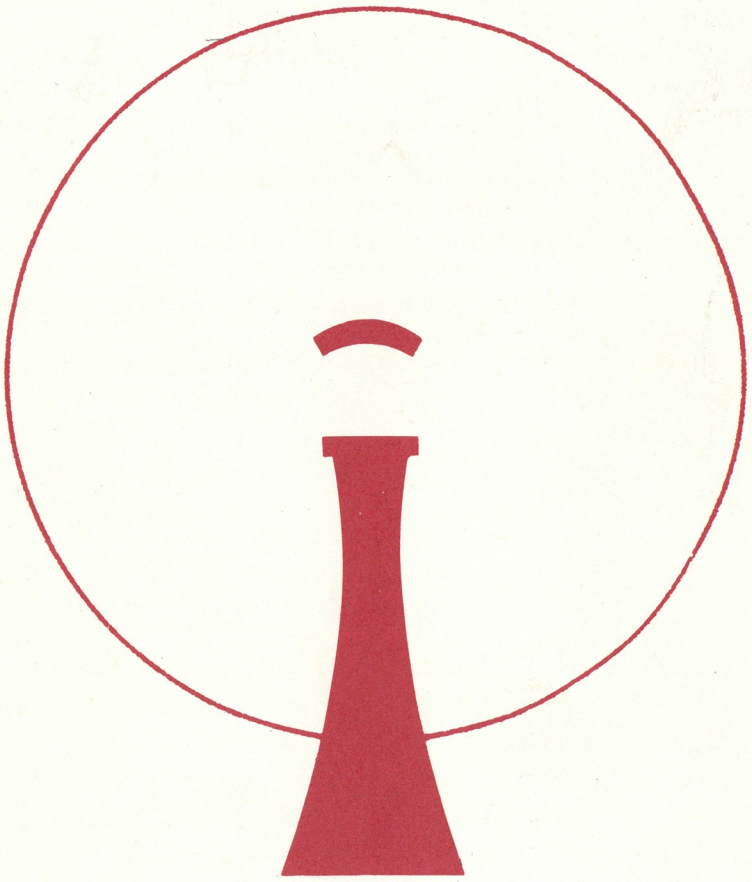
GROUPS, CREATIVE & COMPLEMENTARY THERAPIES, ACTIVITIES AND CLASSES FOR PEOPLE LIVING WITH HIV AND AIDS

AUTUMN 90 PROGRAMME



L O N D O N L I G H T H O U S E

A CENTRE FOR PEOPLE FACING THE CHALLENGE OF AIDS

Every single person with HIV and AIDS feels differently about it. For each one of us it is a different and unique experience. And making the best of what can often seem such an unfortunate element in our lives is not always easy.

The range of services and facilities that we provide here is to help you live a happier, healthier and more fulfilled life. They are here for you to have fun. But most of all, they are here for YOU.

BEING SUPPORTED

As people with HIV and AIDS, we frequently need some kind of support. Support means different things to different individuals. It can mean being able to talk about feelings and emotions that we have. It can mean listening to other people's experiences. It can mean feeling relaxed in a pleasant environment, surrounded by our peers. It can mean making new friends. It can mean simply being able to be ourselves without judgment.

We talk, we listen, we laugh, we cry. But most importantly we support one another.

At London Lighthouse, we have several support groups for you to choose from. There are groups for those of us who have recently found out that we have HIV infection, a group for gay men, and a group for heterosexual men and women. There is a group for people who have been bereaved by AIDS. There is a group for people concerned about HIV and AIDS. There is a group for you.

BEING CREATIVE

The creative classes here at Lighthouse are fabulous. They are in the form of Writing, Drama, Art, Music and Knitting. For some of us, it has been quite a surprise to find out that we are talented in one or more of these areas. It can be tremendously rewarding to release our creativity. There is no need for any experience whatsoever. Just an interest.

BEING HEALTHY

As people with HIV and AIDS, it is particularly important that we stay as healthy and as fit as we possibly can. There are many ways to achieve this here at London Lighthouse.

We can try out massage, reflexology or relaxation. For those of us feeling energetic, the daily exercise class provides all that we need to get into shape. Hypnotherapy is taught as an aid to relaxation and to release stress.

HOW TO JOIN A GROUP OR CLASS

There are no fees or charges for any of the groups, classes or therapies.

Trying to decide which group/s to join or which therapy/ies are best for you can be quite a difficult decision. As you will see, there

SUPPORT GROUPS, CLASSES, CREATIVE AND COMPLEMENTARY THERAPIES AT LIGHTHOUSE

are many to choose from, and you may wish to speak to someone who has some experience of them, before you make your choice. The Lighthouse Information Service can provide you with more details, and give you a better insight into what everything is all about. Just telephone 071-792 1200 (ask for extension 2167), or pop in to see us.

Once you have decided, places can be booked by phoning London Lighthouse. Alternatively, you can fill in the reservation form at the back of this programme.

You may notice that there are 'open' and 'closed' groups. It is important to know the difference.

An 'open' group is one where you can attend as many or as few of the meetings as you like. You can simply drop in whenever you feel like it. You can suit yourself.

A 'closed' group is a group where you will be asked to attend all of the meetings, wherever possible. Usually with the closed groups, no new participants will be accepted after the first couple of weeks. It is therefore strongly advisable to register as soon as you have decided.

LIGHTHOUSE INFORMATION SERVICE

London Lighthouse Information Service was set up by, and is run by, people with HIV and AIDS.

We all have experience of the activities at Lighthouse. Drop in or telephone us for information on groups, courses, therapies and general activities in and around Lighthouse, or just pop in for a chat, that's what we're here for.

Our office is in the main reception area at Lighthouse. We are open Monday to Friday 1pm to 7pm. We look forward to seeing you.

OTHER FACILITIES AT THE LIGHTHOUSE

The Cafe at London Lighthouse is open from 8.30am to 7pm Monday to Friday. At weekends it is open between 12.30pm and 4pm. The food here is delicious, and the prices are low. You don't have to be on a course or in a class to use the Cafe. It's here for you to use whenever you want.

Other facilities include counselling, a home support service and residential care. Just telephone or visit us, and ask for the appropriate department.

On request we will happily provide written materials in Braille, and signers for people with hearing disabilities.

London Lighthouse has good access for people with mobility disabilities.

FOR PEOPLE WHO HAVE JUST FOUND OUT THEY HAVE HIV INFECTION

This group is for men and women who have recently had a positive HIV antibody result. We also welcome anyone who has been living with HIV for some time and who is well. It is a safe and supportive group where you can talk about any of your fears and hopes. Here you can begin to look at living your life with HIV.

Starts: Tuesday 16th October 1990
Runs: Every Tuesday 7pm to 9.30pm for 8 weeks
This is a closed group so please reserve a place

FOR HETEROSEXUAL MEN AND WOMEN WITH HIV AND AIDS

This group will provide a supportive place for us to express our feelings about living with the virus. Whether we've acquired the virus sexually, or through sharing injecting drug equipment, this group will provide a space to talk about our concerns.

Runs: Every Monday from 7pm to 9pm
This is an open, ongoing group so you are welcome to join us at any point

FOR GAY MEN WITH HIV AND AIDS

In this safe and supportive group we can talk to each other about the issues that concern us and the feelings that we have because we are HIV positive. We can meet other gay men in the same situation as us and we can help and support one another. To help make this group safe, we ask you to commit yourself, if possible, to the full six weeks the group runs for.

Starts: Thursday 18th October 1990
Runs: Every Thursday 7pm to 9.30pm for 8 weeks
This is a closed group so please reserve a place

FOR PARTNERS OF PEOPLE WITH HIV AND AIDS

This group is open to all those people whose partners have HIV or AIDS. The group spends time looking at how *we* are feeling and coping with our lives and discussing what it is like to be close to someone who is HIV positive.

Runs: Every Wednesday 7pm to 9.30pm
This is an open, ongoing group so you are welcome to join us at any point

FOR PEOPLE WHO ARE CONCERNED ABOUT HIV AND AIDS

Whether you are a person with HIV infection or AIDS, a partner, family member, or carer of someone with HIV or AIDS, this group will offer you support. We welcome gay men, lesbians, bisexuals, heterosexual men and women, and people who have acquired the virus through drug use.

Runs: Thursday from 7pm to 9pm every other week
This is an open, ongoing group so you are welcome to join us at any point

FOR PEOPLE WHO HAVE BEEN BEREAVED BY AIDS

This group will provide a safe place to enable people to express their feelings about their bereavement. We will also look at the isolation that people who are bereaved through AIDS can often face.

Starts: Wednesday 17th October 1990
Runs: Every Wednesday 6.30pm to 8.30pm for 8 weeks
This is a closed group so please reserve a place

There is also a group for Families of People with HIV and AIDS. This is a closed group and will end in December 1990. A new group will start in the new year.

COMPLEMENTARY THERAPY GROUPS

Here's a chance to try out and learn about a number of different ways to relax and take care of ourselves. We offer a number of therapies and general health care groups for people with HIV and AIDS. We hope to offer a different range of therapies each season of the year.

HYPNOTHERAPY GROUP

In this group you can learn and practice simple techniques of self hypnosis which will help you to reach a deep state of relaxation. Here you can learn to deal with anxiety, to achieve a sense of calm and clear your mind.

Starts: Monday 15th October 1990
Runs: Every Monday 3.30pm to 4.15pm for 9 weeks
This is an open group so you are welcome to join us at any point during the 9 weeks

MASSAGE GROUP

This group runs for a duration of eight weekly sessions and offers an in depth introduction to therapeutic massage. Therapeutic massage is a highly effective way of bringing about relaxation and recuperation by stimulating the nervous system; improving the circulatory and lymphatic flow and gently mobilizing the joints. Massage can be used in tandem with other medical and complementary therapies to harness an improved state of health.

Starts: Thursday 25th October 1990
Runs: Every Thursday 10.30am to 12.30pm for 8 weeks

In order to reserve a place on this course, please telephone Wendy Peters at London Lighthouse

This is a closed group and you need to be able to attend all eight sessions

RELAXATION SESSIONS

Yoga breathing, focusing and gentle exercise are followed by a 45 minute deep relaxation session using hypnotherapy techniques and music.

Runs: Every Friday 2pm to 3.30pm
This is an open, ongoing group so you are welcome to join us at any point

COMPLEMENTARY THERAPY TASTERS

In order to help you decide which complementary therapies are right for you, you can book up to three sessions with both the hypnotherapy and reflexology therapists, and two with the massage therapist. Places are limited, so please make sure you contact Wendy Peters at London Lighthouse as soon as possible. If you find reflexology or massage tasters helpful we can now offer follow-on sessions.

HYPNOTHERAPY

These one-to-one sessions provide an opportunity to experience a deep state of relaxation, achieving a sense of calm, clearing the mind and relieving anxiety.

Starts: Monday 15th October 1990
Runs: Every Monday 2pm to 3.30pm and 4.15pm to 5.00pm for 9 weeks

REFLEXOLOGY

Reflexology is a gentle form of massage working on pressure points on the foot to release tension, restoring lost energy and vitality.

Starts: Thursday 4th October 1990
Runs: Every Thursday 2pm to 5pm for 9 weeks

THERAPEUTIC MASSAGE

Therapeutic massage is a highly effective way of bringing about relaxation and recuperation by stimulating the nervous system; improving the circulatory and lymphatic flow and gently mobilizing the joints. Massage can be used in tandem with other medical and complementary therapies to harness an improved state of health.

Runs: Every Thursday 1.30pm to 5pm
Every Wednesday 1.30pm to 5pm

ACUPUNCTURE

Acupuncture is an ancient Chinese healing art used to restore the natural balance of energy within the body. Needles are inserted into specific points, unblocking energy and relieving pain and discomfort.

Runs: Every Friday 10am to 1pm

WE DO NOT RECOMMEND TRYING TWO THERAPIES ON THE SAME DAY.

HOMEOPATHY

Homeopathy is a powerful yet gentle therapy, which uses the principle 'like cures like', in other words a substance that can cause symptoms in a healthy person can be used to treat those symptoms when they appear as part of a natural disease. Homeopathic medicine is completely safe and has no toxic side effects. Homeopathy treats the whole person – physically, mentally and emotionally – increasing energy, vitality and sense of well being.

All sessions are held during the day on a Monday.
Please telephone Wendy Peters at London Lighthouse to book your session.

DRAMA CLASS

In this class we will explore various methods of expressing ourselves through voice and drama using improvisation and set exercises. No previous experience is necessary.

Runs: Every Monday 7pm to 10pm
To reserve a place please telephone Tony Chard at London Lighthouse

CREATIVE ART CLASS

In this class we have the freedom to express the way we experience our lives in shapes and colours.

Have fun exploring your past, present or future with paints, crayons, collage or inks. No experience of art is in any way necessary.

Runs: Every Wednesday 3pm to 5pm
In order to reserve a place on this course, please telephone Wendy Peters at London Lighthouse

CREATIVE KNITTING

Come and learn how to knit, or if you know already, come and experiment with different wools, textures, colours and stitches. If you need some help reading patterns, this is the place to get advice! You can knit things for yourself, bring your own knitting or make blankets or jumpers for charities.

You can also come along at any time and knit on your own or with a friend in the sitting room at Lighthouse. Needles and samples of different wools will be provided by Lighthouse.

Runs: Every Wednesday and Friday 2pm to 4pm for the rest of the year
This is an open class, so come and join us at any time

MUSIC THERAPY SESSIONS

Music affects us all in many different ways, it can be a time for reminiscence or can be an excellent way of expressing feelings through a medium that requires no words. The following musical activities are available:

i) individual creative music therapy
ii) group music therapy
iii) visualization through music.

If there are any other musical avenues you would like to explore please do not hesitate to enquire. All sessions require no previous musical knowledge, though musicians are most welcome.

All sessions are held during the day on a Thursday
Please telephone Klaus Herhaus at London Lighthouse to book your sessions

CREATIVE WRITING CLASS

Creative writing can be fun, exciting and rewarding, so why not come and surprise yourself?

Often we feel that we have nothing valuable to say. But if we write from the truth of our own experience, it is always interesting and it is always unique!

Runs: Every Monday 2pm to 5pm
To reserve a place please telephone Tony Chard at London Lighthouse

ART WORKSHOP FOR WOMEN

We are now offering an art workshop for women with HIV and AIDS, and their friends. Playgroup facilities for children are available for the duration of the workshop.

Starts: Sunday 7th October
Runs: Every Sunday from 2.30pm to 4.30pm
This is an open workshop, so come and join us at any time

MASSAGE CLASSES FOR WOMEN

Two massage classes for women, with HIV and AIDS, and their friends are offered each week. Playgroup facilities for children are available for the duration of the class.

Runs: Every Wednesday from 10pm to 11.30pm and every Friday from 3pm to 4.30pm
These are open classes, so come and join us at any time

We are now offering a range of activities to which you are warmly invited. All activites are free.

BARBER SERVICE

Every Monday from 10am to 6pm, a mobile barber shop is parked in Lighthouse's car park and offers free haircuts to anyone with HIV and AIDS. Appointments can be made by calling 071-792 1200 (ext 2150).

EXERCISE CLASS

Come and exercise at Lighthouse every day! Have fun whilst getting fit. This class combines light aerobics with gentle stretching.

The class runs from 5.45pm to 6.45pm Monday to Friday (not bank holidays)

All classes are open so join us whenever you feel like toning up

WOMEN'S MORNINGS

Wednesday morning is Women's morning with a women-only massage class. A playgroup for children operates and free transport is available.

PLAYGROUPS AND CHILDCARE

Playgroup and childcare facilities are available three times a week – on Wednesday mornings, Friday afternoons and Sunday afternoons.

LEGAL ADVICE

Free legal advice is available on Thursday evenings from 5pm to 7pm by appointment. This service is provided by the North Kensington Law Centre and Immunity.

TEA PARTIES

Free Tea parties are held on Wednesday and Friday afternoons from 3pm to 4.30pm. Come by to make or meet new friends.

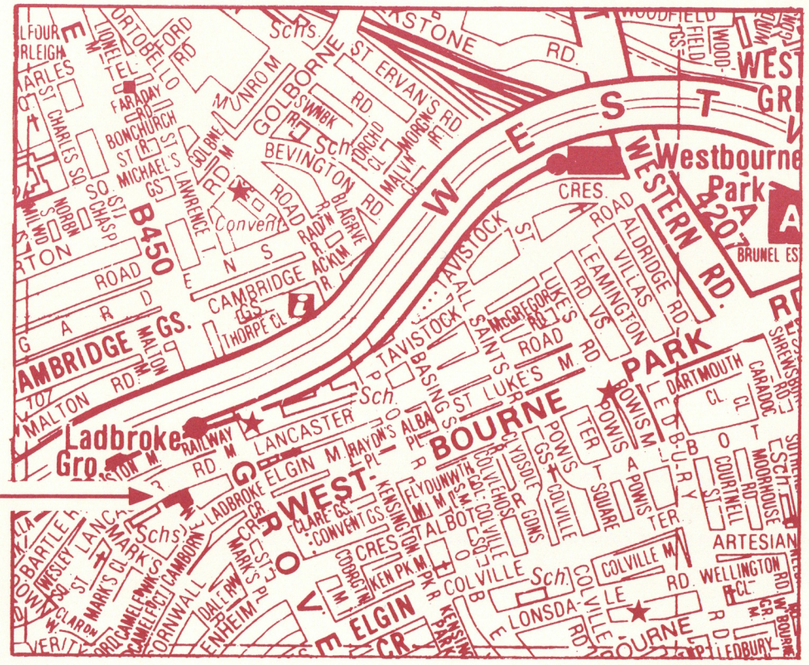
CAMOUFLAGE MAKE-UP SESSIONS

Camouflage make-up sessions for people with Kaposis Sarcoma are held from 2pm to 5pm every Tuesday.

HOW TO FIND US

Tube: The nearest tube station is Ladbroke Grove which is on the Metropolitan Line

Buses: 52, 52A, 15, 7, 295



London Lighthouse
111/117 Lancaster Road
London W11 1QT
071-792 1200

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RESERVATION FORM

I would like to book a place in the following groups and classes – please tick the relevant boxes:

- People who have just found out they have HIV Infection ☐
- Gay Men ☐
- Heterosexual Men and Women* ☐
- Partners of People with HIV and AIDS* ☐
- People who are concerned about HIV and AIDS* ☐
- People who have been bereaved by AIDS ☐
- Exercise Class* ☐
- Drama Class ☐
- Creative Writing ☐
- Creative Art Class* ☐
- Art Workshop for Women ☐
- Music Therapy Individual Sessions ☐
- Music Therapy Group* ☐
- Creative Knitting* ☐
- Hypnotherapy Group* ☐
- Relaxation Sessions* ☐
- Massage Group ☐
- Massage Class for Women* ☐
- Therapeutic Massage ☐
- Reflexology ☐
- Acupuncture ☐
- Hypnotherapy One-to-One Sessions ☐
- Homeopathy Sessions ☐

* *These groups are open, so you do not need to book a place, but it is helpful for us to know how many people to expect.*

Confidentiality will be respected at all times and you do not have to give your name, address or telephone number if you do not wish, although in case of cancellation or alteration it is useful for us to have a contact address for you.

NAME _____

ADDRESS _____

_____

TELEPHONE _____

Please send this form to London Lighthouse

PLEASE INFORM US IF YOU HAVE ANY SPECIAL REQUIREMENTS (for example, a signer or Braille materials).

London Lighthouse, 111/117 Lancaster Road, London W11 1QT. Tel: 071-792 1200. Registered Charity No. 295171. VAT No. 512 6796 38.

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