Here's your chance to do something positive about AIDS...

I'm taking POSITIVE ACTION to help people with AIDS.

More and more people around Britain are facing up to the challenge of AIDS. Volunteers providing daily help around the home to people living with AIDS, staffing telephone Helplines or counselling the 'worried well'. Lawyers offering their services free to people with AIDS who need help with all sorts of problems from housing or employment to welfare benefits. Famous faces from the world of entertainment arranging concerts and benefits to help the fight against AIDS.

Make a donation today to The Terrence Higgins Trust.

Dear friend,

When I first came to work at the Terrence Higgins Trust it was quite an eye opener for me. I didn't realise just how many people receive help from the Trust - people with AIDS, people who are HIV positive and people who are worried they might be.

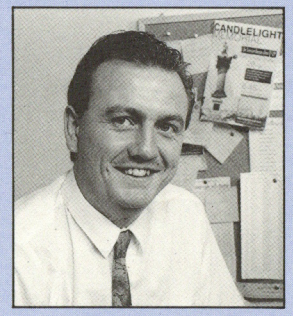
Like many other people, I had been conditioned to think that AIDS was a death sentence. But the people who are actually living with AIDS and their close family or friends have a very different attitude. Everybody here at the Trust is equally *positive*. Caring, compassionate and endlessly energetic!

I receive many moving letters from the friends and relatives of people who have been helped by The Terrence Higgins Trust. Typical was this letter from a woman in Sussex:

"*Please find enclosed a cheque for £2000 as a donation to your funds from the estate of our late son. You were there to give help and advice when he so desperately needed it, and we hope you can continue to help others like him.*"

Our grant from the government is not enough to meet the needs of the people who turn to us for help. Without your help we will not be able to expand our services to help the growing number of people who need us.

Practical help, counselling, advice, legal advice and assistance with housing and employment problems are just some of the services we provide to people living with AIDS or HIV, to say nothing of health education to reduce the spread of this terrible virus.



Please send us a donation today, you won't believe how much good your money can do.

Daryl Upsall
Fundraising Manager

The aims of The Terrence Higgins Trust

The Terrence Higgins Trust exists to inform, advise and help on AIDS and HIV infection, to disseminate accurate information about AIDS and HIV and provide health education. We provide welfare, legal and counselling support to all people affected by AIDS and HIV infection, and to their partners, friends and families.

Why we need friends like you.

Without the help of people like you we could not cope with the rapidly growing number of people who depend on us for help. For example, emotional support, practical help with daily living, assistance with housing, employment, welfare benefits and legal advice.

Where your gift will go.

Your donation will help us to keep staffing the telephone Helpline – a lifeline to people who may be desperately worried. It will help provide counselling and buddying to people living with HIV or AIDS. And it will help us to educate today's teenagers about the risks of being infected with HIV and what they can do to avoid it.

Here's what to do.

It won't take five minutes. Just fill in the coupon and put it in an envelope together with your donation or credit card details. We'll do the rest. Thank you!

The Terrence Higgins *Trust*

DONATION FORM

YES, I would like to support the work of the Terrence Higgins Trust and enclose a donation of

£100 ☐ £75 ☐ £50 ☐ £25 ☐

£15 ☐ OTHER £ _____

(please make cheques payable to 'The Terrence Higgins Trust')

Please debit my credit card:
Visa/Access/Amex/Diners Club/Care Card No.

ACCOUNT NUMBER

CARD EXPIRY DATE

SIGNATURE DATE

Please send me information on the following: (tick box)

COVENANTS ☐ CORPORATE DONATIONS ☐

BANKER'S ORDER ☐ VOLUNTEERING AT THE TERRENCE HIGGINS TRUST ☐

PAYROLL GIVING ☐

LEGACIES ☐ CARE CARD ☐

NAME (MR/MRS/MS)

ADDRESS

POSTCODE

TELEPHONE (EVE) (DAY)

Please send this coupon in an envelope addressed to:
The Fundraising Manager, Terrence Higgins Trust,
FREEPOST, London WC1X 8BR

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Our progress so far

The Terrence Higgins Trust was founded in 1983 to inform, advise and help on AIDS and HIV infection, to disseminate accurate information about AIDS and HIV and provide health education. We provide welfare, legal and counselling support to all people affected by AIDS and HIV infection, and to their partners, friends and families.

These are some of our services:

HELPLINE AND COUNSELLING

We offer a telephone helpline and counselling to anyone who needs to talk to someone about AIDS or HIV. In 1989, we answered over 15,000 telephone enquiries to our Helpline and helped more than 600 people with face to face counselling.

FAMILY SUPPORT

Our family support network helps the families of people with AIDS and encourages mutual support between families who have experienced the death of a person with AIDS.

BUDDYING

Buddies give one to one help and support to people with AIDS, providing practical help, care and friendship. We have over 300 trained volunteers and we aim to provide buddy support for anyone that needs it regardless of race, gender or sexuality.

EDUCATION

The Terrence Higgins Trust provides health education services to youth groups, schools and the media. We tell people how to avoid becoming infected with HIV or AIDS and advise those with AIDS on how to maintain a healthier lifestyle.

HELPLINE 071 242 1010
LEGAL LINE 071 405 2381

Please make a donation today to:

The Terrence Higgins *Trust*

The Terrence Higgins Trust
FREEPOST, London WC1X 8BR
Charity Reg No. 288527

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