

Contact us

Office: 01924 211 117
Linda: 07806 845 655
Mark: 07913 264 966
Pete: 07767 668 428
Wellington: 07872 398 573

Interpreters

If English is not your first language we may be able to provide an interpreter. Please contact us to find out which languages we can offer translations for.



t: 01924 211 117 **f: 01924 384 681**

e: begin@mesmac.co.uk www.mesmac.co.uk/begin

Suite 1, Trinity Building, Caldervale Road, Wakefield, WF1 5PE

Begin, part of the Yorkshire MESMAC Group of Services. Registered charity no: 1040407



**Social support for people
living with and affected
by HIV in the
Wakefield District**



Other Useful Services & Telephone Numbers

National Sexual Health Advice Line:	0800 567 123
African AIDS Helpline:	0800 0967 500
Josephine Butler Centre for Sexual Health, Wakefield:	01924 214 421
*The Open Door Project:	01924 304 362
STAR (Surviving Trauma After Rape):	01924 298 954
The Red Cross:	01924 361 628
Stop Hate Helpline:	0800 136 1625
Refugee Council / Angel Lodge, (dispersal centre for refugees and asylum seekers):	01924 234 070
Samaritans:	01924 377 011 01924 116 123
Salvation Army:	01924 827 890
NHS Direct:	0845 46 47
Social Care Direct:	0845 8 503 503
Wakefield and District Alcohol Team:	01924 302 120

* Housing based support project for vulnerable adults (homelessness, asylum seekers & refugees)

Grants

The Begin Welfare Fund and grant applications system plays an important part in offering some relief if you are living on a very low income. However, all we can ever hope to do is to offer limited, short-term financial support. Apart from our own welfare fund we also access grants from charities such as the Children with AIDS Charity, the Hardship Fund, Vicar's Relief Fund and the Frank Buttle Trust.

Welfare Information

Begin provides support around welfare and benefits including: telling you about other relevant agencies; obtaining letters of support for health related welfare issues and challenging decisions that have been made in relation to welfare support.

Advocacy

Your support worker will contact organisations for you or with you to make enquiries, access services, make complaints and/or seek information and advice. This may be done by telephone, email, by letter or in person at a joint meeting/ visit.

At Begin you will have access to a telephone, printing and photocopying, computers and the internet.

One to One Support

We will try and work out how best you can access support. One to one support is based around your needs and can be very informal giving you the opportunity to discuss anything you like. You can request a home visit and you can also access support by telephone.

The Begin Counselling Service

We can offer free short term individual counselling for you, your partner or as a couple. Counsellors are trained to listen and help you clarify what is going on for you and what steps you personally need to take to improve your situation.

All Begin counsellors are experienced, qualified counselling professionals.

All Begin counsellors have a good understanding of specific issues relating to living with HIV.

Health Support Services

If you wish to access other health support services such as swimming etc. you can apply for a contribution to provide this service.

Free Exercise Class

In partnership with Yorkshire MESMAC, Begin runs a free exercise class. All levels and abilities are catered for in a social and non competitive environment. For further details call 07913 264 966.

Group Support

Begin recognises the importance of group support. We have a weekly drop in:

Tuesday 1pm – 4pm

We also organise visits, trips and visits with other organisations providing support to *PLWH in the Yorkshire region. This gives service users the opportunity to meet other PLWH from different areas.

Flexible Service

Begin service users are not limited to accessing the Tuesday drop in, but are also welcome to make appointments with staff during working hours from Monday to Friday if this is more convenient. Begin is re-launching the Out of Hours Social Support Group which will run every third Tuesday of the month from 6pm - 8:30pm.

* People Living With HIV