

Yorkshire MESMAC

Other services available...

- Confidential one to one support information and advice
- Provision of free condoms and lubricant
- Training and consultancy to other agencies and professionals
- Outreach to pubs, clubs and cruising areas
- Membership Scheme with quarterly "MESMAG" newsletter

Condom Packing Party / Drop In

@ The New Union, Wakefield

Ever wondered how your condoms and lube end up in those handy pocket sized boxes. Well I hate to break it to you but there is no such thing as the condom fairy. Once a month on a Friday between 6pm and 8pm workers from Yorkshire MESMAC and Turning Point meet with volunteers to make up the packs by hand. We would very much appreciate your help with this.

Workers from Yorkshire MESMAC are on hand should you need any advice, information or support around sexual health and sexuality issues. Also, as this is a joint event, workers are also available from Turning Point to provide support and information around drug and alcohol misuse.

You will be welcome to come along if you want to speak to one of us, or to help out. Dates in 2011: 9th September, 14th October, 4th November and 2nd December.



We provide free, short term local counselling for: Gay, Bisexual and homosexually active men; female partners of men who are attracted to men; LGB young people and Lesbian and Bisexual women.

All our counsellors are experienced professionals who are trained to, at least, diploma standard and belong to recognised professional associations. All have a good understanding and are trained on specific issues faced by LGBT communities.

For further details about the counselling service please contact us: on 01924 211 116; via email, counselling@mesmac.co.uk; or ring the Counselling Organiser direct on 07771 931 327.



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Alternatively you can find us on Facebook.
Search for Mark Mesmac and/or Terry Mesmac

Guide to Services

Wakefield District



Charity no 1040407

Confident Gay Men

Skills for Life

This is a personal development self help group for men who

have sex with men.

What is it that is preventing you from being healthy and happy?

Is it low self esteem, social isolation or a lack of motivation? The exercises and structure of this group are designed to help you gain the essential self management skills, the support and the self confidence to achieve your goals.

The group meets in six week 'terms' on a Monday night between 6.00pm and 8.30pm at the Yorkshire MESMAC offices in the centre of Wakefield. Come along, you will be very welcome.

For further information contact Mark Tyson on 01924 211 116 or 07955 005 113.

Testing Times

We provide free, confidential HIV testing. The test needs a pin-prick of blood from your finger; you will have the results in just

20 minutes.

What is HIV?

HIV is a virus which infects and gradually destroys an infected person's immune system. This means your body is less able to fight off normal infections and germs.

How is HIV passed on?

HIV is passed on from getting any of the following bodily fluids from a person who has

HIV into your bloodstream: Semen (cum), blood, pre-cum, breast milk, menstrual blood and vaginal fluids.

The most common ways to get these fluids into your bloodstream are:

- Having anal or vaginal sex without a condom
- Sharing a needle with someone, for example when sharing drugs

How is HIV not passed on?

There is **no** risk of HIV being passed on from normal social contact with someone who is HIV positive. This includes: touching a person with HIV, kissing, sharing towels or clothes, sharing cups, plates or glasses.

What is an HIV test?

You can find out if you have become infected with HIV by having a blood test done. To try and fight the virus your body produces antibodies. The test works by looking for antibodies to HIV in your blood rather than the virus itself.

When should I have an HIV test?

It takes 12 weeks (3 months) for the antibodies to HIV to show up in your blood. So you need to wait for 12 weeks from when you were at risk to get an accurate result. This is called the window period.

Things to think about before having an HIV test

Having an HIV test can have a big impact on you whether you have a positive or negative result. Only you can decide if having an HIV test is right for you.

More information / book a test

For further information you can look at one of our testing times leaflets or check out our website: www.mesmac.co.uk/testing-times. To book a test or to speak to someone in person, ring us on 07980 176 746.

begin

We provide confidential social support for people living

with and affected by HIV.

We can provide one to one support and advocacy; access grants from charities if you are living on a very low income; provide support around welfare and benefits; and if you wish to access other health support services such as swimming, you can apply for a contribution to provide this service.

Begin also recognises the importance of group support. We organise trips and visits and run a weekly drop in: Tuesdays 12pm – 4pm.

For further information contact 01924 211 117.

THE FRUITBOWL LGBT YOUTH PROJECT

We are Wakefield's own Gay, Lesbian, Bisexual, Transgender

and Questioning youth group for young people under 25.

Our group is a place where you can talk, chill out and socialise with like minded people. You can talk in confidence and safety. On your first visit you may feel nervous or scared – but there is no need to worry as the group is very friendly and easy going.

The group meets every Wednesday between 6pm and 8pm in the centre of Wakefield. We look forward to welcoming you and hope you find it as interesting, helpful and enjoyable as we do. For more information see our leaflet or contact 01924 211 116.