



NEWSLETTER

AUTUMN 2023



Wakefield

LeedsSkyline

Events



Our World AIDS Day event this year will be at Leeds Civic Hall from 6pm-7pm. Joining us this year include: Former Leeds Mayor, Gay Abandon, guest speakers. A free buffet will be at Skyline before the event from 3:30pm



Christmas Day out!

Lotherton Hall, Thurs 7th Decemeber 9am - 4pm.

We invite all our clients for a walk around the beautiful woodlands and wildlife world. A picnic will be provided. Cost will be £2.50 and spaces are limited so please call the office to book your place.



Skyline Christmas Party!

1pm - 8pm on Tues 19th December.

Join us for food, fun & games and festive activities at this family-friendly celebration!

BHA Leeds Skyline Service is located at
4th Floor, Gallery House, 131 The Headrow, Leeds LS1 5RD
Telephone: **0113 2449767**

Opening times: Mon, Weds, Fri 9am-5pm
Tues 9am-7pm, Thurs 10pm-6pm

Facebook.com/bhaLeedsSkyline
Instagram - @bhaleedsskyline

New staff members

Joan - Support Worker



With Hilda leaving we have a new support worker joining us. Welcome are proud to welcome Joan to our team. Joan was previously a the brain injury support worker.

She will be working for us in Leeds as a support role and also in BHA Wakefield with prevention service.

Esther - Counsellor



Esther provides is what's called talking therapy and is an intervention which can support people with mild to moderate mental health conditions. She offers an

empathetic, safe and non-judgmental space where you can explore your thoughts, feelings and emotions around any issues you wish to bring into each sessions.

Pesha - Programme lead



With Becky now on maternity leave we have Pesha joining our team as Programme Lead for Leeds and Wakefield. Pesha previously _ project managed

the Healthy Lifestyles Project at People in Action and have previous experience working with LCC, LTHT and West Yorkshire Police to address social and health inequalities and disparities that impact marginalized groups.

BHA at Wakefield Pride 2023.

We were excited to be part of Wakefield Pride 2023. Condoms and lube we distributed as well as leaflets and freebies. The Cock in a Box game proved to be as successful and fun as always.



15 Local businesses generously donated raffle prizes to help us to raise money for people living with HIV in the Wakefield district.

BHA Wakefield was present at several central Wakefield locations during Sexual health Awareness week. We spoke to people about HIV and general sexual health. distributed condoms and lube and delivered several HIV/Syphilis tests.

BHA Wakefield still offers weekly HIV testing sessions and we have monthly social group meetings for support service users.

We provide free postal condom service in Wakefield district.

Testing



Condoms





Support Services

BHA
BHA
BHA



Complimentary Therapies

Aromatherapy massages are back by appointment only. You are interested in having a massage please contact Karla on 0113 2449767



1-2-1 Counselling

Person-centred counselling is now available with Esther for our clients in the Leeds area. Sessions are in the strictest confidence and in a safe empathetic space. To book a session with Esther talk to your support worker for a quick and easy referral.



Support Groups & Activities

P.A.C.T. Every Tuesday 6-8pm - a peer led support and social group chat social for gay, bisexual and trans men.

Women's Group - a monthly support & activity group for all women. Meets every 2nd Friday of the month

The new **LGBTQI+** group meets the 2nd Thursday of every month for support & various activities.

Coffee drop in - every 3rd Friday of the month 12-2pm all are welcome!

In & Cozy group
Come enjoy a hot drink, good company and a cosy space. Next session Tues 28th Nov 5:30 - 7pm. All are welcome!

Evening Social
A Social & activity group for all that runs every last Thursday of the month at 5:30-7pm.

Debt & Welfare advice
With the cost of living rising we welcome back Mike Shaw to give advice on debt and welfare rights. He will be available every Monday. Please contact your Support Worker to arrange a time to meet Mike. For anyone seriously struggling and needing urgent advice you can call the National debt helpline for free, Mon-Fri 9am-8pm on: 0808 808 4000

HIV - Owing your story
What does it mean to live with HIV and how it has affected our lives? Next session 21st Nov 1-3pm

Knitting Group
A group who love to Knit and Crochet, come along you witty little knitters! 1st & 3rd Monday every month 2-4pm

Mum's & Tots
A group for mum's and children 0-5 years. Toys and activities as well as support. Meets 2nd Weds of the month 10-11:30am

Creative Writing
23 Nov 5:30-7pm this will be a one-off opportunity to tell your story in writing for World AIDS Day and help reduce stigma.

Peer Mentors
We have numerous opportunities as as Peer Mentor including the running of group and proving 1-2-1 support. If you're interested in becoming a Peer Mentor.

To join any of our support groups contact your support worker or speak to Karla on: 0113 2449767