



on heat

THE BUMPER EDITION

HOT NEWS FROM YOUR LOCAL GAY HEALTH CHARITY: AUTUMN 2011



BUMPER EDITION

You'll probably notice straight away that On Heat has got bigger. It's almost two years since we launched, so we thought it was time to give you a bumper edition and celebrate its 2nd birthday.

On Heat has reached lesbian, gay, bisexual & transgender people throughout Leicester, Leicestershire and Rutland as well as professionals working in the field of sexual health and other LGB&T organisations. Thank you for all your fantastic comments and feedback. Our aim is to continue to bring you all the latest hot news in our unique, fun and informative way.

In this edition we bring you news of our Health & Wellbeing Marquee at Pride 2011, Kwik Prick rapid HIV testing at Trade, the launch of the re-vamped Calling all Divas booklet for lesbian and bisexual women, an update on the Rainbow Asian Project (RAP) and a whole load of other stuff, so read on!

YOU CAN'T GET QUICKER THAN A KWIK PRICK PRICKER!

Kwik Prick – Free Rapid HIV Testing at Trade

Are you unsure of your HIV Status? Need a HIV test?

Trade now offer Kwik Prick – Rapid HIV Testing. Performed at Trade with their friendly certified staff, the Kwik Prick test uses a 'finger prick' blood sample which is 99.9% accurate. The test is free and confidential with results in minutes, it's never been quicker to know your HIV status. Every Monday from 12pm until 6pm

For information visit the Trade website or call the office on **0116 254 1747**.



Testing, Testing, 123

The Health & Wellbeing Marquee at Leicester Pride

Trade are joining forces once again with the good people of Leicester GUM clinic to bring you another Health & Wellbeing Marquee. For a second year there will be a free sexual health testing clinic at Pride. Last year's event was a roaring success, so well done and thank you to the 102 people who tested.

Now at the forefront of sexual health, this year Trade's Health & Wellbeing Marquee is being funded by the national CHAPS partnership and will be an opportunity for other cities to learn from our expertise and create something similar.

Come to Trade's Health & Wellbeing Marquee, pick up your free goody bag, visit the information stalls and have a sexual health check, then kick off your shoes, relax and chill.

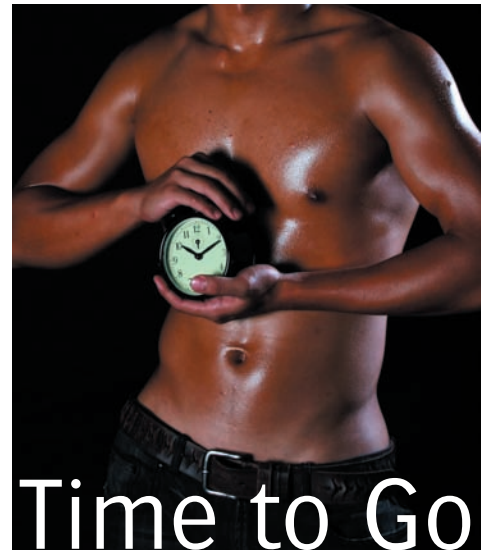


H.M.P. DVD

Last year Trade, Yorkshire MESMAC and HMP Gartree came together to produce a sexual health DVD specifically for prisoners. Well, now it's had its sell out premiere, (well HMP Gartree watched it with a cup of tea!) and it was a big success.

All men's prisons nationally have now been informed of this resource, and requests for it have been pouring in thick and fast.

Look out in the next edition for news of the follow on training package for Prison Officer Training Schools.



Time to Go

**New Opening Times for the Men's Sexual Health Clinic at Celts Sauna
TUESDAYS 3PM – 6.30PM**

Available to all gay, bisexual men and men who have sex with men, Leicester GUM Clinic and Trade offer a free and confidential full sexual health screening service and Hep B vaccination programme. No appointment is needed, just turn up at Celts Sauna during clinic hours.

For more information contact Trade on **0116 254 1747** or visit our website at www.tradesexualhealth.com

Diva Fever

Calling All Divas: a guide to sexual and personal health for the lesbian and bisexual woman

Calling All Divas has been revamped and is packed with information around sexual health, smear testing, being breast aware, menopause, HRT and top tips to help you look after your health. This guide to sexual and personal health for the lesbian and bisexual woman is now available in Trade postcard racks and from the Trade office at 15 Wellington Street, Leicester. You will also be able to download a copy of Calling All Divas from www.tradesexualhealth.com



All Rapped Up

RAP: Rainbow Asian Project

Trade and LGF in Manchester collaborated at the end of 2010 to find out more about gay and bisexual Asian men in our communities. Since then RAP has spoken to 126 men across England who identified as Asian MSM (men who have sex with men) and asked about their needs.

The men we talked to shared their experiences to promote a greater understanding of their issues when coming to terms with sexual orientation, accessing support and the barriers and enablers to engaging in safer sex.

Keep an eye out for the RAP findings launch event coming soon.





GIFT OF THE GAB

Power Talking for Gay and Bisexual Men

Have you always wanted to improve your communications skills so you can ask for what you want and say no to things you don't want to do? Want to learn to say no to sex you don't want and ask for things you do?

This FREE two day course will help you learn how to communicate with the people in your life clearly and confidently, about all the areas of your life – your sex life included.

Trade will be running this GMFA course at the Leicester LGB&T Centre on Saturday 1st October & Saturday 8th October 2011 starting at 10.30am and finishing at 5.30pm on both days.

You can book your FREE place online at www.gmfa.org.uk/national or telephone 020 7738 6872.

BSL interpreters can be available by prior arrangement.

It's Getting Hard

Tough Times For Your Local Sexual Health Charity

Since our last edition of On Heat, we're all facing harder times and cuts in public spending. It looks like it's going to get tough for small charities like Trade to survive. This hasn't stopped us though, we've been involved in some really exciting projects with the ideas of the Big Society and Localism at their heart and we're giving our funders, the NHS, great value for money... but for how long?

We don't want to put a negative slant into what is a celebration of the work that we're doing. However, the reality of the times we live in mean we need to keep you informed of the implications of changes in policy on the work Trade does for the LGB&T community.

The changes to the NHS mean that from 2012 funding for most of the work we do will move from NHS Primary Care Trusts into local authorities. This puts Trade in a new situation that is unfamiliar to us and, perhaps more importantly, we'll be unfamiliar to the local authorities.

In these uncertain times we'd like to know that you'll be here to support us if we need you. Don't forget that we provide free condoms, booklets, Celts Sauna clinic, Kwik Prick HIV testing, help and advice, counselling, training courses, the RAP project, prison work and outreach in bars, clubs and universities and at community events such as Pride.

Contact us to join our mailing list, check out our website, follow us on facebook, telephone or come and talk to us in the Health & Wellbeing Marquee at Pride and we'll keep you updated.



DID YOU KNOW? Since 1st January 2011, Trade has distributed 22,982 free condoms!

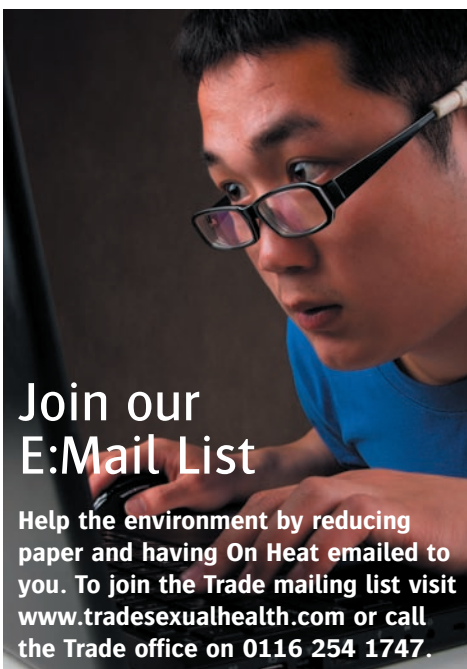
Shove Your Hand Up

Volunteer Options with Trade Sexual Health

Trade is on the lookout for volunteers to join our committed and friendly team in a variety of roles:

- Become a rapid HIV tester. If you have a few hours free on a Monday afternoon, apply to join our Kwik Prick team. You don't need any nursing experience and full training will be provided.
- Join our small but committed Board of Trustees. If you have one evening a month free and are interested in supporting the management of Trade, then a trustee role might be for you!
- Outgoing and enjoy meeting new people? Come and help us with our outreach sessions, we work in bars and clubs to provide information and resources in a fun and innovative way.

If you're interested in any of the above roles contact the Trade office on 0116 254 1747 or email us at info@tradesexualhealth.com



Join our E:Mail List

Help the environment by reducing paper and having On Heat emailed to you. To join the Trade mailing list visit www.tradesexualhealth.com or call the Trade office on 0116 254 1747.

TRADING FACES

Meet the Staff & Volunteers:
VERONICA NALL



What do you do at Trade Veronica?
I'm Co-Director of Trade with Sal and in the nine years I've worked here, I've done everything from stocking condoms in bars to funding bids.

What does your role entail?
I still enjoy the "hands on" work, outreach stalls and training sessions, however, these days, I'm as often representing the sexual health needs of MSM at strategic level, ensuring that the LGBT community stays firmly on the health agenda both locally and nationally.

Which elements do you enjoy the most?
I love it all, every day is different, and so boredom never enters my schedule. Counselling is really important to me but as we're not funded to provide it, I get less chance to do this, which is sad. It's the area of my work where I really see changes in people. I love the national CHAPS work that I do too; it ensures Leicester stays right up to date with what's happening in MSM sexual health.

What would you change?
I love the job, so very little at Trade. I would like to change some people's attitudes but that's pie in the sky stuff, oh and some more funding would be great!

A New HIV Support Group for Gay & Bisexual Men

Supported by Trade, the group provides a safe social network with advice on well-being, employment and HIV specific issues as well as somewhere fun to share experiences with others.

The group is open to gay or bi men, either directly or indirectly affected by HIV. It meets on the last Monday of every month in the city centre. If you want to know more, contact Alex at alex@tradesexualhealth.com



Leicester Pride: What It Means and How You Can Get Involved

LGBT Pride or Gay Pride is the concept that (LGB&T) people should be proud of their sexual orientation and gender identity. The movement has three main premises: that people should be proud of their sexual orientation and gender identity, that diversity is a gift, and that sexual orientation and gender identity are inherent and cannot be intentionally altered.

So join us in thanking the guys and girls from this year's Pride Committee for volunteering their time and effort, to provide us all with a festival to remember on 3rd September 2011 at Victoria Park. If YOU want to volunteer to help Leicester Pride, visit their website www.leicestergaypride.co.uk and get stuck in!

PEP Talk

and Other Safer Sex Tips for Pride

Stock up on condoms and lube. Packs are available in all gay bars and clubs. Latex gloves, dental dams, condoms of all sizes and latex free ones can be picked up from Trade.

Get to know all the facts about condoms, how to use them and how they can be damaged. For more information visit the Trade website and click on 'Condoms'.

Know your limits with alcohol and drugs, be prepared, make sure you carry your own safer sex packs and don't rely on the other person.

If a condom breaks (within 72 hours/3 days) you may be able to get a treatment called PEP that can stop the HIV virus entering your blood stream. For more information visit the Trade website, click on 'HIV & AIDS' and then click on 'Post Exposure Prophylaxis' (PEP).



How to contact Trade:

Trade, 15 Wellington Street, Leicester LE1 6HH • Tel: 0116 254 1747
Website: www.tradesexualhealth.com • Email: info@tradesexualhealth.com
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