

What We Provide

Advice about sexual health and emotional wellbeing including:

- STI and HIV testing during drop in opening times
- A wide range of free condoms and lube
- One to one support, counselling and psychotherapy
- Weekly condom distribution scheme through commercial venues and outreach
- Information distribution through commercial venues and outreach
- Development and delivery of locally targeted campaigns
- Training to organisations
- Advocacy work in relation to asylum seekers, domestic violence and crime
- Acting in an advisory capacity in terms of external and internal enquiries
- Partnership working with local and regional organisations
- Representation at police, sexual exploitation, and City Council consultation meetings
- Third party reporting of homophobic crime



Contact Details

Health Gay Nottingham (HGN)
The Broad Street Centre
12 Broad Street, Hockley
Nottingham NG1 3AL

Tel. 0115 947 6868

healthygaynottingham@nottinghamcity.nhs.uk
www.healthygaynottingham.org.uk

Opening Times

Drop in

1st Monday 5.00pm – 7.00pm
Every Saturday 10.00am – 2.00pm

Office & Appointment Times

Monday – Friday 10.00am – 4.00pm



CitiHealth NHS Nottingham

CitiHealth Nottingham
Patient Advice and Liaison Service
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Version 1.0 Issue date April 2010.
Review date April 2012



**Sexual Health &
Emotional Wellbeing
Service**

Healthy Gay Nottingham

Formerly known as The GAI Project, Healthy Gay Nottingham was launched in 1994 at The Broadway Cinema by Sir Ian McKellen.

The change in name was a reflection of the Service developing and offering a broader range of health interventions and in becoming an independent service from those provided through The Health Shop.

The service now has specific leads in outreach and health promotion, training and emotional wellbeing.

Aims

To reduce transmission of HIV and other STIs amongst gay, bisexual and other men who have sex with men in Nottingham and promote the physical and mental well-being of this community.

Objectives

- To inform men about HIV/STI transmission risks and prevention strategies
- To enable men to exercise choice and control in their sexual and emotional relationships
- To ensure that condoms and lubricant are easily available for those men who choose to use them
- To offer one to one support, counselling and psychotherapy to men experiencing difficulties associated with their sexuality and sexual relationships
- To offer supportive group environments for sections of the community with specific needs
- To actively work towards the promotion of community safety and the reporting of homophobic crime
- To actively challenge homophobia, heterosexism and other oppressive attitudes and behaviours

Specialist Services

The HGN Emotional Wellbeing Service can provide short-term and long-term Counselling and Psychotherapy for gay and bisexual men around the following issues:

- Coming out
- Relationships
- Self-esteem and confidence
- Trauma
- Sexual health awareness and advice
- Dealing with homophobia and hate crimes
- Coping with specific trauma following homophobic incidents, physical assault, and/or verbal abuse
- Short-term support with issues surrounding sexuality and identity
- Advice and support surrounding issues of substance misuse
- A broad spectrum of mental health problems (anxiety, depression, self-harm)

People can either be referred to the Service or self-refer. An initial consultation session will take place to identify the individual's key issues or concerns and the best intervention for resolving these.

Reiki

Reiki is now available on an appointment basis with a Qualified Reiki Master. Sessions at HGN last approximately 45 minutes and can have the following benefits:

- Reiki helps us to cope with physical illness, depression, stress, anxiety and tension
- Reiki can re-energise a tired body and mind, and helps us to feel refreshed
- it can address minor aches and pains, migraines, shoulder, neck and back problems
- Reiki encourages us to maintain a balance in our lives by providing us with the opportunity to take time out for ourselves and to relax
- Reiki can help you to deal with personal problems (relationships, family, work, grief) with a clearer mind
- It provides you with something to look forward to as an escape from the hustle and bustle of daily life

Auricular acupuncture

Auricular acupuncture is a holistic balancing treatment originating from China. It focuses on 5 specific points in each ear, which when stimulated by acupuncture needles can have the following benefits:

- Auricular Acupuncture can rebalance and stimulate those feel-good chemicals in the brain (Serotonin, Dopamine and Endorphins).
- It can restore a sense of harmony and well-being to your body and mind.
- Auricular Acupuncture is particularly useful in temporarily alleviating some of the symptoms associated with addiction and cravings, low mood, anxiety, trauma, and those post-party blues after a heavy weekend.

HGN's qualified Auricular Acupuncturists offer individual and group sessions at selected times. These sessions will last for approximately 45 minutes, delivered on an appointment basis only.

Dear Marj . . . He Has The Answers

'Dear Marj . . .' is the new advice column that will be featured in QB, Nottingham's only LGBT news sheet, and gives the LGBT community the opportunity to write in with any worries or concerns about things going on in their lives.

Whilst only some questions and replies will be featured in QB, all questions will be directly replied to by 'Dear Marj . . .' via email. Confidentiality is maintained throughout and written consent will be obtained from anyone whose 'Dear Marj . . .' question and response is to be published.

'Dear Marj . . .' can be contacted via email at:
dear.marj-hgn@nottinghamcity.nhs.uk

