

fulfilling and safe lives, with choices. We aim to realise the rights and responsibilities of people Living with HIV, representing their needs and rights in decision making processes that affect their lives and shaping responses to services provided. We have generated some of our own income to provide additional services to those provided by LASS to people living in Leicester and Leicestershire. We are based at LASS and provide peer led support, counsel one another, group discussions, volunteering and training opportunities , retreat weekends, positive speakers and much more, to people Living with HIV by people who are best placed to understand your needs.



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**LASS**   
**Responding to the challenges of HIV & AIDS**



**LHIVE**

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**photo? Speak to Julie and she will let you know the alternatives? Great therapy!**

HIV and Your Body is a selection of Workshops on HIV and your HEART, KIDNEYS, BINES, LIVER and BODY SHAPE. It's a great opportunity to learn more about the condition, how it can affect the body and what we can do about it? It's a must for anyone wanting to understand their diagnosis. Call, email or text for further details.

**BASELINE: LAKE DISTRICT TREAT WEEKEND, 19TH - 21ST NOVEMBER**

Baseline, the UK's leading HIV treatment magazine and Large Outdoors have teamed up, to offer people from all walks of life recently diagnosed or living with HIV the chance to attend weekends away all over the UK. During these weekends you will be introduced to the joys of Outdoor Pursuits in some of the most scenic locations the UK has to offer. Not only can you meet people going through a similar experience as you but meet people who have been living with HIV for many years, who can offer advice and assistance. There will also be treatment experts on hand to help guide you through the many options for treatment. This weekend away is subsidised by Baseline Magazine and costs £75, some free places are also available for those on low incomes.

**Tuesday Evenings in September '10**

**BBQ & Open Discussion Forum**



**An evening of open & frank discussion You choose the topics of conversation. An informal gathering of HIV+ people informing each other!**

Here at LASS...

BBQ at 5pm...talk at 6pm

Tuesday 28th September

**We again have the pleasure of the company of Dr Vincent Riley to finish the popular discussion , 'The History of HIV' followed by a question and answer session. We will kick off the evening at 5pm with a BBQ (weather permitting) and start the discussion at 6pm.**

**We are still looking for new ideas for the group so any ideas please let us know? It's your opportunity to have your say!**



Are you considering returning to formal or informal learning? If so, we have an in-house Community Learning Champion who can advise and signpost you to further learning. Whether it's a career path, career change or simply learning new skills to help you in your everyday life. Either text, call or email Julie and she can help you further .



MyGuide is a free website designed to help people take the first steps with computers and the internet. Registration is held at LASS each Tuesday 2-4pm . Call now for more details.

