

Weekend dates

2009

3 – 5 April

10 – 12 July

18 – 20 September

11 – 13 December

2010

26 – 28 March

9 – 11 July

24 – 26 September

17 – 19 December

What people said

- *“I really enjoyed the warmth and laughter. The kindness and friendship extended to me were priceless, rare and refreshing.”*
- *“To be able to talk on a deeper level with other positive people was a great help. Everyone was open and honest; both listening and sharing often painful thoughts.”*
- *“The peer support is one of the most important aspects of NLTSG. I cannot access this anywhere else.”*
- *“I shall take away happy memories and a renewed faith in human kindness!”*

Contact us

National Long Term Survivors Group
BM LTSG
London WC1N 3XX

www.nltsg.org.uk

mail@nltsg.org.uk

07967 430797

Living Proof Weekends



Providing support to
people who have been living with HIV
for 5 or more years

National Long Term Survivors Group
Registered Charity 1040586

If you would like to make a donation to NLTSG please visit our website.

Who we are

National Long Term Survivors Group is a national charity set up in 1992 to provide support to all people who have been living with HIV/AIDS for five or more years. Since that time the needs of people living with HIV have changed and NLTSG has evolved along the way. However, NLTSG remains true to its roots; it has no paid workers, with the trustees carrying out the day-to-day work on a voluntary basis. The group continues to be user-led and holds annual elections to elect the Board of Trustees from within the membership. The views of the membership are the foundation of our ongoing success.

Who can join

NLTSG is open to anyone who has been diagnosed HIV+ve for five or more years. We have a complete inclusivity policy and do not base membership on race, gender, sexuality, disability etc. At your first weekend, you will need to bring a letter from your doctor, which confirms your length of diagnosis.

Funding

NLTSG receives no core funding and the fees for attending each weekend cover the cost of running the weekend. In some cases local authorities, PCTs and voluntary groups fund our members to attend whilst some members pay for themselves.

Thanks to a generous donation by the Elton John AIDS Foundation, we are able to offer a limited number of fully funded places to people who have not attended an NLTSG weekend before and are either over 50 or living in an isolated location.

Please contact us for details of any financial assistance that might be available.

What we do

NLTSG organises four “*Living Proof*” weekend retreats each year in rural Staffordshire. The weekends provide a safe environment for people to come together to benefit from peer support, share experiences and discuss issues that are affecting them. We hold discussion groups and workshops which are user-led in that those attending raise the issues they wish to discuss, although professional facilitators are present. Complementary therapists offer a wide range of treatments throughout the weekend. All activities are optional.

The weekends run from Friday evening to Sunday afternoon, with members arriving from 3.30pm on Friday. We do ask that everyone is present by 5:45pm for the Opening Circle.

On Friday evening we hold a ‘Getting to Know You’ session, which gives everyone the opportunity to talk in small groups to look at the reasons for attending, hopes and expectations for the weekend, as well as explore any concerns they may have.

Throughout Saturday and Sunday morning we hold discussion groups, workshops and complementary therapy sessions.

There is plenty of free time during the weekend. Not only is this a time to relax, many find that this is the most beneficial time of all as gives you the chance to talk, to listen and to learn in an informal but secure atmosphere with other HIV+ people.

The weekend is fully catered and there is a bar available in the evening. Most dietary requirements can be accommodated.

The weekends finish with a Closing Circle at around 3:00pm on Sunday afternoon.