



**Here is our mini Christmas Newsletter with all of the important information you need to know from Brigstowe Opening Times, Clinic Opening Times, Useful numbers and some last minute gift ideas.**

**However you spend the Festive Season all of us at Brigstowe wish you all the joy and happiness and a great New Year.**

**See you in 2020**

**Team Brigstowe x**





## **Brigstowe Opening Times**

**Christmas Eve (Tues 24th) - 9am - 3pm**

**Christmas Day (Wed 25th) - CLOSED**

**Boxing Day (Thurs 26th) - CLOSED**

**Friday 27th - Office Closed/Telephone  
service available - 9am - 3pm**

**Monday 30th - Open as Usual**

**New Year's Eve (Tues 31st) - 9am -  
3pm**

**New Year's Day (Wed 1st) - CLOSED**

**Thursday 2nd January - Open as Usual**

## **Brigstowe Christmas Party**

**Wednesday 18th of December**

**4pm-6.30pm, Easton Community Centre**

**We invite you, your partner or significant friend and children to our annual gathering to celebrate Christmas and enjoy some time together. There will be delicious food, music, games and a raffle. Get in touch to book your place on 0117 9555 038.**





## Clinic Opening Times

**Christmas Eve (Tues 24th) - Open till 4pm**

**Christmas Day (Wed 25th) - CLOSED**

**Boxing Day (Thurs 26th) - CLOSED**

**Friday 27th - Nurse only Clinic**

**Monday 30th - Open as Usual**

**New Year's Eve (Tues 31st) - Open till 4pm**

**New Year's Day (Wed 1st) - CLOSED**

**Thursday 2nd January - Open as  
Usual**

**Please note: If you require home delivery of medication, the clinic require 10 working days notice. Otherwise, you can collect from the pharmacy same day. Make sure you have enough meds!**

Brigstowe are not a crisis service and have limited opening hours. However, we understand that Christmas can be a difficult time. If you have an emergency or need someone to talk to, there is help available over the Christmas Period. Below are a list of organisations who provide support.

**Samaritans 24hr helpline (to talk about anything difficult)**

**Tel: 116 123**

**Social Services Helplines (Connecting Care):**

**0800 073 0907 or 0117 900 2655**

**Bristol Mental Health Crisis Line: 0300 555 0334**

**Bristol City Council Homelessness and Housing Advice:**

**0117 352 6800**

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## Need a last minute gift idea...?

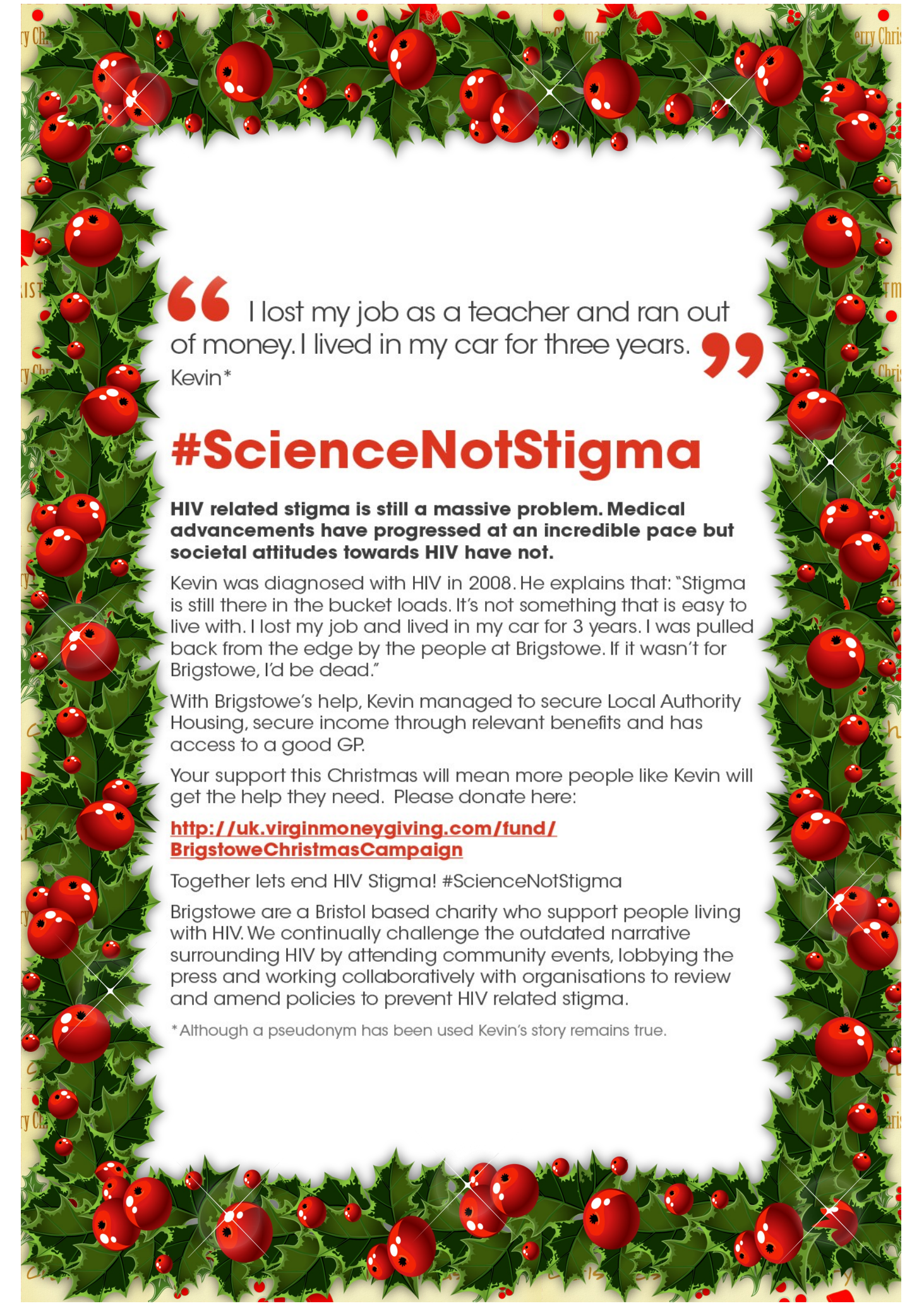


Then why not visit House of Legendary Children and pick up one of their U=U T-Shirts. Available in black or white cotton, different sizes and different genders they are perfect.

Also at least £5 from every one sold will be donated to Brigstowe.

[www.houseoflegendarychildren.com](http://www.houseoflegendarychildren.com)





“ I lost my job as a teacher and ran out of money. I lived in my car for three years. ”

Kevin\*

## #ScienceNotStigma

**HIV related stigma is still a massive problem. Medical advancements have progressed at an incredible pace but societal attitudes towards HIV have not.**

Kevin was diagnosed with HIV in 2008. He explains that: “Stigma is still there in the bucket loads. It’s not something that is easy to live with. I lost my job and lived in my car for 3 years. I was pulled back from the edge by the people at Brigstowe. If it wasn’t for Brigstowe, I’d be dead.”

With Brigstowe’s help, Kevin managed to secure Local Authority Housing, secure income through relevant benefits and has access to a good GP.

Your support this Christmas will mean more people like Kevin will get the help they need. Please donate here:

**<http://uk.virginmoneygiving.com/fund/BrigstoweChristmasCampaign>**

Together lets end HIV Stigma! #ScienceNotStigma

Brigstowe are a Bristol based charity who support people living with HIV. We continually challenge the outdated narrative surrounding HIV by attending community events, lobbying the press and working collaboratively with organisations to review and amend policies to prevent HIV related stigma.

\* Although a pseudonym has been used Kevin’s story remains true.

# Follow Us

## Join in and follow all of the action

Want to join in with our activities and most recent updates then there are a whole load of platforms for you to engage in conversation.

Join us for our monthly podcast. Aired on the first Thursday of every month on ShoutOut- The LGBTQ+ show on BCFM-



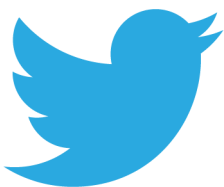
93.2FM between 7-8pm. Missed the show? Don't worry you can catch up either on ShoutOut's website or on ours.

[www.shoutoutradio.lgbt](http://www.shoutoutradio.lgbt)/[www.brigstowe.org](http://www.brigstowe.org)

## Social Media



**@BrigstoweInfo**



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**@Brigstowe**

