



**Here is our mini Christmas Newsletter with all of the important information you need to know including Brigstowe Opening Times, HIV Clinic Opening Times and Useful numbers .**

**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 2021**

**Team Brigstowe x**



## **Brigstowe Opening Times**

Staff will be working from home

### **Christmas Eve (Thurs 24th)**

**9am - 3pm**

### **Christmas Day (Fri 25th)**

**CLOSED**

### **Monday 28th**

**CLOSED**

### **Tuesday 29th**

**9am - 5pm**

### **Wednesday 30th**

**9am - 5pm**

### **New Year's Eve (Thurs 31st)**

**9am - 3pm**

### **New Year's Day (Fri 1st)**

**CLOSED**

### **Monday 4th January**

**Open as Usual**



## HIV Clinic Opening Times

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

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

**Monday 28th - CLOSED**

**Tues 29th & Wed 30th - Normal Hours**

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

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

**Monday 4th 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 medication to last over the Christmas and New Year Period**



## **Brigstowe Client Christmas Party**

**Thursday 17th of December**

**4pm-5.30pm, Zoom**

Join us for our annual gathering to celebrate Christmas and enjoy social time together. This year to keep everyone safe we have decided that this will be on Zoom. There will be a Christmas performance, raffle and lots more fun. We will also be delivering Hamper Packs with goodies to everyone attending. The Zoom link will be sent in advance.

Get in touch to book your place on 0117 9555 038.

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## **Brigstowe's AGM**

**Tuesday 19th January 2021**

**6pm**

Save the date and join us for our AGM (Annual General Meeting). This is the perfect opportunity for us to share with you everything that has happened in 2020 and what is to come in 2021.

Keep an eye out for further details closer to the time so we can ensure this event goes ahead whilst keeping everyone safe and following the latest Government Guidelines.



Brigstowe are not a crisis service but 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. Please see below for organisations who provide support.

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

**Tel: 116 123**

**Social Services Helplines**

**Bristol Care Direct: 0117 922 2700**

**North Somerset Care Connect: 01275 888801**

**South Gloucester Care & Support for Adults: 01454 868007**

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### **COVID-19 Vaccine Study**

There is a new research study looking at a COVID-19 vaccine. Vaccines are the principle method by which we will defeat COVID-19. The study is called ENSEMBLE2 and is being run by a company called Janssen. There has been poor recruitment in COVID-19 vaccine research studies to date in Black, Asian and minority ethnic (BAME) groups, and in people living with HIV. It is important to get evidence of the effectiveness of COVID-19 vaccines in these groups, which is why the research study is particularly keen to recruit people to the study in these groups. The study is just about to start at Bristol Royal Infirmary, and will be starting at North Bristol NHS Trust (Southmead) on the 11<sup>th</sup> December 2020. If you would be interested in taking part then please consider expressing your interest on the website at <https://gb.ensemblestudy.com/#!/>

There is no commitment to participate from this expression of interest, and this expression of interest is entirely your own decision.



# 24/7 Support & Connect

## Immediate emotional and practical support helpline

We all experience times when we would benefit from talking to someone. 24/7 Support & Connect is now the first port of call to gain access to support, for those aged 18 and over who live in Bristol, North Somerset, and South Gloucestershire.

The 24/7 helpline is staffed by experienced counsellors who are there for people to talk to. They will offer immediate emotional support for people experiencing difficulties with their mood or emotions, including feeling unsettled or distressed from recent life changes, or uncertainty about the future. If callers could benefit from ongoing support, the counsellors can connect them to over 300 organisations who can help with a wide range of difficulties.

The helpline operates 24 hours a day, seven days a week.

If English is not your first language, we can quickly get a translator to support your call. The line can also support those with speech and language difficulties via the text relay system.

To speak to an experienced counsellor, **call 0800 0126549 24 hours a day, 7 days a week.**

**Textphone users dial 18001 followed by 0800 0126549. [www.vitahealthgroup.co.uk/247supportandconnect](http://www.vitahealthgroup.co.uk/247supportandconnect)**

*You should still call 999 or go to A&E if you have an immediate, life-threatening emergency requiring mental or physical health assistance.*

Thank you to Hits Radio for all of their support to Brigstowe during our World AIDS Celebration. They are a brand new LGBTQ+ Radio Station so if you want to, go check them out!

# BRAND NEW LGBTQ+ STATION



# PRIDE

## LOUD & PROUD!

## LISTEN NOW ▶



RADIO



ONLINE



HITS RADIO APP



"PLAY HITS RADIO PRIDE"

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

## Social Media



**@BrigstoweInfo**



**@BrigstoweInfo**



**@Brigstowe**

