

Weekend dates

2010

26 – 28 March
9 – 11 July
24 – 26 Sept
17 – 19 Dec

2011

25 – 27 March
8 – 10 July
23 – 25 Sept
16 – 18 Dec

2012

23 – 25 March
6 – 8 July
28 – 30 Sept
14 – 16 Dec

What people said

Comments expressed on 2009 anonymous evaluation forms:

- *“Just what I needed at this time, a lovely group of people, everyone I met here was friendly and I did not feel excluded.”*
- *“The best thing was getting to make new friends and meeting old ones; meeting other positive people and coming together as a group.”*
- *“I enjoy the weekend away from home. As a long-term survivor, I enjoy passing on my experiences and learning from new and old members. It goes a long way in helping a person living with HIV, and I leave refreshed and wanting to do more.”*
- *“The best thing was discovering other people’s example of how they deal with the virus: peer support – sharing experiences - able to relax completely - a chance for personal recharge.”*

Contact us

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

Living Proof Weekends

2010 - 2012

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



National Long Term Survivors Group
Registered Charity 1040586

Who we are

National Long Term Survivors Group (NLTSG) is a national registered charity established in 1992 to support and empower people living with HIV for five years or more. Since then the needs of people living with HIV have changed and NLTSG has evolved. However, the group remains true to its roots; it has no paid workers and the trustees and members run the charity 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

Who can join

NLTSG is open to anyone who has been diagnosed HIV positive for five years or more. At your first weekend, you will need to bring a letter from your doctor that confirms your length of diagnosis. We have a comprehensive inclusive membership policy, which does not discriminate on grounds of race, creed, gender, sexuality, age or disability.

Funding

NLTSG receives no core funding and the fees for attending the weekend aim to cover the costs of running the weekend. In some cases local authorities, PCTs and voluntary groups fund members to attend; otherwise, members pay for themselves.

Thanks to a generous award from the Elton John AIDS Foundation, we can offer a limited number of places during 2010 and 2011 to people who have not attended an NLTSG weekend before. To qualify, applicants must be either over 50, socially isolated (living in a rural location, low HIV prevalence area or otherwise unable to use local HIV support services) or be a worker (paid or volunteer) in the HIV support sector.

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. Professional facilitators hold discussion groups and workshops but these groups are user-led in that the content and format of the discussion is decided by those attending. 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 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 about their reasons for attending, their hopes and expectations for the weekend, as well as voicing any concerns they may have.

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

There is plenty of free time during the weekend, which offers an opportunity to relax and network. Many find this the most beneficial aspect of the weekend, as it provides the chance to talk, listen and learn in an informal but safe environment with other people living with HIV.

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

The weekend ends with a Closing Circle at around 2:45pm on Sunday afternoon.