

Oasis North London News

Volume 1, Issue 1

Winter 2003



Welcome

.....to our new format for the Oasis newsletter.

Inside you will find information regarding Oasis North London's projects, premises and schedule of activities.

We hope you find the new format both interesting and informative. We welcome your comments.

Inside this issue:

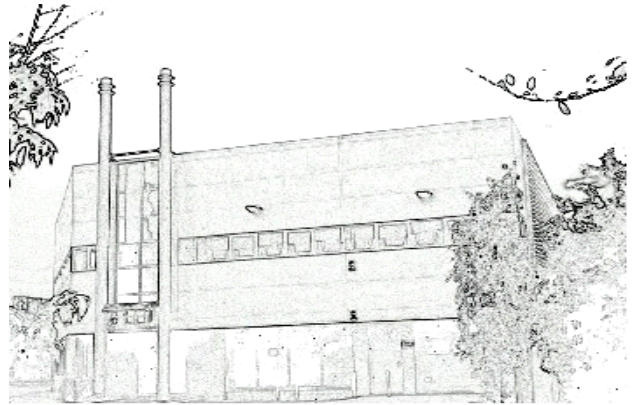
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The Big Move

Most people are now aware that Oasis has moved into new premises and many of you have had the opportunity to visit or use the services or facilities.

Not everyone is aware, though, that Oasis North London is the amalgamation of three former north London HIV projects; **Chalk Farm Oasis, Centrepeace Women's Project and the Learning Centre from FACTS in Haringey**

The move has been a challenge, to say the least, and the management required to maintain and run a building this size is a quite different experience after all those years being scattered around



Unit 2000, Regis Road
Kentish Town

north London.

Our decision to rent out training space to Camden Social Services and other organisations has proved to be quite a success. It's a great use of the space during 'down time', and also a good opportunity to forge links

with our neighbours.

If you've not made yourself known to us at our new home, remember the **Web Café is open-access every day 10 to 5 pm**

-and the kettle's in the kitchen.

World AIDS Day Open House

UNIT 2000

OPEN HOUSE

This year for World AIDS Day we are marking the event with an **Open House on Tuesday the 2nd of December from 5.00 to 7.00 pm**. This will give an opportunity for our friends and supporters to visit with us, meet the team and see

what goes on at Oasis on a day to day basis.

Volunteers and service users will be participating in guided tours and demonstrations as well as offering some pre-Christmas gift bargains. Buffet refreshments will also be served.



ROYAL FREE HOSPITAL

Also, as in previous years, Oasis will be represented at the **Royal Free Hospital's World AIDS Day events in the Sir William Wells Atrium all day Friday the 28th November**. For further information phone **Christine Beveridge**, Health Promotion Co-ordinator on 020 7472 6459

Learning Centre

**Autumn Term
began 16th September**

'NEW CLAIT'

CLAIT stands for "**Computer Literacy & Information Technology**" and is an introductory level course for those with little or no computer experience.

CLAIT is a qualification in computers that "is designed to recognise the skills, knowledge and understanding of IT users everywhere". It is a recognised qualification and there are courses throughout the country. The course is taught by

qualified tutors from Westminster Kingsway College.

What are the course aims?

To provide practical computing skills for use in everyday life or work and an OCR Level 1 qualification.

Who is it suitable for?

For beginners to IT. Flexible **NEW CLAIT** is designed for those who can only spare a few hours a week and have family/work commitments but want to learn how to use a computer on a flexible basis, gain confidence in computing or need/want to get a qualification in IT skills.

What do I need to start the course? No formal qualifications required, but you will need to have reasonable literacy and numeracy skills. As well as attend a short registration and assessment session prior to attending class.

WHAT'S NEW?

Spring Term NEW CLAIT Pre-registration

We are taking bookings *now* for our second offering of **new CLAIT classes to begin the week of 5 January 2004.**
Phone 020 7485 2466 to book your place!



"..new CLAIT classes to begin the week of 5 January 2004."

*"The Web Café is
now open late on
Tuesdays."*

Web Café

WHAT IS IT?

Daily open-access to state-of-the-art computer terminals for people to 'surf the net' and use their email as and when they want.

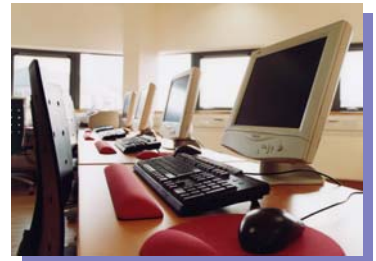
WHAT'S NEW?

The Web Café is now **open late on Tuesdays.** This has proven popular for those who

want to attend the meal at 8.00 pm in the Living Room.

SIGNING IN

We're asking **everyone** who uses the Web Café for any reason to sign in and out in the **Signing In Book.** This is important for us to be able to document its usage in order to continue to receive funding for the Web Café's future.



Women's Project

The **Women's Project** continues to open its doors **every Monday from 11.00-3.30 pm.**

Thai, Shiatsu and Full Body Massage is available by appointment along with **child-minding.** The sessions are in high demand, so make sure to book early and **always phone well ahead if you need to cancel a session.**

WHAT'S NEW?

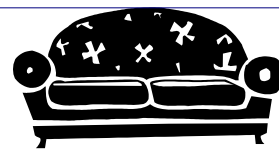
Beginning in November we have started the **Women's Circle,** a series of informal discussions around the coffee tables **from 12.15 to 2.00 pm.** Speakers will include professionals from hospitals, social services, universities and other HIV organisations. To date, we have booked Christine Beveridge from the Royal Free

Hospital and Joan Hall from Camden Social Services to each be available once a month to answer your discussion questions. Topics will be women-focussed and generated from the women who attend.

There will also be snacks on hand to tide you over the lunch hour!



The Living Room



The Living Room group continues to meet on Tuesday nights and we have recently had the benefit of a number of interesting **Health & Information talks** including;

•**Travel Health** (by Christine Beveridge of the Royal Free Hospital),

•**Safety on the Streets** (by PC David Smith, Kentish Town Police) and,

•**Update on Non-Prescription Drugs** (by Andria E.M.).

As always, the discussions

were lively, and beneficial for everyone present—HIV+ or not.

We continue to organise a **monthly theme** complete with a challenging quiz. This autumn/winter season we were entertained and educated with;

•**Africa Night** -23 September,

•**Halloween** -28 October,

•**American Thanksgiving**-25 November and,

•**Christmas**-16 December.

A noticeable change has been

the number of punters using the Web Café now that it's open Tuesday evenings. But they all manage to make it for the meal when it's served at 8.00 pm.

We have a great team of volunteer cooks, but always need more. If you can cook for us— or just help in the kitchen—please contact our **Catering Manager, Lydia B.**, by phoning the office.

Volunteering

ALL ABOARD!

It's been a great season for volunteering opportunities at Oasis. Lots to do and lots going on. It's been very busy and often manic. Thanks to everyone who has made a commitment to continue to help out and share the load. **The list is just too long for this newsletter**, but you know who you are!

IT'S NOT ALL HARD WORK!

Occasionally, 'perks' come our

way that we are pleased pass on to those volunteers who have signed on to our programme as a way to say 'thanks'. Recently, some of our volunteers were invited to the London Eye, the St. Pancras Chambers, and a few have also been given placements on Basic English Skills tutorials and ECDL training courses.

DONATE YOUR TIME & SKILLS!

Currently, we are looking for

people to fill the following posts;

- Occasional Cooks,
- Living Room & Women's Project Support Workers,
- Office Workers,
- IT Technicians

...and more. If you'd like more information, contact the office, or see all our listings on the Camden Volunteer Bureau's website; www.camdenvb.org.uk.

"It's been a great season for volunteering opportunities at Oasis."

Training

The **Camden Social Services HIV Training** programme for October 2003 to March 2004 is now available. The service provides a comprehensive training programme on various aspects of HIV. Courses are **free of charge** to voluntary and private sector workers, and service users.

Basic HIV Awareness:

1 & 9 December 2003

14 January 2004

10 & 27 February 2004

8 & 16 March 2004

Confidentiality, boundaries & HIV:

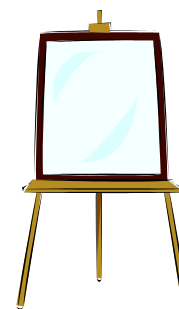
27 January 2004

Advanced HIV Awareness – the immune system and treatment options:

16 February 2004

Please contact **Debbie Laister** for further details and dates.

Tel 020 7974 1360 or email: debbie.laister@camden.gov.uk



Room for you at Unit 2000



ROOM HIRE

Oasis North London offers a variety of **high quality** rooms for very **competitive rates**. The rooms can be used for many different purposes and are ideally located in a brand new, bright and airy complex, two minutes walk from Kentish Town underground station. All spaces are wheel-chair accessible.

Equipment hire for all your training needs include OHP, Multi-media Projector, VHS Video/TV and Flip Charts.

Tea & Coffee included.

Luncheon platters can be provided through our friends at FLAPJACKS.

Bookings: 020 7485 2466.

Board/Training Room

A large and spacious room with a lot of light throughout the day; ideal for "around the table" meetings and also very well suited for training sessions.



oasisnorthlondon

Creating opportunities for people living with HIV.

Unit 2000, Regis Road
Kentish Town
London
NW5 3EW

Phone: 020 7485 2466
Fax: 020 7482 4109
Email: info@oasisnorthlondon.org.uk

USEFUL NUMBERS

London Borough of Camden and Primary Care Trust

HIV Social Work Team	020 7974 1427
HIV Training Service	020 7974 1360
HIV Liaison Group	020 7974 1459
Habari Outreach	020 7530 3935/27
ICARE (Islington)	020 7359 7829

Clinics

Whittington Hospital Archway Sexual Health Clinic (Advice)	020 7530 5804
(Appointments)	020 7530 5800
Mortimer Market Centre	020 7530 5050
Ian Charleson Day Clinic (Royal Free Hosp.)	020 7830 2062

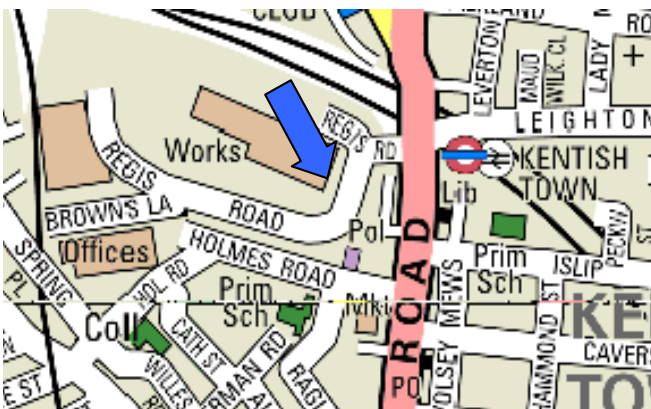
Voluntary Sector

Camden CAB HIV Project	020 7284 1575
Complementary Health Trust (formerly known as IDT)	020 7704 1777
Food Chain	020 7272 7272
The Globe Centre	020 7791 2855
Lighthouse West London	020 7792 1200
Positively Women (Helpline)	020 7713 0222
Positive Place	020 8694 9988
Positive Futures	020 7564 2188
UK Coalition	020 7564 2180

National

African AIDS Helpline	0800 0967 500
THT Helpline	020 7242 1010
THT Direct	0845 1221 200
National AIDS Helpline	0800 567 123
NHS Direct	0845 4647

We are here



We're on the web!
www.oasisnorthlondon.org.uk