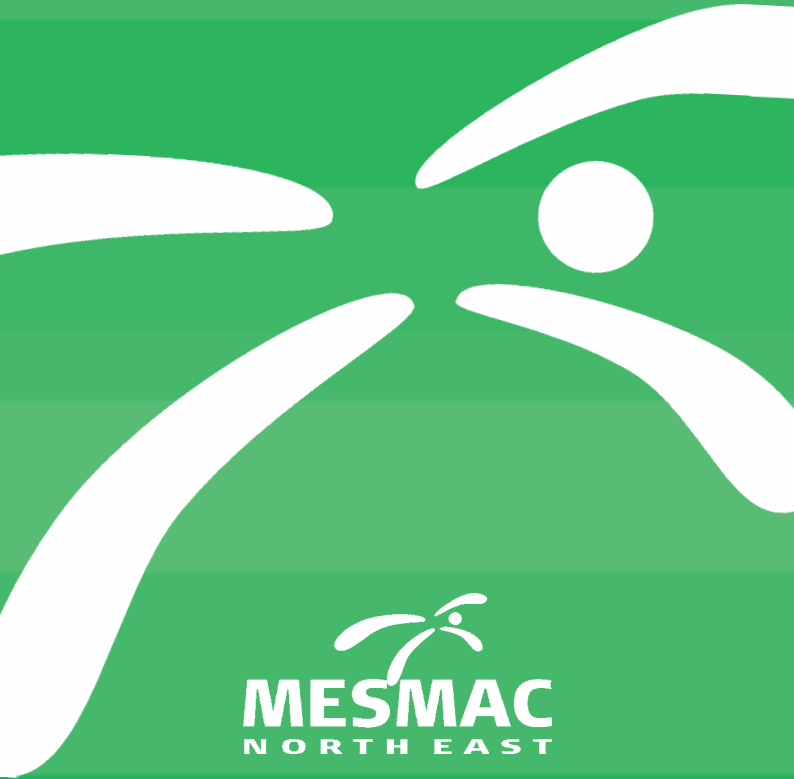


Services for Gay and Bisexual Men



Free services

MESMAC works with gay and bisexual men and other men who have sex with men throughout the region, to increase the range of choices open to them.

We have offices in Newcastle and Middlesbrough.

Our services are:

- open to any man aged 13 years or over who is gay or bisexual and men who have sex with other men and are questioning their sexuality.
- for men who are HIV positive, HIV negative or just don't know whether they have HIV or not.
- CONFIDENTIAL.

One-to-one support and counselling

We offer men the opportunity to talk informally to workers about issues or problems they are facing.

We also offer men the chance to talk to a qualified counsellor about issues that are concerning them. This happens in a safe, supportive and confidential setting, and can continue for six weeks or longer.

Phone information and advice

We offer the chance to talk about things like coming out, relationships, police and legal issues, being married and being bullied or harassed. Call us for all kinds of

Free Services

information, such as how to meet other men, the gay scene or safer sex. You can also contact us via email, text, or visit our website. We hold a wide range of leaflets and books on various gay and bisexual issues for reference, and provide copies of the free gay press.

GROUPS

MESMAC runs groups and also assists with running various non-MESMAC groups. What follows is a brief description of those services. For further information phone us or visit: www.mesmacnortheast.com

NORTHUMBERLAND

LGBT (Lesbian Gay Bisexual Transgender) community support groups meet in:

- Morpeth every two weeks on a Wednesday.
- Berwick on the first Saturday of the month.
- Hexham on the 1st and 3rd Monday of the month.

NEWCASTLE

GAP, a group for gay and bisexual young men aged between 16-19 meets weekly from 6:30pm until 9pm.

The HIV +ve gay and bisexual men's social group meets every Thursday between 4:30-7:30pm.

Free services

MESMAC also provide meeting space for GMT a gay and bisexual men's social group which meets 7-10pm on Wednesdays, NEOLN for older lesbians, Women4Women lesbian and bisexual women's group, Cross+Roads transgender group, PENE Parents Enquiry North East and others too.

TEESSIDE

T-sides Out. A gay and bisexual men's group meets on Thursdays 7-9pm.

Young Gay and Bisexual Men's Group (TGV) is a weekly group for 16-25 year olds, which meets from 7pm to 9pm.

Under 16s group meets weekly 5pm to 7pm.

SEXUAL HEALTH ADVICE AND FREE CONDOMS AND LUBE

We offer advice about all aspects of sexual health, either by phone, Minicom, Internet, text, in person or by sending you leaflets. You can get free condoms and lube from our offices, through the post (if you can't access them directly), or in the gay bars, clubs and saunas in Newcastle, Teesside and Sunderland.

Free Services

GENERAL SUPPORT

We were established in 1990 to focus on sexual health. We do this by using a "community development" approach, which means that we are able to offer more general support and advice about almost anything you might want to talk about, or want help with.

MESMAC also provides training to Schools, Colleges & Universities, The Police, GP Practices and many others around topics such as sexuality, LGB awareness, homophobia, homophobic bullying, safer sex and HIV awareness.

This leaflet and others are available in other languages, large print, Braille and on tape.

Contacting MESMAC North East

Newcastle Office

3rd floor, 11 Nelson Street,
Newcastle upon Tyne
NE1 5AN
Tel: 0191 233 1333
Minicom: 0191 233 2112

Teesside Office

4th Floor, Prudential House,
31-33 Albert Road,
Middlesbrough TS1 1PE
Tel: 01642 804400
Minicom: 01642 732 392

Email: all@mesmacnortheast.com

Website: www.mesmacnortheast.com

Free services

SOME OTHER USEFUL CONTACTS:

GUM CLINICS

For consultation about your sexual health.

North Tyneside	0191 219 6610 0191 259 2519
Newcastle	0191 219 5013 0191 219 5011
South Tyneside	0191 451 6104 0191 451 6103
Sunderland	0191 569 9021 0191 569 9022
Northumberland	01670 814 873
Durham	0191 333 2660
Bishop Auckland	01388 455 700
Darlington	01325 743203
Middlesbrough	01642 854548
Stockton	01642 624400
Hartlepool	01429 522577

SEXUAL HEALTH HELPLINE

0800 567123 (open 24 hours)

Free Services

For more information on sexual health, GUM clinics, safer sex or other things you may be concerned about contact your local service.

NEWCASTLE

MESMAC North East:	0191 233 1333
(MESMAC NE work throughout the region)	
(Minicom:	0191 233 2112)

GATESHEAD

STAG Project:	0191 490 1708
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NORTHUMBERLAND

LGBT Worker:	01670 523 701
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COUNTY DURHAM

GAD:	01325 355 551
Health Promotion (north):	0191 374 4131
Health Promotion (south):	01325 746 141

TEESSIDE

MESMAC North East:	01642 804 400
(Minicom:	01642 732 392)
Teesside Positive Action:	01642 254 598



MESMAC

NORTH EAST

For more information contact:

MESMAC North East

Newcastle

Phone 0191 233 1333

(24 Hour answerphone available)

Minicom 0191 233 2112

Fax 0191 233 1551

MESMAC text service:

TEXT: MESMAC (space) MEN (space)

Then your message to 60003

Email all@mesmacnortheast.com

Teesside

Phone 01642 804400

(24 Hour answerphone available)

Minicom 01642 732392

Fax 01642 809800

Email: enquiries@mesmacnortheast.com

Website: www.mesmacnortheast.com

**MESMAC North East is funded by Primary Care Trusts
across the north east**