

✓ About our services

Positive Help provides practical support to people affected by HIV and Hepatitis C (HCV) in Edinburgh and the Lothians.

Our volunteer-led services include transport and home support, in addition to a befriending service and homework club service for children and young people.

All our volunteers are trained, supported and coordinated by our small staff team.

Our services are free and focused on helping people affected by HIV and HCV to live independently and have control over their lives.

If you wish to access any of our services then please call the office on **0131 225 4766** to discuss your request.

Confidentiality is strictly respected at all times.

✓ Contact Us

Positive Help
First Floor
139 George Street
Edinburgh
EH2 4JY

Phone **0131 225 4766**

Fax **0131 225 7663**

Email admin@positivehelpedinburgh.co.uk

Website www.positivehelpedinburgh.co.uk

Office Hours Monday – Friday 9am – 5pm

If you would like to support our work by volunteering or making a donation please do contact us.

Positive Help wishes to thank the following funders for their support of our children's services.



Positive Help is a registered charity: SC008382

positive help
Practical help for people living with HIV and Hepatitis C

Transport and Home Support Services





✓ Transport

If you are struggling to get to your hospital appointments we may be able to offer you a free lift to get there and home again. Our volunteer drivers will collect you from your home at a time arranged with you and get you to your appointment on time.

We can also offer lifts to other medical care, treatment or social work appointments as well as support groups run by other services. Prescription collections are available if you are finding it difficult to collect your medication.

You can book lifts as far in advance as you like, and we can sometimes take last-minute requests. We will always confirm lifts the day before so you know if we can help, who will be giving you a lift and when you will be picked up.

There is a great demand for our transport service. We fulfil as many requests as possible and prioritise lift requests based on need, so those that most need our help are more likely to receive it.

✓ Home Support

We know that illness and treatment can reduce your energy levels, so if you are having difficulty staying on top of your household chores we can help. Our free home support service is shaped around your needs and we can offer help with cleaning, de-cluttering or organising your house.

Eating the right food is vital to keeping in good health. We offer a shopping service to help get you to the supermarket to buy the food you need if you are finding it difficult to get there on your own.

Our home support service is provided by volunteers with a range of skills so we can also help with one-off requests like gardening, painting and basic DIY where we have the right volunteer for the job.

Regular and one-off home support sessions can be requested by calling the office. The service is prioritised based on need so those that will benefit the most from it will receive it first.



If you've never used the home support service before, or if you are requesting something new, we may need to come visit you to get a better understanding of what you need.

✓ Why are we different?

Positive Help aims to greatly improve the day to day quality of life for those living with HIV or HCV. We understand each client needs something different from our service and we are flexible enough to adapt to these needs.

✓ Useful Information

Our volunteers are trained in Child and Vulnerable Adult Protection and First Aid. They are a dedicated and enthusiastic team who will offer you friendly and informal support.

Positive Help is a Child and Adult Protection Agency and fully complies with the Code of Practice under the Children (Scotland) Act 2003 and the Adult Support and Protection (Scotland) Act 2007.