

BASH Group

(Black African Social & Health)

Feel isolated, confused or just need a chat?

Want to meet other like-minded people in a friendly, relaxed and safe environment?

Need to up to date HIV information and support to enable you to feel empowered and able to manage your condition?

Need support with maintaining good sexual and general health and wellbeing?

Want support to help increase your self-esteem and confidence and the opportunity to help organize or attend social events and activities?

The BASH Group can help with one or all of the above

For details contact

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Groups are friendly and welcoming and refreshments are provided