



Happy (late) New Year 2022!

Thanks for your interest and involvement with Sexual Health West.

Please reply to this email at any time to unsubscribe or with feedback, ideas or contributions.



Would you like to be on the radio?

Flirt FM have offered us a 'takeover' to be broadcast on Irish AIDS Day in June. We have a two hour session to talk about HIV and sexual health, as well as choose songs to play. Do you have a song that has meaning to you around HIV? Something that helped get through the diagnosis, or makes you feel stronger, or something that holds other meaning?

We are hoping **4 - 5 of you** will choose a song and record 2 - 5 minutes of a lead-in to be pre-recorded and played on the night of 15 June on Flirt FM. If you don't want to use your own voice we could ask a staff member here to read out your words before the song plays. Are you keen?



Last days of the EU stigma survey

If you haven't done this, it will close on 31 January. Please complete this survey as stigma is still so real and important for people living with HIV and it's still stopping people getting tested, treated or feeling safe.

Complete it here: bit.ly/2ZNtJp3



Peer Support Call

We had a Peer Support Call on the afternoon of World AIDS Day, which was well received and people suggested we do it again in the New Year.

Would it suit people to participate on **Friday the 11th of February at midday?**

Email me nicole@sexualhealthwest.ie and let me know.



Vaccine Boosters

The HSE has emailed us to let us know that immunocompromised people can now get a booster (4th) dose. People in this group were offered an additional dose of the COVID-19 vaccine last year, and can now get a booster dose if it has been 3 months since their additional dose.

Further information [available here](#).



Free at home STI testing

The HSE has a new programme for people who want to do STI testing at home.

Check out www.sh24.ie for details and to request a test kit.



Castlebar

We plan to return to Castlebar shortly!

Email me to let me know if you would like to meet up there in the town centre.

Living with HIV?
You are not alone.
Talk in confidence to someone living with HIV too.

Email: peersupport@hivireland.ie Tel: 01-8733 799

HIV IRELAND NATIONAL PEER SUPPORT PROGRAMME
In conjunction with PositiveNow

National Peer Support Training

HIV Ireland have just completed their second round of recruiting volunteers for this training.

If you are keen and missed the chance let me know and I'll see if we can do anything to help, otherwise we can let you know when the next round comes up.



Face to face meet ups

We are hoping to see people face to face much more now that the limits are changing.

Some of you I haven't met face to face at all yet, or even if we have met please get in touch if you would like to catch up when in Galway or perhaps in a closer location to you. We can meet indoors or outdoors depending on vaccination status, just let me know what suits you.

Nicole@sexualhealthwest.ie or 086 065 0280