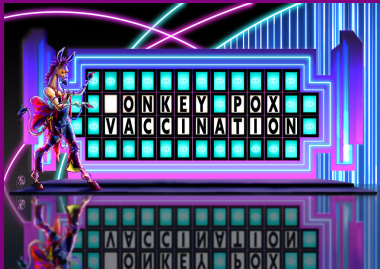
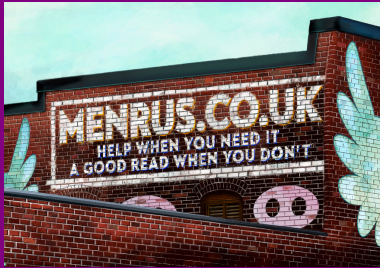
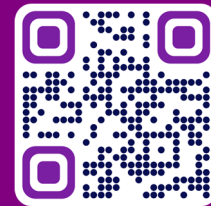


HEALTH AND WELLBEING





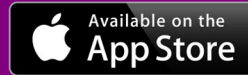
This awesome set of six A6 postcards by gay artist Walter Walrus can be yours, free! Simply scan the QR code, selecting "Postcards" from the contact form drop down menu, Please allow five working days for delivery. One set per person. While stocks last.



Illustrations: Walter Walrus  @wwoflgbt



Many smartphones will read QR codes or, to get the best out of this booklet, get a QR code reader app.



4-5 Health and wellbeing in one place

6-7 Get out and active

8-9 Stop Hep C

10-11 MPOX (monkeypox vaccination)

12-13 HIV stigma

14-15 PrEP (pre-exposure prophylaxis)

About Us

The Gay Men's Health Collective is intended for the purposes of information, education, satire, and amusement, namely gay men's health, health promotion, well-being, and the prevention of Human Immunodeficiency Virus (HIV) and Hepatitis C (HCV) transmission. Any resemblance to real persons, living or dead is purely coincidental, or not. Batteries not included. No other warranty expressed or implied. Do not use while operating a motor vehicle or heavy equipment. May be too intense for some viewers. For recreational use only. Please remain seated until the ride has come to a complete stop. Browsing constitutes acceptance of agreement our terms. Men may be slippery when wet. Not responsible for direct, indirect, incidental or consequential damages resulting from any defect, error or failure to perform. Parental discretion is advised. Although robust enough for general use, adventures into the esoteric periphery may reveal unexpected quirks. Not available in stores. May cause abdominal cramping and loose stools. Not designed or intended for use in online control of aircraft, air traffic, aircraft navigation or aircraft communications; or in the design, construction, operation or maintenance of any nuclear facility. May contain traces of various seeds and nuts.

Health and well-being in one place.

We're a group of queer, gay and bi men, who wanted reliable and relatable health and well-being stuff in one place. We also wanted a straight talking approach to content (not dumbed-down) without pop-ups, or banner ads.

So, we got off our arses and built MENRUS.CO.UK, a health and wellbeing life manual of sorts, divided into six awesome sections:



* Sexually transmitted infections

There are hundreds of topics and thousands of links to help and support, film clips, and further reading. But don't take our word for it, check it out for yourself.

With new topics added regularly, the website is three times its original size with content increasingly reflecting the wider LGBT+ community.

Lovingly maintained by volunteers, MENRUS.CO.UK is our take on life today, and joining up the dots of our health and wellbeing needs. It's not perfect, it's sometimes messy, but it's ours.

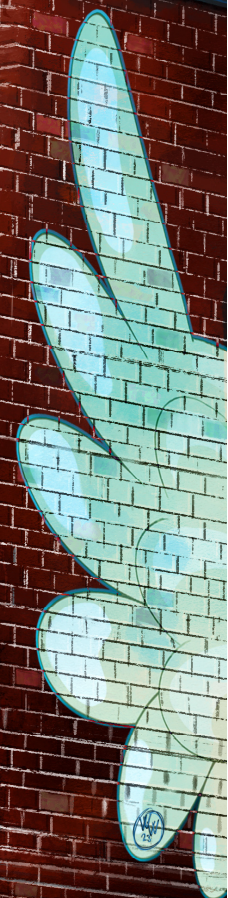


Scan the QR code for
MENRUS.CO.UK



MENRUS.CO.UK

**HELP WHEN YOU NEED IT
A GOOD READ WHEN YOU DON'T**



Get Out and Active

While technology connects us to our tribes, groups, and identities across the LGBT+ spectrum, 'tappy tappy' screens also disconnect us from each other, a reason why this is a printed resource that you can touch, read and share.

Meeting in person allows us to thrive, and technology should be enhancing the connections we make, not replacing them.

Get out and active is our A-Z listing of groups, activities and interests in Greater London and further afield which are LGBT+ run and/ or LGBT+ friendly.

It's a great way:

- › to meet, chat and share
- › to boost your confidence and motivation
- › to reduce tension, stress, and anxiety
- › to feel and sleep better
- › to have fun!

From boxing to birdwatching, parkour to poetry, and singing to swimming, there's a fabulous smorgasbord of interests, hobbies and activities to explore and enjoy.

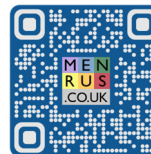
It doesn't have to be expensive and, above all, find something you enjoy, that you can do regularly, rather than pushing yourself to do something that becomes a chore.



Scan the QR code or search
Get Out and Active
at MENRUS.CO.UK



MENRUS.CO.UK also has a comprehensive section on LGBT+ mental health, together with helplines and support services listings, and finding a counsellor.



Scan the QR code or search
Mental Health Matters
at MENRUS.CO.UK



Stop Hepatitis (Hep) C

Hepatitis is (a virus that causes) inflammation of the liver and can cause serious and potentially life-threatening damage if left untreated.

Weighing around 1.5kg, the liver is one of the larger body organs with several vital functions, including turning food into energy and filtering toxins, eg: alcohol out of the blood.

There are vaccinations for Hep A and B, and care pathways that include treatment to cure Hep C. The goal is to eliminate the virus by 2030.

Hep C is commonly transmitted through blood including:

- › sharing injecting equipment
- › fucking and fisting without condoms or gloves
- › sharing straws for snorting



Scan the QR code or search for **Hepatitis** at MENRUS.CO.UK



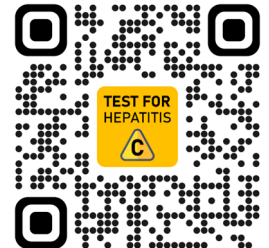
Hep C may not have any noticeable symptoms until the liver has been significantly damaged; this means many people have the infection without realising it. When symptoms do occur, including:

- › flu-like symptoms, such as muscle aches and a high temperature (fever)
- › feeling tired all the time, loss of appetite
- › stomach ache, feeling and being sick.

If such symptoms persist, see a health care professional as soon as possible.



The only way to know for certain if these symptoms are caused by Hep C is to get tested. Scan the QR code to get your home Hep C testing kit.



MPOX (monkeypox)

MPOX is transmitted by close personal contact, including skin-to-skin contact, kissing and via respiratory (breathing) droplets (in the air) at close range. It can also spread via clothes, bed linens and surfaces that have been in contact with fluid from sores.

Symptoms and signs may take up to 3 weeks to show including a high temperature, headaches, muscle and joint pains, painful groin and neck glands, shivering (chills), and extreme tiredness (fatigue).

A rash usually appears 1 to 5 days spreading to all parts of the body including the balls and cock (genitals). The rash is similar to that of chickenpox. It starts as raised spots, which turn into small blisters filled with fluid.

Monkeypox is not a sexually transmitted infection but the overwhelming majority of cases are in gay men and other men who have sex with men in the UK.

Some media portrayals of cases have been negative and discriminatory, with the World Health Organisation (WHO) United Nations warning that racist and homophobic rhetoric risks stigma and undermining the response. This sort of sensational and accusatory media reporting is nothing new with health agencies worldwide continue to work hard to counter these narratives.

In November 2022, the World Health Organisation (WHO) said it will begin using a new preferred term “MPOX” with “monkeypox” being phased out after a year.



Get vaccinated against
MPOX (monkeypox)



Scan the QR code or search
MPOX at [MENRUS.CO.UK](https://menrus.co.uk)





		O	N	K	E	Y		P	O	X			
		V	A	C	C	I	N	A	T	I	O	N	

		V	A	C	C	I	N	A	T	I	O	N	

W
23W

W
23W

HIV Stigma

Ignorance, fear, and stigma have come to define the HIV and AIDS epidemic that swept across the world in the 1980s. Since then the landscape has changed beyond recognition with enormous strides in treatment and care.

Today, HIV is commonly recognised as a chronic illness that can be successfully managed on a long-term basis. However, people living with HIV continue to face stigma and discrimination.

HIV stigma appears in many forms: rejection by friends, family, and sex partners, physical assault, and it's a toxic trait among some gay men on apps. Stigma also affects people with Hep C and those engaging in chemsex.

stigma 'stigmə/ noun

Label or mark of shame and humiliation driven by views, beliefs and assumptions. Stigma is crippling, bringing on feelings of isolation, shame, hopelessness, blame, self-hatred—all of which may prevent the seeking of help and support. This results in people being singled out, ostracised, marked out as strange or different (not in a nice way), in some cases thought of as dangerous.

Such stigma, and discrimination, affects the emotional wellbeing and mental health of people with HIV. They fear they will be judged negatively if their HIV status is revealed. This may lead to a reluctance to disclose one's status, feelings of shame, isolation and despair.

Slogans and sound bites can have value but we can all help end stigma by sharing knowledge, through words and actions in our everyday lives.

- › Get the facts and be informed
- › Share "Undetectable = Untransmittable," or "U=U", which means that if the HIV virus is undetectable in the blood, the virus cannot be passed on through sex
- › Call out stigma if you see or experience it



Scan the QR code or search for
HIV Stigma at MENRUS.CO.UK





Pre-Exposure Prophylaxis (PrEP)

PrEP is a form of HIV prevention that uses anti-HIV medication to protect HIV negative people from becoming infected with HIV.

Research shows that PrEP is highly effective in preventing the sexual transmission of HIV as long as the drugs are taken as directed, before and after sex. It comes as a tablet, a combination of two HIV drugs: Tenofovir and Emtricitabine.

PrEP is now FREE from most NHS sexual health services across the UK. Alternatively, you can buy PrEP privately and/ or on-line but you are strongly advised to connect with your sexual health service for medical observation.

PrEP is one preventative measure that can reduce the risk of contracting HIV, though condoms are still the most effective method of preventing HIV and other sexually transmitted infections (STI).

Even if PrEP is the game-changer many believe it to be, it offers zero protection against other sexually transmitted infections (STIs) which are on the rise. The excessive use of antibiotics in the treatment of these other STIs reduces their efficacy (effectiveness).

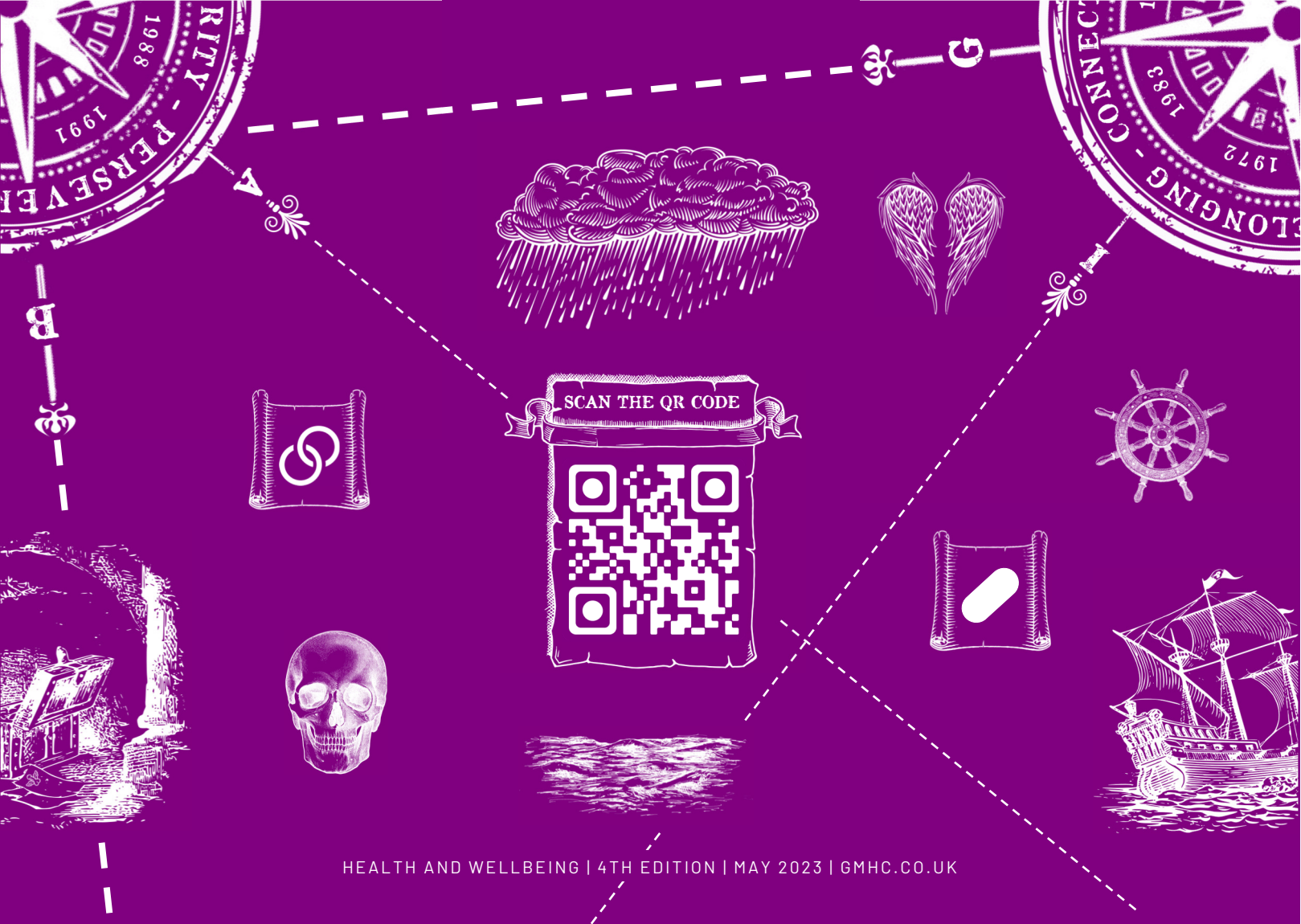
Regular sexual health screening are essential for a healthy sex life.



Scan the QR code or search for
PrEP at [MENRUS.CO.UK](https://www.menrus.co.uk).







SCAN THE QR CODE

