



# LONDON CHEMSEX CONFERENCE

10 OCTOBER, 14 NOVEMBER 2025, 16 JANUARY 2026





BEAUTY AND PAMPERING  
23A TAVISTOCK PLACE  
LONDON WC1H 9SE

**PROUD  
TO DONATE  
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VOLUNTEERS**





**ANTIDOTE**  
LONDON FRIEND

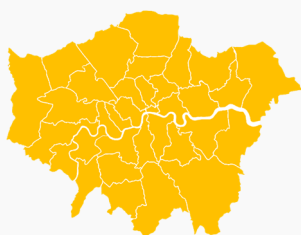


# Welcome

GMHC and Antidote are proud to present this year's London Chemsex Conference.

Building on the success of last year's conference, this year's agenda will deepen our collective understanding of London's chemsex landscape, examining the impact on individuals and services, and strengthening harm reduction, treatment, and support responses.

Friday 10 October 2025  
Friday 14 November 2025  
Friday 16 January 2026



9:30–4:30  
Camden Town Hall  
Judd Street WC1H 9JE

# NOTES FOR THE DAY

## Objectives

- › Enhance understanding of current chemsex challenges and emerging trends.
- › Share insights into existing service provisions and referral pathways.
- › Explore practical strategies focusing on harm reduction, support, and treatment.

## Who should attend

This conference is designed for professionals working in chemsex-related fields, including harm reduction, mental health, substance use, sexual health, and community support. It may be less suitable for those without prior knowledge and/ or exposure to these issues.

## What to expect

- › Presentations from experts in health, treatment, harm reduction, and those with lived experience.
- › Opportunities for networking and peer exchange.
- › Printed and digital resources to support ongoing work.

## Format

Short, focused (“bite-sized”) presentations followed by Q&A sessions. Dedicated networking time to foster connections and collaborations.



## Presentations and quick fire Q&A

To ensure the day skips along, presentations are limited to 10 minutes followed by a 5 minute Q&A. Delegates will have **15** seconds to ask a question and speakers have **30** seconds to respond. After this time we actively encourage you to continue the conversation during the next break.

# NOTES FOR THE DAY

## **Funding support**

This years conference is supported by funding from Gilead.

## **Photographs**

Photographs will be taken during the conference for the conference report, with the majority from the back of the room. Please speak to one of the Conference Team if you do not wish to be photographed.

## **Refreshments and lunch**

Refreshments are available in the lobby throughout the day.

A delicious sandwich lunch (meat, vegetarian and vegan options) with fruit and nibbles will be provided. If you want to stretch your legs, Marchmont Street (Gay's the Word) and the Brunswick Shopping Centre are a five minute walk away.

## **Toilets**

Unisex toilets are located left and right of the Town Hall entrance lobby.

## **Conference feedback form**

Please scan the QR code to complete a short feedback form about the conference. Completion time: less than 2 minutes plus whatever you write. A link will also be emailed to delegates.

## **Conference facilitator**

Fraser Serle

# MORNING PROGRAMME

## 09:15 ARRIVAL / REFRESHMENTS/ NETWORKING

### 09:45 **Welcome and housekeeping**

Fraser Serle

### 09:52 **Tackling chemsex: a holistic approach**

Prof Kevin Fenton, DHSC, NHS London, Mayor of London/ GLA

### 10:09 **Challenges for commissioning**

Drew Hawkinson, Hackney and City Public Health

### 10:26 **A public health approach to chemsex**

Helen Corkin, UK HSA

### 10:43 **ED chemsex related admission**

Dr Naomi Fitzgerald, Kings College Hospital

## 10:58 COMFORT BREAK

### 11:15 **GBMSM, chems and the law: an intractable problem**

Alex Dymock, Goldsmiths

### 11:32 **Death, suicide, and those left behind**

Marc Svensson, You Are Loved

### 11:49 **Chemsex emergencies: a blue light mental health response**

Carly Lynch and Dan Phillips

### 12:06 **Harm reduction challenges**

Patriic Gayle, GMHC

## 12:21 LUNCH

# AFTERNOON PROGRAMME

## 13:15 RETURN TO YOUR SEATS FOR A PROMPT START

### 13:23 **Support challenges**

Monty Moncrieff, MBE, London Friend

### 13:40 **Managing GHB and GBL dependence**

Prof Owen Bowden-Jones and Cliff Askey, Club Drug Clinic

### **Meeting unmet sexualised drug use (SDU) needs**

13:57 Ben Collins, ReShape (Oct)

Dr Benjamin Weil and Dr Leonardo Pavam, Love Tank (Nov/ Jan)

### 14:14 **Chemsex and the trans community**

Ray Thomas and Thomas Langmans, Antidote

### 14:31 **Navigating chemsex support**

Clare Brighton, Ealing Public Health

## 14:46 COMFORT BREAK

### 15:03 **Heteronormative services/ subject matter expertise**

Dr Maurice Nagington, Manchester University

### 15:20 **Managing chemsex related trauma**

Del Beach-Campbell and Ed Cotton, Survivors UK

### 15:37 **Trends in client issues seeking support**

Antidote Team

### 15:52 **Evaluation and Close**

Fraser Serle





The Gay Men's Health Collective (GMHC) evolved from a small group of gay men living with HIV and Hepatitis C (HCV) in 2009-10 who were using the three drugs that would later define chemsex.

Fifteen years on, GMHC is an umbrella for multiple health and wellbeing projects—growing to include wider LGBTQ+ audiences.

GMHC's three original projects\* have morphed into eight, with a continued focus on relatable information, explainers, outreach, and expanding much needed conversations through conferences and study days. Funding is secured annually and via self funding activities.

Rebuilt in 2025, MENRUS.CO.UK remains our flagship, a conversational, richly linked health, manual divided into six sections (YOU, MEN, BODY, SEX, STI, DRUGS). Lovingly managed by volunteers, the website includes thousands of curated links to support, film clips and further reading.

Spanning generations, GMHC volunteers possess invaluable lived experience; others are subject matter experts with direct knowledge and experience of recreational drug use, chems, and chemsex, problematic drug use, withdrawal, and recovery. GMHC regularly collaborates with allies and partners from across a wide range of disciplines.

None of GMHC's projects happened because we waited. Our projects often spark into life through need, chance encounters, gut feelings—and local intel. Most recently: a GMHC and LAS\*\* harm reduction partnership, scene and services outreach, 'bite-sized' chems education for ED (A&E) staff and clinicians, and Cool Beans Vol. 1-3 booklets\*\*\*

GMHC remains fiercely independent and aims to and play to its strengths while remaining open to change. Our activism, pragmatism, subject matter expertise with a dash of whimsy, are hallmarks of who we are and what we do.

The team includes **Alex, Colin, Glen, Luke, Fraser, Joe, Mat, Tom, and Patriic**

\*MENRUS.CO.UK, PIP PAC, and Three Flying Piglets.

\*\*London Ambulance Service NHS Trust. \*\*\*Appendices to Safer 2. Vol. 4-9 (Nov-Jan).



# ANTIDOTE LONDON FRIEND



LGBTQ+  
**DRUG AND  
ALCOHOL  
SUPPORT**

Antidote – London’s longest-running LGBTQ+ drug, alcohol, and Chemsex support service – has been a lifeline for our community for over two decades. Dedicated exclusively to LGBTQ+ Londoners, Antidote is led by Julian, our passionate Service Manager, alongside a phenomenal team of recovery workers who each bring unique expertise to the people and places they support across the city.

Our frontline team includes:

**Tom** (City and Hackney)

**Steph** (Hammersmith and Fulham)

**Matthew** (RBKC and Westminster)

**Tommy** (Islington, Lambeth, and Southwark)

**Ray** (Criminal Justice)

Together, they are making a remarkable difference in the lives of countless individuals.

Antidote is also supported by **Angela**, our Lead Volunteer, who has been at the heart of Antidote for over 20 years. Angela’s unwavering dedication to the LGBTQ+ community continues to be an inspiration to us all.

Antidote is here for any LGBTQ+ person living in London. We offer not only specialist advice and practical support, but also a warm, friendly, and non-judgmental space where people can feel truly seen and supported on their recovery journey.



# BIOs

## **Professor Kevin Fenton CBE PrFPH FRCP PhD** *he/ him/ his*

Regional Director, Office for Health Improvement and Disparities (London)

Regional Director of Public Health, NHS London

Statutory Health Advisor to the Mayor of London, GLA and London Assembly

Professor Kevin Fenton is an internationally recognised public health leader and infectious disease epidemiologist, with extensive executive experience across government, academia, and global health institutions. He has shaped national and international policy on health improvement, health protection, and the reduction of inequalities, and played a pivotal role in London's response to the COVID-19 pandemic. He was appointed Commander of the Order of the British Empire (CBE) in the 2022 New Year Honours for services to public health. Since April 2020, Professor Fenton has served as Regional Director of Public Health for London, initially with Public Health England and, since October 2021, within the Department of Health and Social Care (DHSC) and NHS London. In this capacity, he is the statutory public health advisor to the Mayor of London, the Greater London Authority, and the London Assembly.

Professor Fenton was President of the UK Faculty of Public Health (2022–25) and President of the British Science Association (2024–25). In December 2021, he was appointed Chief Advisor on HIV to the UK Government and Chair of the HIV Action Plan Implementation Steering Group, overseeing delivery of England's national HIV strategy. In 2020, the Powerlist named him the second most influential Black person in Britain for his leadership during the COVID-19 pandemic and his groundbreaking work on inequalities. That year, he directed the national PHE review on disparities in COVID-19 risks and outcomes, culminating in the landmark Beyond the Data report. Professor Fenton has dedicated his career to advancing health equity, strengthening public health systems, and improving outcomes for communities most in need.

## **Mr Drew Hawkinson** *he/ him/ his*

Public Health Specialist (Substance Use); City and Hackney Public Health

London Borough of Hackney | City of London Corporation

Drew Hawkinson oversees strategy and system development for substance use services and key partner services, including sexual health services, in the London Borough of Hackney and the City of London. Drew also co-leads the newly established London Chemsex Steering Group, which is a strategic body involving substance use and sexual health commissioners across London, the Greater London Authority, key city-wide strategic authorities, local chemsex and drug and alcohol service providers, sexual health clinicians, mental health clinicians, and community organisations and advocates to develop a comprehensive plan ensuring London-wide access to appropriate chemsex support and harm reduction services.

**Helen Corkin** *she/ anything*

Sexual Health and HIV lead London; UK Health Security Agency (formerly PHE)

Helen brings passion, expertise and experience to support communities, organisations, and systems to develop and deliver good health. With an academic background in anthropology and public health, she specialises in HIV, sexual health, policy, strategy and systems leadership. Beginning in research, then frontline drugs and sexual health services, Helen moved into local and then national government. Helen volunteers for Switchboard, sits on the Board of LHPP and is a founding member of Fast-Track Cities London Leadership group. Focusing on health inequity and qualitative research with marginalised people, she presents internationally on her work offering proactive, solution-focused and community minded insights.

**Dr Naomi Fitzgerald** *she/ her*

Consultant in HIV, Sexual Health and General Medicine, King's College Hospital NHS Foundation Trust

Dr Naomi Fitzgerald is a sexual health consultant at King's College Hospital, specialising in complex and sensitive areas of sexual health, particularly focused on issues such as chemsex and its intersection with HIV and other sexually transmitted infections. Dr Fitzgerald is a strong advocate for raising awareness among the public and healthcare professionals, highlighting the "silent crisis" of chemsex, noting the lack of specific codes and data collection that prevent adequate funding and support for those affected. In addition to her clinical practice, Dr Fitzgerald is a medical doctor in the Department of Infectious Diseases. She is an active researcher, contributing to numerous studies, including an analysis of the clinical outcomes of patients with and without HIV who were hospitalized with COVID-19. Her work extends to public health initiatives, and she has been a co-author on a systematic review examining the barriers and provision of HIV PrEP (Pre-Exposure Prophylaxis) for women in Europe, underscoring her commitment to addressing health equity in sexual health.

**Dr Alex Dymock** *she/ her*

Head of Law, Goldsmiths, University of London

Dr Alex Dymock is Interim Head of Law at Goldsmiths, University of London. Her research sits at the intersections of law, sexuality, and drug policy, with a particular focus on the criminalisation of sexual and drug-related practices and their impacts on health, agency, and pleasure. She leads projects on psychedelic use and sexual trauma, and drugged sex and culture, and has curated exhibitions internationally. Dr Dymock teaches across criminal law, justice, gender, and sexuality, and supervises doctoral research in related fields. She also serves as Associate Editor of *Psychedelics*, sits on the Drug Science's Medical Psychedelics Working Group, and contributes to the London Chemsex Steering Group.

## BIOs *continued*

**Mr Marc Svensson, BA, MA, MSc, MPhil** *he/ him*

Social Psychologist and Founder, You Are Loved CIC

Marc Svensson is a dedicated social psychologist and a leading advocate for LGBTQ+ mental health. He is the founder of You Are Loved, a non-profit organisation, established in October 2024, to raise awareness about the high rates of sudden premature deaths in the LGBTQ+ community from suicide and drugs. The organisation creates space for LGBTQ+ people to talk, share, and support each other.

In addition to his work with You Are Loved, Marc is a respected speaker and advocate, frequently addressing issues related to LGBTQ+ mental health and chemsex, as well as the impact of stigma, loneliness, and discrimination.

**Carly Lynch** *she/ her*

Consultant Nurse for Mental Health London Ambulance Service

**Dan Philips** *he/ him*

Mental Health Paramedic Lead, London Ambulance Service

London Ambulance Service (LAS) is the capital's lifeline, responding to over two million 999 calls annually across a population of 8.6 million, and is one of the world's busiest ambulance services. A significant proportion of these calls relate to service users who seek help for acute or chronic mental health distress. Some of these individuals are also intoxicated with one or more street drugs, and some will have used the drugs in the chemsex context. It is not uncommon for an emergency call-out to relate to concurrent mental health disease and problematic drug use.

To better meet the needs of these service users, LAS has pioneered a response model that sees specialist mental health nurses and paramedics working together to provide a 'blue light' response to mental health related calls. Able to manage both physical and mental health needs, this team are ideally placed to provide a holistic response to this often complex group of patients. In addition, the scheme has also embedded a mental health specialist in the Emergency Operations Centre, ready to provide specialist advice and support to their ambulance service colleagues.

**Patriic Gayle** *he/ him/ anything*

Projects Lead (Volunteer), Gay Men's Health Collective

Patriic's background in HIV prevention spans volunteer, outreach worker, buddy, trainer, activist, and telephone counsellor for the National AIDS Helpline (1980s-90s). He penned \*ff magazine's infamous "medical matters" column (1991-94) and co-founded Rubberstuffers, London's condom pack service (1993-94). His publications include *'The Handbook for Gay Men: A Practical Guide to Your Arse, Douching, Dildoes and Fisting'* (1995) and *'Together: Life, Love and Lube'* (2001); while *'Together 2'* evolved into the first iteration of MENRUS.CO.UK (2016). Praised for its holistic take on health, he innovated the House Party 1-2 HIV prevention London/ UK game campaigns (1996-97). He co-founded the health and wellbeing project, Gay Men's Health Collective, in 2010, with a focus on chems. Currently its Projects Lead, recent GMHC resources include Safer 1-2, Cool Beans, a wide range of QR coded cards, and Scene Outreach. A newly-minted pensioner, this acerbic bear of a man is as charming as he is curmudgeonly ... staring at the first word on a blank sheet of paper, grinding coffee and walking the dog (if he had one).

**Monty Moncrieff, MBE** *he/ him*

Chief Executive, London Friend

Monty is the Chief Executive of London Friend, a charity working to improve the health and wellbeing of LGBTQ+ people. He established Antidote, the UK's largest LGBTQ+ specific drug and alcohol service, in 2002. Antidote was the first service in the UK to observe chemsex and has developed innovative support and treatment services. Monty has contributed significantly to the development of policy, practice, training and research on chemsex in the UK. Outside of work he's mildly obsessed with the Eurovision Song Contest.

**Professor Owen Bowden-Jones, CBE** *he/ him*

Consultant in Addiction Psychiatry, Club Drug Clinic, CNWL

Owen Bowden-Jones is a psychiatrist who has spent nearly thirty years researching and treating mental health and addiction problems.. He is Consultant Psychiatrist, Club Drug Clinic and Changing Unwanted Behaviours (CUBE) clinic, Central North West London NHS Foundation Trust, Honorary Professor, University College London, Chair, Advisory Council on the Misuse of Drugs (ACMD), President, Society for the Study of Addiction (SSA), Policy Fellow, Centre for Science and Policy, University of Cambridge, and Senior Fellow, Faculty of Medical Leadership and Management Trustee, Student Minds.

## BIOs *continued*

**Cliff Askey** *he/ him/ his/ they/ them/ theirs*

Club Drug Clinic Team Leader/Safeguarding Lead, CNWL

Cliff has been the Team Leader of the Club Drug Clinic and its Safeguarding Lead since 2022. With almost three decades of experience in the substance use field, Cliff specialises in novel psychoactives and stimulant use, covering everything from festival and club welfare to delivering stimulant day programs, managing residential detox facilities, and overseeing mainstream addiction services across several London boroughs.

**Dr Benjamin Weil** *they/ he*

Head of Research and Community Knowledge Generation, The Love Tank CIC

Ben has led on research programmes and resource development across a number of areas, including HIV PrEP, DoxyPEP, gonorrhoea vaccination, sexualised drug use (chemsex), and transgender health and wellbeing needs. They hold a PhD in Science and Technology Studies from University College London and is a visiting lecturer on postgraduate public health modules at The London School of Hygiene and Tropical Medicine.

**Dr Leo Pavam** *he/ him*

Head of Development, The Love Tank CIC

Leo is Head of Development and Outreach. A medical doctor specialised in emergency medicine and public health, Leo leads the organisation's outreach initiatives, including a peer-led mobilisation programme focused on harm reduction in sexualised drug use. He also oversees development initiatives and funding strategy, supporting the organisation's growth and sustainability. Leo trained at FAMERP in Brazil, holds a Master's in Public Health from the London School of Hygiene & Tropical Medicine, and a business degree from INSPER.

**Ray Thomas, BSc** *he/ him*

Criminal Justice Lead and LGBT+ Recovery Worker, Antidote (at London Friend)

Ray has a background in psychology and has built a wide range of experience across the charity sector, supporting people from marginalised communities. He is also trained as an Independent Sexual Violence Advisor, and is passionate about using his knowledge and experience to support LGBTQ+ people. His current role focuses on supporting people who have chemsex-related convictions, but throughout his time at Antidote he has taken additional interest in improving support for trans and non-binary clients. Outside of work, he is proud to co-host a queer oil wrestling group, and he says that you're welcome to challenge him...

**Mx Thomas Langmans, BSc, PGCert, DClinPsy (n progress) they/ them**

Trainee Clinical Psychologist, TransPlus, 56 Dean Street

Thomas is a queer, non-binary, trainee clinical psychologist dedicated to advancing inclusive and affirming care. Their doctoral research focuses on assessing accessibility, inclusivity, and cultural competence for trans, non-binary, and gender diverse people in services, providing support around chemsex and sexualised drug use. Thomas currently works within a gender identity service, where they are committed to a human rights - based approach to transgender and gender expansive healthcare.

**Clare Brighton she/ her**

Drug and Alcohol Programme Manager, Ealing Public Health, Ealing Local Authority

With over 30 years of experience in London's voluntary and statutory health and social care sector, Clare has a distinguished career in delivering, managing, and commissioning services for HIV, sexual health, and drug and alcohol treatment. Her career is marked by a strong commitment to outreach provision, with a focus on supporting marginalised communities, including sex workers and other groups often described as 'hard to reach.' She is a firm advocate for collaborative commissioning and partnership working, believing that lived experience and expertise are invaluable and should be at the forefront of service design. Clare's commissioning expertise extends to developing integrated, multi-agency treatment systems. A notable example is her work on Ealing's Women's Wellness Zone, a groundbreaking, one-stop service for women with complex needs related to mental health, substance use, sexual health, and experiences of trafficking, sex work, and domestic or sexual violence.

**Dr Maurice Nagington he/ him**

Lecturer, University of Manchester

Dr Nagington's research examines chemsex, queer nightlife, harm reduction, and ethics of care, alongside how culture and policy shape services. Working with communities and practitioners, he uses qualitative methods alongside close readings of cultural representations to inform practice and public debate in the UK and beyond. His most recent work, *The Moral Lessons of Chemsex* (available for free download via Taylor and Francis), synthesises his fieldwork with an archive of chemsex cultural representations, from the 1960s to present day, to illuminate how solidarity and pleasure intersect with risk and care. His current work examines why and how people create and consume art about chemsex. He is also hoping to undertake future work on embodiment and pleasure as a way for people to maintain a pleasurable sobriety.



**Del Beach-Campbell** *he/ they*

Senior Group Facilitator SurvivorsUK

Del Beach-Campbell has worked in the sectors of sexual health, sexual violence, sex work and chemsex for over 25 years, delivering and developing services for a range of providers within the charity sector and the NHS. He currently runs the Chemsex Groupwork at SurvivorsUK, and through his company, Delversity, has recently been commissioned by Public Health to carry out a Needs Assessment on the prevalence, trends, and impact of Chemsex in Lambeth, Southwark and Lewisham.

**Mr Edmund Cotton** *he/ him*

Groupwork Facilitator, SurvivorsUK

Ed has been working in frontline care services for nearly ten years, in various roles across homelessness, sex worker outreach, human trafficking and modern slavery, addiction support, and support for survivors of sexual violence. Through this work he has qualified as an Independent Sexual Violence Advisor (ISVA), set up and run a male sex worker clinic at Homerton Hospital, and co-founded and facilitates SurvivorsUK's surviving chemsex support group. He is also the Vice-Chair of the Josephine Butler Society, an organisation which campaigns for the safety of sex workers.

**Fraser Serle MPH** *he/ him/ his*

Conference Facilitator and Hostess with the Mostest

Fraser is a GMHC volunteer with a 30-year successful public health career in the West Midlands and London, working in specialist roles and at a strategic level at a local, subregional, national and international level for the NHS, local government, private and voluntary sector organisations. He now works in public sector communications in the North East.

Fraser's down to earth approach enables him to act as an advocate for the communities he works with; bridging the gap between public bodies and their client groups; and giving a human face to sometimes-faceless organisations.

He is shallow and superficial, whilst deep and meaningful at the same time. Fraser likes maps, flags, stamps, social justice and hot guys with beards.

# FIFTY QUESTIONS

1. Why might a client assessment be problematic if they are in 'G' withdrawal?
2. What is a key concern about PrEP and antibiotics?
3. What do "I" and "A" to stand for in LGBTQIA?
4. Who coined the term "chemsex"?
5. Within how many hours must you start taking 'PEP'?
6. Which chemsex drugs does Naloxone reverse: 'G', 'T', 'M'?
7. What do you understand by the word 'side'?
8. Which UK law introduced the ban on "promoting homosexuality" in schools in England & Wales?
9. What do you understand by the word 'bareback'?
10. What is Baclofen?
11. Blue, purple and grey make up the bisexual flag. True or false?
12. What painful connection links lidocaine, syphilis and gay men?
13. Name the bookshop on Marchmont Street.
14. When do LGBT+ History Month, World AIDS Day, Black Pride, and Pride Month occur?
15. Name three 'types' of gay men?
16. What did the UK government do in 2023-24 regarding LGBT veterans affected by the historic armed-forces ban?
17. What are the UK drug classifications for the drugs which define chemsex?
18. Why is the LGBT+ community reluctant to access mainstream drug services?
19. Why might gay men who inject drugs prefer to 'slam'?
20. Why do different generations of gay men reject and/ or embrace the word queer?
21. What is your understanding of heteronormativity within the context of providing services for the LGBT+ community?
22. Do you clean hub caps with GHB for GBL?
23. When did the UK's first national LGBTQ+ museum, Queer Britain, open?
24. Name three different types of douches typically used by gay men?

# FIFTY QUESTIONS

25. Which UK census first asked about sexual orientation and gender identity?
26. What happened to the Gender Recognition Reform (Scotland) Bill in 2023?
27. How might pronouns be helpful in your work with clients and patients?
28. How many people responded to the UK Government's National LGBT Survey: 80,000, 108,000, or 208,000?
29. What is the age of consent for gay men?
30. Why might gay men wear gloves during sex?
31. Why is it preferable to get PrEP through a NHS sexual health service?
32. What are the Barking murders?
33. Where did the UK place on ILGA-Europe's Rainbow Map in 2025 relative to the year before?
34. In London, how have levels of LGBT+ hate crime trended over recently years?
35. In which year did the Alan Turing £50 polymer banknote enter circulation?
36. What is the current price of 'G' and crystal?
37. What major change to UK blood-donation rules affecting MSM took effect in 2021?
38. Approximately how many people attended London Trans+ Pride 2025?
39. How do people take/ use crystal meth?
40. How many colours in the Rainbow Progress flag?
41. Why don't some gay men call 999 for an ambulance in overdose scenarios?
42. What is Polari?
43. What outbreak in 2022 led to targeted vaccination of gay men?
44. What is London's founding chemsex support service?
45. What the is the name of the Met Police (MPS) initiative that leads on chemsex?
46. Name three types of lubricant used for anal sex.
47. Name three gay specific hook-up apps?
48. Which coin marked 50 years of UK Pride. £2, £1 or 50p?
49. What might be a typical starting dose for 'G'?
50. What do you understand by U=U?



Proud to support PIP PAC  
safer chemsex packs for  
over 10 years.





# FIND *your* FOUR



To live well with HIV, think about four things to focus on: **mind, body, everyday life and support** and be ready to talk to your HIV doctor, nurse or support group about why they matter to you.



To find your four, visit  
[www.hivfindyourfour.co.uk](http://www.hivfindyourfour.co.uk)



This campaign is endorsed and supported by:



*Find Your Four* is a campaign developed and funded by Gilead Sciences, in collaboration with the HIV community.