

WHAT WE DO

Gay Men's Health Collective





THREE FLYING
PIGLETS
FILMS



SCENE AND
SERVICES
OUTREACH



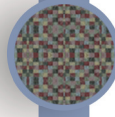
EDUCATION
AND TRAINING



HEALTH
AND
WELLBEING

GMHC

GMHC.CO.UK



GMHC-LAS
HARM
REDUCTION



PIP PAC[®]
SLAMMING
PACKS



SAFER 2 AND
COOL BEANS



CONFERENCES
AND
STUDY DAYS

GMHC

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 projects to promote the health and wellbeing of gay, bisexual and other men who have sex with men—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 several 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. Shaped by our lived experiences, GMHC has always sought to identify gaps in provision, provide an alternative to traditional health promotion, and produce innovative creative solutions. Most recently, this includes, 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***

We remain fiercely independent, and play to our strengths while remaining open to change. Our activism, hands-on approach, and a sense of whimsy are hallmarks of who we are and what we do.

MENRUS.CO.UK

Fed up with questionable Internet search results, we were (and remain) a group of gay men¹ who wanted relatable and reliable health, life, and wellbeing stuff all in one place. So, in 2015, we got off our arses and built this website.

Now with hundreds of topics, MENRUS.CO.UK continues to grow as content is added regularly. While we usually have something to say on a topic, we include additional sources of information which is why there are 16,000+ hyperlinks signposting to support, film clips, and further reading.

Launched in September 2025, the website has been rebuilt with improved navigation, search functions, and a services and support directory.

MENRUS.CO.UK is our take on being gay today, joining up the dots of our health and wellbeing. It's not perfect, it's sometimes messy, but it's ours.



¹ Gay and bisexual men and men who have sex with men (GBMSM).

The screenshot displays the website's layout. At the top, there is a navigation bar with the text "GAY MEN'S HEALTH AND WELLBEING" and a "START EXPLORING" button. To the right, a video player is shown with the title "THE SAFER 2 PACK" and "EXPLAINER IN 60 SECONDS". Below the navigation bar is a grid of topic cards, each with a distinct background color and a representative image. The cards are: "YOU" (purple background, image of a person's head), "MEN" (blue background, image of people on a beach), "BODY" (green background, image of a person's face), "SEX" (yellow background, image of a person's hands), "STI" (orange background, image of legs in jeans), "DRUGS" (red background, image of a person with arms raised), "MORE" (dark blue background, image of a glass of water), and "LATEST FILMS" (grey background, image of film strips).

YOU
YOU is supportive and straight-talking whether you're questioning your sexuality, thinking things over, or coming out.
[READ MORE...](#)

MEN
Whether you want to find them, meet them, hold them, kiss them or date them, MEN will have something for you.
[READ MORE...](#)

BODY
A working knowledge of the parts of the BODY we use for sex gives us greater control over how and what we do sexually.
[READ MORE...](#)

SEX
Check out our A-Z of SEX from feeling horny to erogenous zones, sex and consent, and bottom shaming, with a ton of helpful tips.
[READ MORE...](#)

STI
Effective prevention, protection and treatment significantly reduces the risk of STI (sexually transmitted infections).
[READ MORE...](#)

DRUGS
Better understand drugs and alcohol, reduce drug harms (including chemsex) and find support, should you need it.
[READ MORE...](#)

MORE
A selection of research, study and strategy documents that have caught our eye, and overspill from other sections.
[READ MORE...](#)

LATEST FILMS
A combination of live action and stock footage, we regularly make short films on health and wellbeing issues.
[READ MORE...](#)

PIP PAC®

PIP PAC® are safer slamming packs, a grassroots response to slamming, innovated by gay men. Contents include needles, syringes, gloves, condoms, lubricant, and safer chems (print) resources—QR code linked to MENRUS.CO.UK for further information and support. 500 packs were piloted in 2014. Year on year, demand has grown to 2,000 in 2024.

Uniquely, some pack contents are colour-coded to reduce sharing, and transmission of blood borne viruses (BBVs) including HIV and Hepatitis C. Designed for two users, yellow-green and/or red-blue packs can be purchased at GMHC.CO.UK. Orders can be placed by the NHS and statutory services.

PIP PAC® is produced on a not-for-profit basis. A new box was made to our own specification in 2023. Volunteers have been packing for 10 plus years—some with direct knowledge and lived experience of drug use, problematic drug use, withdrawal, and recovery. PIP PAC® was registered by the Intellectual Property Office in September 2025. UK00004226890. Class(es): 5,10,16



- 1ml fixed needle syringes* x 6
- Alcohol prep pads x 6
- SAFELoc needle disposal x 6
- Spoons with filters* x 2
- 2ml measuring syringe ('G') x 1
- Straws* x 2
- ID wrist bands* x 2
- Skins condoms x 2
- Skins lubricant sachets (5ml) x 2
- Black latex gloves (large) x 2
- Electrolyte tablets (hydration) x 4
- Mints (because we can) x 2
- Contents and GHB tracker x 1
- PIP PAC box (large letter) x 1
- Safer 2 pack (see page X)

SAFER 2



Released in June 2025, Safer 2 is the follow-up to Safer 1. While existing resources have been updated, 'Using G', 'Navigating Support', 'Self Care' and 'Health and Wellbeing' are new, following feedback and suggestions.

Red string and washer envelopes contain A5 booklets and folded leaflets (230g). Content is written and produced by gay men some of whom are living with HIV, with lived experience of using chems, problematic drug use and recovery.



0. WELCOME

Your welcome to the Safer 2 pack, an overview of its contents, background, and an index to the nine booklets and leaflets.



1. SAFER CHEMS

Now in its 11th edition, a guide to safer chems use and harm reduction including 'T', 'G' and 'M', slamming, and come downs.



2. HOOK-UP SAFER

Sixteen no-nonsense tips to help you remain safer, providing a spring board to think about getting the best out of hooking up.



3. HEALTH AND WELLBEING

An overview of health and wellbeing with a focus on the need for connection, ways to boost motivation, and getting out and active.



4. NAVIGATING SUPPORT

A guide to better understand how the NHS, statutory and local authority services and support pathways work



5. HIV/ STI/ HCV "RISK-0-METER"

An innovative tool to gauge risks STI and drugs harms associated with 16 practices



6. USING 'G'

A response to rising 'G' related Emergency Department admissions (ED/ A&E).



7. OVERDOSES AND CALLING 999

A flow diagram showing potential outcomes from calling or not calling for an ambulance, and/ or if the police arrive.



8. YOUR RIGHTS AND THE LAW

A guide to your rights when stopped, questioned searched, and/ or arrested by the police.



9. SELF CARE

Understanding triggers and cravings (knowing the difference), sober sex, loss and grief, grounding and survival kit tools.



THREE FLYING PIGLETS

Three Flying Piglets makes short films on gay men's health, and films for the wider LGBT+ community and allies. Often addressing sensitive issues, we're passionate about film better connecting us to our health and well-being needs.

Using a hybrid mix of live action (volunteers), animation (in house), and stock footage, our portfolio addresses health and well-being, recreational drug use, chemsex, HIV research, LGBT+ issues, and sexual health. We write original scripts and volunteer both in front of and behind the camera and enjoy making experimental films—relaxation being a common theme.



Celebrating 15 years in 2025, Three Flying Piglets will have successfully completed 70+ film projects, and edited 200+ films. Some of us are living with HIV and/ or Hep C so the films we make are often our narratives and stories.

As we are keen to say: "Not everything has to go somewhere, not everything has to have a big message. We're just a bunch of queer, poz, gay men who write, make films, and do stuff."



'YOUR TOOL BOX: YOUR CHOICE'
Sexual health

'IT GOES ON, IT GOES ON'
GMHC seasonal short

'BE SAFER'
Safer chems short

'OVERDOSES: CALLING 999'
Ambulances and the police

'FLOW'
Relaxation short

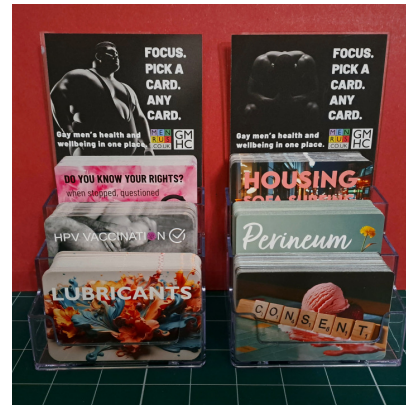
'IAN CHARLSON DAY CENTRE'
At thirty years

OUTREACH

GMHC's scene and services outreach evolved from the Safer 1 pack, to better target and distribute Safer 2. The outreach worker regularly visits 50 plus venues (bars, pubs, shops and sex shops, clubs, saunas) in over 14 London boroughs.

Resources include posters, QR coded cards in racks and display boxes. The wide range of cards reflect our holistic approach to health and wellbeing into which chems and recreational drug use is integrated. The relatable and positive tone of resources aims to engage and normalise tough or challenging conversations, with signposting.

Current QR coded cards include antibiotics, catfishing, cock rings, coming out, consent (and sex), counselling, cruising, douching, erections, fisting, friends (shit friends), gaslighting, gerbils, heteronormativity, HCV test and treat, HIV and AIDS, homelessness, HPV Vaccination, LGBT+ pride, lubricants, mental health, neurodiversity, next of kin, perineum (not a flower), relationships, rights on arrest, safer chems, stigma and tops and bottoms.



LONDON CHEMSEX CONFERENCES AND STUDY DAYS

Building on the 2024 conference with a focus on harm reduction, and 2025 with its focus treatment and harm reduction, 2026 will have a focus on practice.

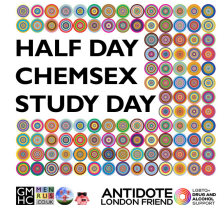
The London Chemsex Conference has become a rare space where frontline staff and practitioners can meet, share and learn. On the 2026 agenda: ^{TBC}

- › Harm-reduction toolboxes for frontline staff and services
- › Navigating support and treatment pathways
- › Addressing heteronormativity in services
- › Integrating lived experience in services
- › Cultural competences in services
- › Trauma-informed and neurodiversity-competent practice
- › Safeguarding, exploitation, and sexual violence
- › Drugs, the law, and policing, and statutory interfaces
- › State on the nation chemsex briefing



This Half Day Study Day is designed to strengthen how services support GBMSM and the wider LGBT+ community affected by chemsex. It provides a space to learn and reflect on current practice, identify gaps and opportunities, and agree clear, measurable improvements. By the end of the Day, participants will have committed to specific changes to be delivered within the next six months.

- › Addressing heteronormativity as a structural barrier
- › Making services meaningfully accessible to GBMSM
- › Understanding the need for fast-track chemsex crisis pathways
- › Understanding the lives, history and culture of GBMSM
- › Applying knowledge, and utilising lived experience
- › 6-Month commitment framework
- › Readiness checklist (audit tool)
- › Follow-up session (Online)



GMHC-LAS HARM REDUCTION PARTNERSHIP

The London Ambulance Service (LAS) has unique access to people's home. It is the only element of healthcare to see participants in the community, at the time that something has gone wrong—sometimes seriously.

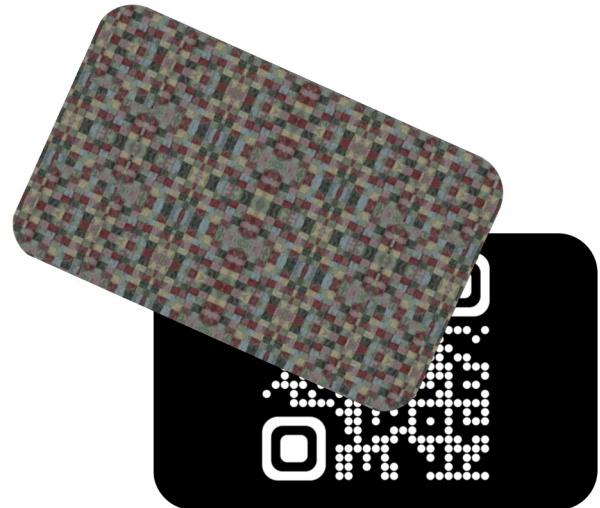
It represents a unique reachable moment and GMHC and LAS have collaborated to produce a harm reduction tool—now rolled out across London.

Linked to a QR coded card, GMHC has built and manages a dedicated website. The landing page asks 'What Do You Need?' following by six clickable statements.

- › I'm Worried About My Drug Use
- › I Want to be Safer With What I'm Doing
- › I Want to Know How to Look After Someone if Things Go Wrong
- › I Want to Speak to Someone About What Happened
- › I Need Help Following an Assault or Crime
- › I Don't Know What I Need

Following a contact with the ambulance service or another professional, cards are given out.

Aiming to be gender and identity neutral, the website includes listings for LGBT+ and mainstream drug and alcohol services, helplines, safer chems (harm reduction), HIV and STI testing kits, chems first aid and the recovery position, legal help, and support following an assault or other crime.



COOL BEANS

Whether explainers, guides or conversation starters, Cool Beans Vol 1-3 are supplements to Safer 2:

Whether you just want a bit of direction, or you're at a crisis point and need specialist care yesterday, **Finding Support** aims to walk you through why gay men often seek support, which kinds of professionals and services exist, and how to vet them, so you don't waste money, energy, or hope.

The idea behind **Ride On Time** began simply: to illustrate how chems didn't just appear, but are a part of a much richer, complicated story within our communities, and within society generally.

If someone you love or care for is tangled up in chems, or you're concerned they might be, **Hold Me Now** aims to provide a bit of steadiness, especially if things get messy. It's a guide, not medical advice, written by gay men who've been close to this, some in recovery, edited with help from our community.



FINDING SUPPORT



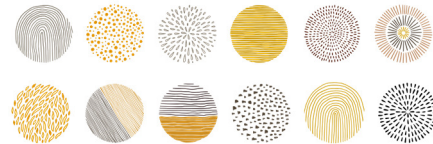
Cool Beans Vol. 1

RIDE ON TIME



Cool Beans Vol. 2

HOLD ME NOW



Cool Beans Vol. 3



Disclaimer of sorts

For us, health promotion is also about engagement and relatability.

If this makes you smile we believe you will like what we do.

We take the work seriously, ourselves: not so much.

The Gay Men's Health Collective (GMHC) is intended for the purposes of information, education, satire, and amusement, namely gay men's health, health promotion and well-being, and the prevention of Human Immunodeficiency Virus (HIV), other Sexually Transmitted Infections (STIs) 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 nuts and seeds.

GAY MEN'S HEALTH COLLECTIVE (GMHC) · VOLUNTEER LED AND RUN

A Company Limited by Guarantee and Community Interest Company. Companies House Registration No. 10404160

admin@gmhc.co.uk · gmhc.co.uk · +44 (0) 7791 867885

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