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Diary Date

What: GMFA's Building Your Confidence Course

When: Saturday 19th June, 10am – 5pm

PRESS RELEASE

LONDON DATE ADDED TO NATIONAL CONFIDENCE COURSE

London, 03 June 2008 – London's gay men won't be lacking in confidence thanks to additional dates for GMFA's National 'Building Your Confidence' courses. The success of a National groupwork program last year has enabled funding to be extended for this important work. This practical skills-based course is designed to build men's confidence in their sex and social life. Dates for major cities across the UK were announced last month and now London will benefit too.

“The demand for this course highlights just how important confidence is to gay men,” said Matthew Hodson, Head of Programmes for GMFA. “Men who feel confident and in control are better equipped in all aspects of their life, not least in taking control of their sexual health. The course helps men get what they want from life and gives them the confidence to say no to the things they don’t want. If men can communicate their sexual boundaries, it helps to keep sex safe.”

One course participant who attended the course earlier this year said, “Before, I always seemed to let the other guy make the running and, by default, take charge. I always found myself being pushed into situations that I didn’t really want. Now I feel, and am, much more in charge and have no hesitation in saying no when I do not want to go in that direction. I feel that my partners respect me far more as a result.”

The National courses are run by both GMFA and trainers from local gay charities and healthcare services including: The Sheffield Centre for HIV & Sexual Health, Southampton Gay Community Health Service, Yorkshire MESMAC, THT, MESMAC North East, The Eddystone Trust, The Armistead Project and LGF.

All of GMFA’s courses and workshops are free of charge to participants but places are limited and must be booked in advance. To book a place, go to www.gmfa.org.uk/national or call 020 7738 6872.

Comments from previous course participants include:

"On seeing the advert I thought yes this course is for me, it gave me the tools and thinking process to act and focus myself in amore positive way. It focused for me on stop playing the negative tapes in your mind and think more creatively and confidently."

"I feel perfectly calm, now, in making requests – and I feel it is a natural right. Before, I never felt able to make requests or negotiate. Equally, I now am able to politely refuse requests from others, when necessary, whereas in the past I would usually go along with them even though I did not really want to."

"I would recommend the course to other gay men as I believe there are many out there with issues of self-esteem and self-confidence. That confidence is learned and anybody can be confident."

- Ends -

Notes to editor:

About GMFA:

GMFA was established in 1992 and is the UK's leading charity dedicated to gay men's health. GMFA's mission is to improve gay men's health by increasing the control they have over their own lives. We believe that the best health promotion for gay men comes from gay men themselves, and so we use the knowledge and ideas of our 170 volunteers (most of them gay men) to design and plan our thought provoking sexual health interventions. We have received international acclaim for our Sex and Sexual Health website (www.gmfa.org.uk/sex). Our other websites include a detailed listing of sexual health services available for gay men in London (www.gmfa.org.uk/london-services), an information resource for HIV positive gay men (www.gmfa.org.uk/positive) and a guide to gay sports and social groups in London (www.gmfa.org.uk/the-guide). All of our sites can be accessed at www.gmfa.org.uk. GMFA produce a range of advertising campaigns, leaflets, postcards and booklets. Independent surveys have concluded that our campaigns reach up to 60% of the London gay population and we are the most reliable agency at reaching gay men. In addition to this we distribute our own health magazine, FS, free to London's gay bars and clubs to further educate gay men about relationships, their bodies, general health and STIs. Over the last fourteen years we have provided courses for over 10,000 gay men, providing safer sex education, life skills and stop smoking courses. We currently provide a range of groupwork interventions across England and Wales. GMFA has Big Lottery funding to create sexual health interventions for Black gay men in London.