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## **PRESS RELEASE**

### **BUILD YOUR CONFIDENCE WITH GMFA**

#### ***GMFA Offer New National Course***

London, 09 January 2008 -- GMFA are helping gay men across the UK get what they want from life, love and in the bedroom, with their new one-day confidence course. The practical skills-based course is designed to build men's confidence in their sex and social life. The course will enable men to start conversations more easily, or to say "no" in sexual situations. There are tips on communicating your sexual boundaries and keeping your sex safe, as well as strategies for dealing with rejection.

"Confidence isn't just something you're born with, it's an important skill that you can learn," said Matthew Hodson, Head of Programmes for GMFA. "Being confident in social and sexual situations makes it easier to talk about the things that you want, so that sex can be safer and more enjoyable".

When GMFA asked gay men what type of courses they would benefit from, 45.3% of respondents said that they would be interested in attending a course designed to teach confidence building skills in sexual and/or social situations. Men under thirty,

recreational drug users and HIV positive men were even more likely to be interested in the course.

The courses will be 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, 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](http://www.gmfa.org.uk/national) or call 020 7738 6872.

The *Building Your Confidence Course* is a one day course which takes place on Saturday from 10am to 5pm. London dates for the course will be announced shortly. The full list of dates for the course are:

|             |                                |
|-------------|--------------------------------|
| Cardiff     | 9 <sup>th</sup> February 2008  |
| London      | 9 <sup>th</sup> February 2008  |
| Manchester  | 9 <sup>th</sup> February 2008  |
| Plymouth    | 9 <sup>th</sup> February 2008  |
| Southampton | 9 <sup>th</sup> February 2008  |
|             |                                |
| Brighton    | 16 <sup>th</sup> February 2008 |
| Leeds       | 16 <sup>th</sup> February 2008 |
| Liverpool   | 16 <sup>th</sup> February 2008 |
| Newcastle   | 16 <sup>th</sup> February 2008 |
|             |                                |
| Birmingham  | 23 <sup>rd</sup> February 2008 |
| Bristol     | 23 <sup>rd</sup> February 2008 |
| Sheffield   | 23 <sup>rd</sup> February 2008 |

- Ends -

If more information about this or any other of GMFA's campaigns and actions is required, contact: Matthew Hodson

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### **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. Yearly we deliver three new mass media campaigns in the gay press to disseminate up to date information regarding HIV and STIs to the gay male community. 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. Annually, we deliver 1000 hours of group work to educate gay men in safer sex, and over the last fourteen years have provided courses for over 10,000 gay men. We currently provide a range of groupwork interventions in London and across England and Wales. GMFA recently received Big Lottery funding to create sexual health interventions for Black gay men in London. We have received international acclaim for our Sex and Sexual Health website ([www.gmfa.org.uk/sex](http://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/londonservices](http://www.gmfa.org.uk/londonservices)), an information resource for HIV positive gay men ([www.gmfa.org.uk/positive](http://www.gmfa.org.uk/positive)) and a guide to gay sports and social groups in London ([www.gmfa.org.uk/theguide](http://www.gmfa.org.uk/theguide)). All of our sites can be accessed at [www.gmfa.org.uk](http://www.gmfa.org.uk).