



Unit 43, Eurolink Centre

49 Effra Road

LONDON SW2 1BZ

020 7738 6872

matthew.hodson@gmfa.org.uk

www.gmfa.org.uk/sex

PRESS RELEASE

GMFA HELP YOU TO GET A BOYFRIEND

National Course to Boost Your Love-Life

London, 16 February 2009 – With Valentine's Day over and half prices roses filling shop windows, those of us without a boyfriend can start to wonder when we'll find that special someone. GMFA's *Getting a Boyfriend* course is here to help. This one day course will help you approach relationships with a new understanding of yourself and what you want from your love-life. It's designed to give gay men a greater insight into the processes involved in looking for a partner and establishing a relationship.

"Some guys think they're unlucky in love, but getting a boyfriend isn't just down to luck," said Matthew Hodson, Head of Programmes for GMFA.

"The course gives men knowledge and skills that will help them decide what they want from a relationship, and how to go about getting it."

The course covers the time from preparing for and meeting a potential partner up until about three months into the relationship. It is designed to help you understand whether you are ready for a relationship; what you bring to, and want from a relationship as well as the qualities that attract you to a man. Practical exercises will help you to have a better understanding of yourself, and of what you look for in a relationship and in a potential partner.

The course also covers the sexual decisions that are made in relationships, how your safer sex strategy may change, and how to minimise your risks of HIV and STI infection.

"There's little that can match the thrill of a new love, but those first few months are often when men take sexual risks that they wouldn't normally take," said Hodson. "The Getting a Boyfriend course is designed to help men find love - and to stay focussed and in control when the emotions are running riot."

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, MESMAC North East, THT, TEN, Trade, 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.

Getting a Boyfriend is a one day course which takes place on Saturday from 10am to 5pm. The full list of dates for the course is:

SATURDAY 4TH APRIL

Brighton
Leeds
Newcastle
Norwich

SATURDAY 18TH APRIL

Birmingham
Cardiff
Liverpool
London

SATURDAY 25TH APRIL

Bristol
Leicester
Manchester
Sheffield
Southampton

- Ends -

If more information about this or any other of GMFA's campaigns and actions is required, contact: Matthew Hodson
Day Phone Number: 020 7738 6872
Email: matthew.hodson@gmfa.org.uk

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) which was visited by a third of London's gay men in 2006. Our other websites include a detailed listing of sexual health

services available for gay men in London (www.gmfa.org.uk/londonservices), 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/theguide). 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's has Big Lottery funding which has been used to create award winning sexual health interventions for Black gay men in London.