



AIDS INFORMATION CENTRE

Post Test Club



A support club for all!

What is the Post Test Club?

The Post Test Club of the AIDS Information Centre (AIC) established in August 1990 is a social support group for all clients tested for HIV irrespective of their test results. From 1996 to date the Post Test Club has registered over 8000 members in the main branches of Kampala, Mbarara, Mbale and Jinja.

Goals

To contribute to the National effort to prevent the further spread of HIV/AIDS and enhance the psycho-social adjustment of the infected and affected by HIV/AIDS.

Objectives

- To provide social and medical support to promote healthier lifestyle and behavioral change.
- Increase public awareness and understanding of counselling and testing services.

Club activities

Ongoing support counselling.

This service is offered on a "walk in" basis and is carried out daily by counsellors. Counselling is provided to members on FP, TB, HIV/AIDS and other health related issues.



Medical treatment and consultation.

The service is offered daily for minor illnesses by qualified health professionals.

Saturday club activities

Every Saturday afternoon members assemble for talks on HIV/AIDS and other related topics, they also participate in recreational activities. Food aid is distributed every Saturday morning at the Kampala Branch.



Community Education and sensitisation.

The Post Test Club members are involved in sensitising the communities and schools with information on HIV/AIDS through music, dance and drama.

Income generating skills building.

Tailoring schools are available in Mbale and Mbarara branches.

Development and distribution of IEC materials.

Reading materials are distributed like "Knowledge is power", "Taking the HIV test", "Straight Talk", "Young Talk", "Health Matters", "Ebiffa Kubulamu" and "Ebyamagara".

Training.

AIC conducts training of Peer Educators Condom Promoters and Reproductive Health Volunteers (RHV's)

Condom promotion and distribution.

PTC members distribute Protector, Lifeguard and free Condoms from the Ministry of Health.

Family Planning services.

Family planning information, counselling and methods are provided daily by counsellors Medical personnel and RHV's.



Sexually Transmitted diseases management.

Tests for syphilis and treatment of all STD's is done in the PTC Medical Booth.

What should I do to join the Post Test Club?

You need to go for an HIV Test at any of the AIC Testing Centres in Kampala, Jinja, Mbale

and Mbarara. After the test you can be registered as a club member. There are also PTC/PLI associations in the districts of Masindi & Lira which provide social support services.

Membership

Membership is open to all interested clients who have taken the HIV antibody test irrespective of their test results.

Kampala Post Test Club

Plot 132, Musajja Alumbwa Road

P.O. Box 10446 Kampala

Telephone: 271433, 231528

Email: aidsinfo@imul.com

Jinja Post Test Club

P.O. Box 2159 Jinja

Plot 17, Bell Avenue, West

Telephone: 043-120890

Mbarara Post Test Club

P.O. Box 1055, Mbarara

Ruhara Road, Plot 11

Telephone: 0485-21384

Mbale Post Test Club

Plot 29/31, Pallisa Road,

P.O. Box 1838, Mbale

Telephone: 045-33333

MASINDI DISTRICT

- 1. Masindi Hospital**
- 2. Kiryandongo Hospital**
- 3. Bullisa Health Centre**

LIRA DISTRICT

- 1. Lira Hospital (Cosbel)**
- 2. Amai Hospital**
- 3. Aliwang Health Centre**