

Membership

Membership of OHH provides a safe, supportive and secure environment. The only criteria necessary for membership is provision of medical verification of ones HIV and health status. All members are committed to keeping OHH confidential, drug and alcohol free. We welcome HIV+ people from Ireland and overseas.

Volunteers

Our committed volunteer team contribute hundreds of hours to us annually. These dedicated volunteers assist in the quality provision of services including hospitality, preparation and serving of meals, teaching classes, providing holistic therapies, counseling and offering the hand of friendship and support to our members.

What Members Say

“Since becoming a member of OhH my feelings of lonlieness and being unwanted have gone away”.

“Becoming a member of OHH, has given me the confidence to start living again”.

“The therapies give me a sense of well-being and empowerment. I feel cared for, calm and re-energized afterwards”.

Contact Details

Open Heart House

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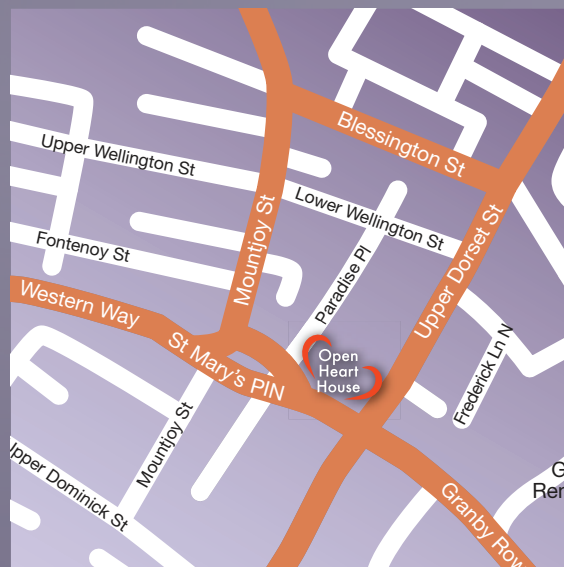
web: www.openhearthouse.ie

To become a member call our Membership Team

To become a Volunteer call Anne

To make a donation call Paula

Confidentialilty Assured and Expected



Warm and welcoming, we provide a wide range of programmes and services to support our members as they continue the journey to empowerment and face the challenges of living with HIV/AIDS.



Peer Support and Services

Our doors are wide and welcoming. We offer a space where members can share information and support free from the stigma and isolation associated with living with of HIV/AIDS. Our service range includes our nutritious meals programme, educational material and positive education sessions, holistic healing, clothes & home bank, fully equipped gym, meditation classes, arts & crafts classes, computer classes and a comprehensive counselling programme.

Education

Open Heart House offers back to education, back to work and further education courses and opportunities throughout the year. We also provide both one-to-one and group literacy classes. During the year we invite guest speakers to present on topics associated with HIV/AIDS.



Open Heart House Coffee Dock

Personal Growth & Wellness

To improve quality of life and minimize illness and hospitalization, OHH offers an extensive range of holistic therapies including acupuncture, aromatherapy, holistic massage, seated clothed massage, indian head massage, meditation, polarity therapy, reflexology, reiki, shiatsu, and stress management. All of these therapies are beneficial in the management of fatigue and stress, the most common side effects of living with HIV & AIDS. We also provide a fully equipped gymnasium with personal trainers.



Open Heart House Meal Programme

Meals

Members can savour a home-cooked four-course meal here at OHH. We serve lunch every Tuesday, Wednesday and Thursday and dinner on Monday and Thursday evenings. Takeaways are also available.

Counselling

OHH provides a confidential Counselling Programme delivered by a team of 5 experienced counsellors daily.



Open Heart House Staff

Social Events

Each year we organise social events within OHH to celebrate our members and specific events. We also facilitate specialised spaces for our gay HIV+ members, our minority ethnic members and The Reed Womens Group.