

# positive interest

THE CHARITY NEWSLETTER OF WAVERLEY CARE



**Waverley Care**  
making a positive difference

Supporting people living with  
HIV & Hepatitis C in Scotland

February 2011



## Welcome to the February 2011 edition of Positive Interest.

We hope you've had a great start to 2011 and that all those New Year resolutions haven't already been forgotten. Here at Waverley Care we're making progress on tightening our belts in both senses of the word.

We're always on the lookout for ways to reduce our costs. Over the next couple of months we will be **reviewing our mailing list** and will no longer post newsletters and event details to people who haven't been in contact with us for the last couple of years.

If you think this might be you and you would still like to receive our updates, or if you would prefer to receive our newsletter by email, you can sign up on our website. Visit [www.waverleycare.org](http://www.waverleycare.org) and click on the link on the home page.

To find out more about our **'get fit' activities** visit page 5. Lynne is just one of 10 members of staff getting fit and raising funds for Waverley Care this year.

**Thank you for your support and happy reading!**

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# Volunteering

## Trustees

**One of the roles that people don't always consider when they think about volunteering is being a trustee.**

Waverley Care's board of trustees are the people who are in overall control of Waverley Care and take on legal responsibility for the organisation. They ensure that the charity remains well-run, solvent and is carrying out the charitable work that we were set up to do. The board meets every two months to review Waverley Care's activities and take any necessary decisions.

Our board currently has 12 members. You will find a list of who they are on [www.waverleycare.org](http://www.waverleycare.org) under 'About us'.



The skills and experiences that the trustees bring to the board are wide-ranging and varied. They include, amongst many, public health policy, immunology, accountancy, business and first-hand experience of living with HIV.

If you're interested in becoming a charity trustee visit [www.ncvo-vol.org.uk/trusteebank](http://www.ncvo-vol.org.uk/trusteebank) for useful information.

*Fresh from 'Sing a New Song' carol competition final*

 **Cadenza in Concert**  
**Saturday 26th March**  
**7.30pm**

St Peter's Church, Lutton Place, Edinburgh

Tickets £8 (£6/£2 concession) Tel: 0131 447 3102

## Profile of a Patron



Entrepreneur and philanthropist, **Sir Tom Farmer**, has been a patron of Waverley Care since the charity was first established 21 years ago. He kindly spent some time answering our questions.

### Why did you become a patron of Waverley Care?

It was apparent to me that there was a reluctance to speak about or be associated with HIV/AIDS. I had a profile and thought perhaps I could help.

### Which of Waverley Care's services stands out to you the most?

No one service, in particular. I'm impressed by the breadth of support you offer, especially how you look after not only the person living with HIV but the whole family. Also Waverley Care's work in Malawi.

### What is your fondest memory during your years of charitable work?

I'm always impressed by what is done by the unsung heroes. I enjoy working with charities which support young people who are in danger of losing their way.

### What are you currently reading?

I travel quite a lot so read paperbacks in abundance. I'm currently reading 'The Confession' by John Grisham.

### What do you want to do before you die?

I want to make sure I have time to smell the flowers.

### If you were to have had a completely different career, what would it have been?

I've never thought about doing anything else.

### Who inspires you?

I've met kings and queens; I've met the Dalai Lama and Mother Teresa. They are all inspirational people. But what really inspires me are the countless people who give their time and energy to help their fellow men. Philanthropy is not just about giving money but about doing something for your fellow man.

Photo: © [www.thomashaywood.com](http://www.thomashaywood.com)

# A New You in 2011

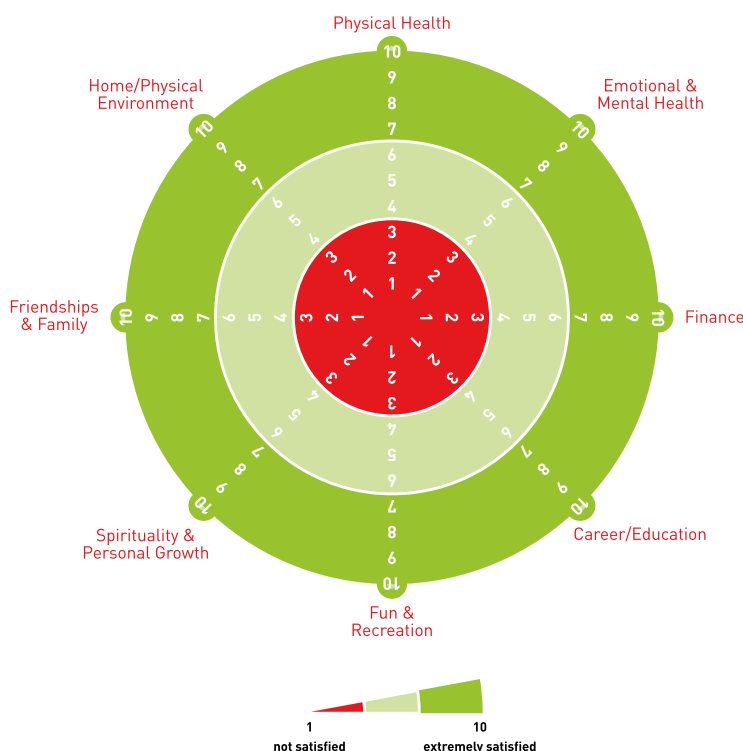
Was your New Year's resolution to be healthier? Teaching people to look after themselves and make the most of life is something that we try and help with all year round here at Waverley Care.

Our Positive Self Management Programme encourages those living with HIV or Hepatitis C to work towards improved health and not let either their medical condition, or the stigma they face, ruin their lives. Some of the tools used in the programme can benefit everyone - Try the Life Wheel here.

The Life Wheel allows you to consider each area of your life in turn and assess if you are focusing too much on one part of your life and neglecting others. Have a go yourself.

Neglecting some areas? One way to improve your physical fitness and emotional health, whilst also having fun (and potentially spending time with friends and family) is to do a sponsored event for Waverley Care. That's improving 4 out of the 10 areas!

Why not enter a relay team in the Edinburgh Marathon or perhaps cycle from London to Paris or maybe you'd like to abseil off the Forth Rail Bridge? Contact Jane on 0131 556 9710 or email [admin@waverleycare.org](mailto:admin@waverleycare.org) for a whole range of ideas.



## lifewheel

**Edinburgh Marathon**




**Sunday 22nd May 2011**

Raise money for people living with HIV in Scotland. Do it all yourself or share with friends. Full and Team Relay places available.

For more information, call Jane on **0131 556 8910**, or email [admin@waverleycare.org](mailto:admin@waverleycare.org)

**London to Paris Bike Ride**

4 day trip



Starting on various dates in **July and August 2011!**

For more information, call Jane on **0131 556 8910**, or email [admin@waverleycare.org](mailto:admin@waverleycare.org)

# Focus on: Network Alba

In 2010 Waverley Care launched Network Alba, the first Scottish network for women living with HIV. The network helps women to connect with one another and share support and information.



The aim of the network is to develop communication and support between women living with HIV in Scotland and to reduce isolation regardless of geographical location.

Women who are living with HIV in Scotland are often isolated and may never have met another woman who is HIV positive. This is where Network Alba is designed to help.

Through the network women have access to an online discussion forum and have the opportunity to attend training and social events.

Network members can also benefit from peer support, where a woman living with HIV offers support to another HIV positive woman. Being able to speak to someone who can directly relate to your own experiences can be life changing.

A Waverley Care member of staff, Angie, co-ordinates the network and works to raise awareness of the support available to women across Scotland.



## Karen's Story

Karen is a 35 year old HIV positive Scottish woman.

Last year, Karen met Angie on a weekend training course for people living with HIV. They struck up a conversation and it quickly became apparent that, in the 15 years that Karen had been living with HIV, she had never really had the opportunity to talk in depth to another HIV positive woman. She talked about how isolated she felt and how she really didn't feel able to share her thoughts and feelings about her condition with anyone around her. She always just coped on her own. Karen confided that, after such an enjoyable weekend with people who understood what it was like living with HIV, she was dreading returning to the isolation of her everyday life.

Angie told Karen about Network Alba and encouraged her to become involved.

Since confiding in Angie, Karen has become a member of the network, keeping in touch with Angie by phone, regularly using the online forum and encouraging other women to do the same. Karen is thriving from having contact with other women in Scotland who understand just what it feels like to live with HIV; who know what it feels like to cope with the side effects of medication and who share the sense of weariness over having to keep up a facade.

As a result of her contact with Network Alba, Karen's mental health has significantly improved. She is now less socially isolated and is enjoying a growth in her sense of self-esteem, self-worth and general enjoyment of life.

# Introducing... Lynne



**Lynne Williamson is one of our Children and Families Workers at Waverley Care.**

Lynne began working with us in 2007, thanks to a grant from BBC Children in Need. As well as working with affected children in Edinburgh, Lynne also supports young people throughout Scotland who are themselves HIV positive, offering one-to-one and group sessions.

This year she is on a fitness drive to raise funds for Waverley Care's work with children.

## **Why did you choose to work for Waverley Care?**

I remember walking past Solas at Abbeymount about 15 years ago thinking, "I want to work there", and here I am. Waverley Care is a forward looking organisation, full of people passionate about giving support and breaking down the stigma that still surrounds HIV and Hep C. I feel very humbled to be part of it and I've never laughed so much in my life.

## **Is there anything that frustrates you about your job?**

The Children and Families Project in Edinburgh is a busy and brilliant project and provides a much needed service. It frustrates me that there isn't an equivalent project in Glasgow.

## **When not working, what do you spend your time doing?**

This year I'm running the Berlin half marathon in April, being a Hairy Haggis in the Edinburgh Marathon in May and taking part in the London to Paris Bike Ride in June to raise funds for Waverley Care. It's 310 miles and takes 4 days, including two days of undulating terrain. I had to look that up and it means big hills and yes I'm a bit nervous. Not to worry I've got several pairs of padded pants to get me to the finish line at the Eiffel Tower.

At the moment almost all of my free time is taken up with training and fundraising for the events and resting! People can follow my progress on the Num Bum Blog <http://numbumblog.wordpress.com> and donate at [www.justgiving.com/Lynne-London-to-Paris](http://www.justgiving.com/Lynne-London-to-Paris). Any donations are gratefully received and will really help to keep me motivated.

## **What was the last arts event you attended?**

'Jack and the Beanstalk' at the King's Theatre with the children and their families.

## **Where do you see yourself in 10 years' time?**

If I thought too much about the future and all the stuff I'm doing I'd probably pass out. I like Master Oogway from Kung Fu Panda's philosophy, "There is a saying: yesterday is history, tomorrow is a mystery, but today is a gift. That is why it is called the 'present'".

## **Thank you to...**

The Austin & Hope Pilkington Trust, BBC Children in Need, Gordon Fraser Charitable Trust, MAC AIDS Fund, The Martin Connell Charitable Trust, The Netherdale Trust, The Robertson Trust, and Scottish Business Achievement Award Trust for their much-valued donations towards our ongoing work.

Claire Martin and The 606 Club for their fabulous jazz night on 5th December, which raised over £2000.

Lloyds Banking Group for their continuing volunteering and fundraising efforts.

Fresh Air, John Menzies, Merck Sharp & Dohme, Viiv Healthcare and William Grant & Sons for their kind donations.

Edinburgh Gay Men's Chorus, Filmhouse Edinburgh, St Peter's Church Choir and The Luvvies for their collections to raise funds.

CC Blooms, Habana, Planet, Priscillas and The Village for their World AIDS Day fundraising events and activities.

Church of the Good Shepherd in Edinburgh, Edinburgh University Students Association LGBT Action Group, Firrhill High School, Madras College, NHS Lothian Health at Work Team and St Augustine's High School for their World AIDS Day Fundraising.

EU BLOGS (Edinburgh University's LGBT Society) who organised The Glowball, a glamorous dinner and ceilidh, held in Teviot which raised £1,000.

**...and to our many individual supporters.**

# World AIDS Day 2011

Thank you to everyone who supported Waverley Care, and all those living with HIV in Scotland, on December 1st, World AIDS Day.

Waverley Care's Christmas carol writing competition **Sing a New Song** culminated in a highly successful concert on the eve of World AIDS Day. Congratulations to winning composer, Hermione Roff, to runner-up, Stef Conner, and to John Hearne, who won the Caledonian Hilton Audience Prize.

A big thank you to: Bob Chilcott and fellow judges James MacMillan, Simon Woods, Tom Cunningham and Jenny Sumerling; Cadenza for performing the shortlisted carols; Sir Tom and Lady Farmer for their generous sponsorship and to our wonderful 'Come & Singers' for their participation. The event raised over £7,000 for Waverley Care. You can listen to the winning carols on our website [www.waverleycare.org](http://www.waverleycare.org).

The snow was falling thick and fast on World AIDS Day itself but we were pleased to be able to go ahead with our annual **Community Gatherings** in both Edinburgh and Glasgow. Thank you to: Scottish Government, Glasgow City Council, Savilles AV, Sainsburys, Marks & Spencer, St John's Church in Edinburgh, St Mary's Cathedral in Glasgow, Loud & Proud Choir and Glasgow Gospel Choir.

**MAC Cosmetics** staff travelled from as far as London to make-over our reception area and meeting room at Mansfield Place in Edinburgh. The project was part of MAC's commitment to supporting HIV charities on



[top to bottom right] MAC Cosmetics; Sir Tom Farmer presenting the Sing a New Song prize to Hermione Roff; Cadenza performing at the Sing a New Song concert.

World AIDS Day. Thank you to all for their enthusiasm and a job well done!

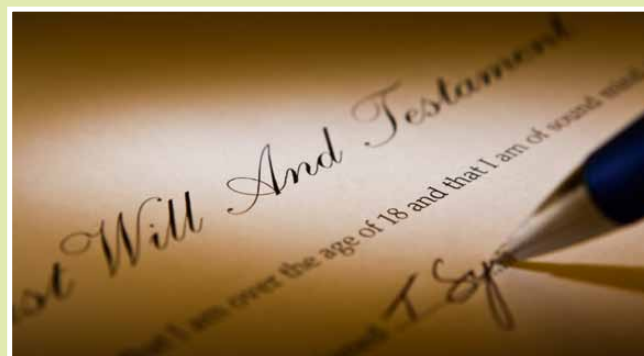
Finally, we were pleased to be featured by the **Edinburgh Evening News** as their Appeal charity in the run-up to Christmas. The articles, including real life stories of our young people, can be found on our blog [www.waverleycare.wordpress.com](http://www.waverleycare.wordpress.com), including that of Diane, a young woman whose story also featured on the BBC Children in Need Appeal. Thank you to those who donated.

## Can you help us look to the future by naming us in your will?

You may have been watching Sir Gerry Robinson's BBC2 series 'Can't take it with you'. It draws attention to the fact that around two-thirds of people in the UK die without leaving a will, despite the fact that making a will is both easy and affordable. Having a will is also the only way to have complete peace of mind that those that you care about will be provided for.

As well as possible tax advantages, leaving a legacy to charity in a will provides an opportunity to make a lasting gift to a good cause.

For Waverley Care, every legacy is a precious gift that will help us ensure that we can continue to make a



real impact on the lives of adults and children who are at the very margins of society.

If you would like more information on will making or leaving a legacy, please contact Karen Docwra in the Fundraising & Communications Team on 0131 556 9710 or email [fund@waverleycare.org](mailto:fund@waverleycare.org).

# Fundraising Diary



**Sunday 8th May 2011**

## **Forth Rail Bridge Sponsored Abseil**

South Queensferry, Edinburgh  
Raise funds for Waverley Care. Freefall abseil 165ft!  
Contact Jane for more details.

Tel: 0131 556 9710 Email: [admin@waverleycare.org](mailto:admin@waverleycare.org)



**Sunday 22nd May 2011**

## **Edinburgh Marathon**

Raise funds for Waverley Care. Full marathon and 'Hairy Haggis' team relay places available.  
Contact Jane for more details.

Tel: 0131 556 9710 Email: [admin@waverleycare.org](mailto:admin@waverleycare.org)



**Saturday 13th August 2011**

## **'Come & Sing' John Rutter's Requiem Conducted by John Rutter**

St Cuthbert's Church, Edinburgh  
Registration opens April 2011.  
Part of the Edinburgh Festival of Spirituality and Peace



**Saturday 20th August 2011**

## **Loud & Proud on the Fringe**

Greyfriars Kirk, Edinburgh  
A sparkling evening of a càpella music – all profits to Waverley Care.

Tickets £12 (£9 conc.) Tel: 0131 556 9710

For more details go to [www.waverleycare.org](http://www.waverleycare.org) or call 0131 556 9710 or email [fund@waverleycare.org](mailto:fund@waverleycare.org)

## 21 year review launched

Following our celebrations of 21 years of Waverley Care during 2010, we recently launched our 21st birthday review.

The publication features some of the key highlights over the years, with many pictures including Princess Diana opening Milestone in 1991.

Sponsored by Gilead, the review was published alongside our 2009/10 Annual Review. You can download both documents from the publications section of our website [www.waverleycare.org](http://www.waverleycare.org).



## HIV and Ageing

The over 50s are the fastest growing group of people living with HIV in Scotland. New diagnoses in this age group are growing but through the cycle of ageing more people who are living with HIV already are turning 50.



HIV and Ageing is the current hot topic in the HIV treatment and support sector. Many people, when diagnosed with HIV ten or twenty years ago, never imagined they would live to be 50, 60 or 70. However, with the development of HIV treatments, it is now a reality. This change of circumstances unfortunately means that many people have not made financial provision for their twilight years and that older people's services have not considered what it would mean to work with people living with HIV.

HIV and ageing also throws up medical considerations. It is not yet known how the human body will deal with HIV as it gets older and neither are clinicians sure what the effects might be of long-term use of HIV medication.

These are all issues being researched at the moment and they will also be discussed at the forthcoming HIV and Ageing conference taking place in Edinburgh on Tuesday 19th April. This free one-day conference is being organised by Positive Scotland, the joint project run by Waverley Care and Terrence Higgins Trust and funded by Big Lottery Fund. Go online to [www.waverleycare.org](http://www.waverleycare.org) to find out more about the conference and to register.



**Save the Date!**  
'Come & Sing' John Rutter's  
**REQUIEM**  
with John Rutter, in Edinburgh

**Saturday  
13th August**

**Registration opens April 2011**

# Supporting Our Work

Please consider making a donation towards our work.

Title  Forename(s)   
Surname   
Address   
 Postcode   
Email\*  Phone

## I would like to:

give a single gift of  £25  £50  £100  other £

(please make cheques payable to 'Waverley Care' or complete the credit card details below - a £1 fee to cover costs will be added to credit card payments)

Credit Card No.

Expiry Date  /

## give a regular donation

To the manager of  (bank) Address

Postcode

Bank Sort Code  /  /  Account No.

Please pay Waverley Care, Royal Bank of Scotland, 61 Forrest Road, Edinburgh EH1 1QP (Sort Code 83-19-09, Account No. 00286995) the sum of

£  monthly starting on  /  / 20  until further notice.

With Gift Aid for every £1 you give Waverley Care can get an extra 28p from HM Revenue & Customs at no cost to you ‡

I wish to treat all donations I make to Waverley Care as Gift Aid donations until I notify you otherwise.

Signature  Date  /  / 20

## Your gift can provide:

- £25** can provide a **Spiritual and Pastoral Care Session** to offer spiritual support for an individual, of any faith or no faith, affected by HIV or Hep C.
- £50** can **Train a Buddy Volunteer**. Buddies provide one-to-one support and friendship to people living with HIV or Hep C. Support is much needed as being HIV/Hep C positive commonly brings with it feelings of isolation and depression.
- £100** can offer **One-to-One Emotional Support for a Child** affected by HIV over a four week period. Liaising with parents, social workers and school to ensure the best all-round support for the child.

Please return this form to:

Waverley Care, FREEPOST RSBX-RZUK-EBRZ, 1 Mansfield Place, Edinburgh EH3 6NB

\* By providing your email address you agree to Waverley Care contacting you by email. Waverley Care will process your personal information for administration purposes, to further our charitable aims and to keep you updated with our work. We will not share your information with any other agencies or organisations.

‡ Waverley Care will claim Gift Aid tax relief of 25p on every £1 you give. For Gift Aid donations made from 6 April 2008 until 5 April 2011, HM Revenue & Customs will also be operating transitional provisions, paying a government supplement of 3p per £1. This means, in total, Waverley Care will receive an additional 28p on every £1 you give. You must pay an amount of UK Income Tax, and/or Capital Gains Tax, at least equal to the tax that we will reclaim on your donations.



**WANTED**  
Adventurous people to do something like this...

Help us raise funds by making an exhilarating **10,000ft freefall** parachute jump!

**No experience required**  
Raise the minimum amount of sponsorship and you jump for **FREE!**  
For a free information pack, call **0131 556 8910**, or email **admin@waverleycare.org**



**FORTH RAIL BRIDGE  
ULTIMATE ABSEIL**  
Sunday 8<sup>th</sup> May 2011

Go it alone or get a team together!

Go on! Challenge yourself and raise money for  **Waverley Care**  
making a positive difference

Contact Jane: 0131 556 9710 [admin@waverleycare.org](mailto:admin@waverleycare.org)

Supporting children and adults living with HIV and Hepatitis C  
[www.waverleycare.org](http://www.waverleycare.org) Scottish Charity No. SC036500



**The Luvvies**

Edinburgh's LGBT drama group, are looking for actors and crew for their forthcoming production...

**Gaydonia**



If you'd like to get involved, email [info@theluvvies.org](mailto:info@theluvvies.org) or go to [www.theluvvies.org](http://www.theluvvies.org) for more details - The Luvvies would love to hear from you!

[www.theluvvies.org](http://www.theluvvies.org)