

positive interest



Welcome to the October edition of Positive Interest and Waverley Care's fresh and updated image.

We've been speaking to the people we work with and are delighted to hear that we are seen as a professional organisation that is doing great work in supporting people living with HIV in Scotland. However, they also told us that we weren't communicating with people about our work as well as we could in print or on the web. So, this is what we've done about it. We hope you like our new look.

We couldn't lose our much loved tartan ribbon but for our new logo we've given it a more modern feel. Our thanks to Freight Design in Glasgow for all their hard work.

As our supporters, you've told us that you'd like to hear more about our work as well as our fundraising activities. We hope you find the new look Positive Interest informative and interesting. Visit www.waverleycare.org to find out more about us.

Thank you for your support and happy reading!

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World AIDS Conference

In July, Solas Manager, Martha Baillie, and Milestone Manager, Jonathan Creel, together with one of Waverley Care's service users, were funded by pharmaceutical companies to join 25,000 delegates at the 17th International AIDS conference in Mexico City.



The theme of the conference was 'Universal Access for All' and high profile speakers such as UN Secretary General, Ban-Ki Moon

and Mexico's President Calderon urged leaders to work towards achieving the goal of access for all to prevention, treatment and support.

Scotland's own Annie Lennox spoke passionately of her personal experiences in visiting Africa and pleaded for access to treatments for women and children whose lives could be so dramatically improved.

The banner made by Waverley Care's Women's Group for the G8 summit (pictured) was on display in the global community village, along with a blank fabric panel to which people attached messages of solidarity and support to women living with HIV in Scotland.

Edinburgh Marathon

Sunday 31st May 09

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

Email:
fund@waverleycare.org
or call:
0131 226 2206



Profile of a Patron



Broadcaster and journalist **Sheena McDonald**, has been a Waverley Care patron since 2001. We caught up with Sheena to ask her a few questions and let Positive Interest readers know more about her and her links with Waverley Care.

Why did you become a patron of Waverley Care?

Because from the organisation's earliest days, I understood the need for its work. I was so flattered and pleased to be asked to become a patron.

You've attended a number of Waverley Care events. Which has been the most enjoyable?

That's easy – the 2001 event at St Mary's Cathedral in Edinburgh. It was a return to real life after a dangerous injury and everyone who spoke there moved me more than usual.

What is your favourite food?

I have healthy favourites such as pak choi with oyster sauce and forbidden others like mince and potatoes or, even better, haggis and clapshot.

What are you currently reading?

The Last Days of Europe: Epitaph for an Old Continent by Walter Laquer. It's a sobering read! I live in 'Old Europe' but I'm not convinced it's 'Dying Europe'

Name 3 things you want to do before you die.

I want to have a book written by me published, direct a feature film, which is what I trained to do, and lastly work out the meaning of life!

Who inspires you?

My niece. Although less than a year old she already manifests active signs of loving life and contributing to it in her own way, and looks forward with unsullied hope and expectation.

Where do you see yourself in 10 years time?

Baby-sitting!

Volunteering

Did you know that Waverley Care's volunteers outnumber our paid staff by at least 2 to 1? That will give you a small indication of how valuable they are to our organisation and how much we respect their contribution however large or small. Basically we couldn't provide the services we do without them.



Bright Grey volunteers enjoy some fresh air and exercise

We're delighted that volunteers tell us they get a lot out of their time at Waverley Care; from using their existing skills to gaining new ones and gaining a real sense of satisfaction from doing something worthwhile. We hear that one of the most rewarding aspects of volunteering

at Waverley Care is building good relationships with service users, other volunteers and staff.

Some of the roles available to volunteers are: Buddy (providing befriending and one-to-one support), reception/administration, gardening, fundraising, offering complementary therapies or joining one of our many support groups.

As well as individuals, groups often come to Waverley Care to volunteer. They may use their time with us as a company team building exercise or just to give something back to their local community. It was for both these reasons that a team from locally based life and health insurance provider Bright Grey recently volunteered with Waverley Care for a day. They fought with 5 foot high nettles, hogweed and many other varieties of unpleasant greenery to clear an area for a wildlife garden which residents at our Milestone project can enjoy and relax in. Although tired they thoroughly enjoyed the day.

In May of this year we held a celebration party to thank all the volunteers who have supported us over the last 19 years. It was a wonderful evening and a special opportunity to give something back to our volunteers and say a big **THANK YOU**.

It's official... singing is good for you!

For those of us that do it, we know it's fun... but now there are moves afoot to provide 'singing on prescription'.

A recent Guardian newspaper article highlighted the benefits of singing identified by a research centre for arts and health at Canterbury Christ Church University. It has prompted the university to call for singing to be available on prescription to enhance mental and physical wellbeing.

Improved efficiency of the cardiovascular system, exercise of upper body muscles and increased alertness due to an increase in oxygen combine with the emotional benefits of stress reduction to create a genuine sense of wellbeing.

What better way to test out the theory than by coming along to one of Waverley Care's 'Come and Sing' events. See the Fundraising Diary on page 7 for details.



Focus on: Children and Families Project

For 17 years **Waverley Care** has been providing care and support to children who are living in families where one or both parents have HIV. The stigma and prejudice which still surrounds HIV means the children are unable to confide in friends or neighbours for fear of exclusion or bullying. They also often bear the weight of being a young carer when ill health affects their mother or father, or where there are parental addiction problems.



Waverley Care's Services

Waverley Care offers support through regular one-to-one and group work, residential trips and holiday activities. The work is focused on developing relationships with the children and building up trust so that they feel safe in sharing their worries and concerns with each other and our project workers.

This support can help reduce the likelihood of the issues presenting themselves in other ways such as truancy or behavioural problems. The project also helps the children improve their behaviour through routine, by learning boundaries and by our project workers acting as positive role models.



Over the years that the project has been operating many children have experienced bereavement following the death of one or both parents or

another family member. The bereavement work our support workers do includes memory books and quilts to help them remember the positive and healthy times with their loved one and provide an outlet for their grief.

New developments

Thanks to a grant from BBC Children in Need, we recently expanded our project to provide services to teenagers throughout Scotland who are, themselves, HIV positive.

There are around 50 HIV positive children in clinical care in Scotland. The isolation that the youngsters experience can seem insurmountable to them.

Emma

Emma, like most other 16 year old girls, is into fashion, music and boys. What sets Emma apart is that she lives with the secret that she is HIV positive. Emma recently sank into a deep depression, feeling that she was never going to be normal and desperate to tell people her secret and be accepted as an ordinary teenager. She didn't feel life was worth going on with.

Emma's paediatrician referred her to Waverley Care and our young people's worker, Lynne, has been working with her to build up her self esteem and confidence and focus on a positive future. Part of this process will be introducing her to other HIV positive teenagers, so Emma can gain some peer support and see that she is not alone in living with HIV.

Introducing... Tarsisio



In each issue of Positive Interest we will be introducing you to one of the faces of Waverley Care.

In this issue we meet **Tarsisio Nyatsanza** – Training and Development worker from our African Health Project. Tarsisio's role is both to provide training to HIV clinics on the specialist cultural

needs of Africans living in Scotland, to offer support to Africans and raise awareness of HIV.

Why did you choose to work for Waverley Care?

I always loved being involved with a voluntary sector organisation that recognises human beings as having dignity, irrespective of their health, race, immigration or social status. More importantly, Waverley Care works both at grassroots, with individuals, groups and other organisations but is equally involved in formulating and influencing good policies and practice at their highest level of governance.

What has been the most memorable moment for you at Waverley Care?

The success of last year's big African social event in Glasgow that resulted in the research and report "It's Good to go for a Test" an evaluation of our awareness work in Glasgow.

What message would you give a young person about HIV?

Given the existing treatment and support – it's good to go for a test, behave responsibly and whatever one's status, the future exists for everyone!

What did you do before you worked at Waverley Care?

Teaching both in Africa and the UK, some project work around Development, Education and Global Citizenship, and I worked with a race equality organisation.

Where did you last go on holiday?

Africa – but maybe I should say it was a working holiday because I could not get my attention away from HIV-related issues when there.

What is your favourite food and drink?

African cuisine, sea food and a glass of wine.

Thank you to...

The Moffat Charitable Trust, The North British Hotel Trust, The Hope Trust, Hilton in the Community Foundation, Hilton Grosvenor Hotel, Hospital Saturday Fund, Cruden Foundation, Mainhouse Charitable Trust, The Pleasance Trust and Greggs Trust for their much-valued donations towards our ongoing work at Solas, Milestone and in our Children and Families Project.

Edinburgh International Jazz and Blues Festival for enabling us to collect £187 at Mardi Gras.

Edinburgh Music Theatre for collecting at their Fringe show, 'Masquerade'.

Dan Docwra for the £910 donated in lieu of presents for his 60th birthday in May.

Roland Kumoki for donating a painting for auction during the Fringe.

Tom Cabot, Ben French, Rollo Gwyn-Jones and William Nicolson for raising £1160 during their Arctic Challenge cycle ride.

New Town Bar for raising £1079.65 at their three Sunday Fundraisers during the Fringe.

Costco for donating the wine for our Loud and Proud event.

White Petal Company for their donation of flowers.

Standard Life for providing Stewart Smith on secondment to help us develop a cross-organisational database.

Rotary Club of Edinburgh Breakfast for their £250 donation.

Café Habana for raising £245 from the Forth Rail Bridge Abseil.

Just a song at bedtime...

Volunteers and service users of our African Health Project in Glasgow and Edinburgh have joined together to record a CD which will raise funds both for Waverley Care and for two grass roots women's projects in Malawi. The CD includes children's songs, lullabies and spirituals from across Africa. Recorded in August by JS Music Solutions, the CD will be available by the end of October.

Visit www.waverleycare.org for details



World AIDS Day 08

Thinking about children on World AIDS Day 2008

Living with HIV is a reality for 33 million people throughout the world today, 2.1 million of whom are under 15. In Scotland 3,882 people are living with HIV and NHS Agency, Health Protection Scotland, estimates that there are around another 1300 who are unaware of their HIV positive status.

On 1st December, Waverley Care, will mark the 21st World AIDS Day - an important opportunity to reflect on the impact of HIV on us as individuals, as a nation and as a global community.

Waverley Care is taking the theme of Children and Families for its World AIDS Day event at St John's Church, Princes Street. We are delighted to welcome Scotland's first Commissioner for Children and Young People, Kathleen Marshall, to speak at the event.

Please consider joining us at St John's at 6pm, or later at 8pm at St Cuthbert's for our concert of Fauré's 'Requiem'.

Fringe Benefits

It may have rained for the best part of this year's Fringe but the sun was shining on Waverley Care as we enjoyed another successful year of bucket-shaking at The Pleasance, raising a staggering total of £15,636. Thanks to all who shook buckets and a special thank you to our Patron, Anthony Alderson, Director of The Pleasance.

Comedians were, once again, out in force in support of Waverley Care, at two sell-out comedy gigs. Our annual Tartan Ribbon Comedy Benefit saw a line-up including Stephen K Amos (right) and the 'punslinger', Tim Vine. A week later, the Edinburgh Festival Theatre resounded to three hours of laughter at the Off the Kerb Comedy Gala hosted by Michael McIntyre and Adam Hills and featuring 23 of the UK's best comedians. Our special thanks to Addison Cresswell from Off the Kerb and to Ryan Taylor from The Pleasance.

The Fringe came to an uplifting and joyful end for Waverley Care as £2,600 was raised at Loud and Proud's second Fringe concert for Waverley Care (sponsored by VMH Solicitors). Thanks to Karen Dietz and her wonderful group of singers for all their support.



Fundraising Diary

- Saturday 29th November 2008, 10am**
Note Learning Rehearsal for
'Come and Sing' Fauré 'Requiem'
Edinburgh
- Monday 1st December 2008**
World AIDS Day
Look out for events happening across the city
in support of Waverley Care.
- Monday 1st December 2008, 6pm**
'Celebrate, Reflect, Remember'
With Kathleen Marshall, Children's Commissioner
for Scotland.
St John's Church, Princes Street, Edinburgh
- Monday 1st December 2008, 8pm**
'Come and Sing' Fauré's 'Requiem'
Conducted by Mark Evans. Includes performance
by NYCOS Edinburgh Choir.
St Cuthbert's Church, Edinburgh (Rehearsal 7pm)
- Saturday 14th February 2009, time tbc**
Note Learning Rehearsal for
'Come and Sing' 'Little Jazz Mass'
Registration opens and forms being issued 5 Jan 09.
Edinburgh
- Saturday 21st February 2009, 7.30pm**
'Come and Sing' 'Little Jazz Mass'
Conducted by the composer himself Bob Chilcott.
Registration opens and forms being issued 5 Jan 09.
St Cuthbert's Church, Lothian Road, Edinburgh
(Rehearsal 2pm)
- Sunday 15th March 2009**
Meadows Marathon
Half marathon and 5km. Places available now.
- May / June 2009 (tbc)**
Great Scottish Walk
1, 6 or 12 mile routes available.
- Sunday 31st May 2009**
Edinburgh Marathon
Full marathon and 'Hairy Haggis' places available.

For more details go to www.waverleycare.org

Stuck for Christmas Present Ideas?

Waverley Care has the answer! This Christmas you can make a difference to the lives of people living with HIV in Scotland. Our virtual gifts include the gift of a buddy, spiritual support or a well earned rest for a family living with HIV.



Here is just one of the gift ideas you can choose from...

A time for love and acceptance. Waverley Care's Spiritual and Pastoral Care Service

offers support to people of all faiths and of no faith. Many have been bruised by rejection and stigma. From this gift, people can experience healing and wholeness to help them move on towards a positive future.

Spiritual support session: £25

Visit www.waverleycare.org/shop to view our full range of gifts.

Edinburgh Concert Band 
with The Bohemians in aid of the

Autumn Gold

Saturday 15th November @ 7.30pm
The Queen's Hall, Edinburgh
Ticket Price £8

Tickets from: www.edinburghconcertband.org.uk
or The Queen's Hall Box Office: 0131 668 2019

Supported by  **The National Lottery**
through the Scottish Arts Council   

The Edinburgh Concert Band is Registered as a Scottish Charity No. SC036509. The Bohemians Lyric Opera Company is Registered as a Scottish Charity - No. SC028788. Design: Tim Griffiths-Ruston www.igad.co.uk

Supporting Our Work

Please consider making a donation towards our work.

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 affected by HIV from any faith and of no faith.
- £50** can Train a Buddy Volunteer. Buddies provide one-to-one support and friendship to people living with HIV – much needed support as being HIV 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 RRKT-TKLZ-AYZE,
Old Coates House, 32 Manor Place, Edinburgh EH3 7EB

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, the Inland Revenue 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.

Virtual Gifts

