

positive interest

THE CHARITY NEWSLETTER OF WAVERLEY CARE

Supporting people living with
HIV & Hepatitis C in Scotland

February 2010



Welcome to the February 2010 edition of Positive Interest and the start of our 21st birthday year.

It was in 1989 that Waverley Care was founded to care for people living with HIV in Scotland. Over those 21 years of offering support the charity has evolved and developed as the needs of those living with HIV have changed. We have seen the emergence of treatments turn a terminal illness into a long-term manageable condition and we now also support those living with Hepatitis C. Unfortunately though, HIV is still surrounded by stigma and discrimination and we continue our hope for a cure.

Over 2010 there will be various events celebrating our birthday and we'll be looking back over the past 21 years to pick out some highlights. In this edition of Positive Interest meet Community Projects Manager Martha, who has been with us since the early days.

You will also find an interesting article on our much-loved tartan ribbon and a profile of our Patron Alexander McCall Smith. Finally, we've lots coming up this year so check out our Fundraising Diary on page 7 for all the events.

Thank you for your support and happy reading!

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Volunteering

The Tartan Ribbon

Waverley Care has been using the tartan ribbon as its logo since 1995. The ribbon was devised by a service user as a way of showing support to anyone affected by long-term illness and especially HIV.

Since 1995 the ribbon has been at the forefront of our fundraising and awareness raising initiatives. Events, awards and even products have taken on the name, for example the Tartan Ribbon Comedy Benefit has been running at the Pleasance in August for many years.

Our ribbons are made up by dedicated volunteers and recently we were delighted when our most productive ribbon maker, Ann Stewart, was given a special recognition award for commitment at the Edinburgh Inspiring Volunteer Awards. Ann was selected as the winner of the Commitment Category from 100s of nominated volunteers at the awards.



[above] The Lord Provost handing over the award to Waverley Care's Fundraiser Alison and Volunteer Co-ordinator Neil; [right] Ann Stewart

Over the 10 years that Ann has volunteered for Waverley Care, it is estimated that she has produced ribbons totalling over the 1 million mark!

Unfortunately, Ann couldn't make it to the awards ceremony hosted by the Lord Provost so representatives from Waverley Care collected it on her behalf. She did, however, come in to the Waverley Care offices, accompanied by her trusted ribbon making helper Sheila, to be presented with her award by our Director David Johnson.

If you want to volunteer in this way then please contact the fundraising team on 0131 556 9710 or email fund@waverleycare.org.

Profile of a Patron



Alexander McCall Smith has been a Waverley Care patron since 2004. Author of over 60 books, he is probably most famous for his 'No.1 Ladies Detective Agency' series. His books have been translated into 42 languages. He lives in Edinburgh with his wife

Elizabeth, a doctor, and spared a few moments to answer our questions.

Why did you become a patron of Waverley Care?

I was greatly impressed by the work that Waverley Care does.

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

The befriending / buddy service.

If you could write a book around another author's character who would the character be?

'Lucia' from Benson's 'Mapp and Lucia' series.

What is your favourite food and drink?

Pasta and Claret.

What are you currently reading?

'Tuscany' by Alistair Moffat.

Name 3 things you want to do before you die.

Visit the Church in Bari where the bones of St Nicholas (Santa Claus) are kept in a candy striped box; attend the Bolivian Navy Day celebrations (they have no sea and very few boats – but apparently a very large number of admirals); arrange the books on my book shelves properly.

Who inspires you?

A doctor friend in Africa who has devoted his life to helping those in need of help.

Treating HIV Earlier

Waverley Care Trustee Brian West reports on HIV treatments

Over the last few years we have learnt more and more about the HIV virus. That it is a devious creature is nothing new – but the damage that it is doing in the background is now becoming more apparent.

This has changed the thinking about when people should start treatment. Previously, the focus was on delaying treatment until people risked developing AIDS-related illnesses. This was because early drugs were difficult to take and had some severe side effects. Over time the drugs have become easier to take and less toxic. Left untreated, HIV is highly inflammatory and causes increases in other long-term chronic conditions like heart disease. Now the anti-retroviral drugs are seen as being protective and doctors look to treat earlier to avoid the damage that untreated HIV causes.

This means that people should now be starting HIV treatment earlier. We need to communicate this widely and discuss this in our support groups. People need to be ready to start treatment earlier. This highlights another big problem - many people are diagnosed too late i.e. when the HIV virus has seriously attacked their immune system. We know that these people have worse health outcomes – so we need to redouble our efforts to reach them earlier.

Many of those diagnosed late come from marginalised groups, such as recent immigrants from Sub-Saharan Africa. Waverley Care services are well-positioned to address this with our African Health Project and round-the-clock care available at Milestone.

It does mean we have to prepare for the long haul however. Starting treatment earlier means being on it longer. We need to plan for what support people on therapy for 40 years or more will need.

Waverley Care Milestone Threatened

Edinburgh council's £92 million cash crisis could have a huge impact on Waverley Care services later this year. There are proposals to reduce funding to HIV services in the city and this includes proposals to reduce funding to our respite unit, Milestone.

Brian West's article [above] talks about the potential for people to be on treatment for 40 years and more. Whilst science and medicine are working hard to maintain and develop treatments, there is something of a silence about the social care needs that face people living with HIV.

At a time where the government talks about rising rates of HIV prevalence and where the support and social care needs of people with HIV are likely to grow, it could scarcely be a less fortuitous time to consider withdrawing funding from the country's only dedicated respite unit. We'll be challenging the council's proposals and will keep you up to date as more is known.



Compose a Christmas Carol for SATB voices

Judging panel for shortlisted entries:
Bob Chilcott • James MacMillan • Simon Woods

£500 cash prize • Entry fee £25

Competition guidelines and application pack from:
www.waverleycare.org
0131 556 9710

Closing date for entries: Friday 21st May 2010



Sponsored by:
Sir Tom and Lady Farmer

Scottish Charity No. SC036500

Focus on: Community Outreach & Support

Since the service began in 2001, Waverley Care's **Community Outreach and Support Project** has given many people a reason to get out of bed. The project helps people living with HIV and/or Hepatitis C to live independently in the community.



The **Community Outreach and Support Project** provides confidential support, often after a time of crisis, to help people fully engage in life in their own community and not give in to the isolation that can come from living with HIV and/or Hepatitis C.

Feelings of low self-esteem and self-worth, often reinforced by HIV stigma and discrimination, are common amongst those living with HIV or Hep C. This, coupled with poor health, can lead people to find themselves isolated from friends and family and feeling unable to involve themselves in their local communities. This is where Waverley Care's Community Outreach and Support Project can help.

Referrals to the project come from a number of sources including social workers, drugs workers, psychologists and other Waverley Care services. The project encourages people to become more engaged in life in their own community. It offers individual support and involves people in group activities.

People are supported on a one-to-one basis in their own homes or at medical or other appointments. The service also provides a range of group social activities including cookery, swimming and gardening as well as outings to venues such as museums and safari parks. The activities and outings encourage those using the service to meet and interact with others and feel more involved in society.

Service users have reported many benefits including feeling happier, leading more fulfilled and healthier lives, participating in more activities in the community, making new friends and improving personal relationships with partners, friends and family.

One service user summed up how the service had helped him by saying "I feel a part of life now."

Jane

Jane (43) was originally referred to the Community Outreach and Support Team by hospital staff after a lengthy admission. She was diagnosed as being HIV positive two years ago. This compounded her existing mental health issues such as bulimia and, once again, she experienced severe depression.

The diagnosis impacted on her ability to cope with daily living. She developed an alcohol dependency and made several attempts to commit suicide.

After referral and assessment by the Community Outreach and Support Team, Jane was allocated a worker so that she had one point of contact and would see a familiar face. At this point, she had accrued substantial debts and had been issued with an eviction notice on her flat.

Jane received a number of different forms of support from the team including financial information, advocacy, emotional and social support and signposting to specialist agencies.

From the financial information she received, Jane started to claim benefits that she did not realize she was entitled to and funding was secured from a number of different charitable sources to alleviate her debt situation.

Housing advice was given by Shelter so that her eviction order was halted and a repayment plan agreed which Jane has adhered to.

For emotional and social support Jane now regularly attends the weekly swimming and women's groups facilitated by the Community Outreach and Support Team. She has found the support from other services users and staff valuable in helping her come to terms with her HIV diagnosis, improving her social networks and generally enjoying life more.

Introducing... Martha



Martha Baillie is the Senior Manager for Waverley Care's Community Projects.

Our Community Projects are made up of ten projects which include our Children and Young People's, Advocacy and Information, Women's and Counselling services.

Martha has been with Waverley Care for 19 of our

21 years as a Scottish Charity and has seen many changes to our services but she remains as passionate about the work as when she first started.

What did you do before working at Waverley Care?

After graduating I worked with VSO in Nigeria and then completed my teacher training and taught in London. Next I worked for several years as an advisor with the Citizens Advice Bureau before becoming a support worker with the homeless. Both of these positions were also in London where I did lots of voluntary work too; setting up a housing co-op, supporting refugees, setting up a women's safe transport project and buddying with an HIV charity. I was keen to return to Scotland and the Waverley Care role was a worthwhile and inspiring reason to make the move back.

Is there anything that frustrates you about your job?

The public perception that HIV is not a problem in Scotland and lack of understanding about the impact of HIV stigma.

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

There have been many – from the opening of the Solas centre in 1991 to reaching significant organisational birthdays – but the ones that will stay with me are seeing people's joy in achieving things they didn't think possible because of living with HIV and HIV stigma; from having children and grandchildren, to confidence in exhibiting art work they have created, to attending international conferences or speaking in public about living with HIV.

What are you currently reading?

John Irving 'A Prayer for Owen Meany'.

What was the last arts event you attended?

'Staff Benda Bilili' (Congolese band) at the Edinburgh Usher Hall.

Where do you see yourself in 10 years time?

Living on the west coast of Scotland in an eco-house (with my husband and as many of our family as can be persuaded to come too); with fruit/vegetable plot and chickens! Walking, reading, writing, gardening, making lovely meals and welcoming guests who need a bit of peace.

Thank you to...

The Cattanach Charitable Trust, John Watson's Trust, The Royal Caledonian Ball Trust, Sir James Miller Edinburgh Trust and St Paul's and St George's Church 10% Fund for their much-valued donations.

BearScots for raising £527 from their BearScotsFest 2009 weekend.

Edinburgh Gay Men's Chorus for raising £343.84 from their 'Heroes' concert in November.

Rev Alison Fuller for raising £200 from fundraising during her hour on the Fourth Plinth in Trafalgar Square.

Mark McIver and Lloyds Banking Group for raising £556.20 from two dress-down days.

Shannon Malkiewicz and Scottish Natural Heritage for

raising £45 from a Christmas Card Stall.

Malcolm Bennett, Lee Connor, Stewart Gunn, Chris McGuire, Mark McIver and Thomas Young for raising £3721 from abseiling off the Forth Rail Bridge in October. B&Q for their Christmas tree donation.

Alan Borthwick and Theatrical Company for raising £367 from their performance of the Farndale Mikado.

Ian Gemmel for raising over £700 from trekking through the Himalayas.

David Van Den Bergh and Simone Thorn for raising £172 from a Quiz Night.

The Community of the Transfiguration, Greendykes Young Persons Centre and Motor Sporting Club Scotland for their donations.

World AIDS Day: Fundraising Round-up

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

Community gatherings were held in both Edinburgh and Glasgow and were titled 'Celebrate, Reflect, Remember'. The events brought together a range of people from across Scottish society to remember those who have died of AIDS, reflect on the current global AIDS crisis and celebrate the developments that have been made in the fight against HIV.

A range of fundraising events took place on and around 1st December. Collections took place in Starbucks branches across Edinburgh raising over £1200, whilst Napier University Students hosted a Fun[d]raising Night at Revolution Bar in Edinburgh, raising almost £200. The students also did great work helping us promote Waverley Care around World AIDS Day. Thank you to them.

Edinburgh Playhouse hosted Queen and Ben Elton's musical 'We Will Rock You' from November to January and, for the week of World AIDS Day, the cast and front of house staff raised funds from bucketshakes. An amazing £10,327 was raised. Thank you all.

Finally we hosted another of our renowned Come & Sing events, this time choosing Rutter's Magnificat to be performed by a chorus of over 200 singers led by Stephen Doughty. Over £3,000 was raised. Thank you to all our singers and volunteers as well as Stephen, our accompanist David Goodenough and soloist Joanne Holton.



[top and middle] Starbucks' branches across Edinburgh raising money; [bottom] Napier University students fundraising at the Revolution Bar.

Other World AIDS Day Fundraising Thanks go to...

Balerno Community High School, Boroughmuir High School, Broxburn Academy, Craigmount High School, Edinburgh College of Art, Edinburgh Students' Charities Appeal, Fettes College, James Gillespie's High School, Jedburgh Grammar School, Kirkcaldy Presbytery, Linlithgow Academy, Portobello High School, Erskine Stewart's Melville Schools, Student Stop AIDS Society and West Calder High School.

CC Blooms, Café Habana, and New Town Bar.

Ibrox Parish Church, Glasgow; Mayfield Salisbury Church, Edinburgh; St Christopher's Church, Edinburgh and North Edinburgh Drug Advice Centre.

For supporting our community gathering events, Saville AV, Sainsburys, St John's Church in Edinburgh, St Mary's Cathedral in Glasgow, Glasgow Gospel Choir, Sheboom Drummers, Tawona Sithole (Seeds of Poetry Group), Loud & Proud Choir, Grassroots Theatre Company from Zimbabwe and Impact AIDS.

Fundraising Diary

Sunday 14th February 2010, 8pm
Topping & Butch's Tunnel of Love
Comedy cabaret performance with all proceeds to Waverley Care.
Pleasance Theatre, Pleasance, Edinburgh
Tickets £10 (£7 conc) Tel: 0131 556 9710

Sunday 28th February 2010, 2pm
Note Learning Rehearsal for Come & Sing Mozart's Requiem
Wellington Church, Southpark Avenue, Glasgow
Tickets £13 (£9.50 conc)

Saturday 6th March 2010, 7.30pm
Come & Sing Mozart's Requiem
Conducted by Michael Bawtree
St Mary's Cathedral, Great Western Rd, Glasgow (Rehearsal 2pm)
Audience Tickets £10 (£8 conc) Tel: 0131 556 9710

Sunday 7th March 2010
Edinburgh Meadows Marathon
The Meadows, Edinburgh
5km and Half Marathon places available.

Sunday 9th May 2010
Forth Rail Bridge Sponsored Abseil
South Queensferry, Edinburgh
Places available to raise funds for Waverley Care.
Freefall abseil 165ft!

Friday 21st May 2010
'Sing a New Song' Christmas Carol Writing Competition Deadline
Compose a Christmas Carol of maximum four minutes duration for SATB voices.
Visit www.waverleycare.org for more details or
Tel: 0131 556 9710.

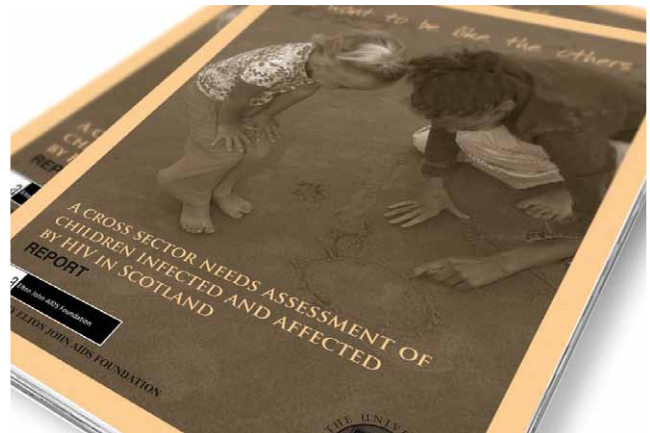
Sunday 23rd May 2010
Edinburgh Marathon
Full Marathon and Hairy Haggis relay places available.

Sunday 6th June 2010
Walk for Scotland
1, 6 and 12 mile routes are available on this Edinburgh sponsored walk.

Saturday 12th June 2010, 7.30pm
'Summer Sparkler' - Edinburgh Concert Band
Queen's Hall, Edinburgh
A sparkling evening of summer music.
Tickets £10 Tel: 0131 556 9710

Sunday 28th September 2010
Great Scottish Run
Choose from the 10km or Half Marathon. Race starting from central Glasgow. Places available.
For more details go to www.waverleycare.org or call
0131 556 9710 or email fund@waverleycare.org

'I want to be like the others'



On 20 October Annie Lennox helped launch the report 'I want to be like the others', a cross-sector needs assessment of children infected and affected by HIV in Scotland.

Waverley Care applied, on behalf of the HIV sector in Scotland, for a grant from the Elton John AIDS Foundation and was able to commission the research and report from the University of Edinburgh.

The report highlights the needs of children and young people infected and affected by HIV in Scotland and contains 12 key recommendations to improve their treatment and support and to try and tackle the stigma affecting the children.

Joining Annie Lennox at the launch of the report were paediatricians, representatives from the Scottish Government, social work departments and Elton John AIDS Foundation, and the children and parents who took part in the report.

The report is available to download in full from the publications section of the Waverley Care website.

Edinburgh Marathon



Sunday 23rd May 2010

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 556 9710



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.
- £50** can **Train a Buddy Volunteer**. Buddies provide one-to-one support and friendship to people living with HIV. Support is much needed 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 RSBX-RZUK-EBRZ, 3 Mansfield Place, Edinburgh EH3 6NB

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.

Mozart's Requiem
Conducted by Michael Bawtree
Organist Oliver Rundell
Saturday 6th March 2010
St Mary's Cathedral
Great Western Rd, Glasgow
Rehearsal 2pm • Concert 7.30pm
Singers £13/£9.50
Audience £10/£8

For further details contact:
Tel 0131 556 9710
or visit
www.waverleycare.org

 **Waverley Care**
making a positive difference
Scottish Charity No: SC036500

**FORTH RAIL BRIDGE
ULTIMATE ABSEIL**
Sunday 9th May 2010



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 fund@waverleycare.org

Supporting children and adults living with HIV and Hepatitis C
www.waverleycare.org Scottish Charity No. SC036500

 **Come & Sing** 
Stainer's Crucifixion

St Mary's Parish Church • Haddington

✂ ————— ✂

Sunday 28th March 2010
Rehearsal 3pm – 6pm / Performance 7pm
Musical Director: Dr Peter Christie
Singer's £6 / Audience £8

Proceeds to M.E. Research and
St Mary's Parish Church

Contact: Felicity Haire 01620 822938