At Waverley Care, we take a positive approach to HIV, Hepatitis C and Sexual Health.

We work closely with communities, starting conversations about these issues, encouraging people to access testing and empowering them to make choices that improve their health and wellbeing.

We’re also here for people living with HIV or hepatitis C, working with them to understand their needs and offering practical support that helps them to live well.

Everything we do is guided by the experiences of the people we work with. By sharing these experiences, along with information people can trust, we want to challenge the stigma associated with HIV, hepatitis C and sexual health, and address the broader inequalities that our communities face.

Waverley Care in Numbers

65 Staff

60 Volunteers
For the past 30 years, Waverley Care has been at the forefront of Scotland’s response to HIV and hepatitis C.

We’re incredibly proud of the progress that’s been made - from our early days as the UK’s first purpose-built AIDS hospice, to today where the focus is fully on empowering people to live healthy lives.

While recognising the importance of the past, this review is a great chance for us to celebrate the exciting, innovative work that is happening right now across Scotland, and to look to the future.

In the following pages, you can learn about how, with your support, our work is helping to smash the stigma so often associated with HIV, hepatitis C and sexual health – stigma that not only impacts the emotional health of individuals, but also fuels a reluctance for people to access testing and support.

On behalf of all the Waverley Care team, including our staff, service users, volunteers and trustees, we’d like to thank you for that continued support.

Grant Sugden            Ian Arnot
Chief Executive          Chair

1989
30 years of challenging stigma
6 bases across Scotland
Over the last few years, Glasgow has experienced the UK’s biggest HIV outbreak since the 1980s, affecting people who use drugs in the city centre.

Rather than waiting for people to come to us, our HIV Street Team is taking support out into communities where it can make a difference. The Street Team provides on-street support, working one-to-one with people to make it as easy as possible to access HIV testing, alongside advice about HIV prevention and recovery services.

We want to smash the stigma surrounding HIV and drug use, highlighting the complex nature of addiction, and the need to address the social inequalities underpinning it, like homelessness, poverty and abuse.

Our work in Glasgow is just one example of how we’re responding to new and emerging issues around HIV in Scotland with evidence-based, accessible services.

*The HIV Street Support Project is funded by the National Lottery Community Fund.*

“One of the most important things about this job is building relationships with people. You get to know their body language – and over time, they know they can talk to you when you’re passing.”
Other Highlights:

2018-19

• Worked with young adults living with HIV to develop self-management workshops, focusing on issues identified by the group

• Supported the rollout of PrEP in Scotland, organising events to discuss widening access to include women and African communities affected by HIV

• Launched new resources highlighting the U=U message - that a person living with HIV and on treatment can’t pass the condition on through sex

• Showcased our work to international delegates at the British HIV Association Conference in Edinburgh

Key Stats:

• 6,119 people in Scotland living with HIV

• 9% of people with HIV have never been diagnosed

• 1 in 5 people who were prescribed PrEP in Scotland did so after attending sexual health services for the very first time

• By 2030, we want to achieve zero new HIV infections and zero stigma
Finding out that you’re living with hepatitis C can be an overwhelming experience, with lots of questions and concerns. Sometimes, it’s good to talk to someone who can relate.

Through **Recovery Plus**, we’re training peer mentors – volunteers who’ve lived with hepatitis C - to use their experience to help others.

Peer support has brought real benefits to our service users, helping them to overcome social isolation, plan for the future, and feel ready for treatment to clear hepatitis C. At the same time, our mentors are learning new skills and building self-confidence.

So much of the stigma associated with hepatitis C comes from judgements about how it can be transmitted and ignorance of what it actually is.

Initiatives like Recovery Plus help people to understand their diagnosis, know they are not alone, and realise that hepatitis C can be cured.

*The Hepatitis C Recovery Plus Project is funded by the People’s Postcode Trust.*

“Being able to talk to someone who’s actually been through the treatment is a huge support. You bring experience that doctors and support workers can’t.”
Welcomed the Public Health Minister, Joe FitzPatrick MSP, to talk about hepatitis C elimination and our work in Scottish prisons.

Contributed to developing the ‘three asks’ of hepatitis C elimination in Scotland, focusing on testing, accessible treatment and prevention.

Offered hepatitis C advice and testing at a community event to mark International Overdose Awareness Day.

Supported volunteers with our Chinese Health Project to produce short films challenging myths that exist about hepatitis B.

Key Stats:

- 21,000 people living with hepatitis C in Scotland.
- 50% of people with hepatitis C have never been diagnosed.
- Current, highly effective hepatitis C treatments can cure the virus in 8-12 weeks.
- The Scottish Government has committed to eliminating hepatitis C by 2024.
Throughout our history, we’ve shared our experiences with partner organisations to help improve knowledge in the broader sexual health sector in Scotland.

Over the past year, the launch of our Research and Engagement Team, has allowed us to become even more proactive – working with communities to explore some of the key evidence gaps around sexual health.

Among the projects already underway is a partnership with Scottish Trans Alliance, exploring trans and non-binary people’s access to, and experience of, sexual health services.

We’ll also be working with African communities, gay and bisexual men in rural Scotland, and people who inject drugs, to better understand their sexual health needs.

Across our research, we’re using peer-led approaches, ensuring that communities most affected by poor sexual health have a say in how services are designed and delivered. We’re also supporting people to tell and share their stories. This is providing rich, relevant information that will help us, and others to provide sensitive, non-stigmatising sexual health support that breaks down barriers to access.

Our national Research and Engagement work is funded by the Scottish Government.

“I liked that it was run by a trans person. It felt so important to have space to discuss these issues in a room of people you can trust and who understand.”
Other Highlights:

2018-19

• Attended Pride events across Scotland, speaking to people about all aspects of their sexual health

• Re-launched our SX website, providing health and wellbeing information for gay and bisexual men across Scotland, and began delivering SX support services in Forth Valley

• Worked with NHS Highland to deliver training to all Youth Development Workers, enabling them to talk to young people about sexual health issues

• Received funding for our Wave Highland project to recruit and train a young people’s steering group, to identify sexual health priorities and develop campaigns

Key Stats:

• 1,464 secondary students across Highland attended our Wavelength sexual health education sessions

• 150,000 condoms distributed across Scotland

• Over 1,300 people were supported into testing for HIV, hepatitis C and other STIs through our services
For 30 years, Waverley Care has been at the forefront of Scotland’s response to HIV and hepatitis C. Here, we roll back the years for a potted history of the charity...

**December 1988**
Lothian Regional Council and Lothian Health Board propose the formation of a new body in response to the HIV epidemic – Waverley Care is born.

**17 February 1989**
Our first official meeting – among the original trustees are the Lord Provost of Edinburgh, the Chair of Lothian Health Board, and the Bishop of Edinburgh.

**25 January 1991**
Milestone, the UK’s first purpose-built AIDS hospice, opens its doors.

**11 October 1991**
Princess Diana visits Milestone, meeting service users and staff, and helping to challenge the stigma associated with HIV.

**1993**
We start to offer community-based support for the first time.

**1993**
Recognising the impact of HIV on service users’ families, we launch a dedicated Children and Families Project.
The introduction of new anti-retroviral drugs revolutionises HIV care – our services evolve from a focus on end-of-life care to supporting people to live well.

2003 The impact of HIV on Scotland’s growing African population leads to the launch of our African Health Project.

2003 With more people affected by both HIV and hepatitis C, we broaden our constitution to support people living with both conditions.

2007 We launch our first national project – Poz Youth, which supports children and young people living with HIV.

2009 Our expansion continues with the launch of services in Lanarkshire and Fife. This is followed by Argyll & Bute (2010) and Forth Valley (2015).

2012 Always Hear, a Scotland-wide HIV awareness and anti-stigma campaign for schools and community groups is launched.

2014 Quicker, more effective hepatitis C treatments with fewer side effects are introduced, allowing more people to clear the virus.

2024 The Scottish Government has committed to the elimination of hepatitis C by 2024.

2024 Fast Track Cities HIV targets call for zero HIV discrimination by 2030 – Scotland can aim higher, and we support the ambition to reduce new infections to zero in the same time.

2030 November 2017 Wave, our sexual health and relationships education programme for young people in Highland, is launched.

2030 December 2018 Scotland achieves the UNAIDS 90:90:90 targets, focusing on HIV diagnosis and treatment.

2030 September 2018 In response to an HIV outbreak among injecting drug users in Glasgow, we launch our HIV Street Support Project.

2030 July 2017 Scotland becomes the first country in the UK to make PrEP available on the NHS. PrEP is a pill that can protect someone from HIV infection.

2030 June 2016 SX, our dedicated health and wellbeing service for gay and bisexual men, is launched.

2030 Always Hear, a Scotland-wide HIV awareness and anti-stigma campaign for schools and community groups is launched.
Over the last year, we’ve invested in developing our corporate fundraising – leading to new, exciting relationships with companies across Scotland.

One of the successes to emerge has been a partnership with financial services firm, Criterion Tec Limited, as part of their Corporate Social Responsibility Strategy.

The partnership began with an office ‘lunch and learn’, where we visited Criterion staff in Edinburgh to talk to them about our work. Since then, staff have engaged in volunteering, skills-sharing and a variety of fundraising events.

On the fundraising front, the team has taken part in the Kiltwalk, shaken buckets at the Fringe and hosted their own workplace events, including a Eurovision sweepstake.

The team also got involved in volunteering, tidying up the garden at our residential support centre, Milestone, and maintaining a relaxing space for service users in the process.

We’ve got lots of opportunities to get companies involved in our work. Not only do these relationships help us to raise money and awareness, they also support the companies involved - whether it’s staff development, team building or simply to give back to the local community.

“We’re proud to partner with Waverley Care to challenge the stigma that’s still associated with HIV. This is the first charity partnership for Criterion and it’s been a very rewarding process.”
• We had a record breaking Edinburgh Fringe, raising over £90,000, including relationships with the Pleasance and Off the Kerb

• Brought in over £130,000 from charitable trusts, following successful applications to support our projects across Scotland

• Hosted a successful black-tie Tartan Ribbon Dinner, bringing together supporters to raise £29,850

• Re-launched our Tartan Rainbow LGBT Ceilidh event, raising £2,900

Key Stats:

• 670 hours of bucketshaking performed by our volunteers during a record breaking Fringe in August

• 112 corporate volunteers helped out in the garden at our Milestone Residential Support Centre

• 375 singers joined us at our famous Come & Sing events, raising £11,500
Finance

Balancing the books

Income: £2,786,551

Including:
- £2,399,627 (Grants and charitable activities)
- £359,746 (Donations and legacies)
- £27,178 (Investments)

Expenditure: £3,067,915

Including:
- £183,878 (Raising funds)
- £2,884,037 (Charitable expenditure)

For every £1 we raise, we spend:
- 79p Service Staffing and Delivery
- 5p Rent and Upkeep
- 10p Admin and Governance
- 6p Raising Funds
Thank You

We’d like to say a massive thank you from everyone at Waverley Care to our amazing supporters, including:

Abbvie Ltd
Appletree Trust
Artemis Charitable Foundation
Austentatious
Bailie Gifford
BBC Children in Need Appeal
Binks Trust
Black Light
The Bohemians Lyric Opera Company
Broughton St Mary’s Church
Capital Theatres
CC Blooms
Church of Scotland HIV Programme
Colinton Parish Church
Comprehensive Design Architects
Criterion Tec Limited
Curiouser and Curiouser
The Dome
Edinburgh Concert Band
Edinburgh Music Theatre
The Edinburgh Playhouse
Edinburgh’s Christmas
Ernst and Young
Fresh Air
The Gannochy Trust
Gordon Fraser Charitable Trust
Granton Church
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The Netherdale Trust
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