



WAVERLEY
care Positive about HIV, Hep C
& Sexual Health in Scotland

About our Support Services

HIV and Hepatitis C don't discriminate. And we all have sexual health. That's why our services are as diverse as the people we support. Whether someone is living with, or affected by these conditions, no one should face HIV or Hepatitis C alone. Our many services, offered throughout Scotland, incorporate support groups, one-to-one support, one-to-one peer mentoring, social outings, education sessions and workshops to name just a few.

One to One and Group Support

Some of the ways we help people with one to one and group support include:

- **Coping with a new HIV or hepatitis C diagnosis** – a new diagnosis can impact on just about every aspect of a person's life, so the support we offer has to be every bit as diverse. When someone first comes into contact with us, we'll work with them to understand their needs and how we can provide support. This often includes helping people understand what HIV and hepatitis C are, what the conditions mean for their health, and what is involved in treatment. We also provide emotional support throughout someone's journey with HIV or hepatitis C, helping them to think positively about their future.
- **Improving physical health** – we support people to live well with HIV or hepatitis C by providing advice on issues like diet and exercise, while supporting people to start or maintain treatment.
- **Tackling social isolation** – living with HIV and hepatitis C often results in people becoming socially isolated, partly due to the stigma associated with these conditions. We offer a range of support and social groups, alongside peer mentoring to help people to meet others who are going through similar experiences. This helps people to realise that they are not alone, and helps them build supportive relationships.
- **Promoting emotional health** – living with HIV and hepatitis C can mean people experience poor mental health, including anxiety, depression and low self-esteem/confidence. We support people to build resilience and improve their emotional health through approaches like self-management and mindfulness.
- **Practical everyday support** – HIV and hepatitis C disproportionately affect people who are vulnerable or marginalised, so we provide a variety of practical support to help people with everyday living. This includes helping people with issues like applying for housing and benefit support, household budgeting and getting to appointments.

Peer mentoring

At Waverley Care, we have long known the value of peer support and the difference it can make to people's lives, as demonstrated by the growth of our peer mentor projects including Project 100 for HIV Peer Mentors. We believe peer mentoring is a vital element of supporting anyone living with HIV or hepatitis C and, have seen the positive change it can bring to people's lives. Here's what you need to know about our peer mentoring support:

- **What is peer mentoring?** When we talk about Peer Mentoring, we mean the relationship between two people, where one person uses their own lived experience to guide and support another person – helping them realise their own potential, overcome challenges and work towards personal or professional development and improved quality of life.
- **How does peer mentoring work?** By working together in a way that values listening and collaboration, both Peer Mentor's and the people they work with build new skills, confidence and draw on their personal strengths to live well. This makes the mentoring relationship beneficial to both Peer Mentor's and the people they work with, as they have the opportunity to learn, grow and feel empowered together.
- **What support do peer mentors provide?** Peer mentors support people living with HIV and hepatitis C on a one to one basis – this can be emotional or practical support. It can also mean supporting people living with HIV and hepatitis C through group work, helping facilitate life skills workshops to improve their health and wellbeing.

Specialist support

Alongside our general HIV, hepatitis C and sexual health support services, we also provide specialist support for people from population groups who need dedicated support with HIV, hepatitis C and sexual health:

- **Wave Highland** - is our service all about getting young people in Highland thinking/talking about sexual health and relationships. Find out more at wavehighland.com
- **SX** - is our service improving the sex, health and wellbeing of gay and bisexual men, and all men who have sex with men living in Scotland. Find out more at s-x.scot
- **African communities** - our African Health Project works with local African communities to help improve the health and wellbeing of people across Scotland.
- **People affected by Glasgow's HIV outbreak** - our HIV Street Support Project is an innovative service directly working in Glasgow city centre tackling the ongoing HIV outbreak.