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Welcome

Who can ignore Olympics fever and the inspiring commitment of the sports men and women taking part in London 2012? On a far more amateur level, I recently took part in one of the Waverley Care Edinburgh marathon relay teams and ran 8 miles in the fabulous sunshine. Surrounded by an array of coloured vests, I was moved by the dedication of the thousands of people raising money for charity. Whether running 5km or the full 26.2 miles, the commitment was amazing. Thank you to those wonderful supporters, who ran for Waverley Care.

And then there is working for Waverley Care, where every day I am surrounded by inspiring people. From the child growing and developing through the help of our Children and Families Project, to the perseverance of the service user who has fought stigma and mental health problems to finish a college course and start work. From the staff members who have for 10, 18 or 21 years dedicated their working lives to making life better for those on the fringes of our society; to those who donate their time, energy and money to allow our support services to continue. All inspirational!

Hopefully you’ll find some inspiration amongst the following pages to continue, or start, your support of Waverley Care.

Thank you to all those who inspire me.

With warmest wishes

Grant Sugden, Director

Front cover image: Lynne and Nichola with the Care Accolade award.
World Hepatitis Day

On 28th July 2012 people across the world will come together to mark World Hepatitis Day and raise awareness of viral hepatitis.

Hepatitis kills around 1 million people every year. Millions more suffer long term ill health. In Scotland it is estimated that 39,000 people are currently living with Hepatitis C. More than half of those people are undiagnosed.

To mark World Hepatitis Day in Scotland, the main charities working to support those affected by the condition, have joined together to host a ‘HEPathon’ event on Friday 27th July. Activities will include 5-a-side football and badminton tournaments, Wii Olympics and Yoga and Tai Chi classes. The event fits in perfectly with it also being the opening weekend of the London Olympic Games.

For more details go to: www.waverleycare.org/events

We Won an Award!

Our Children and Families Project were delighted to be announced as the winners of a Scottish Care Accolade at an awards ceremony at Perth Concert Hall on 22nd June.

Organised by the Scottish Social Services Council, the Accolades highlight the best social service projects showcasing innovation, excellence and dedication in Scotland.

The awards were a great opportunity for Waverley Care to highlight the life changing work that we carry out every day with children and families affected by HIV and Hepatitis C.

Project manager Nichola Frith was part of a group representing Waverley Care who attended the awards ceremony in Perth to celebrate their fabulous achievement.

Nichola was thrilled to receive the award and said “It is an honour to be recognised for all that we do and all that we have achieved over 21 years of providing the service.”

It is a recognition of the work of many people, including our sessional workers, visiting artists and volunteers, all of whom help us provide the best possible support and consistency for the children and families who use the project.”

Suzanne, Martha, Angela and Nichola receiving the award.
New Projects in Glasgow

From July 2012 we will be expanding our services in Glasgow.

Funded by NHS Greater Glasgow and Clyde, we will be providing a new Hepatitis C prevention, treatment and awareness service. The aim of the work is to educate high risk groups about Hepatitis C to prevent the spread of the virus, to encourage testing and to support those living with Hepatitis C into and through treatment.

Additionally we will be expanding the existing awareness and support services within our African Health Project in Glasgow. We have secured funding from the Scottish Government Equality Fund for an Employability and Skills Worker. This new post will encourage those affected by HIV or Hepatitis C in the African community into education, training or employment.

Director of Waverley Care, Grant Sugden said, ‘I am very excited about the new services we will be offering in Glasgow. These new contracts are a tremendous opportunity for Waverley Care to further extend our HIV and Hepatitis C skills and expertise to the West of Scotland.’

Milestone Review Update

Thank you to all those who responded to the City of Edinburgh Council’s consultation on our residential unit, Milestone House. The passion and strong feeling of those who responded could not have been ignored by the council.

The findings of the review have now been published and they show that respondents:

- highly value the existing support offered by Milestone House;
- support the council’s key principles for a new service;
- have concerns whether the new support service will
  i. provide a safe, stigma-free support environment
  ii. provide the specialist support needed by Africans living with HIV.

The council and Waverley Care are now constructing a full proposal for the new support services to be offered in Edinburgh. These will be considered by a review group made up of members of the council, NHS Lothian, Waverley Care trustees, staff and service users.

We will be fighting to ensure that the new service meets the needs of those living with HIV in Edinburgh. We will keep you updated.

Voice of Hope Choir

Voice of Hope choir is one of the latest community initiatives from our African Health Project in Glasgow. The choir aims to engage the African community and work to help raise awareness of African health issues.

Nicola Sturgeon joined the singers and other African women for a celebratory event to mark International Women’s Day in Glasgow on Friday 16th March.
Introducing…
Sally Wright
Our Edinburgh Volunteer Co-ordinator recruits, trains and supports volunteers. We caught up with Sally to learn more about her.

Q: What did you do before you worked at Waverley Care?
A: I left school and home at 16, not knowing what I wanted to do apart from earn money! I did various administrative jobs before joining the London Ambulance Service at 19. I worked there for eight years, becoming a paramedic. I left in 1998 and went off travelling for a couple of years, spending time in Australia and Central America. I came to Edinburgh in 2000 and worked for a charity called Freespace for 5 years, before joining Waverley Care in 2005.

Q: What roles have you held at Waverley Care?
A: When I joined Waverley Care in 2005, I worked in the Community Outreach and Support team before moving to the Milestone Residential team as a support worker. I took on the role of Volunteer Co-ordinator 7 months ago after returning from maternity leave.

Q: What was the last arts event you attended?
A: I recently took my son to a dance show called Breakin’ Convention at the Festival Theatre. It was amazing, a mixture of break dancing, ballet, and gymnastics. My son has been trying to practise the moves on the sofa since and has ended up in tears a few times!

Q: What is your favourite food?
A: When I was away travelling, the food I missed the most was a breakfast fry up, roast dinner and baked beans on toast! I love cooking and learned a lot from my Gran. However, I’m still trying to perfect her sherry trifle and can’t get my Yorkshire pudding to rise right up out of the tin like hers did.

Q: When not working what do you spend your time doing?
A: Most of my time is spent with my children Tommy (5) and Katy (18mths). I am teaching them to swim and ride their bikes so we are out a lot at the park.

Q: Where do you see yourself in 10 years time?
A: I am looking forward to a long lie, as my children will be teenagers (almost)! I would really love to own a camper van and travel around Europe, especially Spain [I must be a hippy at heart!]. As for work, I want to develop my skills in what I am doing. I love working with volunteers and hope to build on our reputation as one of the best places to be a volunteer.
Focus on Residential Outreach

Bridging the gap between Milestone, our residential unit, and life in the community is our Residential Outreach Project.

Providing more intensive one-to-one support, the Residential Outreach Project works with service users who may otherwise fall between the gaps.

Often the individuals the project works with have tried to fit into other services but have been unsuccessful. This may be because they have become so isolated that they struggle to leave their own home, or they live very chaotic lives and find it hard to keep to schedules and appointments. The project is also working with an increasing number of homeless people so the project worker’s ability to be flexible around appointments often makes the difference between them getting help or not.

Allison Murphy is the senior project worker. She tries to give service users a sense of control over their life – control that they often feel that they have lost. She focuses on helping the individual get to the place they want to be in their life. Allison comments “I want to build on their strength and not be a crutch for them. These are people that society gives up on but everyone has a right to a life and I want to help these people regain theirs.”

Allison provides people with consistent care that they know they can trust and rely on. On receiving a client referral, she will visit them in their own home or community first to make sure Waverley Care’s services suit their needs. This visit will commonly be followed by a stay in our residential unit, Milestone, for intensive support. Allison works with them while they are at Milestone and then continues to support them when they go back to their home and community. The results from the project really speak for themselves, just like for David.

David’s story

David was referred to Waverley Care by his psychologist. He had recently been attacked because of his HIV status and, since being discharged from hospital, had not left his flat in 6 months. He was using drugs and was suicidal and self-isolating.

Allison went to visit him at his flat to see how she could help him. David opened up more to her than anyone else who had met with him and working together they identified that lack of confidence and self esteem were the major issues affecting his quality of life.

Together they constructed a plan for what his goals in life were and how he was going to achieve them. The first goal for David was leaving his flat and he achieved this very quickly by going out to a café to meet for coffee. He arrived very happy with himself for being able to leave the house without fear. The difference was immediately noticeable with the new plan. He now had a focus and things to look forward to in life.

David is now working towards meeting other goals with a long term aim of independent living without support services. He feels much happier. Just the fact that he knows there is someone there for him when he needs them, someone he can talk to about how he is feeling without any fear of judgement, has made a huge difference to his life.
Supporter Profile

Jimmy Quinn is Managing Director of Meridian Productivity and owner of LGBT venue, the New Town Bar. He is also a dedicated supporter of Waverley Care.

Q: How did you first become involved with the HIV cause?
A: Back in 1988, when I was Student Freshers’ Director at the University of Edinburgh, I worked with Lothian Health Board on an HIV health promotion campaign called ‘It’s Time to Take Care’. At that time, as a gay man, a lot of my friends were contracting HIV and dying of AIDS. It was part of our daily life and I had to do something to help.

Q: Why did you agree to become involved in Waverley Care?
A: I was introduced to the charity by a good friend of mine, Joy Graham Marr, who is actively involved in Waverley Care. I wanted to continue an interest in supporting a local HIV charity. I’d seen how diagnosis and illness led to job loss and poverty and wanted to do something to help combat that.

Q: What Waverley Care service stands out to you the most and why?
A: Milestone House, as it is historically the ‘heart and soul’ of what Waverley Care has meant to me – lots of friends have used services there. I also fear for the service being lost as a result of the current Edinburgh Council Review.

Q: What motivates you to stay involved in Waverley Care?
A: Hope. I hope that one day HIV will no longer be an international issue. And fear. I fear that in the current climate more people living with HIV will suffer financial hardship which in turn impacts terribly on health.

Q: Why do you encourage other people to get involved in Waverley Care?
A: Everyone has a responsibility to support their local community and for me, as owner of the New Town Bar, that community is the gay community who are significantly affected by HIV. I’d encourage folk to give monthly. Giving £10, £15, £20 per month is what helps the support services continue. If only people realised what a huge difference it can make.

Q: What are you currently reading?
A: I always carry a copy of ‘The Art of War’ by Sun-Tzu and I’m about on my 15th well-thumbed copy. Very inspiring for my work.

Q: Who inspires you?
A: Until almost the end of his term in office it was Tony Blair. Despite the war, which I didn’t agree with. I was a ‘New Labour’ child. Their investment in benefits and the heath service was great, and I fear it is all about to be undone.

Q: What 3 things would you like to do before you die?
A: Jump out of a plane, visit South America and I’d love to spend more time doing charity work – volunteering overseas appeals when I retire.

Thank you to...
The Appletree Trust, Bruce Trust, Edinburgh Children’s Holiday Fund, The Henry Smith Charity, MAC AIDS Fund, Peter Moores Foundation and The Ward Family Trust for supporting our work.

Lloyds Banking Group, Springfords LLP and Waitrose for their donations to our work.

The Bohemians Lyric Opera Company, Broughton Spurtle, Craigroyston Community High School, Edinburgh Charity Orchestra, Edinburgh Gay Men’s Chorus, EU BLOGS, Fresh Air Radio, Hawick High School, Jedburgh Grammar School, The Luvvies, Queen Margaret University, St John’s Church Princes Street, St Mary’s Chapel Guild and Edinburgh’s Telford College for their support through events and donations.

Dan Docwra and Robin Whike for organising their event ‘Tenor and Baritone’ on 9th June raising £200.

Edinburgh Concert Band for their ‘Summer Sparkler’ event on 2nd June, raising over £900.

The Rt Revd Dr Gregor Duncan for selecting Waverley Care as his Diocese of Glasgow and Galloway Lent Appeal Charity. Just over £8,000 has been raised so far.
Running

28 people took part in this year’s Edinburgh Marathon Festival in May. Rob Cole and Rachael Crockett did the whole 26.2 miles, Sam Cosgrove, Craig Simpson, Dougal Hawkshaw and David McGregor ran the ½ marathon and the New Town Bar Team, Edinburgh Bio Quarter Team and 3 teams from Waverley Care took part in the Marathon Relay. Not forgetting Elwyn Evans who ran the 10km and Peter Douglas the 5km. In total they raised over £6500 between them. 

Supporter and our friendly stv local reporter Clare Carswell raised over £500 in April from the Perth half marathon.

Abseiling

Abseiling off the Forth Rail Bridge in June were Bérangère Bruno-Meiller, Sandra Engstrom, Jayne Mackay, Caroline Ssentamu and Allan Trotter. They raised over £1100.

Parachuting

Mark Burns bravely jumped out of a plane in March and raised over £400.

It seems that 2012 is the year to be active. We’re delighted that Euro 2012 and the London Olympics weren’t enough for lots of Waverley Care supporters who have been doing all sorts of activities to raise funds.

And last, but by no means least...

Our very own Fundraising Assistant Jane Griffin and Children’s Project Worker Lynne Williamson were joined by Jane’s partner Lau Wichers Hoeth on a mammoth bike ride from Lands End to John O’Groats in June.

Raising over £1500, the girls unfortunately had to postpone the end of their challenge due to bad weather and safety fears but check out their fabulous film at www.1000end2end.tumblr.com
Celebrating 21 years

2012 marks the 21st year of the fabulous relationship between The Pleasance Theatre Trust and Waverley Care.

This great collaboration has seen gig goers dig deep into their pockets year on year, filling the buckets rattled by our volunteers in the Pleasance Courtyard, helping to fund our work. This year we’re hoping will push us to the £1/4 million mark in total funds raised.

That’s really something to shout about and we’d love you to add your voice to help us get the message across. Just visit www.laffoffstigma.com and post your anecdotes, videos or photos around the theme of 21 – were you a grunged up fashion victim in 1992 … what were your dreams about reaching 21 … how did you view life from that tender age?

Join the fun and help us raise awareness and fight HIV stigma.

Fresh Fringe 24 hour broadcast

Can two hosts survive an entire 24 hours of live radio? Find out as Fresh Fringe 2012 attempts a 24 hour challenge in aid of Waverley Care from 10am on Wednesday 22nd August. Tune in to the fun at www.freshair.org.uk and donate at www.justgiving.com/freshfringe. Good Luck Guys!

Punk Weekender

Jock Blyth raised a spectacular £1,600 in memory of his sister Pam and in aid of Waverley Care Milestone. Jock’s Punk Weekender took place on 24/25 March at Bannermans Bar. Huge thanks to Jock, all the bands that played and all the folk that donated and came out to the gigs. You’re all fab!

Rock at the Wash House

Huge thanks to Waverley Care Volunteer Kerrie Flockhart who raised over £1,000 from her band night in Portobello on 5th May. There were great performances from Dream Tobacco, Killa Chinchilla and The Tango Rhums. Thanks to everyone who took part and supported the night.
Supporting Our Work

Please consider making a donation towards our work.

Title
Forename(s)
Surname
Address
Postcode
Email*

I would like to:

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

(please make cheques payable to ‘Waverley Care’ or to donate by credit / debit card go to www.waverleycare.org and click ‘donate now’)

[ ] I tick here if you do not want to receive an acknowledgement of your donation.

- 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 £每月 starting on / / 20 until further notice.

With Gift Aid for every £1 you give Waverley Care can get an extra 25p 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

Donate in celebration:

- Birthday... Retirement... Wedding... Civil Partnership...

Make your special occasion extra special by asking friends and family to donate to Waverley Care instead of giving presents.

Call Karen on 0131 556 9710 for more information.

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. 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.

Events Diary

Friday 3rd to Sunday 26th August from 4pm
New Town Bar Friday & Sunday FUNdraisers
Hosted by Bob Downe & Scott Agnew
Dublin Street, Edinburgh
Free Entry
Tel: 0131 538 7775 for more details

Tuesday 14th August 2012, 8pm
Tartan Ribbon Comedy Benefit
Pleasance Grand, Edinburgh
Tickets £12
Tel: 0131 556 6550

Thursday 23rd August 2012, 7.30pm
Off the Kerb Comedy Gala 2012
Hosted by Seann Walsh & Josh Widdicombe
Festival Theatre, Edinburgh
Tickets £25
Tel: 0131 529 6000

Saturday 25th August 2012, 8.30pm
Loud and Proud on the Fringe
Stockbridge Parish Church, Edinburgh
Tickets £12 (£9 conc)
Tel: 0131 556 9710

Sunday 7th October
Edinburgh BUPA 10km
Sign up and raise funds for Waverley Care
Contact Jane Tel: 0131 556 9710

Sunday 21st October 2012
Forth Rail Bridge Abseil
Freefall Abseil 165ft and raise funds for Waverley Care.
Contact Jane Tel: 0131 556 9710.

Sunday 18th November 2012
Sponsored Swim
Drumbrae Leisure Centre
Contact Jane Tel: 0131 556 9710

For more details go to:
www.waverleycare.org
Alternatively, call 0131 556 9710 or email fund@waverleycare.org
# Christmas Card: Mail Order Form

Please return completed form to:
Waverley Care, FREEPOST RSBX-RZUK-EBRZ, 1 Mansfield Place, Edinburgh EH3 6NB

Your name and address: 

Delivery Address [if different]:

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* Order Value £11.50 or under: £2.75
* Order Value over £11.50: £3.75

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Please make cheques payable to 'Waverley Care'.

To pay by credit/debit card please order your cards online at www.waverleycare.org/christmas

Thank you for your order!
Greetings:

A – Season’s Greetings
B – With Best Wishes for Christmas and the New Year

Pre-order Cadenza’s new CD

CD ‘Bright Star’ – Cadenza at Christmas
A recording of Christmas music from Scotland and beyond.
Includes 4 of the finalists from Waverley Care’s ‘Sing a New Song’ Carol Competition. £4 from each CD goes to Waverley Care.

Please note, card orders will be sent out from September