positive interest

THE CHARITY NEWSLETTER OF Waverley Care

Supporting people living with HIV or Hepatitis C in Scotland
February 2013

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Welcome

We’re already well into 2013 so, how are those New Year’s resolutions going? A straw poll amongst Waverley Care staff found New Year’s resolutions ranging from ‘stop procrastinating’ to ‘lose 2 stone’ and even ‘pass my motorbike test’. Personally I resolved to ‘run 5km in under 25 minutes’.

There were also a few confessions that the resolutions have already slipped so we went looking for some expert advice on how to keep those resolutions and make your goals work for you. You can read the full article on our blog at www.waverleycare.org/blog but here are our top 3 tips:

1. Desire – pick something you really want to achieve.
2. Planning – break it down and take it step by step.
3. Realistic – set realistic timescales to make your target achievable.

Was fitness your 2013 resolution? Or, maybe it was to try something new or do something for charity? Have a look at page 8 for inspiration. We’ve got an array of sponsored challenges which can raise funds and a big smile for both you and us, and make 2013 a great year of achievement, whatever your fitness level!

I hope you enjoy Positive Interest.

With warmest wishes

Grant Sugden, Director

P.S. One resolution we’d love you to consider, is to switch to our email newsletter to help us save on postal costs.

Go to: www.waverleycare.org/emailme
Milestone Review Update

We are very pleased to provide a final update on the future of respite care at our residential unit, Milestone House. Despite recent concerns, we’re delighted that respite care will be continuing.

Since we updated you last July on the findings of the City of Edinburgh Council’s review of Milestone House, we have been working closely with the Council and with NHS Lothian to secure its future.

The details of changes to the service are still being finalised, but we will be providing further intensive residential support for people with complex health needs and focusing more on support for those who are undergoing Hepatitis C treatments. The new service will also collaborate more proactively with the NHS to reduce hospital stays through patients receiving care at Milestone. We’re looking forward to providing this support.

Did you know?

It is estimated 170 million people are living with Hepatitis C worldwide.

20% of people infected with Hepatitis C will clear the virus naturally, without any treatment.

It is estimated 34.2 million people are living with HIV worldwide.

20% of UK adults do not know that HIV can be transmitted by sex without a condom between a man and a woman.

Sources: 1-National AIDS Trust HIV Public Knowledge & Attitudes 2010
New HIV Anti-Stigma Campaign

How does it feel to live with HIV in Scotland? The only way most of us can begin to understand is through listening to people who live with it every day.

We have been delighted with the positive reaction to our new HIV awareness campaign, ‘Always Hear’. The campaign gives a voice to people living with HIV in Scotland using four films to capture the experiences of people who are HIV positive. They are true stories, told by the people themselves.

Supporting the films are HIV information sheets covering HIV Basics, HIV Statistics, HIV Stigma and HIV Myths. More detailed resources have also been produced for secondary schools and churches. The school and youth group resources are linked to Curriculum for Excellence and produced in association with Education Scotland.

The ‘Always Hear’ campaign aims to get the truth out there about HIV in Scotland; to make everyone aware of HIV and put a stop to stigma and discrimination. We will be promoting the website, films and resources throughout 2013. Go online to learn more.

Visit www.hivalwayshear.org to view the films and download the resources.

[above-right] Our ‘Always Hear’ website; [above] A promotional leaflet about the campaign.

‘Always Hear’ is funded by The Scottish Government. We are also grateful to Education Scotland, Story UK, Finiflex, Greenroom Films, Realise, The Royal Botanic Garden and Stagecoach for their support of this project.
Q: Why did you choose to work in the HIV sector?
I applied for my first job in the sector at PHACE West (Promoting Health And Challenging Exclusion) back in 2002 on an impulse, so I wouldn’t particularly say that I chose it back then. I did choose to stick around though, and that was and is because of amazing colleagues and service users and the work that still needs to be done.

Q: Is there anything that frustrates you about your job?
Not so much about my job as the issues some service users find themselves having to deal with – prejudice, discrimination, utter ignorance. I’m essentially mild-mannered but I’m glad to have the opportunities I do to educate and challenge and kick against all that.

Q: When not working, what do you spend your time doing?
I play drums and sing in a band called ’The Pastels’. We have a new album, ’Slow Summits’, coming out soon which is pretty exciting.

Q: What are you currently reading?
’Let Me Stand Alone: The Journals of Rachel Corrie’. She was the young American activist who was killed in the Gaza Strip ten years ago - it’s a great, emotional read.

Q: Where did you last go on holiday?
We spent a few days in London last summer for the Olympics women’s table tennis singles finals. The atmosphere in London was tangibly different from usual, the whole city felt chilled and thrilled. And it was a total battle of a match so standing with thousands of Chinese fans singing their national anthem to honour the eventual winner, Xiaoxia Li, was so fantastic.

Q: What is your favourite food & drink?

Q: Who inspires you?
A: Apart from lots of friends, family members and colleagues - musicians, writers and artists mostly. They have to be original and honest and talented, but they have to be good people too. They don’t have to be real. Or alive. Tove Jansson, H N Werkman, Georgia Hubley, Miranda July, Jackie Kay, Saya, Tori Kudo, Nina Simone, Andy Goldsworthy, Angus McPhee, Nek Chand, Bill Callahan, Dusty, Jacques Tati, Harold and Maude, especially Maude, I hope I’m like Maude when I’m 79.

When it comes to making a will, it is right that your family and friends come first. But many people also like to remember a cause that is close to their hearts. Often a cause which they have supported during their lifetime or which they or someone close to them have benefited from.

By leaving a gift to Waverley Care in your will, you can offer a positive future for people who are living with HIV or Hepatitis C.

For more information please visit our website www.waverleycare.org/legacies or phone on Karen 0131 556 9710.
Focus on: Life Coaching

We first heard the term ‘life coaching’ probably in the 1980s, alongside leg warmers and big shoulder pads.

Thankfully most of 1980s fashion was short-lived but life coaching has grown and is really beginning to flourish as a proven technique to encourage people to assess their lives and move forward in a positive way.

It was in 2010 that Waverley Care began to offer life coaching to people living with HIV or Hepatitis C through our own specially developed course. Course leaders, Paula and Amy, work with people to look at their patterns of behaviour with the aim that they begin to understand themselves better and know why they react in certain ways. Chronically low self-esteem and self-confidence among course participants is a root cause of many destructive behaviours relating to drugs, alcohol or sexual practice.

During the life coaching sessions, Paula and Amy look at all aspects of an individual’s life including their physical and psychological health, social relationships and environment (home environment, work opportunities etc). They then help people to manage negative thinking and difficult emotions such as anger, guilt and shame and learn how to create a healthier life for themselves. There is also a strong focus on problem-solving, motivation and goal setting for the future that is specific to each individual.

Life coaching is delivered both in groups and one-to-one. Most recently we have extended the course to people living with HIV or Hepatitis C in prisons.

Across the board the programme has been a resounding success, with participants reporting significant improvements in their wellbeing following the course. For example, 75% of people saw an improvement in managing difficult emotions, 73% an improvement in managing their medication and healthcare and 51% an improvement in self-esteem. People leave the course having learnt to value themselves and their strengths and abilities and with strategies to help re-engage with society in a healthy way.

Carol

Carol was referred for life coaching with Paula when she had been forced to abandon Hepatitis C treatment due to her complex health conditions. Carol had sunk into a deep depression and would not leave her house.

Paula provided individual support sessions and through life coaching they addressed Carol’s major issues. Her issues were wide-ranging but included anger (stemming from physical, emotional and sexual abuse), loss and abandonment, drug misuse/ self-medication, depression and anxiety and low self-esteem. At the end of the course Carol had made huge strides forward in terms of her anger management and negative thinking. Her relationships with her family have become a lot healthier and she is working towards the goals of improving her social circle by attending groups at Waverley Care to meet new people. Carol is also working towards applying to college within the next year.

“I have found the work that Paula and I have done to be invaluable... I now realise why I have behaved in certain ways and that I have the power to change things. I feel that I’ve got a future now.” – Carol
Supporter Profile

Mark McIver was first introduced to Waverley Care in 2005 and is now a regular volunteer and fundraiser. He also actively encourages support for our charitable activities from his work colleagues and employer, Lloyds Banking Group.

Q: Why did you become involved with Waverley Care?
A: It was through Lloyds Banking Group which was HBOS at the time. Our team were looking for volunteering opportunities and Waverley Care was a welcoming charity. I saw the positive work that was being done and was motivated to continue to volunteer and get other people involved.

Q: What Waverley Care service stands out to you the most and why?
A: Milestone House – I’ve volunteered there for many years and sat with service users and been struck by how friendly they are and how relaxed they seem to feel there. I’ve been moved by the people I’ve met at Milestone.

Q: What motivates you to support and volunteer for Waverley Care?
A: I love that they are a charity that carries out work locally and that I can see where the money I raise is going and that I can volunteer in local services. Also it is because I have friends who are affected by HIV and so I know how hard living with the condition is.

Q: What is the favourite thing you’ve been involved with to do with Waverley Care?
A: I’ve quite a few. The two most memorable were the Forth Rail Bridge Abseil and then the skydive – both raising funds for Waverley Care. I’m going to do a bungee jump later this year so that might top them both.

Q: What is your favourite food and drink?
A: Chicken Korma, a double vodka and a ‘full-fat’ Coca Cola.

Q: What book are you currently reading?
A: Joanne Hull – ‘The Pet Psychic’. It is a fascinating book about a woman who can understand the thoughts of pets. She is actually Scottish as well, from Lanarkshire.

Q: What is your favourite film?
A: ‘E.T.’.

Q: Name three things you would like to do before you die?
A: Visit Rwanda & Uganda to do a gorilla trail, visit Alaska and do a detox in Thailand.

Team Challenges

Could you and your colleagues get involved, like Mark, and help make a real difference to those living with HIV and Hepatitis C in Scotland?

We’re looking for teams to take part in challenge events both in Scotland and overseas, from bungee jumping to a weekend Ben Nevis Challenge or even 10 days helping to build a school in Ghana or Nepal. You can support Waverley Care as well as taking advantage of some real team building opportunities with our ‘off the peg’ or bespoke challenges.

To find out more about how you and your colleagues can get involved get in touch with Jane in our Fundraising Team on 0131 556 9710.
Walking Group

For people living with HIV or Hepatitis C healthy living can make a huge difference to their quality of life, and improve both mental and physical wellbeing.

Waverley Care’s Walking Group, part of our Self Management Project, provides many opportunities for people living with HIV or Hepatitis C to improve their wellbeing and fitness and reduce social isolation. Walkers can experience the therapeutic benefits of being in the great outdoors and explore new places, whilst making friends and seeking support from fellow walkers along the way!

Both gentle strolls and more ambitious rambles in and around Edinburgh are undertaken by the group that meets two or three Thursday afternoons a month.
A book launch...

We are delighted that sales of a new children’s book ‘Yak and Nak go on a trek’ will be supporting Waverley Care’s work.

The author of the book is Hermione Roff who some of you may recognise as the winner of our 2010 Sing a New Song carol writing competition. Beautifully illustrated by Waverley Care’s very own designer, Tim Griffiths, this delightful story for young children follows Yak and Nak’s antics as they try out different jobs on a trail in the mountains of Nepal.

£5 from every copy sold goes to Waverley Care. Why not treat a young friend or family member to this first edition of a fabulous and original tale?

Hermione Roff, author of ‘Yak and Nak go on a trek’.

Order copies from our website at www.waverleycare.org/shop or phone 0131 556 9710 for a postal order form.

Edinburgh Concert Band
Summer Sparkler

Conducted by Sarah Cunningham

A sparkling evening of summer music featuring film themes and concert band music in a lighter vein

Saturday 15th June 2013
7.30pm in Greyfriars Kirk

Tickets £10, available from: www.waverleycare.org/summersparkler, or on the door

Forth Rail Bridge Ultimate Abseil
Sunday 19th May 2013

Go for it alone OR get a team together!

Go on! Challenge yourself and raise money for Waverley Care making a positive difference for people living with HIV and Hepatitis C: www.waverleycare.org

Supporting people living with HIV and Hepatitis C

Contact Jane: 0131 556 9710
fund@waverleycare.org

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World AIDS Day Round Up

World AIDS Day on 1st December saw an array of fabulous activities happening across the country, not to mention the launch of our HIV Always Hear campaign.

Our annual World AIDS Day Gatherings took place in four cities – Edinburgh, Glasgow, Dundee and Inverness, providing a time for reflection.

The Festival Theatre Edinburgh played host to some extraordinary art created by artists from M.A.C Cosmetics. Theatre goers and the general public participated in body painting and exhibitions around HIV stigma and some stunning images were created (see above and front cover).

Edinburgh University BLOGS held their annual Glow Ball with a glamorous dinner, followed by a ceilidh, whilst many different companies showed their support including Starbucks and Kiehls in Edinburgh and Lifescan in Inverness. Firrhill High School, Braidburn School and Colinton Church organised a fantastic concert to mark World AIDS Day 2013.

Thanks to the many other organisations supporting our awareness and fundraising including Edinburgh’s Christmas, Matthew Bourne’s New Adventures, Edinburgh Gay Men’s Chorus, Edinburgh Playhouse, Bun-sgoil Ghaidhlig Inbhir Nis School Choir, Balerno Community High School, Balwearie High School, Caldervale High School, Castlebrae High School, Hawick High School, Jedburgh Grammar School, Whitburn Academy, Voice of Hope Choir, CC Blooms, GHQ, Habana, New Town Bar, Planet, The Village, ESCA, MedRag, Heriot Watt LGBT Society, Drummond Community High School, Edinburgh College, Leith Academy, The Royal High School, Colinton Parish Church, St Andrew’s Cathedral Inverness, St John’s Church Edinburgh, St Mary’s Cathedral Glasgow, St Paul’s Cathedral Dundee.
An Adventure with Pirates…

Neil Metcalfe, Frances McCafferty, Donald Maxwell, Susan Hamilton and Stuart Hope all helped create our ‘come & sing’ event ‘Potted Pirates & Mini Mikado’, which raised over £3,000. Thanks to everyone involved.

Climb Every Mountain…

Thanks to Kellan MacInnes for allowing us to bucket shake at the launch of ‘Caleb’s List’, a book about climbing the Scottish mountains visible from Arthur’s Seat. A percentage of net sales will also be donated to Waverley Care. For more info, visit www.luath.co.uk.

Gastronome Evening

Maria and Rosario at Locanda de Gusti in Edinburgh held a fabulous fundraising dinner raising £919. Thanks to them and also to Loud & Proud choir for getting the evening off to a joyful start.

Bright Star Evening

Over £1,000 was raised at the launch of Cadenza’s ‘Bright Star’ CD. Thanks to Cadenza and Richard Holloway for supporting Waverley Care at the launch event and through CD sales.

Thank you to…


Axis-Shield, Lloyds Banking Group, William Grant & Sons Ltd and World Duty Free for donations towards our work.

Castle Park Golf Club, The Bohemians Lyric Opera Company and The Cramond Association for their fundraising efforts.

Saint Columba’s Episcopal Church, Bathgate, and St Peter’s Church, Linlithgow, for donations from their congregations.

Edinburgh Gay Men’s Chorus and Loud & Proud Choir for collections after their Christmas concerts.
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’)

[ ] 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 £ monthly 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 all charities you donate to will reclaim on your donations in the appropriate tax year. Remember to notify us if these changes.

Events Diary

Saturday 23rd February 4pm
Come & Sing Carmina Burana with Stephen Doughty
St Cuthbert’s Church, Lothian Rd, Edinburgh
Audience tickets £10 (£8 concession)
Tel 0131 556 9710 or visit www.waverleycare.org/carmina

Sunday 3rd March 2013
Meadows Marathon
Raise funds for Waverley Care at this annual Edinburgh event. Fun run (5.6km), half and full marathon places available.
Contact Jane in the fundraising team on 0131 556 9710 or fund@waverleycare.org

Sunday 27th May
Edinburgh Marathon
Raise funds for Waverley Care, Full & half marathon and team relay places available.
Contact Jane in the fundraising team on 0131 556 9710 or fund@waverleycare.org

Sunday 19th May
Forth Rail Bridge Abseil
Raise funds for Waverley Care. Freefall abseil 165ft!
Contact Jane in the fundraising team on 0131 556 9710 or fund@waverleycare.org

For more details on all our events go to: www.waverleycare.org
Alternatively, call 0131 556 9710 or email fund@waverleycare.org

‘Come & Sing’
Bob Chilcott’s Requiem
Conducted by Bob Chilcott

Saturday 10th August 2013
Rehearsal: 10.30am Concert: 5.30pm
St Cuthbert’s Church, Lothian Road, Edinburgh
Online bookings open 1st May
www.waverleycare.org/chilcott