In this issue...

3 World Hepatitis Day
4 Always Hear Campaign
5 Introducing Karen our Fundraising Manager
6 Focus on: Children and Families Project
7 Meet Jock Blyth one of our fundraising supporters
8 Fundraising Roundup
11 Christmas Cards
The last few months have seen many positive outcomes and possibilities for those living with HIV and Hepatitis C in Scotland and across the world.

You may have read the recent ‘cured of AIDS’ news headlines which reported a man in Berlin, a baby in Mississippi and 14 patients in France were all ‘functionally cured’ of HIV. It is probably more accurate to say they are ‘in sustained remission’ as unfortunately the ‘cured’ claims have been overstated, and we are still a long way off from finding a cure. But what has been presented is exciting and shows that all the time new research and discoveries are moving the world closer to finding a cure for the condition.

In terms of Hepatitis C, over two thirds of people who go through treatment will be cured of the virus. Encouragingly, even more effective new treatments are about to be licensed so we expect the number of people cured of Hepatitis C to increase.

While these scientific developments continue, Waverley Care continues to provide vital help and support for those who live with HIV and Hepatitis C every day. The medical effects of the conditions are just one issue for people as they also cope with the emotional and practical implications of a diagnosis. Our ongoing response to the need for continued support was shown at the recent opening of our new Glasgow support centre in June. The centre will be a base for our work in the west with people who are living with HIV or Hepatitis C – read more about this on page 4.

I hope you enjoy your summer and this issue of Positive Interest.

With warmest wishes

Grant Sugden
Chief Executive

P.S. Have you considered switching to our email newsletter? It will help us save on postal costs.

Go to: www.waverleycare.org/emailme
World Hepatitis Day

Sunday 28th July is World Hepatitis Day. To encourage people to test for Hepatitis C, Waverley Care has joined forces with agencies including Hepatitis Scotland and NHS boards across Scotland to launch a new campaign.

The adverts, which will appear on buses around Scotland throughout July, carry the slogan ‘Ever injected? Get tested!’ Around 90% of Hepatitis C infections are a result of people sharing needles and drug injecting equipment. The adverts aim to encourage people who have ever injected, even years ago, to see a health professional and get tested for the condition. The adverts also highlight that Hepatitis C can be cured, to motivate people to come forward.

Various events will take place around World Hepatitis Day across the country. In Glasgow, Waverley Care has helped organise a family fun day which will be held at Scotstoun Leisure Centre on Friday 26th July.

Gay Men’s Peer Support Service wins award

Waverley Care’s Gay Men’s Peer Support Service has won a WISHH Award for best practice. The award was handed to Neil Bird, Project Coordinator, at the WISHH East of Scotland Network Event earlier this year.

WISHH – Wellbeing In Sexual Health & HIV – is a network run by NHS Scotland.

Neil said, “This award is for all of the fantastic volunteers who donate their time with such enthusiasm. Our volunteers show selflessness in sharing their experiences and spending time with others who may be finding it difficult adjusting to living with HIV.”

The Gay Men’s Peer Support Service helps men to feel less isolated and develop new social networks. Individuals can share experiences, concerns and information about HIV in a confidential space as well as gain support and advice from their peers and the dedicated Waverley Care support worker.

The service has helped individuals who are thinking about going back to work or starting further education or training. The service has also supported men to improve their personal relationships with partners, family and friends.

Also look out for the big red C’s that will pop up across the country to raise awareness of Hepatitis C.

www.hepcscot.org
Always Hear campaign launched in Schools

Waverley Care’s HIV awareness and anti-stigma campaign ‘Always Hear’ reached Scottish secondary schools in June.

A new resource pack has been developed as part of our national campaign to help young people understand HIV. The pack includes a DVD of short films capturing the experiences of four people who are HIV positive, information sheets and a suite of activities to explore issues around HIV and wellbeing.

The resources have been produced in association with Education Scotland, and a pack will be distributed to every secondary school across the country via local authorities.

Drummond Community High School in Edinburgh was one of the first schools to receive the resource pack. Michael Paley, Pupil Support Leader at the school, said, “There is a real necessity for schools to have access to a clear and concise HIV educational resource and Waverley Care has delivered just that with ‘Always Hear’.”

If you are a teacher or a youth group leader and would like an information pack, please contact 0131 556 9710.

Glasgow Support Centre officially opened

Waverley Care’s new Support Centre was officially opened by Sandra White MSP, on 14th June.

The centre is home to the African Health Project and the Hepatitis C Support, Education and Information Project.

The event was attended by key people within the Scottish health and wellness sector as well as Waverley Care staff, volunteers and service users.

The Voice of Hope choir (pictured right), a community initiative run by the African Health Project, entertained guests during the event.

“The new centre will allow the charity to reach out to many more people living with HIV or Hepatitis C, helping them to live longer and healthier lives.”

– Sandra White MSP
Q: You have been with Waverley Care since 1991, two years after the charity was established. What has been your motivation for continuing to work here?
A: I don’t think you can fundraise effectively unless you’re passionate about the cause you work for and I’ve never lost that passion. I see the profound impact that Waverley Care has on people’s lives and that’s my primary motivator. HIV and Hep C stigma makes us a difficult cause, so perhaps I like a challenge too! It means that every donation into our office is meaningful and a cause for celebration – and I love that.

Q: What is your typical week like at Waverley Care?
A: I’m still waiting for a typical week! My week can consist of writing funding applications, liaising with conductors for our ‘come and sing’ events, planning for our Festival activities, bucket shaking at a show, having coffee with a supporter, meeting with colleagues, and lots of forward planning!

Q: Do you have any special memories from the fundraising events you have held?
A: I’ve got a whole store of memories, most of them relating to the amazing individuals and organisations that support us. I also love that we can be involved in creating art. The carol competition we organised for our 21st birthday saw the creation of 129 pieces of music, two of which were published by Oxford University Press and four of which have been recorded.

Q: What do you like to do in your spare time?
A: I love singing, and being part of the Edinburgh choir, Cadenza certainly keeps me on my toes. We sing a huge variety of music - everything from Dvorak to Gershwin to John Rutter. I’m also enjoying going to the theatre more frequently now my kids are older, largely prompted by my daughter’s passion for all things musical theatre. I love watching young people performing too – Captivate Drama and Young Pleasance will be two definites on my Edinburgh Fringe list!

Q: What is your favourite food and drink?
A: I'm half Icelandic so I love fresh fish, simply cooked and I like nothing better than a glass of chilled white wine.

Q: Who inspires you?
A: I’ve always found Richard Holloway inspirational. His words have often seemed to speak to me. I’m also a big fan of Snoopy! I’m surrounded by a lot of people at work who inspire me too. We’ve got some unbelievably committed and passionate people involved, which speaks volumes about us as a charity – another reason that I’ve stayed as long as I have!

Ensure your support lives on...

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.

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 call 0131 556 9710.
Focus on: Children & Families Project

For 22 years Waverley Care has supported families affected by HIV and Hepatitis C living across Scotland.

Our Children and Families Project provides confidential support through a wide range of services.

In Edinburgh and Lothians, over the 22 years, 500 families have been supported, and last year the project reached out to over 45 children and young people and over 40 parents or carers. For children and young people, Waverley Care runs weekly groups as well as play schemes during the school holidays. The project also runs residential trips throughout the year allowing children to experience life in a different environment and have space to open up about what is going on in their lives.

“Our activities always focus on building confidence and self-esteem within the young person. We want to support them to reach their full potential,” says Nichola Frith, Children and Families Project Manager.

A confidential space to talk is important for the families. The project offers one-to-one support for children and young people as well as parents on a range of issues such as bereavement and finances. Nichola says, “Families are the experts in their own lives, we aim to support them as individuals to recognise their own personal strengths and focus on the positives.”

Because HIV and Hepatitis C can be highly stigmatised conditions, the families the project support often live in fear of how people will react when they open up about their condition. The project strives to break down these barriers for families by encouraging them to talk to each other about what they are going through and to build confidence about sharing their experiences with others.

As well as supporting children and young people who are affected by HIV through family members, the service also helps young people aged 11-18 who are themselves HIV positive. Through funding from Children in Need, Waverley Care offers home visits, summer activities, yearly residential trips and the chance for the young people to meet up and share experiences.

Waverley Care’s Lynne Williamson coordinates this work. She said, “We know that young people living with HIV can often feel isolated. Our support enables the young people to meet others their own age who are going through a similar situation and to chat about what is going on in their lives. Peer support is so important for helping the young people gain confidence in themselves.”

Waverley Care is now expanding the services the project provides across Scotland. Thanks to funding from the Scottish Government’s Early Intervention Fund a children’s worker will be employed to cover Greater Glasgow and Clyde working with African families from July.

“The people who use the project have confidence and trust in it,” Nichola reflects, “Many of the young people who have attended the project and lost one or both parents to HIV now have families of their own and keep in touch with Waverley Care. The project has been a vital link to their family history.”

Last year, Waverley Care won a Scottish Care Accolade for the project which recognised its innovation, excellence and dedication in the support it provides to children and families.

To find out more about the children Waverley Care’s Children and Families Project supports visit our website www.waverleycare.org where you can read Ross’s story.
Jock Blyth has been a supporter of Waverley Care for the past 18 months. He raises funds for us through punk music events. We sat down with him to ask a few questions.

Q: When and why did you first become involved with Waverley Care?
A: My sister Pam passed away in 2011 and she spent a lot of time at Milestone, Waverley Care’s residential project. I arranged a ‘Punk for Pam’ concert on her birthday in 2012 as I wanted to do something to remember her by and raise funds to support the charity. She’d always talked positively about Milestone and I liked how friendly they were when I came for the memorial service. Generally I wanted to turn a negative into a positive.

Q: Tell us more about your fundraising.
A: Gibby, a promoter from Bomb Juice Promotions, did a gig with my band GBH and I just asked him, “fancy doing a benefit gig?” He said yes, and in 2012 just over 100 people attended the ‘Punk for Pam’ weekend and we raised £1640. This year I decided to do three concerts – Birmingham, Newcastle and Edinburgh – again around the date of Pam’s birthday. We had 18 bands, over 600 people across the three concerts and raised over £2500. More and more bands want to play and it is becoming a real ‘event’ on the punk scene.

Q: Tell us a bit about Pam.
A: She was just a lively soul with bundles of energy regardless of poor health. She was a magnet for people. Considering the hardship she faced in life she showed a lot of courage to still be really happy.

Q: What Waverley Care service stands out to you the most and why?
A: Milestone – Pam spoke about how nice it was. We were out of touch for years but I saw her on a documentary TV programme. Through the production company and Milestone, we were back in touch within half an hour of the programme airing, after 25 years apart. Milestone was really the connecting hub for us.

Q: What is your favourite food and drink?
A: I’m a vegetarian, almost vegan. I really like falafels and couscous. I also love Linda McCartney’s vegetarian sausages. For drink it has to be cider or red wine.

Q: What is your favourite book?
A: I’m a fan of George Orwell so 1984 or Animal Farm.

Q: What is your favourite film?
A: ‘Monty Python’s Life of Brian’.

Q: Who inspires you?
A: People who achieve things without violence – there is a list of the usual suspects. Thought more than fist!

Thank you to...
Barclays Stockbrokers, Carnegie College, Edinburgh University Film Society, Jobcentre Plus, Lloyds Banking Group, Rice University, Scottish Legal Aid Board, and The Stand Comedy Club for donations towards our work.
Compulsion, Edinburgh Concert Band, Gay Gordons, Joy Graham-Marr, Jock Blyth, New Town Bar, Paul Fraser and Wasasa for their fundraising efforts.

Roger Kent 1932-2013
Former Director of Waverley Care, Roger Kent, sadly died on 22 March, aged 81.

Roger Kent, escorting Diana, Princess of Wales, at the official opening of Milestone House.

Roger held the post of Director from 1989–1994. He was the first Director of the charity and led the opening of Milestone House in 1991.

Martha Baillie, Community Projects Senior Manager, remembers, “Without Roger, Milestone House wouldn’t have happened.”
It seems that 2013 is the year to live dangerously!

Fear of Flying
Scottish comedian Gus Lymburn faced his fear of flying in April – all in aid of Waverley Care.

Harbouring a true phobia of flying, Gus held on for dear life as he took a helicopter flight over Edinburgh. Gus was cheered on by his ‘friends’ Keir McAllister and Gareth Waugh from The Stand Comedy Club’s podcast ‘The Living Room Sessions’.

As well as facing his fear, Gus raised £230 for Waverley Care.

Comedy
Top Scottish comics have shown their support for Waverley Care recently at two shows held at the Stand Comedy Club in Glasgow.

On 1st May, comedian and Capital FM DJ Des Clarke hosted the Mayday! Mayday! comedy show. £667 was brought in on the night.

On 17th June, Glaswegian comic Kevin Bridges hosted the Wasasa Comedy Night. Waverley Care staff members and Wasasa comedians Kalonde and Katal Kasengele helped organise the event. £1,955 was raised.

A big thank you to all the comedians and to everyone who came along to the shows!
Edinburgh Marathon...

Runners sweat it out for Waverley Care

The end of May saw 24 people take part in the Edinburgh Marathon in aid of Waverley Care.

Over £4,000 has been raised so far. A big thank you to all our runners who ran various distances on the day and to the volunteers who cheered everyone on.

(Free) Colin and Sam; (below) Tom, Stephen and Kamil – from the New Town Bar.

Forth Rail Bridge Abseil

A big thank you to all the brave people who took part in the Forth Rail Bridge Abseil on 14th May.

Ten people sailed down the side of the bridge in aid of Waverley Care and helped raise over £2,000!

(Above and left) The Brave One’s who dangled off the Forth Rail Bridge in aid of Waverley Care!

Looking for an...

Adrenaline Rush?

Dare to brave a zip slide in aid of Waverley Care!

There are still places left for the Xscape zip slide at Braehead, Glasgow on 8 September 2013.

At 40 metres high, thrill seekers can take the plunge along a 250 metre wire.

Register at www.zipslideuk.co.uk then contact Julie in the Fundraising Team for a fundraising pack and a Waverley Care T-shirt.

Email julie.spence@waverleycare.org or call 0141 332 2520.

Sunday 22nd September 2013

Join in the 10k fun run with obstacles in Holyrood Park and help raise money for Waverley Care.

For more information call Jane on 0131 556 9710 or email fund@waverleycare.org
Supporting Our Work

With your support, we could help a child like Ross.

Ross’s mum has Hepatitis C. She struggles with drug and alcohol dependency and Ross carries an overwhelming feeling of anxiety all the time.

Your donation could allow Ross to attend one of Waverley Care’s playschemes or enable him to go on a residential trip with other children his age.

Your gift – however large or small – can help us make a real difference.

Please consider making a donation towards our work.

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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 [ ] / [ ] / [ ] 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 [ ] / [ ] / [ ]

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

Events Diary

- **Friday 26 July, 12pm**
  World Hepatitis Day - Family Fun Day
  Scotstoun Leisure Centre, Glasgow
  Fun packed day with activities and stalls for all the family.
  Free entry.
  Visit www.waverleycare.org

- **Saturday 10 August, 5:30pm**
  Come and Sing - Bob Chilcott’s Requiem
  St Cuthbert’s Church, Lothian Road, Edinburgh.
  Audience tickets £10 (£8 concession)
  Tel 0131 556 9710 or visit www.waverleycare.org

- **Saturday 17 August, 8.30pm**
  Loud & Proud on the Fringe
  Greyfriars Kirk, Edinburgh
  Tickets £12 (£9 concession)
  Visit www.edfringe.com or Tel Jane on 0131 556 9710

- **Sunday 18 August**
  River Rat Race
  Wet ‘n’ Wild 10km in and around the River Clyde, in Glasgow.
  Tel Julie on 0141 332 2520 or visit www.waverleycare.org

- **Sunday 8 September**
  Pedal for Scotland
  Cycle from Glasgow to Edinburgh and raise funds for Waverley Care.
  Tel Jane on 0131 556 9710 or visit www.waverleycare.org

- **Sunday 27 October**
  Forth Road Bridge Ultimate Abseil
  Raise funds for Waverley Care. Freefall abseil 165ft!
  Tel 0131 556 9710 or visit www.waverleycare.org

For more details on all our events go to: www.waverleycare.org

Alternatively, call 0131 556 9710 or email fund@waverleycare.org

* 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 this changes.
## 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 Subtotal**

£69.99

**Post/Packaging**

* Up to 5pks/books: £2.99
* Over 5pks/books: £4.99

**Donation (optional)**

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

**Total**

£84.98

* With Gift Aid for every £1 you donate 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  

† 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.

Thank you for your order!
Greetings:

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

Please note, card orders will be sent out from September

Order ‘Yak and Nak go on a trek’
£5 from every copy of the book by Hermione Rolf and illustrated by our own designer Tim Griffiths will go towards the work of Waverley Care.

Copies are available to order from www.waverleycare.org/shop.