positive interest

THE CHARITY NEWSLETTER OF WAVERLEY CARE

Supporting people living with HIV or Hepatitis C in Scotland

October 2013

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The stigma attached to both HIV and Hepatitis C is something which many people who live with the conditions struggle with.

Our Always Hear HIV anti-stigma campaign reached Scottish churches last month (story on page 4) following a successful launch in secondary schools across the country in the Summer. We hope that our campaign is beginning to make a difference and that people within society are starting to look at the people behind the condition and not the condition itself.

A positive step forward in this fight was announced by the NHS recently. From next year, healthcare workers in the UK, including Scotland, who are HIV positive and on effective treatment will be able to carry out medical procedures that they were previously banned from doing – including surgery and dentistry. The rules were outdated. Due to advances in treatment, people who are HIV positive but on effective treatment present negligible risk to patients.

August was another great month at the Edinburgh Fringe for Waverley Care, thanks to many people and organisations (story on page 8). For many years comedy has been a way for us to try and break down the stigma associated with HIV and Hep C. We ran our successful ‘LaffoffStigma’ campaign again this year at the Fringe and our dedicated volunteers were out bucket shaking and raising awareness of the conditions at the Pleasance Courtyard venue throughout August. You can read the blog at www.laffoffstigma.com.

I hope you enjoy catching up with Waverley Care’s news in this issue of Positive Interest.

With warmest wishes

Grant A. Sugden

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
Milestone Refurbishment

We are delighted that Milestone, our residential unit for people living with HIV or Hepatitis C, is currently undergoing a major refurbishment.

This exciting new development will allow us to extend the services we already provide at Milestone by offering more residential care places (now up to 12 people) as well as more daytime activities. Increased support for individuals once they leave the service will also be a major focus.

We are still providing support to our service users throughout the refurbishment but this will take place in the community.

You can track the progress of the refurbishment on our website www.waverleycare.org, and on our Facebook page.

Grant Sugden, Chief Executive of Waverley Care, said, “This is a hugely positive step. We have been able to move forward with the project by working in partnership with the City of Edinburgh Council and NHS Lothian.”

He added, “We’re looking forward to supporting many more people who are living with Hepatitis C or HIV at Milestone in the near future.”

It is anticipated that services will move back into the building in mid-December 2013.

New HIV and Hepatitis C service in Fife

Waverley Care has extended the support it provides to people living with HIV or Hepatitis C in Fife.

We now have a dedicated support worker who provides emotional as well as practical support to people in Fife who are HIV positive, or who have contracted Hepatitis C through means other than drug use.

David Cameron, Community Projects Senior Manager, is co-ordinating the work that will be based at Whyteman’s Brae Hospital in Kirkcaldy.

He said, “The work Waverley Care was doing in Fife previously was really valued but now we are able to give more support – three and a half days a week. The service users are really responding to this and are grateful that they now have the opportunity to speak to someone more frequently when they need support.”

The service supports people emotionally with issues such as dealing with their diagnosis, social isolation and support with disclosing it to others. The service also helps on a practical level with benefits advice, welfare rights and keeping clients up to date with new treatments.
Big Red C a success

Did you spot a Big Red C in a city centre near you in July?

Waverley Care in partnership with Hepatitis Scotland and other Hepatitis charities and NHS boards, ran a month long campaign in July to encourage people to step forward and get tested for Hepatitis C.

Eight-foot high aluminium C’s popped-up in several cities in Scotland, while curious passers-by tried to work out what they stood for. Staff and volunteers from across the hepatitis sector manned the C’s and handed out information leaflets. Adverts also ran on buses in various major cities across Scotland with the slogan ‘Ever injected? Get tested! It can be cured.’

The campaign had a dedicated website www.hepcscot.org and text-back service. Around 90% of Hepatitis C infections are a result of people sharing needles and drug injecting equipment.

New Children and Families service

Waverley Care has launched a new Children and Families service in Glasgow as part of our African Health Project.

The new project will work with parents to help them improve their relationship with their children and learn how to talk to them about sexual health. The service will also work with children affected by HIV to help them build confidence and self-esteem through activity groups and outings – giving them a break from life at home.

African women who are pregnant or who have just given birth will also be supported by the service, which received funding from the Third Sector Early Intervention Fund – a Scottish Government fund managed by BIG Fund [part of The Big Lottery Fund].

Helping churches to challenge HIV stigma

Waverley Care is working with churches in Scotland to help end the stigma attached to HIV as part of our ‘Always Hear’ campaign.

Over 1500 resource packs were distributed to churches in September including those within The Church of Scotland and The Scottish Episcopal Church. The exciting new packs equip churches and individuals with the resources to explore the issues surrounding HIV injustice and find ways to respond as individuals and as a congregation.

If you are a church leader or involved in your church and would like a pack, please contact 0131 556 9710.

You can also download the resources at www.hivalwayshear.org.

Aileen Campbell, Minister for Children and Young People recently visited the project, and met with Waverley Care staff.

Left to right: Grace Moyo, Grant Sugden, Chief Executive, Aileen Campbell MSP and Mildred Zimunya.
Introducing...
Nathan Mwesigwa

Nathan is the African Health Project’s Community Outreach & Development Coordinator for Lanarkshire. We caught up with Nathan to learn more about him.

Q: Why did you choose to work in the HIV sector?
A: I was brought up in Uganda and I could see how HIV was beginning to affect the country. It was mainly rich people who were contracting the virus, then it began to spread to the poorer communities. I wanted to learn more about HIV and how to help people – I really wanted to make a difference. It became a passion of mine and so I got involved in a local project which distributed condoms to people to help stop HIV infections. Many people were embarrassed to buy condoms so it was an important project.

Q: What did you do before you came to Waverley Care?
A: In Uganda I was a teacher. I then went to work for a telecommunications company as a sales person and worked my way up to become a manager. I learned a lot in that role as it taught me that the best way to be with people is to be honest and open – I wanted to sell them products that would make a difference to their lives not just to make money. I learned many skills that have helped me in my role at Waverley Care. I moved to Scotland in 2004 to study and then I began volunteering with Waverley Care in 2007.

Q: What do you enjoy about your job?
A: I really enjoy the partnership working. As an individual I have strengths and weaknesses so when you work in a team everyone’s strengths comes together. I work in partnership with a wide range of organisations such as the council, the NHS, church leaders and community leaders. I like it when we can all bring our skills together and work towards an outcome. It can also help open your eyes to other ways of doing things and new possibilities. I am always working in partnership with the service users I support too.

Q: What do you like to do in your spare time?
A: I like to listen to classical music – it can send you into a trance and it helps me relax. I’ve also recently taken up drawing again – I like to be imaginative. I also meditate and I’m interested in Buddhism as it teaches you about forgiveness and how to stay in the present moment.

Q: What is your favourite food and drink?
A: An African stays an African! My tastes have changed slightly since living in Scotland but one of my favourite dishes is Green Bananas.

Q: Who inspires you?
A: I’m particularly inspired by men in history who have risked their lives for the masses and for the better of mankind. My main inspirations are Nelson Mandela, Martin Luther King and Muhammad Ali. I always remind myself that the freedom I experience is because of people like them - what they achieved is truly inspirational.

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 Karen on 0131 556 9710.
Focus on: Peer Support

Talking with someone who can truly understand what it is like living with HIV or Hepatitis C and say ‘me too’ is often key to helping people come to terms with their, or a family members’, diagnosis. This is known as ‘Peer Support’ and it is prevalent in a large part of Waverley Care’s work.

Peer support is offered by many of our services such as our Gay Men’s Project, our Children and Families Project and our Hepatitis C projects. This is a unique form of support as it is based on individuals who are in a similar situation supporting each other and sharing their experiences. It helps people to open up and realise they are not alone.

Living with HIV or Hepatitis C can often bring feelings of isolation and fear of rejection. Having a role model, or someone who can show that there is life beyond a diagnosis is a powerful tool. Peer support has been proven to improve people’s self-esteem, confidence and all round mental health. It can also help to increase a person’s knowledge about HIV or Hepatitis C as they become more open to learning about their condition and what treatment is available.

“The benefits of peer support can greatly influence how a person deals with their diagnosis and any subsequent treatment whether they have a recent diagnosis or not. Finding out the facts from a trusted source and feeling heard by someone who understands them means they will often gain confidence, feel less isolated and therefore improve their mental health and quality of life.”

– Angela Parsons Peer Support Volunteer Coordinator

John’s Story

John is a gay man in his 40’s. He was diagnosed as HIV positive 16 years ago.

John had never spoken with anyone about living with HIV since being diagnosed. Because of this, his relationships with his family and friends suffered as he also struggled to talk openly about his sexuality.

He suffered from low esteem and found it difficult to see a way forward in life. A Waverley Care support worker met with him in a place that felt safe for John. They could see that he was nervous and struggled to talk about what was going on in his life. They met a further few times and it was suggested that he meet with someone else who had been through a similar situation. The peer support gave him the opportunity to speak to someone else who had experienced similar life experiences and be inspired by how they lived their life and coped with their HIV diagnosis. John had three peer support sessions - this allowed him to have open and honest conversations about his fears and concerns and hear how his peer supporter worked with their own concerns.

John now finds it easier to talk openly about his sexuality and is more accepting of who he is. His confidence has grown to the point where he has taken up a volunteer role.
Joy Graham-Marr has been a supporter for many years. Most recently she has been raising funds by hosting gatherings in her beautiful Edinburgh home.

Q: When and why did you first become involved with Waverley Care?
A: Back in the early 1990s two of my friends died in Milestone House. When the second one was terminally ill, I spent a lot of time there. The staff were terrific; young men and women who gave everything to help people who were dying and to support their friends and relations.

Q: Which Waverley Care service stands out to you the most and why?
A: Milestone. It was Waverley Care to me until a few years ago when I got to know more about the breadth of the work across Scotland. I'm so pleased that funding has been found to allow Milestone to continue and grow.

Q: What motivates you to keep supporting Waverley Care?
A: Waverley Care does work that is so important and not enough people know about it. There are many people in the background doing great things. There is also a lack of stuffiness and pomposity about everyone involved with the charity. They just get on with it cheerfully.

Q: Why do you encourage others to support Waverley Care?
A: It means a lot to me personally. I feel it is a charity which gets results.

Q: What is your favourite memory of a Waverley Care event?
A: My most precious memory of all time is being given a Hero Award by Waverley Care. It was completely unexpected and heart-warming and, before they announced it, I was looking around the room trying to guess who would receive it. If I was given an Oscar it wouldn't be more important to me!

Q: What is your favourite food and drink?
A: Oatcakes and gin.

Q: What are you currently reading?
A: ‘Travels with Epicurus’ by Daniel Klein. It is subtitled ‘Meditations from a Greek Island on the Pleasures of Old Age’. I agree with every word!

Q: Who inspires you?
A: I have two friends who constantly inspire me. Both have problems with their physical health – one is paralysed and the other has MS. Neither of them ever complains, they simply carry on with their lives. They both share my personal motto, ‘Accepting and Adapting’.

26th April – 1st May 2014
Come and walk the beautiful West Highland Way with us

More info on the event and sponsorship level at www.waverleycare/whw or call the Fundraising Team for details 0131 556 9710

Scottish Charity No. SCD6500
Once again Waverley Care has had an amazing August thanks to Fringe-goers, a fantastic team of volunteers and some very generous and supportive venues and shows.

August 2013 marked the 22nd year of our relationship with the Pleasance, and what a month it was. Through bucket collections alone, we raised a staggering £36,349, but add to that matched funding from our fantastic Lloyds Banking Group volunteers as well as money from the collection cans on the Pleasance bars, and we get a whopping £40,114!

It doesn’t end there. In addition to allowing us to bucket shake in the Courtyard throughout the Fringe, the Pleasance once again organised their annual sell-out Tartan Ribbon Comedy Benefit on behalf of Waverley Care, the proceeds of which will bring the income up to £48,000.

The annual Off the Kerb Comedy Gala played to a sold out audience, this year at the fabulous Edinburgh Playhouse. For those that couldn’t get tickets to the show, it was aired on BBC 3 during September as Edinburgh Comedy Fest.

The wonderful Loud & Proud Choir once again supported Waverley Care as they played to a packed Festival audience at Greyfriars Kirk, raising just over £3,700. They were joined by special guest, Jackie Kay, who brought her own funny and joyful poetry to the occasion. Jackie also paid a visit to the Waverley Care office to see the Annie Garven memorial bench which is inscribed with a line from her poem, ‘Fiere good nicht’.
The delightful Austentatious cross-dressed for charity again this year with a one-off version of their hit fringe show cheekily entitled ‘Crosstentatious’ in aid of Waverley Care, Mr Darcy blushed in his bloomers!

The New Town Bar’s Sunday FUNdraisers were a huge success again, with a host of fantastic performers playing to packed out audiences. This year was the bar’s first outing as an official Fringe venue, and comedy night ‘The G Spot’ welcomed a host of top comedians for the first two weeks of the Fringe.

Two hundred music lovers took part in a very successful ‘come and sing’ event with our patron Bob Chilcott conducting his Requiem as part of the Just Festival. The event raised over £3,000. We were also delighted to be one of Just Festival’s chosen charities for 2013, which has raised £1,650.

Finally, after the success of last years’ show, Edinburgh University student radio Fresh Fringe challenged themselves to another 24 hour show and scavenger hunt raising a massive £1,161 for Waverley Care in the process. You can still listen to highlights of the show at www.freshair.org.uk/team/fringe.

Thanks to Highland Park, Mackie’s at Taypack, Paterson Arran, Tunnocks and Brew Dog for sponsoring our Comedy Gala Goodie Bags.

Thanks also to everyone who volunteered, helped organise events, attended events, sponsored and donated. We really appreciate all of your support.

Thank you to...

Austin & Hope Pilkington Trust, Clara E Burgess Charity, Dr Guthrie’s Association, The Henry Smith Charity, The Mainhouse Charitable Trust and RS Macdonald Charitable Trust for their grants to support our work.

AbbVie Ltd, Gilead Sciences Ltd and Lloyds Banking Group for donations towards our work.

Edinburgh Playhouse, ATG, Off The Kerb, Open Mike Productions, Just Festival, MHD Law LLP, EUSA, Young Pleasance and The Pleasance for their support during the Edinburgh Fringe. Thanks to all the performers who supported us by announcing bucket shakes.

Captivate Drama, Edinburgh G&S Society, and The Bohemians Lyric Opera Company for collections after shows.

St Aidan’s Scottish Episcopal Church and Broughton St Mary’s Church for their support.
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

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 this changes.

Events Diary

Sunday 13th October 2013
Zip Slide Across the Clyde
Glasgow
Raising funds for Waverley Care
Contact Julie on 0141 332 2520

Sunday 27th October 2013
Forth Rail Bridge Abseil
South Queensferry, Edinburgh
Limited places left
Contact Jane on 0131 556 9710

Tuesday 26th November at 8.30 pm
Edinburgh Gay Men’s Chorus
in Glasgow (venue TBC)
Raising funds for Waverley Care
Contact Julie on 0141 332 2520

Sunday 1st December 2013
World AIDS Day Community Gatherings
Galashiels, 2:30pm
St Peter’s, Galashiels
Inverness: 3.30pm
St Andrews Cathedral, Inverness
Edinburgh: 4.00pm
St John’s Church, Princes St, Edinburgh
Dundee: 4.00pm
St Paul’s Cathedral, High St, Dundee
Glasgow: 7.30pm
St Mary’s Cathedral, Glasgow
For more information about the gatherings visit www.waverleycare.org

Saturday 1st March 2014
Come & Sing with Christopher Bell
St Cuthbert’s Parish Church, Lothian Rd, Edinburgh
For early booking notification visit www.waverleycare.org/emailme

Saturday 26th April – Thursday 1st May 2014
25th Anniversary West Highland Way Challenge
We’re looking for 25 walkers to walk the West Highland Way for Waverley Care
Contact Jane on 0131 556 9710

Sunday 25th May 2014
Edinburgh Marathon
Get an early start on those New Year’s resolutions and sign up for the Marathon early!
Contact Jane on 0131 556 9710

For more details on all our events go to: www.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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<td>2 Robin on a Branch</td>
<td>£3.50/pack</td>
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<td>Book 'Yak and Nak go on a Trek'</td>
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* Up to 5pks/books: £2.99  
Over 5pks/books: £4.99

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† 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.
Christmas Cards

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

Order ‘Yak and Nak go on a trek’
£5 from every copy of the book by Hermione Roff, and illustrated by our own designer Tim Griffiths, will go towards the work of Waverley Care. Suitable for children age 3-7. Copies are available to order from www.waverleycare.org/shop. You can also call 0131 556 9710 for a postal order form.