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In our 25th year we continue to celebrate all the positive achievements being made in the fight to end HIV and Hepatitis C.

This includes the recent news that the Scottish Medicines Consortium has approved a new Hepatitis C treatment. Treatments to cure people of Hepatitis C have been in place for a number of years now. This new medication, however, will significantly cut the length of time people need to be on treatment. Positively, it also has reportedly fewer side effects.

We know how emotionally and physically difficult it can be for our service users to maintain Hepatitis C treatment because of the strong side effects often experienced with current drugs. This can be particularly difficult if individuals are on treatment for an extended period of time. This new drug therefore brings hope to the thousands of people living with Hepatitis C in Scotland that they may be able to successfully clear the condition from their system in a far quicker and less physically demanding way. Meanwhile, the search for a cure for HIV continues.

We are also delighted in our birthday year to extend our Hepatitis C service to Argyll and Bute. You can also read more about the service on page 3. We already provide support in the region for those living with HIV so we are pleased to be adding to the services that we currently provide.

We are extremely thankful to everyone who has taken part in one of our birthday events so far this year. You can also read about all the other events we have going on, on page 10.

I hope you enjoy your summer and this issue of Positive Interest.
New Hepatitis C service launched in Argyll & Bute

We are delighted to have expanded our Hepatitis C work to Argyll and Bute, reaching out to people living with the condition in the region.

The service, launched in April, will support people living with Hepatitis C to start and maintain treatment. It will also aim to reduce the number of people who contract the condition.

Rachel Hughes, Waverley Care Service Manager, is leading on the launch of the new service. She explained, “People living with Hepatitis C can feel socially isolated and can often be living with other complex health issues and overall poor emotional, physical and mental health. This isolation can often be amplified for those living in rural areas such as parts of Argyll and Bute.”

She added: “This new service will provide the support needed to help people better manage their condition and build their confidence and self esteem so they feel ready to start treatment.”

Flushed with success

Our ‘Edinburgh Playing Cards’ project raised over £1,300 – a fantastic success for the venture which was launched on crowdfunding website, Kickstarter.

The playing cards feature photos of iconic Edinburgh landmarks and locations taken by our photography group.

The group was set up to enable people living with HIV or Hepatitis C to meet others, share experiences and learn new skills in photography.

The Just Festival, held in Edinburgh during the Fringe, will showcase the photos at an exhibition in August. For more information about the exhibition visit www.justjust.org.

Packs of the playing cards are also available to buy. Turn to the back of the newsletter to fill in an order form.
Author donates royalties

Scottish author, Kellan MacInnes, has kindly donated 10% of the royalties from his mountaineering book to Waverley Care.

His book, Caleb’s List, intertwines his personal experiences of living with HIV with the life story of Victorian mountaineer Caleb George Cash, who first made a list of the 20 mountains that are visible from Arthur’s Seat in Edinburgh. Kellan’s book is a personal story about his experience of climbing the hills.

Caleb’s List, which will be published in paperback later this month, can be bought in all good bookshops and on Amazon.

25th Birthday Thanksgiving Service

Waverley Care’s Thanksgiving Service, held at St Mary’s Cathedral in Edinburgh on the 25th May, celebrated 25 years of the charity.

We were honoured to have Scottish writer, broadcaster and former Bishop of Edinburgh, Richard Holloway speak at the service. Anna McLuckie, who recently appeared on BBC’s The Voice, also performed as well as our very own Tartan Ribbon Community Choir and the choir of St Mary’s Cathedral.

Richard Holloway, said, “The service honoured the important role that the churches played in the early days of HIV in Edinburgh, finding ways to speak out and to support the activists who realised that specialist services were urgently needed. Waverley Care’s work continues with some of the most vulnerable and marginalised people in our communities and I am proud to be associated with them.”

For 25 years, Waverley Care has held a strong relationship with the church community in Scotland.

We’d like to thank everyone at St Mary’s Cathedral for hosting this event, as well as those who came along and celebrated with us.

Thank you also to everyone who donated at the service – the collection raised £760.

Incentivising healthcare debate

As part of Just Festival 2014 we will be holding a debate - ‘A Spoonful of Money: Incentivising Healthcare.’

The debate, which will be held at St John’s Church, Edinburgh, will discuss the ethical issues associated with giving financial rewards to people in relation to their healthcare.

NHS Tayside currently gives incentives to encourage individuals living with Hepatitis C to enter into treatment.

Sheena McDonald will chair the debate and speakers will include John Dillon, Clinical Lead, NHS Tayside, amongst others.

Tickets are £5 and can be bought from the Just Festival, website – www.justjust.org. The event will be held on Thursday, August 14, 6pm – 7.30pm.
Q: What did you do before you came to Waverley Care?
A: I was a Mental Health Nurse. I worked as a Community Psychiatric Nurse prior to moving to Edinburgh from Dumfries. This is 17 years ago now – time surely does fly!

Q: How did you first get involved with Waverley Care?
A: When I moved to Edinburgh I had already heard of Waverley Care Milestone from my work within the health sector. I had limited experience of HIV and Hepatitis C work and I’d never worked in the voluntary sector before, but the charity really appealed to me.

Q: How long have you worked at Waverley Care and what roles have you had?
A: I’ve been with the charity for 10 years. I started as a Senior Project Worker in Milestone’s residential unit. This involved looking at all aspects of care including changing the focus from dying from, to living with, a blood borne virus.

We recognised that people would do well during their stay at Milestone but would often return to their same chaotic lives once back home. My role then developed to bridge the gap between leaving Milestone to living back in the community.

Q: Tell us more about your new role?
A: I am now the Admissions and Assessments Coordinator. This involves working with statutory and voluntary services to raise awareness about Milestone’s services. I support people to come to Milestone and when discharged, I make sure they leave with the right level of care and support.

Q: What do you enjoy about your job?
A: I love the people I work with and the service users. The fact that the service is organic and changes to meet the needs of the service users is really special. No two days at work are the same so boredom is never an issue!

Q: What do you do in your spare time?
A: I walk my lovely big scruffy dog. I also love to read - particularly crime novels. My favourite authors are Val McDermid, Patricia Cornwall, Jo Nesbo, Kathy Reich, Michael Crichton and Dean Crawford. My daughter and I are frequently found relaxing and people watching in one of the many coffee shops Edinburgh has to offer.

Q: What is your favourite food and drink?
A: Sadly for my diet, anything sweet! Particularly muffins and chocolate. On the drinks side, I like Alta Rica coffee and red wine.

Q: What is your favourite film?
A: ‘Lord of the Rings’.

Q: Who inspires you?
A: People – I admire people’s ability to stay strong and adapt to change, to deal with what life throws at them with amazing resilience and yet maintain optimism and hope.
Focus on: Hepatitis C

“"It felt like a huge weight had been lifted off my shoulders.”

This is the answer you get when you ask Chris about how it felt when he finished his course of Hepatitis C treatment two years ago and got the all clear.

Chris is one of hundreds of people in Scotland who have successfully cleared the Hepatitis C (Hep C) virus from their system through treatment since a cure became available in the 1990s. Although the development of these treatments was a huge step forward in the fight against Hep C, it did not lead to the ‘happy ever after’ for everyone.

Joanne started on treatment at the beginning of 2013 but very soon after found the side effects unbearable. “The nausea started almost immediately,” she explains, “This was followed by aches and pains – like I had the flu, tiredness and headaches. The side effects left me feeling unable to continue with the treatment as I’d lost all enjoyment for life and just couldn’t leave the house.”

After stopping treatment Joanne was put in touch with Waverley Care. She was able to meet other people in the same situation as herself and share experiences of treatment. She also took part in our Self Management Life Coaching Programme and learnt new skills to help her improve her physical and mental health. As a result, her self-esteem increased and so did her feelings of self-worth.

New hope has recently arrived for Joanne and others like her. In June this year the first of a number of new drugs to fight Hep C were approved for use in Scotland and others will follow very soon. The new medication has significantly reduced side effects, shortened treatment time and promises up to 90% success rates in clearing the virus. This is especially good news for those who have been through treatment previously but their body failed to clear the virus.

Joanne is very positive about this new opportunity for her. “I feel so much more confident about starting the new treatment when it is available to me,” she enthuses, “and now I have the new skills Waverley Care has taught me to cope with side effects. This, alongside just knowing that Waverley Care folk are there for me to talk to when I need them, means I feel so much more positive about the future. Hopefully it will be a future free of Hepatitis C!”
Supporter Profile

Marjorie Clark – Church of Scotland HIV Programme Coordinator.

The Church of Scotland HIV Programme has supported Waverley Care for around 12 years through providing funding, and helping to raise awareness about our work.

Q: When and why did you first become involved with Waverley Care?
A: I became involved with the charity when I took on the role of Coordinator. We have been supporting Waverley Care since the HIV Programme was set up in 2002/3. When our church responded to requests from overseas partners to support HIV and AIDS projects in their countries, we were acutely aware that people living with HIV in Scotland required our support too. We knew of the excellent work that Waverley Care was doing, so were delighted to be able to give some grants for particular projects.

Q: What does the Programme do?
A: The Programme was set up to raise money from congregations all around Scotland, but also to raise awareness of the issues facing people living with HIV in Scotland today, not least the stigma and discrimination which still exists. We believe it is important to challenge that stigma.

Q: Which Waverley Care service stands out to you the most and why?
A: We have been particularly supportive of the work of the African Health Project, as it works with Africans in Scotland living with or affected by HIV. The monthly support groups help to do just that – give much needed support and fellowship. And we love the Voice of Hope Choir in Glasgow!

Q: What is your favourite food and drink?
A: It must be soup! That’s how we raise our money in the churches, with ‘Souper Sunday’ lunches. In the past four years we have raised about £250,000 from these lunches! Some of that money has gone to Waverley Care.

Q: What are you currently reading?

Q: What is your favourite film?
A: ‘Chariots of Fire’ – I love the music, the scenery and the issues it raises about prejudice and integrity. The acting is pretty good too.

Q: Who inspires you?
A: Canon Gideon Byamugisha, the first openly HIV positive pastor in Africa, who has been tireless in his efforts to challenge the stigma and discrimination. He spoke three years ago at a meeting organised by Waverley Care for African faith leaders in Scotland, and was really inspiring.

Great Scottish Run
Sunday 5th October 2014  •  Glasgow

Contact Julie: 0141 332 2520  fund@waverleycare.org
www.waverleycare.org

Scottish Charity No. SC034608

Walk for Waverley Care
30km – 6 hours – 1 night

For more info: 0131 556 9710
www.walkforwaverleycare.com
Pushing the boundaries
Waverley Care’s biggest challenge event to date was a huge success! 18 intrepid walkers (plus Ollie the Collie) braved blistering sunshine, torrential rain, insect bites and some challenging terrain to complete the 96 miles of the West Highland Way, finishing on 1st May.

Huge congratulations to everyone who took part in this amazing adventure, which has raised over £10,000! Congratulations, too, to everyone who has run marathons, half marathons and 10K races for us over the past few months. We’re thrilled that people choose to support us in this way and there are plenty more opportunities coming up in both Glasgow and Edinburgh.

Adrenalin enthusiasts had two opportunities for exhilaration this spring. The opportunity to see Perthshire upside down was jumped at by four supporters who bungeed off the Garry Bridge and the ever-popular Forth Rail Bridge abseil was tackled by two of our supporters. Thank you to our thrill-seekers who, together, raised £2,200. Could this be you in the future? Get in touch!

A night to remember
If you’re someone who likes to be spooked, check out the Fright Hike [see advert, page 7]. 30km in a pitch dark forest, just before Hallowe’en, raising money for Waverley Care... what’s not to like?!

What a performance!
A huge thank you for the continuing support of the musical and theatre community! Bucket shakes at performances by The Bohemians, Cadenza (with The Vocal Art Ensemble), Dogstar Theatre, Edinburgh Concert Band, Edinburgh G&S Society, Edinburgh Music Theatre, Edinburgh’s Got Soul and Edinburgh Playhouse have totalled over £4,000.
How we laughed...!

Big thanks to everyone at The Stand and to Danny Bhy, Jay Lafferty, Keir McAllister (pictured below), Vlad McTavish and Jim Park for a cracking night of comedy on 11th May. £490 was raised.

We’re looking forward to continuing the laughter in August at our various Fringe events, including the wonderful Tartan Ribbon Comedy Benefit at Pleasance (12th August) and our Comedy Gala at Edinburgh Playhouse, hosted by Kevin Bridges and Seann Walsh (19th August).

We have a one-off special this year too, when, at the Filmhouse on 7th August, I’m Sorry I Haven’t a Clue’s Colin Sell forsakes his piano to turn film buff and share his favourite British comedy clips in his one man show, Laughter in the One-and-Nines. Visit our website for more information.

Bucket shaking at the Fringe

Can you help us top last year’s bucket shaking totals at the Pleasance?

If you can spare a couple of hours to soak up the atmosphere of the Fringe with a bucket in your hand, please call Lisa or Jane on 0131 556 9710.

Contact the Fundraising Team for more info on all our events on 0131 556 9710 or fund@waverleycare.org

Thank you to...

AbbVie, Bank of Scotland Foundation, Broughton St Mary’s Church, Church of Scotland HIV Programme, Creative Scotland, Cruden Foundation, Edinburgh Children’s Holiday Fund, Gordon Fraser Charitable Trust, Hospital Saturday Fund Charitable Trust, J K Young Endowment Fund, John Watson’s Trust, JTH Charitable Trust, M•A•C AIDS Fund, The Parish of Kelso North and Ednam, The Monument Trust, Percy Bilton Charity, Ponton House Trust, PPD, Rotary Club of Linlithgow & Bo’ness, St John’s Church Hamilton, St Mary the Virgin Episcopal Church, St Paul’s & St George’s Church, St Peter’s Episcopal Church, Ward Family Charitable Trust for donations towards our work.

Beeslack Community High School, Jock Blyth, Boroughmuir High School, Carluke High School, Glasgow University African Caribbean Society, Glasgow University SRC, Glasgow University Stop AIDS Society, Lloyds Banking Group and Whitburn Academy for their fundraising efforts.

Bread Street Brasserie, Connolly Hairdressing, McAlister Matheson Music, The National Trust for Scotland, The Queen’s Hall and the Scottish Chamber Orchestra for their in-kind support.

MHD Law LLP for their sponsorship of our Loud & Proud concert.

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Supporting Our Work

Holly and Lewis were facing a summer holiday in front of the TV. Their mum had Hepatitis C and was too ill to cope.

Attending our playscheme gave them a summer full of fun.

Your donation could allow other children like Holly and Lewis to benefit from a place on a playscheme.

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

Please consider making a donation towards our work.

Title
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

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 [ ]

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.

Please consider making a donation towards our work.

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Surname
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Postcode
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Events Diary

Thursday 7th August 8pm
Laugher in the One-and-Nines
Filmhouse, Edinburgh
Tickets £10 from www.filmhousecinema.com
0131 228 2688

Tuesday 12th August 8pm
Tartan Ribbon Comedy Benefit
Pleasance Grand, Edinburgh
Tickets £12 (£10.50) www.pleasance.co.uk

Tuesday 19th August 7.30pm
Waverley Care Comedy Gala
Edinburgh Playhouse
Tickets £25 from Playhouse Box Office
0844 871 3014

Saturday 23rd August 8.30pm
Loud & Proud on the Fringe
St Cuthbert’s Church, Lothian Road, Edinburgh
Tickets £13 (£10) from www.waverleycare.org/loudproud

Sunday 5th October
Great Scottish Run, Glasgow
Contact Julie: 0141 332 2520

Sunday 19th October
Forth Rail Bridge Ultimate Abseil
165ft freefall abseil
Contact Jane or Lisa on 0131 556 9710

Saturday 25th October
Come & Sing Rutter’s Requiem
Wellington Church, Glasgow
Singers’ tickets £17 (£14)
Audience tickets £10 (£8)
From www.waverleycare.org/rutter

Saturday 25th October
Fright Hike
Queen Elizabeth Forest Park, Stirling
Contact Jane or Lisa on 0131 556 9710

Saturday 8th November
Tartan Ribbon LGBT Ceilidh
Summerhall, Edinburgh
Tickets £15 from www.waverleycare.org/ceilidh

For more details on all our events go to: www.waverleycare.org
Call 0131 556 9710
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

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<th>Card Title</th>
<th>Sale Price</th>
<th>Qty</th>
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<td>1 The Road to Bethlehem</td>
<td>£3.75/pack 10</td>
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<td>150mm x 150mm</td>
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<td>2 12 Days of Christmas</td>
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<td>9 Rudolf</td>
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<td>126mm x 172mm</td>
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<td>10 Tartan Scottie Dogs</td>
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<td>200mm x 81mm</td>
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<td>11 Edinburgh Playing Cards</td>
<td>£5 per pack</td>
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* Up to 5pks of Christmas cards or playing cards: £2.99
Over 5pks Christmas cards or playing cards: £4.99

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<thead>
<tr>
<th>Season’s Greetings</th>
<th>With Best Wishes for Christmas and the New Year</th>
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**Order Subtotal**: £2.99

**Post/Packaging**: £4.99

**Donation [optional]**

**Total**

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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.

☐ I do NOT pay Income Tax

Signature ____________________________ Date ___ / ___ / 20___

‡ To qualify for Gift Aid you must pay an amount of UK Income Tax, and/or Capital Gains Tax, at least equal to the amount of tax that all charities you donate to will reclaim on your gifts in the appropriate tax year. (Other taxes such as Council Tax and VAT do not qualify). Please notify us if you wish to cancel this declaration, change address or no longer pay sufficient tax.
Christmas Cards

Order online at www.waverleycare.org/christmas

1. Christmas scene with camels
2. Decorated tree with ornaments
3. Snowy landscape with sleigh
4. Red Robin singing
5. Happy Christmas with pudding
6. Snowy bird
7. Cat in snow
8. Snow-covered tree
9. Rudolph poster
10. Scottie dogs
11. Scottish playing cards