positive interest

THE CHARITY NEWSLETTER OF Waverley Care

Supporting people living with HIV or Hepatitis C in Scotland

February 2014

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Welcome

2014 is an exciting year for Waverley Care as we mark our 25th birthday. Throughout this year we will be celebrating the inspirational work that has been carried out over the past quarter of a century at Waverley Care and within the HIV and Hepatitis C sector.

We will be celebrating the inspirational people who are living with these conditions everyday, as well as the staff and the volunteers at Waverley Care who continue to run our services and support those in need. We also won’t forget the practitioners across the sector working on prevention and treatment and you, our supporters – the people who help us raise awareness about the conditions, raise money and help us to fight stigma.

We have a strong 25-year legacy at Waverley Care that we are extremely proud of. We have been at the forefront of HIV in Scotland since the late ’80s when an HIV diagnosis was a death sentence. But thankfully things have changed dramatically thanks to new treatments, more education and greater awareness about the condition within society. More recently we have moved into the field of Hepatitis C, realising that our services, skills and experience could really help those living with, or at risk of, the condition.

We do have a strong history but we also want to look forward to the next 25 years. We’d love it if there was no need for us in 25 years time due to cures and vaccines found for HIV and Hepatitis C!

During this year we have lots of great events to help celebrate our birthday and raise vital funds. You can read about how to get involved on pages 10-12.

Wishing you a fabulous 2014.

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

Front cover image: Grant Sugden, Chief Executive, celebrates 25 years of Waverley Care with staff and volunteers.
25th Birthday!

2014 is a year of celebration for Waverley Care as we mark 25 years of the charity making a positive difference in Scotland.

We have a year of events and activities lined up that will see us celebrate by recognising all those who have inspired us along the way.

We kicked things off on Monday 17th February – 25 years to the day of the first ever Waverley Care meeting.

Annie Lennox backs Always Hear

Singer and HIV campaigner, Annie Lennox, showed her support for Waverley Care’s anti-stigma campaign in November.

Annie backed the Always Hear campaign after a survey conducted by YouGov on behalf of Waverley Care found that many people in Scotland were still not clear on the facts about HIV.

The survey found that a proportion of adults incorrectly believe HIV can be transmitted via impossible routes such as spitting (16%) and kissing (11%). It also revealed that nearly a quarter of the general public (23%) are unaware that a person living with HIV can live for more than 20 years. Encouragingly however, the figures showed that the majority of the public do have sympathy for people living with HIV (87%) and that more needs to be done to tackle stigma (73%).

Annie said, “Stigma is one of the biggest challenges facing the diagnosis and treatment of HIV in Scotland and around the world today. I’m backing Waverley Care’s ‘Always Hear’ campaign to tackle the myths and stigma surrounding HIV in a bid to stop new infections and improve life for people living with the condition today.”

To find out more about the Always Hear campaign visit www.HivAlwaysHear.org
Starsky and Hutch star drops by...

Starsky and Hutch star, Paul Michael Glaser, visited Waverley Care in October to find out how we support people living with HIV.

Paul was in Edinburgh to play Tevye in Fiddler on the Roof and he also took part in an ‘in conversation with’ event in aid of Waverley Care. He spoke to journalist, broadcaster and Waverley Care patron Sheena McDonald about his life and career for the Festival Theatre hosted event which was organised alongside John Stalker.

Paul’s wife and daughter died of AIDS and he now works to raise awareness of HIV and AIDS, especially its impact on women and children.

New HIV and Hepatitis testing services

Waverley Care has launched a new HIV and Hepatitis testing service in Highland and Greater Glasgow and Clyde.

Waverley Care already offers a testing service as part of the African Health Project in Lothian and we are now extending the services’ reach across the country.

The new services will enable people to have a ‘dry blood spot’ test at Waverley Care’s Inverness and Glasgow bases as an alternative to going to their doctor or a clinic. They will also be offered support and advice in a confidential space.

For more information visit www.waverleycare.org/testing

Milestone re-opens

We are delighted that Waverley Care Milestone, our residential support service, has now re-opened after its full refurbishment.

By working closely with the City of Edinburgh Council and NHS Lothian we have been able to modernise the whole building so it is now a fully ‘fit for purpose’ facility.

At Milestone we are offering more intensive services that will help reduce the likelihood of someone being admitted to hospital and also enable people to leave hospital earlier.

We are also providing more support to people living with Hepatitis C as well as offering more daytime activities, groups and enhanced community support.

Liz Marr, Senior Manager at Milestone, said: ‘The whole refurbishment has enabled Milestone to strengthen the support it provides to people living with HIV or Hepatitis C. The building is fresher and more comfortable making it more suitable for the services we provide. We are delighted that we secured funding from the City of Edinburgh Council, so that we can provide a more enhanced service to the people that need it.’
**Did you know?**

- Hepatitis C **cannot** be spread through, hugging, kissing or sharing drinks.
- People **living with HIV can** safely work in medical professions such as dentists, doctors and midwives.
- Hepatitis C **can be cured.**

**Over 99% of babies** born to women living with HIV in the UK are born **free from HIV.**

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**Scotland’s comedians supporting Waverley Care**

**Waverley Care’s Birthday Bonanza PART I**

**Sunday 11th May 2014**
The Stand Comedy Club
Edinburgh
Doors: 7.30pm  Show: 8.30pm
Featuring Keir McAllister, Jim Park and Vladimir McTavish and more!

**Tickets £8 (£6) from:**
www.waverleycare.org/events
or phone 0131 556 9710

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**Edinburgh Concert Band directed by Sarah Cunningham present a**

**Summer Sparkler**

A sparkly summer evening of lively music in support of Waverley Care

**Saturday 14 June 2014**
7.30pm at Greyfriars Kirk

For more ticket information or to book tickets online, visit:
www.edinburghconcertband.org.uk

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Edinburgh Concert Band is a registered charity No. SC036509
Moira Washington
Self Management Programme Coordinator
Glasgow

My daughter Jessica Sara. Life with me as a mom hasn’t been the easiest for her, yet despite the odds, she has matured into a wonderful woman and mother.
She always promised her dad and I that she would finish university and she found a way to do that. Working full time and being a young mother to two gorgeous kids, buying her first home in California and then deciding to go back to university to get her Masters degree - I couldn’t be prouder of the woman she has become. Seeing how she is as a mother though is what inspires me most of all. Her children adore her as do I. She is my inspiration.

Mildred Zimunya
African Health Project Manager
Glasgow

I’m inspired by people who go on and make a difference in the world around them despite the odds. The grand mother who has 12 orphaned grandchildren to look after but still wears a smile on her face; the person who lives with a debilitating illness but still finds time and effort to help others in the same situation. I’m inspired by people who live a life of selflessness and who find joy in helping others. These people give me strength and I now live by the motto ‘24 /7 while I still can’.

Jim Wastle
Volunteer

I don’t tend to be inspired by famous people: more by people I know who are caring and who have strong principles and live their lives according to them.

Liz Marr
Senior Manager
Milestone

My high school music teacher, Mrs Roach, inspired me. She had such a ‘can do’ attitude and made me realise that many of the things I thought were impossible were only difficult and that it was my own lack of confidence and self-belief that was the real barrier.
There have been times over the years when a choir practice with Mrs Roach would have come in very handy!

Alison Irving
Communications Coordinator
Edinburgh

Desmond Tutu. Everything about him exudes love, joy, faith and standing up for the oppressed. The man just makes me smile!
In our 25th birthday year of celebrating inspiring individuals, we asked staff and volunteers who inspires them…

David Cameron  
Senior Manager – Community Projects  
Edinburgh

I’m inspired by people who have the passion, confidence and motivation to change their own lives or those of others. The type of person that overcomes constraints, fear or the expectations of others in order to realise their dreams. I am lucky enough to know people like this and hope that their positivity and drive might rub off on me!

Lisa Morrison  
Fundraising Assistant  
Edinburgh

David Johnson, the former Director of Waverley Care inspires me. David essentially is a good, decent human being. He was influential in shaping Waverley Care into the successful organisation it is today and he is someone who has inspired me professionally.

James Garden  
Project Officer  
Highland

I’d say one of my heroes is Noel Gallagher, not for the sex drugs and rock and roll lifestyle but for his music and no frills sense of humour. I love the way he once described his brother Liam... “He’s rude, arrogant, intimidating and lazy. He’s the angriest man you’ll ever meet. He’s like a man with a fork in a world of soup.”

Jonathan Ssentamu  
African Health Project Outreach Coordinator  
Lothian

Nelson Mandela inspires me. This quote from one of his speeches always stands out to me as being truly inspirational:

“Let us give publicity to HIV and AIDS and not hide it, because the only way to make it appear like a normal illness like diabetes or cancer, is always to come out and say somebody has died because of AIDS, and people will stop regarding it as something extraordinary.”
Supporter Profile

Brian West has been involved with Waverley Care for almost 20 years – he is currently a Trustee.

Q: How are you involved with Waverley Care?
A: I am one of the Trustees and sit on the Board of Directors. I have been for nearly 10 years now and part of our job is overseeing the governance of the organisation. I like getting feedback from what is happening in all the different parts of the organisation.

Q: How has the charity changed since you first got involved?
A: It has changed massively since I first became involved. I was originally a service user. I have been living with HIV for 30 years now. I then worked for the charity for a while. In the early days it was very focussed on end of life issues, since most of us were still dying from AIDS. Then, as treatments became available it changed to focus more on rebuilding your life and how to live well with HIV for a very long time!

Q: What about Waverley Care inspires you to keep supporting the charity?
A: It has always managed to change with the times and adapt to the changing face of HIV. It has also moved into related areas like Hepatitis C. The charity remains focussed on the needs of people affected by the conditions. We still need the services that Waverley Care provides. Many things have changed over the years but some things are still as bad as ever like the stigma that can be experienced by somebody living with HIV.

Q: What is your favourite memory of being involved with Waverley Care?
A: I have some great memories of the old café at Solas and some of the people I have known over the years. Unfortunately many of them are now dead. I will never forget a great party that we had at Milestone for a friend, Steve, who was in there as a resident at the time. He knew he only had a few weeks left to live and he threw a party! We all had a fantastic time. I am really looking forward to Milestone re-opening. We need it now as much as ever.

Q: What is your favourite food and drink?
A: Spanish food – I love Tapas – and my favourite drink is a nice bottle of Sauvignon Blanc wine from New Zealand. I like Thai food too – though I’m not a great hot curry fan!

Q: What is your favourite film?
A: Bringing Up Baby – Katherine Hepburn and Cary Grant – fantastic. I also love sci-fi, so any Star Wars film will do.

Q: What is your favourite thing to do in your spare time?
A: I enjoy going to the cinema. I love the Edinburgh Festival Fringe. I have no spare time when it is on.

Q: Who inspires you?
A: Very ordinary people who cope with several really difficult things at once and still remain good kind people inspire me. There was one woman I met when I first started going to Waverley Care Solas – she was a single mother who had a young family to look after and she was living with both HIV and Hepatitis C. She had to deal with HIV treatments, which weren’t so easy at the time and Hepatitis C treatments, which were awful. She did all of this and still managed to be around to help out other people. Amazing!
World AIDS Day on 1st December saw people across Scotland join together for our community gatherings. Our events in Edinburgh, Glasgow, Dundee, Inverness and Galashiels provided a time for reflection and remembrance.

In Edinburgh and Glasgow our volunteers were out in force collecting donations at both Silverburn Shopping Centre and Edinburgh’s Christmas. Our volunteers were helped along by some wonderful choirs who gave their time to sing carols and raise awareness as well as more than £2,000 in donations.

Edinburgh students were a huge support again this year with Edinburgh University BLOGS holding their annual Glow Ball and raising £700, Fresh Air Student Radio Station raising over £1,000 in a charity auction and Edinburgh RAG donning their Santa hats and bucket shaking at Edinburgh’s Christmas.

Firrell High School, Braidburn School and Colinton Parish Church arranged a fantastic night of world music and St Mary’s Church in Haddington hosted a ‘come and sing’ Messiah.

Many other companies and organisations also showed their support including Starbucks in Edinburgh, Glasgow and St Andrews, Kiehls, Hectors, Planet and CC Blooms in Edinburgh and Lifescan in Inverness. Our thanks also go to Underbelly for supporting us throughout the month of December at Edinburgh’s Christmas.

Thank you to the many others who supported our awareness and fundraising including London Road Church with their Christmas Tree Festival, Virgin Money Lounge, Colinton Parish Church, Church of the Good Shepherd, Drummond Community High School, George Heriot’s School, George Watson’s College, Heriot-Watt University, Jedburgh Grammar School, NHS Lothian, St Peter’s Church Galashiels and The Royal High School.

In memory...

It was with much sadness that we heard of the death of Addison Cresswell on 23rd December. Addison was a warm and loyal supporter of Waverley Care and has been the driving force behind our annual Comedy Gala. The Gala has raised over £320,000 over the years and helped us change the lives of so many people.

Our thoughts are with his wife, Shelley, and with all his colleagues at Off the Kerb.
We’re excited to be involved with many musical projects during our 25th birthday year. Singing is good for both body and soul and what better way to celebrate than by making music!

**Come and Sing – Requiem**

Waverley Care Patron, Christopher Bell, kicks off our musical year by conducting a ‘come & sing’ concert of Fauré’s *Requiem* on 1st March at 7pm in St Cuthbert’s Church, Edinburgh. An event not to be missed!

Also, long-term supporter, John Rutter, returns to conduct a ‘come & sing’ performance of his *Requiem* on Saturday 25th October in Glasgow. Definitely a date for your diary! Booking opens in June.

**Bucket Shaking**

We will be rattling our buckets again during the musical theatre season in Edinburgh this spring, as we enjoy loyal support from The Bohemians (*Grease*); Edinburgh Music Theatre (*Boogie Nights*), Edinburgh Gilbert & Sullivan Society (*Princess Ida*) and Edinburgh’s Got Soul.

**Happy Birthday to Us!**

Get your glad rags on!

As well as superb singing events and fabulous musical theatre shows we’ll also be getting our glad rags on for two special birthday events this November.

On Saturday 8th November we’ll be getting the kilts oot for our Tartan Ribbon Ceilidh for the LGBT community and friends at Summerhall, Edinburgh. We’ll have jigs and reels in the main hall and live music and DJs in another room for those who’d rather not strip the willow or dash after a white sergeant!

On the 29th of November, as the culmination of our birthday year, why not join us for our 25th birthday dinner in Edinburgh. We’ll be celebrating with a delicious meal, superb entertainment and great company. This promises to be an exciting occasion – save the date!
Walking the walk and dropping the drop!

2014 is a big sporting year for Scotland with the Commonwealth Games and Ryder Cup both taking place. For those of you looking forward to the athletics why not give it a shot yourself! We have places available in the Edinburgh Marathon, Half Marathon and Relay and, with individual marathon places now sold out, the only way to enter is with a charity place.

25 walkers will be leaving Glasgow at the end of April to walk The West Highland Way to Fort William for Waverley Care so keep your fingers crossed for good weather and visit our Facebook page to check their progress.

We’ll also be taking 25 daredevils to beautiful Highland Perthshire to bungee jump over the River Garry. If you fancy seeing Scotland from a different perspective why not get in touch with our fundraising team to take part.

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

Thank you to...

BBC Children in Need Appeal, Bellahouston Bequest Fund, Bruce Trust, Hugh Fraser Foundation, Miss Agnes H Hunter’s Trust, The Martin Connell Charitable Trust, The Netherdale Trust, The Robertson Trust, Commonweal Fund, The ‘Courant’ Fund for Children, and Boehringer Ingelheim for their grants to support our work.

Broughton Spurtle, Edinburgh Concert Band, Lloyds Banking Group, PPD, Royal Bank of Scotland, The Celtic Lodge and William Grant & Sons for donations towards our work.

CC Blooms, Gay Gordons, Glasgow Freight Club, Mazars, Real Foods, Regent Bar, Smokestack, Student Stop AIDS Society, Telford College and The Village for their fundraising efforts.


Broughton St Mary’s Church, Paisley Central Baptist Church and St Paul’s and St George’s Church for their support.
Supporting Our Work

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’)

- [ ] 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

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.

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.

Events Diary

Saturday 1st March 7pm
Come & Sing Faure’s Requiem
St Cuthbert’s Church, Lothian Road, Edinburgh
Audience Tickets £10 (£8 concession)
Tel 0131 556 9710 or visit www.waverleycare.org/faure

Saturday 29th March
Highland Fling Bungee Jump
Join us in Highland Perthshire for the thrill of a lifetime.

Sunday 11 May 2014
Glasgow Women’s 10K
Raise funds for Waverley Care.
Contact Julie: 0141 332 2520

Sunday 25th May
Edinburgh Marathon Festival
With the marathon sold out the only way to take part is with a charity place. Run the full, half or relay for us.

Sunday 25th May 3.30pm
Service of Thanksgiving
St Mary’s Cathedral, Palmerston Place, Edinburgh
Join us for this service led by Richard Holloway.
Music, readings and more followed by refreshments.
Free entry

Sunday 8th June
Forth Rail Bridge Abseil
Raise funds and pulses! 165ft freefall abseil.

Sunday 15 June
Men’s 10k
Glasgow
Raise funds for Waverley Care.
Contact Julie: 0141 332 2520

Saturday 21st June 11pm
Edinburgh Night Ride
Get on your bike for a moonlit cycle round Scotland’s beautiful capital city.

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