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Welcome

What a summer of sport! We were treated to the World Cup, Wimbledon and, of course, the Commonwealth Games in Glasgow.

The Games will have inspired a new generation of potential athletes in Scotland as well as motivated many of us to try out a new sport or get back into a hobby that we’d long given up on.

At Waverley Care we work to inspire people to reach their potential – like the athletes – and support them to turn their life around. This can range from getting someone to the point where they feel ready to get tested for HIV or Hepatitis C, to joining a group for the first time where they can meet others going through a similar situation. Taking small steps can be just as important as Greg Rutherford style giant leaps. It can be a difficult road for some people to get to the point where they can take control of their own lives. And, because it can often feel like a marathon, we’re here to support them every step of the way.

In this edition of Positive Interest you can read about our continued work to inspire and support people living with HIV and Hepatitis C, as well as our work raising awareness about the conditions. Our Hepatitis C campaign to encourage testing (page 3) was a great success this year, and we have also launched several new initiatives within our African Health Project (page 4).

As usual, there are lots of great events to get involved in to help us fundraise for our services. You can also read about our Edinburgh Fringe antics on page 8 and 9!

I hope you find some inspiration in the pages of this edition of Positive Interest.

With warmest wishes
Grant Sugden
CHIEF EXECUTIVE

I do!
Wedding Favours
Planning your wedding? Ask us about our Wedding Favours and Thank You Cards. Available soon!
Contact fund@waverleycare.org for more details.

Highland Fling Bungee Jump
Saturday 21st February 2015
Killiecrankie near Pitlochry
Sign up to raise money for Waverley Care and you could bungee for free
Contact Julie on 0141 332 2520 or fund@waverleycare.org

Comedy Night at The Stand, Glasgow
Wednesday 18 February 2015
Scotland’s comedians supporting Waverley Care
Tickets available from www.waverleycare.org/events

S T A N D
COMEDY CLUB

Verdi’s Requiem
With Edinburgh Symphony Orchestra
Conductor: Stephen Doughty
Saturday 21st February 2015
St Cuthbert’s Church
Lothian Road, Edinburgh
Tickets
Available from 7th November:
www.waverleycare.org

Welcome

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: Our dedicated bucket shakers at the Edinburgh Fringe.
Photo credit: Stanley Reilly

The campaign, now in its second year, was run in partnership with Hepatitis Scotland, other Hepatitis charities and various NHS boards across Scotland throughout July.

Encouraging people to get tested for the blood borne virus, the campaign slogan and website details appeared on bus and train routes. Also, the big red C’s were out again in various towns where volunteers spoke to the public about the condition.

Around 38,000 people are living with Hepatitis C in Scotland. It is estimated that around 18,000 people are unaware they have contracted the virus.

Creative inspiration

Various groups at Waverley Care are getting creative as part of our new arts project, ‘Inside/Out’.

Our groups in Edinburgh and Glasgow are working with two writers and a photographer to express what it feels like to live with HIV or Hepatitis C in Scotland today.

The project, part-funded by Creative Scotland, uses creative writing and photography as a way of enabling groups members to communicate their thoughts and feelings about their lives.

Drawing on inspiration from various writers and photographers, the groups have started to pull together a personal portfolio of stories and photographs which will be on display at an exhibition in the Traverse Theatre, Edinburgh, from 24 November – 13 December.

For more information about the project you can read the blog at www.waverleycareinsideout.com
The role of faith in the fight against HIV

Our African Health Project is working closely with faith communities in Scotland as part of a new initiative.

Building on our strong links with church groups and leaders in Scotland, the ‘Health in Faith Agenda Scotland’ (HIFA) is an innovative new project bringing African faith communities together to raise awareness about health issues, including sexual health and HIV. Our aim is to make sure Africans feel well informed and confident to access key services.

Each participating church will nominate a ‘health ambassador’ to work with Waverley Care on the project.

Renowned HIV activist, Pastor Gideon Byamugisha from Uganda visited Waverley Care in support of the initiative. He talked passionately about his experience of living with HIV as a faith leader and the role the church has in ending stigma.

For more information visit www.waverleycare.org/SAMMproject

Research project for African men launched

A unique piece of research – The SAMM Project – was launched by Waverley Care in July. The confidential Scottish study aimed at improving services for African men who have sex with men (MSM) is running in partnership with Glasgow Caledonian University.

The study will determine how African MSM are living their lives and how they are engaging with sexual health services.

The research team has been interviewing African MSM as well as heterosexual members of African communities in Scotland, to gather opinions and key insights.

For more information visit www.waverleycare.org/SAMMproject

World AIDS Day – what will you do?

December 1 is just around the corner and it can mean only one thing, World AIDS Day.

This year for World AIDS Day we’re part of the movement across Scotland asking individuals, organisations and politicians, What Will You Do? We want people to think about what they can do – to prevent new cases of HIV, to challenge the stigma and prejudice that people living with the condition often face, and to join people across Scotland in remembering those who have died from HIV related illnesses since the 1980s. We want people to share their plans with us online, using #WhatWillYouDo.

We’ll also be holding various events across Scotland including our Community Gatherings in Edinburgh, Dundee and Galashiels. In Inverness, we’ll be holding an awareness day with information stalls and workshops. To find out more, read our events diary on page 10 or visit www.waverleycare.org

Pastor Gideon Byamugisha
Introducing … Jen Goff

Jen is the Hepatitis C Service Coordinator for our Argyll and Bute service – she joined Waverley Care in April this year. We caught up with Jen to learn a bit more about her and her work

Q: What did you do before you came to Waverley Care?
A: I worked for an Alcohol and Drug Partnership in Argyll and Bute doing Research and Communications. It was an interesting job in that it gave me an opportunity to learn about the drug and alcohol sector from a strategic level but it didn’t have enough contact with people for my liking!

Q: Why did you choose to work in the Hepatitis C sector?
A: I wanted to do something which involved working with people while allowing involvement at a strategic level with service development. I get bored pretty quickly so it had to be challenging and interesting – when I saw the job I’m now doing advertised, it was like reading my ideal job described on paper! I guess it was quite a natural progression given my background/interest lying in the drug and alcohol field.

Q: What do you enjoy about your job?
A: What I’ve enjoyed the most so far is the opportunity to learn from my colleagues who have incredible experience and knowledge. Equally, however, the service users and volunteers are absolutely brilliant and ensure that work is nothing but enjoyable.

Q: What do you like to do in your spare time?
A: I love reading articles and studies. I like to live by ‘you learn something new everyday’. If it doesn’t happen over the course of the day, I think it’s always good to look for something to learn. Other than that, I play saxophone and socialise during my spare time – fairly standard hobbies!

Q: What is your favourite film?
A: ‘Beauty and the Beast’ – because everyone loves a bit of Disney.

Q: What is your favourite TV programme?
A: ‘Black Books’. I love the dark humour and Dylan Moran is a comedy genius.

Q: What is your favourite food and drink?

Q: Who inspires you?
A: There’s a clear and incredible resilience that can be observed in many of the people we work with on a daily basis. These are the people who continually inspire me, rather than one person. The people who just keep going despite what life throws at them – that can be nothing but inspiring!

To find out more about leaving a gift in your will contact the Fundraising Team on 0131 556 9710, or go to www.waverleycare.org/legacies.
Focus on: Advice & Information Service

How we’re supporting people through the benefits reform

For many of Waverley Care’s service users, having access to benefits is a lifeline.

However the Welfare Reform Act, brought into place in 2012, has meant that those most in need, including many people living with HIV or Hepatitis C, have been hit the hardest with changes to their benefits.

For those living with Hepatitis C, finding work or holding a job down can be difficult. The physical and mental impact of living with a long term condition like Hepatitis C including stigma around drug use, claiming benefits and poverty, can lead to anxiety and depression. Treatment for the condition can also have adverse physical and mental effects on an individual. Those living with the virus additionally often struggle to find work, as they are living in areas of low employment and low economic activity. This is similar for individuals living with HIV. Although many can experience a much better quality of life than in previous years, there are some people who require welfare support for day-to-day living.

Many people living with the conditions feel worried and anxious about how the new system will affect their benefits. Increased feelings of stress can lead to deterioration in mental and physical health – especially if someone is already living with other complex needs. For many, financial difficulties are already part of their lives and a slight change in their finances risks them moving into a life of poverty.

Some people may struggle to pay their bills while others may find it difficult to pay for food. Increased feelings of isolation is also a problem as many people may struggle to afford to see friends and family.

The uncertainty of loss or a reduction in benefits is affecting many people immensely.

At Waverley Care, through our Advice and Information Service, we are working with service users to help them understand the new system and make sure they receive what they are entitled to. We are also supporting them with any other issues they may be struggling with as a result of the changes, such as mental health issues, by offering one-to-one or group sessions.

The Hudson Family

The Hudson family came to Waverley Care for support as they were struggling with mounting debt and were barely able to buy food.

Their problems began when Mum, Sarah, was hospitalised – she is HIV positive and has chronic health problems because of the condition. Before being admitted to hospital she was keeping well – holding down a part time job and studying for a qualification. Her husband was also working part time so he could look after the children on his days off.

Her recovery was slow which prevented her from going back to work. Her husband’s earnings only covered the essentials and they soon found that their debts began to spiral out of control. Because of this they became homeless and were living in temporary accommodation. This had a huge impact on the family’s mental health and they struggled to cope with the ups and downs of daily life.

Our Advice and Information staff were able to support the family. They helped them to understand and access the benefits they were entitled to, provided them with food bank packs so they could eat, and established a debt management plan. Sarah’s health improved and she has been able to finish her studies and look for full time employment. The family has also found a new home and are looking forward to a brighter future.
Supporter Profile

Ray Brown became a volunteer with Waverley Care after the charity supported him through his Hepatitis C treatment. He was a peer support volunteer and now he helps out on reception at Milestone, our residential support and outreach centre in Edinburgh. He’s also starred on TV!

Q: When and why did you first become involved with Waverley Care?
A: I first came to Waverley Care in 2010 as a service user. I was about to start treatment for Hepatitis C and I was looking for some support from the charity.

Q: How did Waverley Care help you?
A: Going through my Hepatitis C treatment for a year was the lowest point in my life. Without the support of Waverley Care and the Hepatitis C Befriending Coordinator, Annette, I would never have been able to make it through my treatment. I have gradually built up my confidence by first becoming a peer support volunteer then sitting on reception at Milestone. I now feel ready to move on with my life after a tough few years. So much so that I am ready to start my SVQ 2 and 3 in social care and I’m looking forward to getting back into full time work.

Q: Which Waverley Care service stands out to you the most and why?
A: Milestone. I like to be in contact with people and to help them – especially as I’ve been through Hepatitis C treatment myself. I also enjoy being part of a team and giving back to Waverley Care after using the services myself. I want to show people that you can come out the other side of treatment and there is light at the end of the tunnel.

Q: What motivates you to keep volunteering for Waverley Care?
A: The service users and the staff that I work with.

Q: What is your favourite Waverley Care memory?
A: I have so many. I enjoyed doing my very first peer support session after I completed my training. I was able to help someone who wasn’t sure if they wanted to go through Hepatitis C treatment. I helped them to look at the positives and negatives. It was a special moment for me as it was the first time I was in a strong enough place to be able to give someone advice. I felt I was giving back to the people who supported me for many years.

Q: What is your favourite food and drink?
A: Chinese and a glass of rosé or, a pint of lager and lime.

Q: You starred on TV in the late 90s, tell us a bit more about that?
A: I was working as a parking attendant supervisor in 1997 and the BBC came to watch us in our jobs for a fortnight. I was then approached to see if I would do a documentary on parking attendants in London. They filmed me for six months in all areas of my life, even my parents and friends were involved. I was on Richard and Judy, Gloria Hunniford and Night Fever with Suggs on Channel 5. People started to recognise me in the street so I had to leave my job. I then had my own show called Gay Date Mate, the gay equivalent of Blind Date! For three years I didn’t work in full time employment due to film and television commitments!
This year’s Edinburgh Fringe Festival may have been a bit on the damp side but the sun was shining for Waverley Care.

2014 was a year of Fringe celebration all round with Waverley Care celebrating a quarter of a century and Pleasance, our Festival partner, turning 30. Our volunteers got in the party spirit and didn’t let the weather affect them, raising over £35,000 through bucket shakes.

Pleasance treated us to a fantastic birthday edition of the Tartan Ribbon Comedy Benefit with special guest Gary Tank Commander (pictured right) making his only appearance of the Festival. Proceeds from the benefit will take income from Pleasance this year to well over £40,000!

The annual Off The Kerb Comedy Gala, in aid of Waverley Care, played to another sold out audience at the Edinburgh Playhouse with fabulous hosts Seann Walsh and Kevin Bridges. The show was filmed for the BBC again and has already been shown on BBC Three so keep your eyes peeled for repeats if you missed out the first time around.

On top of all this hilarity, the wonderful Austentatious took time out from their sell-out show at Pleasance Dome to improvise a Jane Austen novel as Crosstentatious. For one night only, raising money for Waverley Care, Womansfield Park was a cross-dressing comedy delight!

Loud & Proud Choir once again supported Waverley Care with their Fringe concert. Hot off the heels of representing Scotland at Various Voices Festival in Dublin they had the audience dancing in the aisles with a fabulous programme.

Radio 4’s Colin Sell joined us at The Filmhouse for Laughter in the One and Nines and took us on a personal tour of classic British comedy films. Our thanks to both Colin and the Filmhouse for a superb event.

Finally our friends at Fresh Fringe, Edinburgh University’s student radio of the Festival, challenged themselves to a special 25 hour edition of their 24 hour show – to mark our birthday year. Michelle and Emma lasted the course and, with the help of the Fresh Fringe team and some very special guests, such as Paul Merton, put on a fantastic show. They also learned that apples are a great energy food and they raised a whopping £1,290 in sponsorship for Waverley Care.

Thank you to everyone who sponsored them.
Charity of the Year
We are delighted to announce two new partnerships.

The Edinburgh Playhouse has named Waverley Care as their nominated charity alongside CHAS (Children’s Hospice Association Scotland). They will be supporting both charities with fundraising at the theatre.

We are also excited that Harvey Nichols has chosen to support us through their Charity of the Year scheme. We look forward to working closely with both companies to raise vital funds and awareness about HIV and Hepatitis C.

Coming up
The Fringe might be over but we’ve still got lots happening between now and Christmas. Loretto School is organising a Bring and Sing at the school on 2 November in aid of Waverley Care. They are inviting singers to join them for Haydn’s Creation and more details can be found at www.waverleycare.org.

We’re also looking forward to the Christmas Tree Festival at St Andrew’s and St George’s Church on George Street, Edinburgh, running from 6 - 24 December. Our tree will be one of over 40 lighting up the sanctuary. Entry is free but donations are encouraged and will benefit local charities including Waverley Care. The Christmas Tree Festival is again part of Decorate Edinburgh and Edinburgh’s Christmas. We’re delighted to be one of their three beneficiaries.

We hope, too, that you will join us for an evening of musical reflection at Colinton Parish Church, Edinburgh, on Thursday 27 November at 7.30 pm. This delightful annual event includes contributions from local schools and celebrates community relationships.

Thank you to...
Albert Hunter Trust, M·A·C AIDS Fund, The Mainhouse Charitable Trust, The Underwood Trust, Dr Guthrie’s Association and The Henry Smith Charity for their grants to support our work.

New Town Bar, Forum of Claims and Underwriting Scotland and Lloyds Banking Group for donations towards our work.

Edinburgh Concert Band, Cadenza Choir, Edinburgh’s Got Soul, Beeslack Community High School, The Royal High School and the staff at Virgin Money for their fundraising.

Edinburgh Playhouse, ATG, Off The Kerb, Open Mike Productions, MHD Law LLP, EUSA, The Bohemians Lyric Opera Company, The Filmhouse, Loud & Proud and Pleasance for their support during the Edinburgh Fringe. Thanks to all the performers who supported us by announcing bucket shakes.

Thank you to the congregation at Christ Church Falkirk for their donation and to all the congregations who donated to the Bishop of Edinburgh’s Lent Appeal raising a fantastic £5,700.

Thanks to Brewdog, Drambuie, Glenkinchie Distillery, Hectares, Nairn’s and Select Drams for sponsoring our Comedy Gala goodie bags.
Supporting Our Work

The Hudson family are looking forward to a brighter future after they received emotional and practical support from our Advice and Information service.

Read the family’s story on page 6.

Your donation of £25 can provide a support session for another family like the Hudsons.

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

Please consider making a donation towards our work.

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I would like to:

- give a single gift of £25, £50, £100, or other £
- 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 these changes.

Events Diary

Sunday 2 November 2014
Loretto School Choral Society Bring and Sing
Loretto School, Musselburgh
For more information or to register visit www.waverleycare.org/events

Saturday 8 November 2014
Tartan Ribbon LGBT Ceilidh
Summerhall, Edinburgh
Join us for this fabulously fun night of dancing to mark our 25th birthday
Tickets available from our website www.waverleycare.org/ceilidh

Monday 24 November – Friday 12 December 2014
Inside Out Art Project
Traverse Theatre, Edinburgh
An exhibition of photography and writing by service users.
For more information call 0131 556 9710

Thursday 27 November 2014
An Evening of Musical Reflection
Colinton Parish Church, Edinburgh
Join local musicians for this event to mark World AIDS Day
For more information visit www.waverleycare.org/events

Monday 1 December 2014
World AIDS Day Community Gatherings
Edinburgh: 6pm
St John’s Church, Princes Street
Galashiels: 6pm
Volunteer Hall, High Street
Dundee: 6pm
St Paul’s Cathedral, High Street
For more information about the gatherings visit www.waverleycare.org/events

Wednesday 18 February 2015
Waverley Care Comedy Night
The Stand, Glasgow
For more information visit www.waverleycare.org/events

Saturday 21 February 2015
Highland Fling Bungee
Killiecrankie, Perthshire
Contact Julie on 0141 332 2520

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

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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* Up to 5pks of Christmas cards or playing cards: £2.99
Over 5pks Christmas cards or playing cards: £4.99

**Order Subtotal**

**Post/Packaging**

**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.

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Thank you for your order!
Christmas Cards

Order online at www.waverleycare.org/christmas

1. Camels
2. Christmas Tree
3. Winter Scene
4. Red Robin
5. Pudding
6. Robin
7. Cat
8. Christmas Tree with Snow
9. Rudolph
10. Scottish Terriers
11. Edinburgh Playing Cards

Christmas Greetings