positive interest

Ann celebrates 30 years of living well with HIV
Welcome

The recent headlines about A & E crises within the NHS have reminded me of the significant challenges facing the health service in the 21st century.

Waverley Care, in its own small way, is trying to help the NHS in Scotland face these demands. We are working hard to prevent new HIV and Hepatitis C infections and are continuing our work to help people live well with HIV and to recover from Hepatitis C.

This edition of Positive Interest includes articles on many of the different areas of our work. It also covers some of our innovative approaches to prevention and testing work that would be more difficult for NHS staff to implement. One example is our African Health Project where staff have been working closely with faith leaders and congregations to spread the word about HIV and sexual health. The conference we held in Glasgow around World AIDS Day was a great success and you can read more about it on page 4.

Another area we can help the NHS with is testing. Where people are often nervous to attend specialist clinics or their GP for HIV or Hepatitis C testing, we can provide an alternative solution through our own testing services. Our ‘Focus on’ report on page 8 gives more detail on this work across Scotland and also explains the new testing options expected to come on the market this summer. The sooner people know their status the sooner they can take positive control of their health.

I hope you enjoy reading this Spring edition of Positive Interest.

Thank you for your support and interest in Waverley Care and our work.

With warmest wishes
Grant Sugden
CHIEF EXECUTIVE

P.S. Have you considered switching to our email newsletter? It will help us save on postal costs. Go to: www.waverleycare.org/emailme

The Healthcare Experiences of People Living with HIV in Scotland
Research Report
November 2014
Author: Alison Irving

Following a public vote we were delighted to win a Bank of Scotland Community Award. If you voted for us – thank you for your support!

The award will help us construct an environmentally friendly outbuilding in the beautiful garden at Milestone, our Edinburgh-based residential outreach and support centre. The building will be constructed of recycled materials and will be used for workshops and other activities with service users to help with confidence building and skills development.

The construction process will also allow us to engage and build further links with local organisations such as schools, churches and community groups. We look forward to sharing images of the finished project with you in future editions of Positive Interest newsletter.

HIV Stigma Research

In November we launched the results of research with people living with HIV in Scotland into their experiences of the behaviour of healthcare professionals. Funded by the Scottish Government, the research was conducted by Waverley Care with the support of NHS boards across the country.

The results of the research are both encouraging and concerning. 81% of people reported having had an excellent experience in the last 2 years where the behaviour of a healthcare professional was positive in relation to their HIV status.

Disappointingly though, 32% of respondents reported poor treatment, service or stigma from someone who works within a health service, which they believe was due to them being HIV positive.

Waverley Care’s Chief Executive Grant Sugden said, “It is testament to the hard work and great attitudes of the majority of staff in the NHS that so many positive experiences have been reported by people living with HIV in Scotland. However, just one person experiencing HIV stigma in a health setting is one too many and stigma needs to stop. Stigma is hugely damaging to both individuals and to Scottish society.”

As part of our Always Hear campaign (www.HIVAlwaysHear.org) we are now developing resources to challenge HIV stigma in health settings.

Welcome
**Faith Leaders Event**

Our African Health Project in Glasgow brought members of the African communities in Scotland together with African churches and their congregations for a one-day event.

The day focused on the role of faith and faith communities in sexual health and on HIV prevention and testing. Participants learnt more about the work of our African Health Project and explored how sexual health and HIV could become part of each church’s agenda.

The event also celebrated the work that faith leaders and peer educators have already done towards reducing health inequalities in their congregations and communities.

Participants learnt more about the work of our African Health Project and explored how sexual health and HIV have developed and outcomes for people living with the conditions. Our thanks to Lynda Graham who coordinated the Inside/Out project.

**International HIV Partnerships: Turkey**

In October we spent a fabulous week with visitors from Turkey at our Edinburgh offices. They were here with funding from International HIV Partnerships to learn about our Self Management Programme with a view to starting to deliver the course at home in Turkey.

Amy Solon and Moira Washington from our Self Management team went on a return visit at the start of March to see how they were getting on and to provide feedback. Our Self Management Programme aims to equip people with skills to manage living with a long-term condition and cope with treatment. Amy said, “It is such an exciting project and we love helping to empower people internationally to live well with HIV!”

**Introducing… Ann Park**

Ann Park became the new Chair of our Board of Directors in November last year. We caught up with Ann to learn a little about who she is and her involvement in, and plans for, Waverley Care.

Q: When and why did you first become involved in Waverley Care?
A: I’ve supported Waverley Care over the years at many musical events in Edinburgh. When I finished my career in IT, I got more involved and started to volunteer with your fabulous fundraising team. I was overwhelmed by the professionalism of the organisation and the excellent work it carries out.

Q: What was it about Waverley Care’s work that prompted you to join the board?
A: Waverley Care is one of the most resilient and effective charitable organisations that has consistently championed the most marginalised people in our society. I greatly admired the way in which the organisation has adapted as treatments for HIV and Hepatitis C have developed and outcomes for people living with the conditions have improved.

Q: When not volunteering, what work do you do?
A: I am Head of Commercial Operations for Heart of Midlothian Football Club, as part of the team brought together by Ann Budge to lead the revival of the club’s fortunes and deliver it into fan ownership. I see it as the biggest community project in Scotland!

Q: What do you do in your spare time?
A: Sleep is quite a joy. Music is very important in my life and I sing with Loud and Proud Choir in Edinburgh. I have recently even turned my hand to arranging music, revising some of the skills last used as a music student in Aberdeen many years ago.

Q: What is your favourite book?
A: The Pride of Miss Jean Brodie has been a favourite for many years; Maggie Smith’s unrivalled performance puts the film in my top 10 too. I always like to have a book of poems to hand and am particularly fond of the work of my good pal Jackie Kay.

Q: If you had a superhero power – what would it be and why?
A: I would expand the day to get a little more sleep and squeeze in another song, poem or footie match!

Q: Who inspires you?
A: That’s easy! Everyone I’ve met at Waverley Care. I’ve never worked with such a cohesive team making such a positive difference to people’s lives. They truly are inspiring!

Q: What aspirations do you have for the future of Waverley Care?
A: Clearly, there are long-term aspirations such as getting to a point where there are no new infections of HIV and Hepatitis C in Scotland. In the short term though, I want to see that the organisation continues to deliver excellence in service provision in line with the reputation it has built. Recent reports from the Care Inspectorate have been hugely positive and are testament to the quality built in to the organisation. It is critical that this work can continue and we must fend off threats to our funding in these times of austerity.

**Staff Profile**

**Ann Park**

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**Wedding Favours**

Planning your wedding? Ask us about our Wedding Favours and Thank You Cards. Available now! To find out more about leaving a gift in your will, contact the Fundraising Team on 0333 556 9710, or go to www.waverleycare.org/legacies.
...and here is what's been happening on social media :)

Find us on Facebook Follow us on Twitter

Waverley Care
31 December 2014
We visited our Glasgow support centre today to learn more about our work.

Waverley Care
31 December 2014
Great to catch up with LGBTQ & sector colleagues around Scotland this evening & planning meeting. Thanks for organisation Waverley Care.

Waverley Care
31 December 2014
Looking forward to seeing in 2015 & that’s the topic of this newsletter. In the meantime, great to see positive team members working together.

Waverley Care
31 December 2014
It is our proudest day today at our Milestone residential centre and Support Centre in Edinburgh. Anyone for relaxation?! new Milestone C

Waverley Care
31 December 2014
Link Scotland Free Information Dating with Domestic Abuse for people and bisexual men being with Waverley Care & BMA Scotland. www.waverleytrust.org.uk

Another birthday, another reason for cake at our Milestone support centre. yummy #HIV #WaverleyCare

Waverley Care
31 December 2014
Our page on Facebook is always changing - check it out and like us.

Waverley Care
31 December 2014
Hi from Waverley Care. Let's talk about our work and the challenges we face with HIV and other health issues. Join our Facebook page for more info Waverley Care

Waverley Care
31 December 2014
Hi from Waverley Care. Today, we’re sharing stories from our clients and some of the work we do. Find us on Twitter and follow us.

Waverley Care
31 December 2014
Our story starts here and it’s been a busy year. Join us and we’ll share more stories next year.

Waverley Care
31 December 2014
Children in Need

Waverley Care
31 December 2014
It is #WorldAIDSDay and we’re offering HIV testing in Inverness, Glasgow and Edinburgh. Get in touch to make an appointment.

Waverley Care
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Focus on: Testing

In Scotland it is estimated that 17,000 people have contracted the Hepatitis C virus but are undiagnosed and another 1,300 people are living with undiagnosed HIV.

These are shocking statistics on their own but they become even more disturbing when considered alongside facts such as, without diagnosis and treatment, HIV and Hepatitis C are likely to be doing long-term physical damage, unnecessarily shortening people’s life expectancy. And, these individuals are at increased risk of unknowingly passing on the viruses to other people.

Early diagnosis of HIV and Hepatitis C is a key focus of Waverley Care’s work. As well as encouraging people to access testing at their GP or sexual health clinic, we offer our own free, discreet, non-judgemental and confidential testing service for HIV, Hepatitis C and B.

The main type of test we use is a Dry Blood Spot Test. The test is very simple and involves taking a few small spots of blood from a finger prick which are then placed on a card. The card is sent off to a laboratory and the result comes back in around two weeks. We give you your test results at a second appointment.

In Highland, Argyll and Bute we are currently trialling HIV Rapid Screening. HIV Rapid Screening is a simple test which provides results within 20 minutes. A few small spots of blood are taken from a finger prick and mixed with a testing solution. The solution is placed on a testing strip and is left to develop. Like a pregnancy test, lines on the testing strip show whether the result is positive or negative.

A new testing option is due to join the market this summer as HIV home testing kits are expected to hit the supermarket/pharmacy shelves. Although legalised last year, no test has yet achieved its CE approval mark for sale in the UK but it is anticipated that this will change in a few months’ time. Any tests available online now are not recommended as there are concerns about their accuracy. Although not without their critics, we welcome home testing as another route for people to get diagnosed and are working on ensuring that people who receive a positive result have easy access to information about support services and clinics.

Colin: a testing case study

Colin was worried after having unprotected sex and was anxious to test for HIV. He first contacted the Waverley Care Highland team through our profile on an online male-cruising website. Colin was interested in our pilot HIV Rapid Screening service due to the speed of the results. He was also attracted by our informal and anonymous service, that wouldn’t be recorded on his medical records.

After speaking on the phone with our Prevention and Support Worker about the test, he made an appointment for the following day. At the appointment, Colin explained that he’d had unprotected sexual intercourse twice in the last three months, and he did not know the HIV status of either male partner.

Our staff discussed with Colin how the test would work and the options available to him depending on the result of the test. The test was performed and the result was non-reactive, so negative for HIV.

Colin was very relieved and accepted the offer of speaking further with our Prevention and Support Worker after the test. He was also given the contact details of other services, where he could get further STI tests.

Since coming in for the test, Colin continues to access support and safe sex advice from Waverley Care, both in person and online. Colin now has more awareness of HIV and safer sexual behaviour and feels more confident about looking after his sexual health in future.

Service User Profile

Ann was diagnosed with HIV back in 1985 so this year marks the 30th anniversary of living with the virus and she also celebrates her 60th birthday.

We sat down with Ann to learn more about this remarkable lady!

Q: So Ann we’re guessing you never imagined in 1985 you would be as fit and healthy as you are today?
A: Never in one-hundred years. I was never as fit as this before the virus.

Q: What are the differences for you between living with HIV 30 years ago and now in 2015?
A: Now it’s not as frightening as it was in 1985. In 1985 there was no combination therapy and your life expectancy, if you were lucky, was between 5 and 7 years. There were no support services – there was no Waverley Care. Every time you opened a newspaper, every time you put on the television news there was somebody dying (from HIV). It was frightening. Also, to begin with I was on 22 pills a day. From the minute I got up every day, I would be taking tablets. But the last few years I’ve only had to take one a day, which shows the advancements. It’s a great achievement.

Q: What have been the main challenges for you?
A: The stigma - in the beginning it was very hard. People used to say they didn’t have HIV when I knew they did. People were just too ashamed. Today there is still some stigma out there even if it’s not in the papers every day. A lot of people are still ignorant. It’s hard to get the message across that you can be HIV positive and still live a long and healthy life.

Q: What positives can you take from living with a long term condition?
A: It has made me more determined and a better person. I never used to take my health seriously but I do now and I have done for a long time. I could have just crawled into a corner and died but this virus has made me stronger strangely enough. I began to take my health seriously. My mum and dad were still alive when I was diagnosed and I didn’t want to put them through the pain and the hurt of losing me. I ate properly, I exercised and I stopped using drugs.

Q: When did you first become involved in Waverley Care?
A: Not long after Milestone first opened – I went in April 1992. Ever since, Waverley Care has always been there for me. Any crisis in my life or when I’ve needed support I’ve always just phoned up Waverley Care. They’ve been patient, understanding and sympathetic.

Q: What different services have you used?
A: Apart from Milestone, I use the ISIS Women’s Group. I’m also in the Tartan Ribbon Community Choir, the gardening group and the knitting group, which keeps me busy.

Q: What would you say to someone who is considering supporting Waverley Care either with their time or money?
A: Get involved – it’s very rewarding. Sometimes it can be hard, it can be sad, but ultimately the volunteers get a lot of satisfaction out of what they do. You get to spend time with a great group of people.

Q: What is your favourite Waverley Care memory?
A: Oh - so many! I remember the first time I went in to Milestone it was Easter time, and the place was packed. It was like a big family – a home from home. People were free to just be themselves. I remember all the kids looking for the Easter eggs that were hidden around the building. That’s a nice memory – I have a lot of good memories.

Q: What is your favourite film?
A: Scent of a Woman with Al Pacino.

Q: What are you currently reading?
A: I like true crime novels. My favourite book is so hard to pick but it would have to be Who Killed Karen Silkwood?.

Q: What is your favourite thing to do in your spare time?
A: I go to the football; I guess that’s my hobby. I support Hibs; I was there on Saturday freezing and watching rubbish football!

Q: What are your hopes for the future?
A: I hope I stay healthy – and my team wins the Scottish Cup! I would also like to give something back to Waverley Care for all the help and support they have given me. I’d love it if just one person could read this, and see that I’ve celebrated nearly 30 years with this virus living with me – because I’m not living with the virus, the virus is living with me – and think ‘I’m not going to die, I’m going to be like her, I’m going to live’.
Fundraising Roundup

It’s been quite a while since our last Fundraising round up and boy have we been busy!

Let’s start by looking back to 2014 and how we rounded off our birthday year with style.

Back in October, our ‘come and singers’ had the wonderful opportunity of singing the Rutter Requiem, conducted by John Rutter himself. The event, held in Glasgow, was a huge success, selling out and raising £7,700.

The singing continued into November with Loretto School’s Bring & Sing raising £1,376. Then we added some dancing with our LGBT Tartan Ribbon Ceilidh at Summerhall raising £1,270.

Heading towards World AIDS Day and keeping up the musical theme I had the pleasure of taking part in Colinton Church’s event. With the Church Youth Band, Firrhill High, Currie High and Braeburn School involved, as well as Waverley Care’s Tartan Ribbon Community Choir, there was a great community feel to the night.

Waverley Care supporters got their glad rags on and sat down for dinner at Assembly Roxy to celebrate our 25th birthday. Ivan Brackenberry as well as music from Peter Straker with MC Tom Binns and entertainment from his alter ego Kirkcaldy. Between the two events we raised nearly £2,000.

On World AIDS Day, as well as our community gatherings in Edinburgh, Dundee, Galashiels and Kirkcaldy, we were out with our collection buckets gathering donations at Edinburgh’s Christmas. Thank you to ESCA and staff at Scott-Moncrieff for helping us raise over £700 in the buckets.

Finally, to get us in the Christmas spirit, we were thrilled to be part of the Christmas Tree Festival at St Andrew’s and St George’s West Church on George Street, and Decorate Edinburgh. Between the two events we raised nearly £2,000.

Our Twitter followers also got vocal in December and helped us win Starbucks’ Christmas Campaign and a prize of £1,000. Thanks to staff at Starbucks in Edinburgh for nominating us.

With all this going on it’s surprising we had time for anything else! But, amongst all the hubbub I went along to meet the cast and crew of Edinburgh University Footlights’ amateur premiere of RENT, conducted by Stephen Doughty and accompanied by Edinburgh Symphony Orchestra.

For our second bucket shake of 2015 our wonderful volunteers were out in force at the Kings Theatre for the amateur premiere of Sister Act by the Bohemians. Thanks to those who put money in the bucket we raised £2,047.

That takes us neatly into 2015 where our first event of the year was bucket shaking at the end of each show of RENT at the Church Hill Theatre in Edinburgh. Our session with the cast really came into its own with some real powerhouse performances which inspired the audience into giving very generously after the show. We raised over £2,200 so thank you to all who donated and to Lauren and the team at Footlights for supporting us.

We then headed over for a wee night out in Glasgow at the Stand Comedy Club where we were joined by Bruce Devlin, Scott Agnew, Susie McCabe, Janey Godley and Liam Withnail and raised just under £500. Thanks to all the comedians for giving their time to support us and to The Stand for putting us up.

Our ‘come and sings’ got off to a great start in 2015, with £7,400 being raised through a sell-out concert of Verdi’s Requiem, conducted by Stephen Doughty and accompanied by Edinburgh Symphony Orchestra.

If you’d rather exercise your vocal chords head over to Glasgow on 7 June for the Big Hymn Sing at Wellington Church, or just sit back and enjoy the music at Edinburgh Concert Band’s Sparkler concert on 13 June.

Looking forward, we’ve got lots on, as we move into the spring and summer.

Running...

If you’re feeling fit you can join our CEO, Grant, in running the Edinburgh Marathon. The weekend of 30–31 May will see Grant tackle his first full marathon, but if that feels a few miles too far you could always start with the 5km, 10km, half marathon or even get three friends to join you for the team relay. Or why not sponsor Grant at uk.virginmoneygiving.com/GrantSugden.

Walking...

If you’re more of a stroller than a runner why not join us on our sponsored walk. After the great success of our West Highland Way trek last year, we decided to organize something for those of you who couldn’t manage a full week of walking. On 6 June we’ll be donning our walking boots once more and walking the first section of the West Highland Way, from Milngavie to Balmaha on the banks of Loch Lomond. Visit our website www.waverleycare.org/wfr for more information.

Cycling...

Perhaps two wheels are preferable to two legs? You could become a Waverley Care Night Rider and take to the streets of Edinburgh on this 50 mile cycle through the capital. Put the 20 June 2015 in your diary and call Lisa on 0131 556 9710 for more details.

Singing...

If you’d rather exercise your vocal chords head over to Glasgow on 7 June for the Big Hymn Sing at Wellington Church, or just sit back and enjoy the music at Edinburgh Concert Band’s Summer Sparkler concert on 13 June.

If you would like to make a donation, please visit our website: www.waverleycare.org

Click here to VIEW from Conic Hill – Join us on the West Highland Way.
Thank you to...

Beeslack Community High School
Berwickshire High School
The Bohemians Lyric Opera Company
Broughton St Mary’s Church
Bruce Trust
Cadenza Choir
CC Blooms
City of Glasgow College
Colinton Parish Church
Creative Scotland
Denny Westpark Church
Edinburgh Concert Band
Edinburgh Gay Mens Chorus
The Edinburgh Playhouse
The Elizabeth Taylor AIDS Foundation
EU BLOGS
EU Footlights
Festival City Theatres Trust
George Watson’s College
Glasgow East End Team Ministry
Gordon Fraser Charitable Trust
GU Afro Caribbean Society
Cafe Habana
Harvey Nichols
Heriot-Watt University
Integr8 Construction Limited
Jedburgh Grammar School
John Menzies plc
Kiehl’s
Lloyds Banking Group
M•A•C AIDS Fund
The Martin Connell Charitable Trust
Meridian Productivity Ltd
The Monument Trust
Nancy Roberts Charitable Trust
Old St Paul’s Regent Bar
The Religious Society of Friends (Quakers)
The Robertson Trust
Scott Moncrieff
Sing in The City
St Andrew’s & St George’s West Church
St Baldred’s Church
St Cuthbert’s Colinton
St Mary’s Church
St Ninian’s Episcopal Church
St Peter’s Episcopal Church
Starbucks
Theatre Royal and The King’s Glasgow
TSB Bank Plc
TYCI
The Usher Hall
Virgin Money
Widowers’ Children’s Home Trust

Events Diary

Sat 30 – Sun 31 May 2015
Edinburgh Marathon Festival
Run in the 5km, 10km, half marathon, or Hairy Haggis Relay for Waverley Care

Saturday 6 June 2015
Walk for Waverley Care
Sponsored walk from Milngavie to Balmaha on the first section of the famous West Highland Way.

Sunday 7 June 2015
The Big Hymn Sing - Glasgow
Wellington Church, 77 Southpark Avenue, Glasgow

Saturday 13 June 2015
Edinburgh Concert Band
Greyfriars Kirk, Edinburgh
Join is for an evening of sparkling summer music.

Saturday 20 June 2015
Edinburgh Night Ride
An evening and twilight cycle through the city, taking in Arthur’s Seat, the Castle and the Forth Bridge.

Tuesday 18 August 2015
Tartan Ribbon Comedy Benefit
Pleasance, Edinburgh
Tickets on sale soon

Saturday 22 August 2015
Loud & Proud on the Fringe
St Cuthbert’s Church, Lothian Road, Edinburgh
Tickets £13 (£10 conc.)

Saturday 26 September 2015
Come & Sing with Oliver Rundell
Glasgow
Further details coming soon...

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

Subtotal: £10.87

Pathfinder

Waverley Care, 3 Mansfield Place, Edinburgh EH3 6NB
Telephone: 0131 556 9710
Email: fund@waverleycare.org

Find us on Facebook
Follow us on Twitter www.waverleycare.org
Scottish Charity No. SC036500
Company Limited by Guarantee No. 253043

Ada (age 9) loves sparkly shoes
Living with HIV is a challenge
Ada has to take 8 pills every day and hates it. But she learned a song at school about walking in other people’s shoes and thought it was a great idea, especially if they were sparkly!

Walk in Ada’s shoes
What will your challenge be?
www.waverleycare.org/sparklyshoes