Celebrating the launch of our new website
Welcome to our summer edition of Positive Interest.
We’re delighted to have the opportunity to update you on the goings on here at Waverley Care.

As part of our work, we regularly hear stories from people who work with our African Health Project and are seeking asylum in the UK. They are stories which make us feel very fortunate to live in Scotland. This feeling was reinforced recently when a report showed that Scotland is the best country in Europe for lesbian, gay, bisexual, transgender and intersex (LGBTI) legal equality.

Compiled by the International Human Rights Association Europe, the 2015 Rainbow Europe Index measured each country’s progress against 48 criteria including legal protections from discrimination in work and services, measures to tackle hate crime and equality in family law. As gay and bisexual men are a group in society who are more adversely affected by HIV than most, we are delighted by these findings for many of the individuals we work with. It is also positive news in the fight against new HIV infections as the psychologically damaging effects of homophobia on individuals can lead them to put themselves at increased risk of HIV. This topic along with the damaging impact of homophobic attitudes and policies towards LGBT people in some African countries is explored in our recently launched SAMM report which features on page 3. The report was launched in the Scottish Parliament, kindly hosted by Sarah Boyack MSP. You can also read more about the work of our African Health Project on page 8.

Our new Forth Valley services, World Hepatitis Day and interviews with service users and staff are amongst other highlights I hope you enjoy learning more about. You can also read more interviews on our newly launched website – have a look at www.waverleycare.org

Finally thank you to all who supported me in my marathon efforts – you can see how I got on on page 4.

Thank you for your ongoing support of Waverley Care.

With warmest wishes

Grant Sugden
CHIEF EXECUTIVE

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Tartan Ribbon
LGBT Ceilidh
Saturday 7th November 2015
Assembly Roxy, Roxburgh Place, Edinburgh

Tickets on sale now: £15
www.waverleycare.org/ceilidh
or phone 0131 556 9710

event in support of
Waverley Care
making a positive difference

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Welcome front cover image: Our new website.
New Website

We’re delighted to announce the launch of our new website. You’ll still find us at www.waverleycare.org but you’ll see a new look site with more information for our service users, supporters, volunteers, partners and anyone else interested in our work.

It is seven years since we last developed our website and a lot has changed at Waverley Care since then – our services have expanded geographically, in number and in focus.

SAMM Research Report

We’re excited to have recently launched the results of our research into Scotland’s African Men who have sex with Men. The work was carried out in partnership with Glasgow Caledonian University and funded by NHS Greater Glasgow & Clyde, NHS Lothian and The Big Lottery Fund.

Gay men are amongst the groups most at-risk of contracting HIV in Scotland. The report covers the key themes that arose from conversations with African men, discusses the barriers and resistance amongst African communities to being gay and also looks at ideas to engage all Africans in Scotland on the issue of homosexuality and challenging homophobia.

The official launch took place at the Scottish Parliament at a reception kindly hosted by Sarah Boyack MSP.

You can download a copy of the full report at www.waverleycare.org/reports
Marathon Success

Our Chief Executive Grant Sugden completed the Edinburgh Marathon on 31 May and raised £1832 for Waverley Care.

It was Grant’s first ever marathon attempt and he finished in a fabulous time of 3 hours 54 minutes. Not put off by the race, he’s caught the running bug and is already planning his next challenge – “Perhaps another marathon, but somewhere exotic!”, he told us.

New Forth Valley Services

We’re delighted to be extending our African Health Project into the Forth Valley region from July, in partnership with NHS Forth Valley.

Bibiana Zirra, our new Forth Valley staff member, will be based in Falkirk. Bibiana will be working to improve access to healthcare for Africans in the region alongside raising awareness of HIV, how to avoid infection and encouraging people to get tested. Her work will also include supporting anyone who is already diagnosed and living with HIV.

Our African Health Project Senior Manager, Mildred Zimunya, said, “We’re excited about reaching more people with the information and advice about HIV that everyone deserves access to. Encouraging conversations in African communities about HIV and sexual health is a key part of our work and we look forward to working in partnership with many organisations to make this happen.”

HIV Self-Test Kit Launches

At the end of April the first HIV self-testing kit approved for use in the UK went on sale.

The kits give an almost instant result, are 99.7% accurate and perfect for people who prefer to test in their own home. There are still lots of other testing options available though including your GP, sexual health clinic or with us at Waverley Care. Visit our website for more details. With over a fifth of people living with HIV undiagnosed, we welcome new developments that encourage people to test.

More information on the new self-testing kits can be found at www.hivselftest.co.uk
Introducing...
Emer Lordan

Emer is our project worker based in Fife. We caught up with Emer to learn a bit more about her and her work.

Q: What did you do before you worked at Waverley Care?
A: I worked for Move On and Dunedin Homeless Hostel before I joined Waverley Care. My jobs before this role were primarily in mental health and homelessness.

Q: Why did you choose to work for Waverley Care?
A: In the Royal Edinburgh Hospital I supported a person living with HIV as well as an enduring mental health illness – I was extremely unaware of the attributing factors that came along with an HIV diagnosis and wanted to learn and try and support these individuals.

Q: What is the main thing that you think people don’t understand about HIV or Hepatitis C?
A: I think people don’t understand that anyone can get HIV regardless of sexuality, age, gender and race. When I ran a peer support group the service users that attended were surprised by the varying age groups and backgrounds of the group and that was within an HIV positive group.

Q: What are you currently reading?
A: I’m not a big reader – but do read the Irish Independent on the iPad (does that count?)

Q: What was the last arts event you attended?
A: I went to see the new Avengers movie – Age of Ultron – in California last month!

Q: What is your ideal holiday?
A: I prefer more active holidays rather than relaxing on a beach for two weeks - California again please!

Q: What is your favourite food & drink?
A: My favourite food at the moment (I go through phases) is my own homemade almond butter and naked bars – amazing. My favourite drink is a margarita! Non-alcoholic – definitely coffee.

Q: Who inspires you?
A: After the recent gay marriage referendum in Ireland, everyone who voted yes really inspired me and made me feel very proud to call Ireland my home. We can all make a real difference to our futures.
Every year the 28th July is World Hepatitis Day.

The aim of the WHD is to raise awareness, promote testing, call for access to treatment and better prevention programmes, and to encourage action from governments across the globe. In 2014, 80% of countries across the world took part. This year we will be working alongside other charitable organisations and NHS boards to help raise awareness and encourage testing in Scotland, and we’ll be continuing our Big Red C Campaign.

Scotland is also honoured this year to be hosting the World Hepatitis Summit, in Glasgow 3-5 September. The summit organised by bodies including the World Health Organisation, will help in the development of a global hepatitis strategy and assist countries from across the world to construct hepatitis action plans and raise the global profile of viral hepatitis. Representatives from across the world will be there and we look forward to joining them to share experiences and knowledge.

Partnership with Lloyds Banking Group

Since 2007 we are grateful to have been supported by Lloyds Banking Group through volunteering. Starting with their staff volunteering at our allotment and in the grounds of our Milestone Residential and Outreach Support Centre, the relationship has developed to touch all areas of our organisation.

Last year, the group donated more than 1000 working hours in volunteering, mainly through their ‘Day to Make a Difference’ programme. At the end of the year members of our senior management team were joined by the Lloyds Banking Group senior leaders in Scotland – the Scottish Executive Committee. They considered ways we could develop our strategy, grow our work and reach more people. More recently senior staff from their HR, risk and communications teams have been working with us on our organisational values and our risk management systems. Grant Sugden, Waverley Care’s Chief Executive, said, “We are so grateful for the fantastic support we receive from all the committed staff at Lloyds Banking Group. Their expert advice in key areas is really enabling Waverley Care to become an even stronger organisation for the future”.

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Positive Interest Summer 2015
Meanwhile on social media :)
Focus on: African Health Project

Living with HIV can be challenging enough, but combine that with living in a foreign culture, navigating the immigration system and not having enough money, and it’s easy to see how life can feel overwhelming.

For over a decade, our African Health Project has worked with Africans living with HIV in Scotland to improve health and bring more contentment to people’s lives by tackling a range of issues.

Launched in Lothian in 2003, the service was created in response to the growing number of Africans in Scotland being diagnosed as HIV positive and particularly being diagnosed late when they were seriously ill. Soon after in 2005, the service expanded to Glasgow and now operates nationally.

In Africa the adult prevalence of HIV in some countries exceeds 20% so it makes sense that those now living in Scotland will be more adversely affected by the virus. The number of Africans living in Scotland has increased substantially over recent years with 6,000 recorded in the 2001 census to 36,000 in 2011. Over the last year our African Health Project has supported 186 individuals and 135 families affected by HIV and 5,600 Africans received HIV information through events, workshops and seminars.

Isolation, poverty, poor self-image and physical health, and difficult family relationships are just some of the topics we’ve helped people work through and overcome.

The African Health Project has been described as being a home, a family, a friend, a confidant and a place of safety. In the groups people meet others living with HIV and can speak to someone who understands and can say ‘me too’.

The project has specific support services for children and families where someone is diagnosed as living with HIV and also for those seeking help with employment and skills. These services incorporate groups and one-to-one work and include supporting people to access local services and feel more integrated into Scottish life.

Another important part of our work is raising awareness of HIV and reducing the transmission of the virus by educating, empowering and encouraging African communities. We do this by working closely with community organisations, such as churches, African country associations and community groups, to discuss HIV and promote sexual health.

We make condoms and femidoms available in community based settings, including barber shops, hair salons and African restaurants and food shops. We also offer HIV and Hepatitis testing, give talks, run workshops and provide training to adults, young people and health care professionals.

Our Voice of Hope Choir is an important part of our community outreach work. By singing at community events, especially in churches, the choir delivers positive messages about HIV through uplifting music and song.

Through this work we encourage people to know their HIV status and to have a healthy life whatever the outcome of a test.

Africans who have accessed our services have reported many benefits from working with us including:

- Feeling less isolated
- Improved self-esteem and confidence
- Improved understanding about HIV and HIV treatment
- Feeling more confident in telling people about living with HIV
- Improved physical health
- Improved financial situation
- New skills and being helped back into work and education
- Thinking positively about life and the future
- Improved relationships within families

Read about one of our service users, Mambo, at www.waverleycare.org
Dale used Waverley Care's services as a child. He attended our Children & Families Project and, although HIV negative himself, both of his parents were living with HIV. Most recently he has been a major supporter of our work.

We met up with him to find out more...

Q: You've done some fundraising for Waverley Care, we understand?
A: I made the decision 4 years or so ago to raise money for a charity by doing the Edinburgh Marathon. I wanted to do a challenge for a charity that had meant something to me, Waverley Care was the obvious choice given the support they had provided for my Mum and family over the years. I managed to raise some money, which was really inspirational. Unfortunately I had a bad pelvic injury four weeks before the marathon, so had to withdraw. I have since run two marathons! Keep an eye out, I am running a 36.5 mile 'Ultra Marathon' this year, which I will be fundraising for!!

Also, when I got married, we used the Waverley Care ribbon pins as wedding favours. They went down really well.

Q: How did Waverley Care help you and your family?
A: The biggest thing from my perspective was the support they gave me as a child, the realisation that I wasn’t the only child going through a difficult time through having a parent with HIV. The Children & Families team took us away for weekend residential trips to Arran and various day trips. They also provided great one to one support, when required. My mum spent a lot of time in Waverley Care's Milestone Residential Support Centre. The staff, be it the nurses or volunteers, were excellent and created a welcoming and supportive environment. Growing up with this environment made me appreciate the harsh reality of what others were going through, but also gave me the realisation of the negative and unwarranted stigma attached to HIV. Something I’m keen to help eradicate in any small way.

Q: How did HIV affect you and your family’s life?
A: Unfortunately, I have now lost both parents to HIV. My father died when I was 7, my mum passed more recently when I was 31. It has had a profound effect on all of my family. It is something that is very difficult to get over. The illness caused such a huge domino effect for all of the family; it was the cause of our childhood being very unsettled, then even into adulthood the effect the illness had on my mum meant nearly every day we would be faced with a new challenge!

Q: Tell us about life now for you – what are you up to?
A: I am now living the dream!! I have started my own personal training and fitness business in Edinburgh; DARE Fitness! I get to work with, and coach, great people from different backgrounds, all with their own specific goals. It’s awesome! I also run...a lot! Great way to relax and de-stress the mind. I definitely recommend it!

Q: What is your favourite book?
A: The Book Thief by Markus Zusak

Q: What are your favourite films?

Q: What is your favourite food & drink?
A: I love a good BBQ; smoked fish or a medium/rare steak! Favourite drink... chocolate milk!

Q: What is your dream holiday destination or where have been your favourite places to travel to?
A: I’m very lucky to have seen some of the most amazing places in the world. I’ve swum with whale sharks and travelled all of Australia, bungee jumped and toured New Zealand, stayed in a tree house in the jungles of Thailand, sailed around the Caribbean, and partied a little in Ibiza! The one thing I am missing, which I would love to do, is safari!!

Q: Who inspires you?
A: My brother and sister, Lee and Zoe. Both have seen enough and been through more than a lot of people would go through in 100 lifetimes; they have grown up to be awesome individuals. Professionally, all the people that come to me with a goal and work 100% to achieve that goal! ...Oh, and Arnold Schwarzenegger!!

Q: Any dreams for the future?
A: I would love to build 'DARE Fitness' into a branded business with solid core values that can be appreciated throughout the fitness industry. Also, to have a long-standing partnership with Waverley Care. The charity is something I talk about a lot, I would really like the two to be successfully linked.
Musical moments
No-one could ever accuse us of not having eclectic tastes in our love of all things musical!

In recent months, we’ve been delighted to have bucket shakes at the Big Hymn Sing in Glasgow, Edinburgh Music Theatre and Edinburgh Concert Band, which together totalled £1,672. A wonderful concert by Edinburgh Charity Orchestra as part of the Spark Festival at Greyfriars Kirk raised £1,153.

Once again we say a big thank you to Jock Blyth for raising £1,735 at his annual Punk for Pam weekend, in memory of his sister. His amazingly generous support helps to fund our services at Milestone.

Events coming up include our fabulous Opera Choruses event, conducted by Oliver Rundell and featuring Frances McCafferty as our soloist.

Digging deep!
We’ve recently welcomed some hard-working groups of corporate volunteers to our Milestone Residential and Outreach Support Centre. They were generously giving a day out of the office to lend a hand.

Thank you to Lloyds Banking Group, RBS and Starbucks - our gardens would be a wilderness without you!

Fringe fancies
We are looking forward to all things Edinburgh Fringe! Don’t miss the amazing events we are involved with, especially our fabulous Comedy Gala and the Tartan Ribbon Comedy Benefit. See the Events Diary or check our website for details.

We’re excited to be back at the Pleasance for our 24th year. Would you like to join our happy band of bucket shakers? We can offer the best Fringe atmosphere in the city, the opportunity to make new friends and the chance to see some Pleasance shows for free. We take corporate groups too!

Interested? Call us on 0131 556 9710.
Out and about in Glasgow

Promilla, our new Glasgow fundraiser, is busy raising Waverley Care’s profile in the LGBT community.

We are pleased to be working closely with Tartan Partnerships, who recently organised The Big Gay Ball Does Glasgow and are thrilled to be the charity partner of the ICON Awards, a spectacular awards ceremony recognising the contribution of the LGBT community in Scotland. The awards ceremony takes place at the Crowne Plaza Hotel in Glasgow on Friday 9th October and will be a night of glitz and glamour. For tickets, go to www.icon-awards.co.uk.

Meet the Team

Recently there have been a few changes to our Fundraising & Communications Team. We said a fond farewell to Jane Griffin, but welcomed Promilla Caughey as Fundraiser in Glasgow and Ewan Hastings as Trusts & Corporate Fundraiser in Edinburgh. Murray Cheek also joined us at the beginning of July as Communications Officer.

Here is our team in full. We’re a very friendly bunch so please don’t be strangers!

Life’s never dull... for Action Heroes

Thank you and well done to those who have pounded the streets in the Edinburgh Marathon, abseiled off the Forth Rail Bridge and bungeed off the Garry Bridge in Perthshire whilst raising funds for us. We salute you for your fearless endeavours!

Would you like to push your own boundaries? If so, get in touch! Tel: 0131 556 9710.

Corporate coincidence

Two of our corporate supporters discovered that they shared more than their enthusiasm for Waverley Care. Adam Knight from Edinburgh Playhouse and Adam Knight from Starbucks both visited Milestone on the same day and we couldn’t resist the photo opportunity! See their picture at the top of page 10.

Karen Docwra
Fundraising Manager

Ali Irving
Communications Manager

Promilla Caughey
Fundraiser – Glasgow

Ewan Hastings
Trusts & Corporate Fundraiser

Murray Cheek
Communications Officer

Lisa Morrison
Community Fundraiser

Alison Hyde
Fundraising Administrator

Promilla Caughey
Fundraiser – Glasgow

Ewan Hastings
Trusts & Corporate Fundraiser

Murray Cheek
Communications Officer

Lisa Morrison
Community Fundraiser

Alison Hyde
Fundraising Administrator
Order your Christmas Cards online now...

Go to www.waverleycare.org/shop

From £3.50 per pack
All profits go to

Waverley Care making a positive difference

Events Diary

Sunday 16 August 2015, 7.30pm
Waverley Care Comedy Gala
Playhouse, Edinburgh
Edinburgh’s biggest comedy event returns with an all-star line-up.

Tuesday 18 August 2015, 8pm
Tartan Ribbon Comedy Benefit
Pleasance, Edinburgh
A top night of comedy in support of Waverley Care.
For tickets visit www.pleasance.co.uk

Saturday 22 August 2015, 8.30pm
Loud & Proud on the Fringe
St Cuthbert’s Church, Edinburgh
Scotland’s LGBT singing sensation.
For tickets please visit www.waverleycare.org/events

Sunday 23 August 2015, 4pm
Big Hymn Sing
St John’s Church, Edinburgh
Lift your voices in this fabulous musical event taking place as part of Just Festival.
For tickets visit www.just-festival.org

Saturday 26th September 2015
Come & Sing Favourite Opera Choruses
Wellington Church, Glasgow
Tickets available from our website
www.waverleycare.org/opera

Friday 9 October 2015
The ICON Awards
Crowne Plaza Hotel, Glasgow
Fabulous black tie awards night celebrating excellence in the LGBT community.
For more information, contact Promilla on 0141 332 2520.

Saturday 7 November 2015, 7pm
Tartan Ribbon Ceilidh
Assembly Roxy, Edinburgh
Join us for this fabulously fun night.
Tickets available from our website
www.waverleycare.org/ceilidh

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

Thank you to...
Barclays, BBC Children in Need Appeal, Currie Community High School, Edinburgh Charity Orchestra, Edinburgh Children’s Holiday Fund, Edinburgh Concert Band, Edinburgh Music Theatre, Edinburgh Playhouse, Edinburgh’s Christmas, Fresh Air, Harvey Nichols, Lloyds Banking Group, Miss Agnes H Hunter’s Trust, Miss Isabel Harvey Charitable Trust, MHD Law LLP, Paramount Creative, The Robertson Trust, Royal Bank of Scotland, The Royal High School, St Paul’s & St George’s Church, Spark Festival, Starbucks, Tartan Partnerships, The Village, Ward Family Charitable Trust, Wellington Church – Glasgow
...and to all of our individual donors.