Celebrating African fusion with a Scottish twist!
Welcome

Following a busy few months we’re delighted to provide you with an update on our work.

In my role as Chief Executive, I come into regular contact with individuals from charities representing a whole range of interest groups. What unites us is a focus on action to make life better for the individuals we represent and support.

However, in recent months we have witnessed a series of cases where charities, and the charity sector, have been hitting the headlines for all the wrong reasons. We have seen reports of financial mismanagement, of data breaches and of aggressive fundraising practices targeted at vulnerable people.

With recent polls suggesting trust in charities is at an eight year low, it is hugely important that such cases are properly investigated and any lessons learned. However, it is equally important that we celebrate the good practice that I witness every day.

At Waverley Care, we are proud of the services we provide. Our work is only possible thanks to the generosity of supporters like you and, through our fundraising activities, we aim to build relationships based on trust and respect.

While funding is central to our continued survival, it is only when allied with effective governance that we can begin to achieve our aims. Your contribution helps us to invest in our people and our organisation and has allowed us to build a dedicated, effective team.

This strong foundation allows us to focus on our work making a positive difference to the lives of our service users – whether this is delivering sector-leading Hep C services in Glasgow (p4), training African hairdressers to be a source of support in the community (p6) or bringing young people living with HIV together (p8).

We will never take that support for granted and will continue to value the relationships we enjoy with our supporters.

With warmest wishes

Grant Sugden CHIEF EXECUTIVE

Front cover image: African Fusion Night, August 2015
Photo credit: Patricia Carvalho
In August, Tynecastle was the venue for our African Fusion Night – an evening of African music, fashion and culture with a distinctive Scottish twist.
Over 270 people, the majority from Edinburgh’s African communities, joined together in a celebration of diversity and friendship.
Entertainment on the night included the Tshwane Gospel Choir from South Africa, an African attire fashion show and a good old Scottish ceilidh.

The evening was a massive success, bringing people together and helping us to highlight our work supporting African communities around HIV testing, treatment and prevention.

Thanks to our partners at SCORE Scotland and funders at Big Lottery’s Celebrate fund.

World AIDS Day and European Testing Week

At the end of November, our work promoting testing will become part of an international movement as we join in European HIV-Hepatitis Testing Week (20-27 November).
In 2014 over 700 organisations across 56 countries, including Waverley Care, took part. As part of the 2015 campaign we will be holding additional testing sessions across Scotland.
Following Testing Week, on Tuesday 1 December, events will be taking place around the world to mark World AIDS Day.
We will once again be hosting a community gathering in Edinburgh and organising an awareness event in Inverness to mark the occasion. We are also opening the doors of our Glasgow office to offer a quiet space where people living with, or affected by HIV can drop in for reflection and remembrance. Other activities will be taking place in Fife, Forth Valley and Lanarkshire.

For more information on European Testing Week or World AIDS Day events, visit www.waverleycare.org/EuroTestWeek or www.waverleycare.org/WAD
Awards success!

We’re honoured to have had our work recognised at two recent awards ceremonies.

At this year’s Highland Third Sector Awards, our team picked up the Highland Partnership Award for the BiteSize Project, along with partners, Birchwood Highland, Brook Highland, LGBT Youth Scotland and Youth Highland.

The project works with school groups offering interactive sessions focused on different aspects of sexual health and wellbeing.

There was more recognition for our services, with our Self Management Programme picking up a UK national award at a ceremony in London. The programme was named Best Patient Support Programme at the annual Quality in Care Hepatitis C Awards which recognise, reward and share good practice in Hepatitis C care across the UK.

We enjoy strong relationships with the communities we work in and are always happy to meet with elected representatives to provide an update.

Back in July our Chief Executive, Grant, met the Scottish Government’s International Development Minister, Humza Yousaf MSP, and had a positive discussion on our work raising awareness of Hepatitis C and promoting testing in Scotland’s South Asian communities.

We caught up with Humza again in August, this time in his capacity as a Glasgow MSP, when we held a stall at the Your Health Matters event in the Glasgow Central Mosque.

Also in August, we welcomed Lothian MSP, Sarah Boyack, to Milestone. Sarah has previously visited the residential outreach and support centre, but this was her first visit since it was fully refurbished in 2014.
Marion Chatterley

Q: When and why did you first become involved in Waverley Care?
A: I’ve been working for Waverley Care since early 2000 but I knew Milestone and its work from the earliest days, when I was working for another agency that supported women who were living with HIV.

Q: How do you think the organisation has changed since you first joined?
A: I started at Milestone as a hospice chaplain. The focus then was on physical health and end of life care. Fast forward to now and the majority of people we see who are living with HIV are doing well on medication.

We have also expanded in scope – we have become a national charity and our work now includes HIV and Hepatitis C. It kind of feels as though Waverley Care was a bit like an awkward teenager that has now grown into itself!

Q: What is the most memorable thing you’ve done in support of Waverley Care?
A: Undoubtedly my abseil down Harvey Nichols earlier this year [see p11]. I’m a proper feartie and that was a real challenge for me – which, I have to say, I almost enjoyed!

Q: Away from work, how do you like to spend your time?
A: I really appreciate time alone – perhaps because my working life is full of people. I go on a week-long silent retreat every year and that’s always one of my highlights. I really enjoy watching dance performances – we’re lucky in Edinburgh to have some very good companies visiting. I do Pilates, I knit, I garden – really I live a pretty quiet life!

Q: Who inspires you?
A: People who make a difference. People who care. That would include some of the great Saints whose reflections and writing have impacted on people through the centuries, some of the contemporary thinkers and theologians, but mostly ordinary people who go the extra mile and have an impact on the lives of other people.
We are delighted that a joint project with Relationships Scotland has received lottery funding.

The Muwumba project will provide counselling training for a group of hairdressers – helping them identify when people are reaching out for support and providing guidance on how to help.

The idea for Muwumba, which means sticking together, emerged through engagement with African hair salons, where people commonly come together and talk. Colleen, one of the hairdressers involved (pictured), told us that clients want to open up about their lives. The hairdressers will often draw on their own experiences to provide advice but, when there are complex personal issues, this can be challenging.

The counselling training has the potential to make a positive difference to people’s lives. In Colleen’s own words, ‘It’s all about helping people to find support where they feel most comfortable’.

While the focus of our African Health Project is to raise awareness of HIV and promote sexual health, we are in a unique position to listen to the whole range of challenges faced by African communities and to work with them to develop innovative solutions. Muwumba is the perfect example of this process in action to improve people’s emotional, physical and sexual health.

Working with Remploy

Waverley Care has recently become a referring agent for Remploy – a specialist employment support service for groups in society who face barriers to work.

As a referring agent, we are able to put people in touch with Remploy for help to prepare for, find and move into a new job.

Our work with Remploy is part of wider employability support we provide to people living with HIV or Hepatitis C. People may have been out of work for a number of years or newly diagnosed and worried about how it will impact on their work. Whatever the circumstances, we work with each individual to provide them with the support that they need.

Find out more about our employability support at www.waverleycare.org.
Meanwhile on social media :)
Focus on: Poz Youth

Growing up is hard to do. It’s a well worn phrase, but for young people living with HIV, the transition to adulthood is made all the more difficult through stigma and social isolation.

Since 2007, Poz Youth, part of our Children and Families project, has worked with young people aged 12-18 who are living with HIV, providing practical and emotional support while helping them to make friends and build self-confidence.

Poz Youth was launched in response to an understanding of the profound impact of an HIV diagnosis on young people. Through the project we work with around half of all young people living with HIV in Scotland.

Disclosure of HIV status can be a traumatic time for young people, who often have complex home lives. Diagnosis raises many questions – about the condition itself, about treatment and about the impact on young peoples’ health, relationships and future. However, the stigma attached to HIV makes it incredibly difficult for young people to speak openly about their concerns which can lower self esteem and lead to social isolation.

Funded by BBC Children in Need, and delivered by our project worker, Lynne Williamson, the Poz Youth group provides a safe space where young people living with HIV can meet other people who understand what they are going through. The group provides a mix of practical workshops and social activities that help the young people answer questions, develop coping strategies and learn life skills while building friendships and becoming more confident. Group members take an active role in deciding the programme when they get together. Earlier this year, the group discussed the impact of drugs on the body and recently went out for a meal to celebrate a group member’s birthday. The group also headed to a climbing centre in Glasgow where some members overcame their fear of heights.

A hugely popular aspect of Poz Youth is the annual residential weekend where the group gets away from home to enjoy a mix of outdoor activities. The feedback we get from these weekends is hugely positive – the group is like a family where the young people feel understood and accepted, and where they can have fun.

The experience we have gained through the Poz Youth project has also fed into national HIV support at a strategic level. Waverley Care is involved in a variety of projects to increase awareness and improve standards of support for young people living with HIV across Scotland.

John’s Story

John* was 13 when he first came to Poz Youth. He had recently been told about his HIV status and was struggling to come to terms with the news. He was angry and confused and, as a result, was refusing to take his medication.

Shortly after joining the group, John attended one of our residential weekends. While there, he met an older boy, Mark*, who had been through a similar experience. In the past, Mark had also refused his medication which impacted on his physical and emotional health. Mark helped John to understand the consequences of not taking his medication and to realise that with treatment, living with HIV wasn’t a barrier to living a full life.

John continued to attend the group until he was 18, making many new friends and helping to provide support to newcomers. Now 20, he is studying music engineering at college and is part of Gilead’s Young Advocate Programme, supporting other young people, as he wants to give something back.

*Names changed to protect individuals’ identities.
Q: How long have you been living with HIV?
A: Since 2007 – I was 67 when I was diagnosed. It was a bit of a shock to the system. I had pneumonia and they gave me 48 hours to live. I wasn’t responding to anything and HIV was the only test they hadn’t done. When it came back HIV positive, I said ‘Don’t be stupid – I’m too old!’ But I wasn’t.

Q: What have been the main challenges for you since your diagnosis?
A: In the beginning it was meeting people and getting back into life. One time I phoned a friend who I had told about my diagnosis, and she put the phone down on me. I thought people didn’t want to know me. But I came to realise that she wasn’t really a friend.

Q: When did you first become involved with Waverley Care?
A: It was around April 2008 – my HIV consultant realised that I wasn’t doing so well mentally. He referred me to a counsellor who took me for lunch at the cafe at Waverley Care Solas, as it was then known. It was weeks before I got the courage to go back. But I’m glad I did.

I still enjoy being part of the various groups and I volunteer at Milestone once a week. I also helped set up the Service User Involvement Group as a bridge between service users and Waverley Care management and it’s great that the group is starting to grow.

Q: What are the positives you can take from living with a long term condition?
A: I’ve met some amazing people – Waverley Care staff and other service users – and I’ve made some lovely friends. I have a better life now than I did before believe it or not! That’s because I do more and I go out more. I was given a second chance and I thought ‘I’ll make the most of it’. HIV is not that hard to live with if you take your medication.

At the beginning it was hard to take the tablets as I knew I’d be taking them for the rest of my life and it was weird. I didn’t want to do it. But my daughter gave me a row. Talk about role reversal! I have an amazing family – they’ve been so supportive and never once condemned me. The only thing is, I still don’t know how or when I got it – my doctor said it could have been up to 15 years before I was diagnosed.

Q: What would you say to someone who is considering supporting Waverley Care with their time or money?
A: I would tell them to support it – definitely. If anyone asks me about a charity to support I’ll say ‘Waverley Care! Waverley Care’! I’ve even got my daughter doing it.

Q: Tell us a little bit more about you. What is your favourite food and drink?
A: I didn’t actually drink until quite recently then someone introduced me to gin! My favourite food is just food – so as long as it’s not spicy, I’m fine.

Q: Who are your favourite authors?
A: I love Jeffrey Archer – I think he is a brilliant author. Also John Grisham and Jeffrey Deaver. I’m reading my way through the Lincoln Rhyme books and they are fantastic.

Q: Do you have a favourite film or TV programme?
A: I’ve got loads. I love Downton Abbey, Person of Interest or Criminal Minds. I love an American crime drama. I’m not big on comedy as they keep using the ‘F’ word and I hate it – I just don’t see the point to it.

Q: What’s your favourite thing to do in your spare time?
A: Playing computer games and knitting. I don’t do Facebook except for games – Criminal Case and Pearl’s Peril. My grandchildren keep sending me messages but I can’t answer them.

Q: Any hopes for the future?
A: Just to prove everybody wrong that you can live with HIV and live to be really old. I plan to live to 102 and see my great-grandchildren grow up.

Read more profiles of our staff, service users, supporters and partners at www.waverleycare.org
Hats off to our amazing volunteers who clocked over 1,300 hours of bucket shaking at the Edinburgh Fringe’s biggest venue, the Pleasance to raise £31,380. With some matched funding from Lloyds Banking Group and other collections, including at musical theatre company The Bohemians’ show, this total increased to £39,085.

During the Fringe, Starbucks Edinburgh Central stores brought in a further £983 through collecting cans and sale of tartan ribbons.

Most of this money comes through our office in coins and is counted by another three fantastic volunteers – Margaret, Sheena and Bee. Fuelled by copious quantities of tea and biscuits, they make sure all that money is safely bagged and banked!

Still to be added to our Fringe totals are the proceeds from the sell-out Tartan Ribbon Comedy Benefit, the annual Off the Kerb Comedy Gala at the Edinburgh Playhouse and the hilarious benefit performance by the wonderful Austentatious.

Next year we will have been supported by the amazing people at Pleasance for 25 years. How will we celebrate? ... Watch this space!

We have been working with Loud & Proud for many years and the choir’s Fringe show has become a highlight of our calendar. This year’s 10th anniversary concert was no exception and raised £3,651.

We also held a Big Hymn Sing in Edinburgh, led by Ian McCrorie with Alan Kitchen on the organ. We were delighted to be joined by our Patron, Sheena McDonald, and by Allan Little, whose readings of poetry and prose interspersed the hymns. The highlight was perhaps hearing from our service user, Rose, about her story of living with HIV [see p9].

Finally, thanks again to Fresh Fringe for another amazing 24-hour radio show. Big respect to Alice and Ellie for seeing it through, and for raising £437 in the process.
Thank you to all those who donated to our Summer Appeal. We raised over £3,000 for our Children & Families project which helps people like Dale. You can still read Dale’s story and donate online at www.waverleycare.org/appeal

Musical Moments

We were thrilled to welcome Oliver Rundell to conduct our Favourite Opera Choruses event in Glasgow in September. The chorus sang a selection of pieces from best-loved operas and enjoyed solo performances from Frances McCafferty, Klaudia Korzeniewska, Jane Monari, Luke Sinclair and David Horton. Thank you to everyone who participated and helped us bring in £2971.

Summer Appeal

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Legally Blonde

The Bohemians, one of Edinburgh’s major amateur musical companies, has supported Waverley Care for 20 years. Their next show will be Legally Blonde at the King’s Theatre in March. If you’d like to join our merry band of bucket-shaking volunteers collecting donations after the shows, please email Lisa on admin@waverleycare.org.
Thank you to...


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All profits go to Waverley Care
Go to www.waverleycare.org/shop

Events Diary

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

Tuesday 1 December 2015
World AIDS Day Community Gatherings
Edinburgh: 6pm, St John’s Church, Princes Street – with readings and speakers.
Inverness: 1:30-6:30pm, Eden Court Theatre. Opportunity for remembrance and reflection. Community event with information stalls and talks on HIV-related topics.
Glasgow: 1:00-3:00pm, Waverley Care, Queens Crescent. Our Glasgow office is offering a place for contemplation and reflection.
For more information about these events visit: www.waverleycare.org/wad

Saturday 12 March 2016
Come and Sing The Armed Man
The Tom Fleming Centre, Edinburgh
For tickets please visit www.waverleycare.org/armedman

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

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