Lights, camera, action!
Waverley Care is Scotland’s HIV and Hepatitis C Charity

From our five bases across Scotland, our work is making a positive difference to the lives of people affected by HIV or Hepatitis C.

Across Scotland, we’re:
- reducing new infections
- challenging stigma
- getting people diagnosed
- providing support

Our services
- Advice & Information
- African Health Project
- Befriending
- Community Outreach & Support
- Children & Families
- Condoms by Post
- Gay & Bisexual Men
- Group Support
- HIV & Hepatitis Testing
- HIV & Hepatitis Training
- LGBT Support
- One-to-One Support
- Peer Support
- People Affected by Drug Misuse
- Poz Youth
- Prevention, Education & Awareness
- Residential
- Self Management
- Spiritual Care & Faith Communities
- Women

To find out more about our work, our services and to get involved, contact us at info@waverleycare.org, or visit www.waverleycare.org.
With falling leaves and the recent wild weather, we were delighted to call on reinforcements from 3rd Battalion, The Rifles to help tidy up the grounds at Milestone.

The soldiers, based at nearby Dreghorn Barracks, took time out from their normal duties as part of a week of community volunteering. They helped to clear the car park and unblock gutters and drains around the grounds at the Residential and Outreach Support Centre.

Our services at Milestone provide intensive support for people living with HIV or Hepatitis C - in many cases, preventing the need for hospital admissions. We aim to create a relaxed atmosphere to help service users’ physical, emotional and mental health, and well-maintained outdoor space is a big part of that.

The group certainly wasn’t afraid to get their hands dirty and the difference it has made to the grounds is fantastic. A big thank you to all involved.

Does your workplace support charity volunteering?
We’ve lots of opportunities to get involved.
Call Ewan on 0131 556 9710.

Meanwhile at Milestone...

We love a good celebrity spot here at Waverley Care so we were delighted when Susan Boyle came to visit. The Britain’s Got Talent star was at Milestone supporting a music therapy group with our neighbour charity, Penumbra, and our staff and service users were invited to join in!

We are collecting plastic bottle tops to decorate our Milestone Eco-Shed. If you have any lids from water and fizzy juice bottles lying around the house, feel free to drop them in at Milestone or our Mansfield Place office.

It was great to welcome Alexander McCall Smith, to Milestone just before Christmas. The No. 1 Ladies’ Detective Agency author has been a patron of Waverley Care for a number of years, lending his time to support our work and raise our profile.

(top) Susan Boyle meets Milestone Manager, Liz Marr, and Support Worker, Susan Peck; (right) Waverley Care Patron Alexander McCall Smith visits Milestone.
Bonfire night 2015 was given an additional sparkle as we picked up a UK-wide award at the fourth annual nOscars in London.

Our Health in Faith agenda, part of the African Health Project, won the Faith Award category at the awards, organised by sexual health charity NAZ.

Working with a group of African faith leaders, the Health in Faith project has been exploring ways to reduce health inequalities and help churches to become more involved in HIV prevention and support.

We are honoured that this work has been recognised with a nOscar and we’ll continue to engage with African faith communities to increase awareness around HIV prevention and testing.

Nathan Mwesigwa collects the nOscar for Waverley Care. We promise he’s happy about it!

Northern exposure

Our Highland team visited Scotland’s most northerly mainland town recently with a trip to North Highland College (NHC) in Thurso.

Our project worker, Rory, was there to speak to Health & Social Care students about HIV and Hepatitis C, and the work Waverley Care does across Scotland.

NHC is one of 13 institutions which form the University of the Highlands and Islands. Many of these sites are hubs for health and social care learning, providing an excellent opportunity for us to engage with future practitioners about working with people living with HIV or Hepatitis C.

Our work with local colleges and schools is just one way that our Highland team looks to make the best use of its resources to cover a vast area of Scotland.
Introducing...
James Dakin

James joined Waverley Care 18 months ago and is one of our chefs at Milestone. We caught up with him recently to find out a bit more about him and his work.

What was your background before coming to work with us?
I’ve been a chef for 25 years, the majority of which I spent in restaurants in both my native Australia and in Europe. I settled in Edinburgh 10 years ago and made the switch from restaurants to catering in order to start a family and have a life with them.

What’s a typical day in the Milestone kitchen?
As soon as I walk into the kitchen in the morning it’s all go. The shift starts with a kitchen inspection and deliveries, and then it’s straight into preparing the food. We offer lunch, afternoon tea and evening meals and it can be a juggling act to make sure that food is ready to go at the right times. Between serving our service users, visitors, volunteers and staff (both for Waverley Care and our neighbours at Penumbra), I need to sort out menu plans and stock orders for the days ahead. There are usually two or three of us working which makes a huge difference, particularly when the dishes pile up!
On top of the regular work, we also cater for any events taking place at Milestone and we’re regularly called on to prepare cakes for birthdays and other celebrations. As busy as it is, I generally go home around 6.30pm satisfied and happy with my day’s work.

Are there any special dietary requirements for people living with HIV or Hepatitis C?
Dietary requirements are very much based on the individual. HIV and Hepatitis C have some bearing, and it’s extremely rare that a day goes by without having to prepare special foods. When planning our menus, we try to accommodate a healthy eating mantra, avoiding the chef’s instinct to throw in more butter!

What’s the most popular dish on the menu?
That’s easy, our Sunday roasts.

What’s your favourite memory of working for Waverley Care?
The first time I ever celebrated Halloween was at Milestone in 2014. Australians don’t do Halloween as it’s not in our culture, so it was a new experience for me and a fun evening all round.

What do you like to do when you’re not at work?
I keep myself really busy. I’m on the committee of the Currie, Balerno & District Round Table, which raises money putting on local events and donates it back into the community. Currently, I’m involved with planning this summer’s beer festival. I’m also an avid curler and play for Uphall Curling Club.

Who is your favourite author?
Scotland’s very own, Ian Rankin. A brilliant writer in many ways.

What are your favourite TV shows/films?
TV: Comedy, South Park; Drama, The Good Wife; Interest, Australian Masterchef; Sci-fi, Babylon 5; Movie, The Living Dead.

Who inspires you?
Honestly, I draw inspiration from everyday people living everyday lives. Life is one challenge after another, it’s not easy, but we do it anyway, and that’s got to be inspirational!
Top 5 reasons to test

With over 16,000 people in Scotland living with undiagnosed HIV or Hepatitis C, getting people tested and diagnosed is a key part of Waverley Care’s work.

Here are our top 5 reasons to test:

1. **Quick and convenient** – tests can be accessed from GPs, clinics and services like Waverley Care. All it involves is a few drops of blood from a finger prick and some results come back within 20 minutes.

2. **Taking control** – HIV can be managed well with treatment and Hepatitis C can be cured.

3. **Peace of mind** – whether a test is positive or negative, it’s always better to know. Regardless of the result, we’re on hand to offer advice and support on next steps.

4. **Protecting long term health** – with treatment, a person diagnosed with HIV can expect a near normal life expectancy while someone living with Hepatitis C can be cured with no long-term damage to the liver.

5. **Putting an end to HIV & Hepatitis C** – it’s only through testing and diagnosis that we can support people to avoid passing on the viruses and, in the future, achieve a society free from HIV and Hepatitis C.

**Fast Fact:** In 2015 Waverley Care carried out 297 tests for HIV and Hepatitis C – including 80 rapid HIV tests which give results in just 20 minutes.
When did you first find out you were living with Hepatitis C?
It was just over three years ago now. I was living with my friend and, at the time, we were both drug addicts. My friend was encouraged to get tested by his girlfriend and when it came back positive he said ‘listen, I think you should go and get tested too.’

I wouldn’t say it was a surprise when I was diagnosed but it was obviously a shock. That was when I decided it was time to change, give up the drugs and actually sort out what was going on in my life.

What were the main challenges you faced as a result of your diagnosis?
I’d say the main challenge was the people I had surrounding me. I realised I’d have to cut them off to move forward. I managed to get re-housed – it was step one, a fresh start.

Getting diagnosed may be a negative for a lot of people but the way I see it, it was a positive. It changed me and made me a better person.

When did you first become involved with Waverley Care?
When I first started treatment, I was doing it alone, going back and forth from home to hospital. Around 5 weeks in, the side effects really kicked in. I saw my psychotherapist and she said, ‘we’ve got a plan, Waverley Care’, and that was my first introduction. Getting a place at Milestone at that time helped so much. It was like a sanctuary.

What services did you use?
I kind of threw myself into a bit of everything that was going on at Milestone. Keeping busy is my coping mechanism. I would talk to people and try to help them. A week or two in, one of the staff said ‘listen, you do realise you’re here for you?’ I’d never really looked at it like that.

Can you pick out your favourite Waverley Care moment?
A favourite moment? There were a few. If you want to talk about personal highlights I’d probably say it was making the connection with Karen [Milestone Activities & Events Coordinator] who just gave me that little extra push to get involved. It was a massive change, just being introduced to that social life.

You recently found out you cleared Hep C. How did you feel when you found out?
I felt fairly confident before the test results came in. When I found out, I suppose it was a bit of shock, as well as being elated and overjoyed. From diagnosis, it took me a year to get to the level where I was fit and ready. Then, treatment started and finished, and boom, that was it. I thought, ‘I’ve got over this hurdle, now let’s move on’. It was a goal that was there to tick off.

What would you say to someone who was considering supporting Waverley Care?
Go for it, do it. Your time, money, whatever you put in, you’ll get back tenfold helping others and it will help you too. There’s no two ways about it. Volunteering is my next goal, to look at peer support work.

Tell us a little more about you. What’s your favourite food and drink?
Hmm. Favourite drink’s probably coffee. Favourite food...mince, tatties and dumplings. Definitely my favourite aye!

What do you like to do in your spare time?
I’m a bit of a family man really. I’ve just become a grandad so getting into that, seeing the wee man and supporting my daughter. I’m just getting myself back to how I was, getting back into fitness and sports. It takes time obviously but after so long going from one end of the scale to the other, it’s just keeping that balance.

What are your favourite films?
There’s quite a few on the top list. Donnie Brasco, one of my favourites, The Godfather, Casino. It’s a tricky one, there’s so many. Basically Martin Scorsese films are the best...and the Coen Brothers, can’t forget them. Fargo, wow, fantastic.

What are your plans for the future?
I’m looking at volunteering for Waverley Care. I feel I can help people following my experience. There’s obviously a history of drugs which I can help people with. I’ve done counselling which I can talk to people about. So that’s where I’m going just now. Broadening my horizons slowly but surely.
As the nights drew in, our volunteers were out in force, donning Santa hats and braving the cold to help make it a successful season for Waverley Care.

World AIDS Day always provides a focal point for fundraising at this time of year and, thanks to support from the team behind Edinburgh’s Christmas, collections were given a real festive twist.

On and around World AIDS Day, our bucket shakers were welcomed into Edinburgh’s Christmas markets. Things kicked off with some very brave souls from Edinburgh Students’ Charities Appeal RAG battling the cold, wind and rain to raise £230.

Corporate teams got in on the act too. Our friends from M·A·C Cosmetics raised £262, drawing on their sales expertise to sell Christmas cards at the City of Edinburgh Council, before doing a spot of bucket shaking. We were also delighted when staff from Remploy, who we have been working with over the past year, offered to get involved, collecting £196.

Thankfully, the weather was a little kinder as volunteers embarked on five nights of bucket shaking at the Virgin Money Street of Light (pictured above). With matched funding from Lloyds Banking Group, we managed to raise a staggering £4,814 through collections at what was an incredible spectacle.

Elsewhere on World AIDS Day, there were lots of events in the LGBT community in Edinburgh raising money for Waverley Care. CC Blooms, Planet Bar, Edinburgh University BLOGS and Heriot Watt LGBT+ Society all hosted events, raising a total of £1,010.

Other university groups also got involved, raising awareness and funds, with Edinburgh University’s Sexpression, Queen Margaret University’s OT Society, the Glasgow University Stop AIDS campaign and City of Glasgow College raising a combined total of £438.

A huge thank you goes out to our dedicated volunteers, to everyone that donated or organised a collection and to Edinburgh’s Christmas for making it a successful festive season.

Fundraising Roundup

November and December were a busy couple of months in our fundraising calendar.
In December we launched our annual Winter Appeal with the story of service user, Jack.

Jack was 9 when he first met Waverley Care. His parents were both living with HIV and Hepatitis C, and as a result, his home life was chaotic.

Our Children & Families Service was there for Jack, supporting him to open up about his feelings, providing a listening ear when he needed to talk and helping him to build his self-confidence.

We had a great response to the appeal, raising over £3,000. You can read Jack’s full story at www.waverleycare.org/appeal.

Festive Fun(draising)!

Obviously December saw carols, antlers and Christmas trees aplenty, but we’re delighted that some of this Christmas cheer was aimed at Waverley Care!

Three wonderful choirs - George Watson’s College Chamber Choir, The Royal High School KT Choir and Edinburgh University’s Musical Medics (with help from MedRAG) – were all in fine voice and managed to raise a combined total of £519 through carol singing.

We were delighted to once again be chosen as a beneficiary charity for London Road Church’s Christmas Tree Festival, receiving a fantastic £350 in donations from this wonderful event.

Staff at our Charity of the Year partner, Harvey Nichols, continued to support Waverley Care by selling our cards at their Christmassy coffee morning.

The wonderful Edinburgh Gay Men’s Chorus took to the stage for their winter concert with a promise to titillate the tastebuds, caress the cochlear and elate the eyeball.

Taking in everything from Gershwin to Girls Aloud, the senses-themed show certainly didn’t disappoint and the group raised a fantastic £406 for Waverley Care.

Keeping it Reel

Back in November, the atmospheric Assembly Roxy was the venue for our second annual Tartan Ribbon LGBT Ceilidh.

The Thunderdog Ceilidh Band provided the music while Gay Gordons Edinburgh showed the room how it’s done with some demonstration dances.

It was a fantastic evening that raised just under £1,000.

Crowds come to their Senses

The wonderful Edinburgh Gay Men’s Chorus took to the stage for their winter concert with a promise to titillate the tastebuds, caress the cochlear and elate the eyeball.

Taking in everything from Gershwin to Girls Aloud, the senses-themed show certainly didn’t disappoint and the group raised a fantastic £406 for Waverley Care.
Focus on: Women

For more than a century, International Women’s Day (IWD) has been marked as an opportunity to reflect on the fight for gender equality and to act for positive change for women around the world.

As we approach IWD2016 on the 8th of March, we take a look at the support Waverley Care offers to women living with HIV or Hepatitis C in Scotland.

In many ways, the day-to-day challenges of living with HIV or Hepatitis C are very similar for those living with the conditions. Although individual experiences are always different, there are similar emotions and impacts on people’s physical and mental health.

However, where women’s experiences tend to differ is closely tied to the wider issue of how women are viewed in society – particularly around their role in family life.

In many ways, the day-to-day challenges of living with HIV or Hepatitis C are very similar for those living with the conditions. Although individual experiences are always different, there are similar emotions and impacts on people’s physical and mental health.

Over the years we’ve worked with many women who’ve told us about the anxiety they experience due to the stigma that surrounds HIV and Hepatitis C. Common themes emerge like the impact on relationships, the chances of starting a family and protecting children from being bullied at school. Body image is another prominent issue, with some HIV medications affecting body shape and adding to the pressure that women generally feel to conform to society’s image of the ‘ideal’ body.

This adds to the pressure from stigma with damaging consequences for self-esteem and confidence.

Through our support services, we work alongside women to help them take control and realise that their status isn’t a barrier to a positive family life. This is achieved by talking to women about issues including healthy sex and relationships, coping with pregnancy and parenting, and talking to children and partners about HIV or Hepatitis C.

In everything we do, we look at ways to empower women, supporting them to find ways to express themselves and, in the process, improve self-esteem and confidence. One way we do this is through dedicated support groups, which offer a safe space for women to speak frankly about their experiences with others who know what they’re going through. There is a real social element to the groups in the way that they support one another and provide practical hints and tips to help with day-to-day challenges.

Over the years, art projects have proved popular with the groups as a way to help women express themselves and share their experiences in creative and positive ways. In a current example, Project Venus, our Edinburgh group is working with the University of Edinburgh’s Anatomy Museum, exploring how women have been portrayed in the medical professions through time.

The project has provided a fascinating insight into historic practices that seem ridiculous by today’s standards – for example the ‘science’ behind claims that women’s brains were not sufficiently developed to understand science and politics!

As part of the project, the women’s group is being invited to produce images and writing about their own experiences with healthcare providers. These will form part of an exhibition to go on display in March at the Anatomy Museum in Edinburgh.

By encouraging them to express their own experiences, the project is helping the women to grow in self-esteem and confidence, build supportive friendships and feel comfortable with their HIV status – fitting outcomes for International Women’s Day.

In numbers: HIV, Hepatitis C & Women

Of all diagnoses in Scotland:
• For HIV – 27% have been women (2,228)
• For Hepatitis C – 32% have been women (12,155)

In 2014:
• 24% of new HIV diagnoses were women (90)
• 34% of new Hepatitis C diagnoses were women (676)

Source: Health Protection Scotland
“I arrived on this planet around the same time as Ziggy Stardust”

As the world bids farewell to David Bowie, Waverley Care Chief Executive, Grant, remembers discovering Ziggy Stardust for the first time and reflects on how the artist’s legacy goes far beyond the music.

As a self-confessed music geek, I was truly shocked when I heard the news about David Bowie’s death. I’m a little too young to remember Bowie’s early career. I arrived on this planet around the same time as Ziggy Stardust and it wasn’t until 1983’s disco-tinged ‘Let’s Dance’ that I really became a fan.

In the years since, I’ve made up for lost time and those classic albums from the 70s have been played to destruction (second only to my faithful Blondie collection). But listening to Bowie’s work is only part of the story for an artist who came at his work from multiple angles. More than just songs, these early albums told stories of strange worlds inhabited by a cast of characters brought to life on stage and screen by Bowie.

Looking at footage now of Ziggy Stardust performing in 1972, it would be easy to overlook how revolutionary the idea was. Bowie’s characters were bold and brash and threw a huge spotlight on issues like gender identity and sexuality. It’s an approach that has been endlessly copied by artists to this day, but what I find most fascinating is the impact it had, and continues to have on public attitudes.

In the 40 years since Ziggy appeared on our screens we have seen LGBT rights and quality of life dramatically improve. In particular, over the last couple of years, the transgender community has become increasingly visible in our media. It’s a clear demonstration of how our attitudes constantly change that an artist like Bowie, who in the grand tradition of the greatest pioneers of rock ‘n’ roll was viewed as a corrupting influence on the nation’s youth, came to be universally admired and, at his death, mourned on a global scale.

In the context of Waverley Care’s work, where a large part of what we do is about breaking down barriers and challenging persistent stigma around HIV and Hepatitis C, I take great hope from this constant evolution in public attitudes and the belief that we are heading in the right direction.
Thank you to...


...and finally

We’d like to say one last thank you to all our bucket shaking volunteers who’ve braved the elements for Waverley Care this winter.

Despite the conditions, the response has been fantastic and the money raised is already making a positive difference to people living with HIV or Hepatitis C across Scotland.

With spring just around the corner, we’re busy recruiting volunteers for the months ahead. Whether you’re a seasoned shaker or a bucket beginner we want to hear from you!

To get involved, call Lisa on 0131 556 9710

Events Diary

Saturday 7 May
Loud & Proud Spring Concert
Stockbridge Parish Church, Edinburgh Scotland’s LGBT choir delight us with their concert in support of Waverley Care. For more info, please visit www.loudandproudchoir.org

Saturday 28 – Sunday 29 May
Edinburgh Marathon Festival
Whether it’s the full, half, relay, 10k or 5k, run it for Waverley Care. Email lisa.morrison@waverleycare.org for more info, or call 0131 556 9710.

Saturday 11 June
Edinburgh Concert Band
Broughton St Mary’s Church
Summer Concert in aid of Waverley Care. For more info, please visit www.edinburghconcertband.net/concerts

Sunday 12 June
Big Hymn Sing
Wellington Church, Glasgow
Come and sing a fine selection of hymns, old and new. For more info, please visit www.waverleycare.org/events

Tuesday 16 August
Tartan Ribbon Comedy Benefit
Pleasance, Edinburgh
Guaranteed to be another fantastic line-up, in support of Waverley Care. Check www.waverleycare.org/events for updates.

August (Date TBC)
Waverley Care Comedy Gala
Playhouse, Edinburgh
Edinburgh’s biggest comedy event returns with an all-star line-up. Check www.waverleycare.org/events for updates.

Saturday 17 September
Come & Sing The Sound of Music
Save the date for a new take on our popular come and sing events! Check www.waverleycare.org/events for updates.

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