Lend me your peers!
Mentors trained to share their experiences
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
- Children & Families
- Community Outreach & Support
- Condoms by Post
- Gay & Bisexual Men
- Group Support
- HIV & Hepatitis Testing
- HIV & Hepatitis Training
- LGBT Support
- MY Voice FGM Project
- One-to-One Support
- Peer Support
- People Affected by Drug Misuse
- Poz Youth
- Prevention, Education & Awareness
- Residential
- Self Management
- SX (Gay & Bisexual Men’s Project)
- Women

To find out more about our work, our services and to get involved, contact us at admin@waverleycare.org, or visit www.waverleycare.org.

Front cover image: Volunteers take part in peer support training. See page 6.
New HIV infections in Scotland are at their lowest level since 2003, according to official figures.

During 2016, a total of 306 people found out that they were living with HIV, down from 365 in 2015. While the reduction is welcome news, there can be no room for complacency in the fight against HIV.

Over the first few months of 2017 there have been exciting developments in HIV prevention with the potential to reduce new infections further.

A few months ago, we added our support to the Undetectable = Untransmittable (U=U) campaign. The campaign highlights that a person living with HIV, on treatment and with undetectable levels of the virus has virtually zero risk of transmitting HIV to a sexual partner.

Then, in April, we learned that PrEP will be made available on the NHS in Scotland, following campaigning with partner organisations. PrEP (or Pre-Exposure Prophylaxis to give it its full name) involves the use of HIV drugs by those without the virus as a means of preventing new infections.
Award nod for Health in Faith

We’re absolutely delighted that our Health in Faith work was recognised at the recent Scottish Charity Awards.

The initiative was in the running for the Pioneering Project category and, although we didn’t take home a prize, it was an honour to be nominated alongside so many other inspiring projects.

Through Health in Faith, we work with African faith leaders to take conversations about HIV and sexual health to the heart of communities. This work is helping to challenge HIV stigma, encouraging people to know their status, and ensuring that people living with the condition can access the support they need to live well.

You can read our interview with Faith and Health Coordinator, Swang, on the next page...

Money matters

For many people living with HIV and Hepatitis C, financial hardship is a daily reality that impacts their physical and mental health.

Increasingly, we are working with service users to help them manage their money and to make sure that they are able to access financial support.

We recently welcomed the team from GEMAP, a charity providing money advice services, to talk to staff and service users.

The workshop looked at the common hurdles service users face accessing financial support, including lengthy delays with benefit appeals.

We’re looking at ways we can work with GEMAP in future, to help service users to access the financial support they need.

A little bit of TLC

Back in March we hosted relaxing pamper days for service users in Glasgow and Edinburgh.

Service users were able to indulge in a range of relaxing treatments and we were delighted that experts from M·A·C Cosmetics and Kiehl’s donated their time.

Behind the fun, our pamper days bring real benefits to service users – offering the opportunity to bring people together and challenge the social isolation and poor mental health that can come from living with HIV or Hepatitis C.
Introducing...
Swang Shallangwa

Swang joined Waverley Care in 2015 as our Faith and Health Coordinator. We caught up with him to learn about his work, his reasons for joining Waverley Care, and his love of table tennis.

What did you do before you joined Waverley Care?
I pastored at a church for about 5 years and, just before starting at Waverley Care, I enrolled into the Masters Programme in Infectious Diseases with the University of Edinburgh.

What inspired you to come and work for Waverley Care?
I’ve always been interested in HIV and blood borne viruses, and was attracted to the idea of working for a charity. I did some work back home in Nigeria with an American-based Christian organisation known as He Intends Victory (HIV). That stirred the pool of compassion in me to always present myself for service wherever I am. I followed the work of Waverley Care closely before joining and I was convinced that I had a contribution to make.

What does your role involve?
I work with faith organisations to raise awareness of HIV and other blood borne viruses in the wider community. The work also looks at how we can tackle the health inequalities that exist in minority communities.

What is the biggest challenge that you face in your work?
Many people have preconceived ideas about HIV based on myths, and people living with the condition continue to face stigma within faith organisations. When we approach faith leaders to begin to tackle this, we first need to overcome the lack of trust they have in engaging with health workers.

Faith leaders are trusted members of the community and they can make a big difference. We work with them to increase their understanding of HIV and encourage them to help us talk about our work with members of their community.

Away from work, what do you like to do in your spare time?
I have a young family and like to spend time playing with the kids. I also like to play table tennis and my team is joining the Edinburgh Table Tennis League in September.

The summer is coming up. Do you have any holiday plans?
That depends on the bank account! I’d like to go away with the family, maybe somewhere in the UK or Europe, but nothing’s planned yet.

What is your favourite meal?
A Nigerian meal of tuwo (a pudding made from rice flour) with okra soup. My wife has an amazing recipe.

Who inspires you?
Bishop David Abioye, the Vice President of the Living Faith Church Worldwide.
A group of people living with HIV joined us recently to learn about how they can use their experience of the condition to help others.

The group took part in three days of peer mentoring training, delivered in partnership with our friends at Positively UK. The training looked at skills like active listening and story-telling, and how peer support can benefit people’s health and wellbeing.

Living with HIV can affect just about every aspect of a person’s life. Peer support offers the opportunity for people to know that they are not alone and to gain support from others who have been through similar experiences.

The five participants join a 300-strong network of peer mentors across the UK, helping to contribute to consistent standards of peer support across the country.

Thanks to our colleagues at Positively UK for their support with the training, and to the volunteers who took part.
Volunteer Profile

What inspired you to volunteer with Waverley Care?
I first found out about the work of Waverley Care way back near the beginning. A couple of my friends were service users at a time when being HIV positive was a death sentence. The charity’s work stuck with me and, when I retired, I decided that I wanted to do some volunteering.

Today the role of Waverley Care has changed so much, and they are now supporting people with HIV and Hepatitis C to live well with the conditions. It is fantastic to be involved.

What has your volunteer role involved?
I mainly help out on reception and spend maybe 1-2 hours a week volunteering.

I’m also involved with the walking group, helping to organise regular outings for service users. We try to choose routes that are accessible, and there’s always a café involved!

As a one off, I’m helping tutor a service user who is preparing for an exam in English as a second language. We were chatting one day and it came up that I had been an English teacher.

What do you think are the main benefits of volunteering?
Whether it’s for volunteers or service users, I think that volunteering offers the chance to socialise and mix with new people.

I’ve found that there isn’t really a divide between volunteers and service users. It’s nice to just relate to people as they are, without judgement and labels.

Coming in here and feeling like part of the team is great. It may sound clichéd, but I like the feeling that I’m giving something back.

What would you say to someone thinking about supporting Waverley Care?
I’d be keen to support people to do something, whether it’s practical through volunteering, or parting with their money. I can be quite persuasive when I’m roped in to bucket shaking!

Away from volunteering, what do you like to do with your time?
I’m good at keeping myself busy! I’m a keen reader, I’m quite musical and I sing in a couple of different choirs. I also like to keep fit, so I try to go to the gym, along with some running and hill walking.

I did all of these things when I was still teaching, but obviously it had to be squeezed into evenings and weekends. Now that I’m retired, I’m very fortunate to have the time to devote to these things.

What’s your favourite book?
That’s a really difficult one. As an English teacher, I feel I should say something worthy! Of the classics, I think my favourite is Charles Dickens’ *Great Expectations* because it’s the one I found easiest to sell my students on. It’s such a stonking good story, and the idea of a young man with dreams that don’t turn out as he anticipated has relevance to young people today.

What’s your favourite TV show?
I don’t really watch a lot of TV, but hospital dramas are a bit of a guilty pleasure!

Any holiday plans for the summer?
I love travelling. I’m just back from a short trip to Madrid and I’m lucky that I can go away a few times a year to explore the world.

Over the next few months I’ll be doing some hill walking in the north of Scotland. I’m also planning a short trip to Assisi in August which I’m looking forward to.

It’s not so much a holiday but, in October, I’ll be in Malawi volunteering for the Chesney Trust. The charity set up a secondary school for girls in the village of Engcongolweni and now has 160 students. As well as providing an education, the school supports jobs and infrastructure for the whole community.

If you were stranded on a desert island, what three home comforts would you bring with you?
I’d take my piano. Here, there are always distractions, but there I could maybe become the concert pianist I’ve always dreamed of being! So the piano and music, something to listen to music on, and a pile of books.

Who inspires you?
That’s a really difficult one. I suppose I’d want to say my parents. When I was little, my family didn’t have a lot of money but the one thing my mum and dad really wanted to do was make sure that their children got a good education.
We were blown away by the response our bucket shakers received when we were invited to collect at the 20th Anniversary tour of RENT at the Festival Theatre in February.

HIV is a theme that runs through the show and it clearly struck a chord with audiences who donated £3,100 over two extraordinary nights.

In March, it was over to our friends in local amateur groups, who returned with two amazing shows. First up were The Bohemians who took to the stage of the King’s Theatre with the fun and uplifting Dolly Parton musical 9 to 5, raising an impressive £1,440.

Next up on the King’s programme, Edinburgh Music Theatre’s production of Fiddler on the Roof was full of passion and energy, raising over £2,000.

Transferring from the stage to the small screen, the Edinburgh Concert Band offered up a mix of TV detective themes among an eclectic programme at their Summer Sparkler. The event at Broughton St Mary’s raised £405 to support our work, with more still to come.

Cranking up the volume, Scotland’s charity punk festival, Punk for Pam, returned for a fifth year in aid of Waverley Care. In a record breaking year, gigs in Edinburgh and Manchester raised over £4,500, taking the cumulative total to over £15,000.

The annual festival is organised by Jock Blyth of legendary punk outfit, GBH, in memory of his sister Pam, who was diagnosed with HIV in the early 1980s and accessed support at Milestone.

We are incredibly grateful to the many venues, promoters, companies, crews, bands, volunteers and audiences who helped make all of these events such a success for Waverley Care. Thank you!

Fundraising Roundup
A medley of musical events has seen the fundraising team hit the high notes in recent months. Join us, as we take you through the soundtrack to our spring!
Thanks a latte
Starbucks UK staff took a break from the daily grind to help out in the Milestone garden recently.

The team got stuck in to everything from pulling weeds to building picnic tables, kindly donated by the Rotary Club of Braids. Throughout 2016, Starbucks branches in and around Edinburgh also collected over £2,500 to support our work. We'd like to espresso our thanks to everyone involved!

Come and Sing crowd pleasers
At the start of June, over 200 of our Come and Singers joined us at Mayfield Salisbury Church to learn a selection of choral favourites with our guest conductor, the amazing Stephen Doughty.

On an entertaining day, the singers raised an impressive £4,200 to support our work.

Coming up in October, we’re delighted to be welcoming John Rutter back to Scotland for a sell-out Come and Sing at St Cuthbert’s. If you’ve missed out on a place this time, you can join our mailing list for future events by visiting www.waverleycare.org/emailme.

Having an OUT Ball
Edinburgh’s iconic LGBT+ ceilidh, OUT Ball, made a triumphant comeback in 2017. We were delighted to partner with the event, with a prize draw raising £3,000.

We’re looking forward to the next OUT Ball, a Halloween night on 21 October, which we’re sure will be another fantastic night of entertainment. Check the Events Diary on the back page for details.

Fringe 2017
We’re gearing up for a busy August as the countdown to the Edinburgh Festival Fringe continues.

There’s a great line up of shows supporting us, including the Tartan Ribbon Comedy Benefit, the Off The Kerb Comedy Gala, Loud & Proud and Crosstentatious. Check out the Events Diary on the back for details.

As usual, the Pleasance will become a second home for the team throughout August and we are on the lookout for volunteers to shake buckets and soak up the atmosphere! Contact fringe@waverleycare.org for details.

Gung-Ho!
On a rainy day in May, our Community Fundraiser Lisa, along with friends Pippa and Simone, took on Gung Ho!, the inflatable 5k obstacle course in Edinburgh, raising over £740.

Following the ordeal, Lisa said, "I’ve done a few embarrassing things for Waverley Care, but struggling to pull myself over a 10ft inflatable wall is right up there. We had lots of fun doing it and the support that we received from everyone that sponsored us was hugely motivating. Thank you!"

Turning to more conventional running, Bethany Bottoms and Toby Gormley took part in the Edinburgh Marathon Festival raising another £750 for Waverley Care. Thank you!
Focus on: Infant Formula

To prevent HIV transmission to infants through breastfeeding, official guidelines recommend that mothers living with the condition exclusively formula feed their babies.

It’s an expensive option that many mothers struggle to afford. Infant formula can cost up to £400 a year, and that’s before you factor in additional costs like bottles and sterilizers.

Under our infant formula projects, mothers living with HIV can access free formula milk for the first year of baby’s life, along with all the equipment they need.

The projects are there to support mothers who are in greatest need, including those on low incomes, unemployed or seeking asylum.

But the impact of the projects goes beyond financial savings, supporting mothers with the social and emotional pressures linked to formula feeding.

Women we support have spoken of their anxiety about the implications of not breastfeeding in terms of the emotional bond with their child and the impact on health.

In African communities, where breastfeeding is the norm, some mothers have also expressed concern that by not breastfeeding they could draw attention to their HIV status.

To help address these concerns, we run mother and toddler groups where mothers can meet up and share their experiences. Through these groups, we can also answer people’s questions and reassure them about the health benefits of choosing to formula feed their baby.

Infant formula is just one aspect of action to prevent mother to child transmission of HIV in Scotland. Prior to birth, access to testing and treatment can reduce the risk of transmission to as little as 0.1%. Thanks to these interventions, HIV is no longer a barrier to starting a family.

Our mums and tots groups provide a lifeline to families affected by HIV

We simply can’t run these without the support of people like you. Your donation will help make a positive difference to the wellbeing of little ones and their mums.

I would like to give a single gift of €25 €50 €100 other: £

Please make cheques payable to ‘Waverley Care’ or donate online at www.waverleycare.org/donate.

If you are a UK taxpayer, with Gift Aid you can make your donation worth more. For every £1 you give, Waverley Care can get an extra 25p from HM Revenue & Customs at no cost to you.

To qualify for Gift Aid you must pay an amount of UK Income Tax, and/or Capital Gains Tax, at least equal to the amount of tax that all charities you donate to will reclaim on your gifts in the appropriate tax year. (Other taxes such as Council Tax and VAT do not qualify). Please notify us if you wish to cancel this declaration, change address or no longer pay sufficient tax.

Signature Date / / 20

Please return form to: Waverley Care, FREEPOST RSBX-RZUK-EBRZ, 1 Mansfield Place, Edinburgh EH3 6NB
The Last Word

Volunteering opened my eyes to the world around me - the challenges that so many people face, and how unfairly the system can be stacked against them.

Grant Sugden, Chief Executive

As summer rolls round again, the class of 2017 is released into the big wide world.

Whether they’re graduating from high school, college or university, thousands of young people across the country are starting a new, often uncertain chapter. Some things never change.

25 years ago, I was in the same boat and, finding myself up the proverbial creek, it was volunteering that offered a way forward.

I joined a programme that supported disabled students to live and study away from home. I stayed with a law student who was living with cerebral palsy. Over the course of a year, I was there to support him with everything from cooking and cleaning, to getting around campus.

The experience had a profound impact on me. It gave me a close friendship and opened my eyes to the world around me - the challenges that so many people face, and how unfairly the system can be stacked against them.

It was this experience that ultimately led me to follow a path into the charity sector – the natural home of volunteering – and, at Waverley Care, I see the difference that volunteers make on a daily basis.

I’ve met people like Neil (see page 7) who, following retirement, wanted to give something back, directly supporting service users and helping out in the office. Like many of our volunteers, he’s brought skills developed through a lifetime of experience, allied to an enthusiasm and passion for helping others.

I was struck by Neil’s observation that there isn’t a divide between our volunteers and service users – it’s something that I’m immensely proud of. Over the years, many of our service users have gone on to volunteer for us, and they have a unique contribution to make. Their experiences of living with HIV or Hepatitis C can be a powerful inspiration to others, as evidenced by our newly trained peer mentors (see page 6).

These examples barely scratch the surface, but they underline my belief that, as a society, we need to place more value on volunteering. If you’re feeling inspired, we are always on the lookout for open-minded, enthusiastic and committed people to support our work. You never know where it might lead!
Thank you to...


Events Diary

Tuesday 15 August 2017, 8pm
Tartan Ribbon Comedy Benefit
Pleasance, Edinburgh
Make sure to get this date in your diary! A top night of comedy in support of Waverley Care.
For tickets visit www.pleasance.co.uk

Thursday 17 August 2017, 11.45pm
Austentatious presents...
Crosstentatious!
Udderbelly, Edinburgh
Those talented ladies and gentlemen of Austentatious swap their bonnets and breeches to raise money for Waverley Care.
Visit www.underbellyedinburgh.co.uk for tickets.

Thursday 17 & Friday 18 August 2017, 7.30pm
The Bohemians: From Broadway to Hollywood
St Cuthbert’s Church, Edinburgh
Join The Bohemians on a whistle stop tour of all your favourite musicals from stage and screen!
For tickets visit www.edfringe.com

Friday 18 August 2017, 7.30pm
Waverley Care Comedy Gala
Edinburgh Playhouse
Edinburgh’s biggest comedy event returns with an all-star line-up.
For tickets visit www.atgtickets.com

Saturday 19 August 2017, 7.30pm
Loud & Proud on the Fringe 2017
St Cuthbert’s Church, Edinburgh
Loud & Proud, Scotland’s LGBT singing sensation, returns to the Fringe in 2017 with another fantastic show.
Visit www.waverleycare.org/events for tickets.

Saturday 21 October 2017
Ceilidh on OUT
Assembly Rooms, Edinburgh
Following the success of the OUT Ball Ceilidh in March, get ready for another dazzling LGBT+ ceilidh this Autumn!
Visit www.outball.scot for more information and tickets.

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

Edinburgh Kiltwalk
Sunday 17 September 2017
5, 12 and 26 mile distances available
140% of the money that you raise will come to Waverley Care ... yes really!
Pull out your plaid and contact Lisa: lisa.morrison@waverleycare.org
Or call 0131 556 9710

Kiltwalk
Royal Bank of Scotland
Arnold Clark
The Hunter Foundation

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