Brushing up!
Supporting positive health through art

Supporting people living with HIV or Hepatitis C in Scotland

Summer 2018
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)
Wave (Sexual Health Education)
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: Artist, John Martin Fulton, and Art in Healthcare Chief Executive, Margaret O’Connor, join Nathan from Waverley Care for a series of art workshops in Motherwell.
African Voice of Hope initiative

Over the last few months, our Voice of Hope Choir has been working on a new project with African churches in Scotland.

Over the course of 2018, the choir will work with eight churches, combining weekly singing sessions with HIV awareness workshops covering the basics of HIV testing, treatment and prevention.

This culminates with a workshop for the whole congregation, with opportunities for people to access testing.

The Voice of Hope Choir is an important part of our outreach work in African communities, singing at community events, and helping us deliver positive messages about HIV in a way that people feel comfortable engaging with.

The new initiative builds on our Health in Faith Agenda, which works with African faith leaders to take conversations about HIV and sexual health to the heart of communities.

This work contributes to challenging HIV stigma, encouraging people to know their HIV status, and ensuring that people living with the condition can access the support they need to live well.

Snapshot...

A quick round-up of the latest news from across Waverley Care...

- Volunteers from across Scotland took part in our recent peer mentor training learning the skills to use their experience of living with HIV to support others.

- We recently delivered HIV and hepatitis training to immigration staff at the Home Office in Glasgow. We work with a number of asylum seekers who are living with HIV and the training helped to highlight some of the challenges they face.

- Youth Development Officers joined our Wave team in Inverness to take part in sexual health training – focusing on how to talk to young people about sexual health issues.

- In the first six months of our partnership with FareShare, we have been able to redistribute enough food to service users to make 6,500 meals! (pictured opposite)

Our partnership with FareShare has prevented 2.7 tonnes of food from being sent to landfill.

Thanks to new funding from the Scottish Government, we are taking forward plans to expand the work of our SX and African Health projects, along with increased work to engage with people living with, or at risk of HIV or hepatitis C.
Making Room for Art

We recently teamed up with a number of organisations to arrange a series of art workshops for people living with HIV in Lanarkshire.

The Make Room for Art project, which was led by an experienced artist, ran for eight weeks between April and June, offering the chance to try a range of techniques from painting to printmaking.

The workshops were open to anyone living with HIV and absolutely no experience was required, just enthusiasm!

The project was a collaborative effort, involving Art in Healthcare, the Terrence Higgins Trust, NHS Lanarkshire and the Lanarkshire Blood Borne Virus Network, alongside Waverley Care.

Encouraging figures on PrEP

The first figures on PrEP in Scotland were published recently, following last year’s decision to make the HIV prevention drug available on the NHS.

In the first eight months that PrEP was available, almost 1,300 people were able to access it, higher than had initially been anticipated.

In another welcome aspect of the findings, it looks as though engagement around PrEP is encouraging more and more people through the doors of clinics to access testing and other support services.

PrEP is a pill that can stop a person taking it from getting HIV. Last year, the decision was taken to make the drug available to people considered at the greatest risk of HIV, putting them in greater control of their status.

41% of people who accessed PrEP did so on their first visit to a sexual health clinic in at least 2 years.

1,780 people cited PrEP as one of the main reasons they decided to visit their local sexual health clinic.

HIV conference comes to Scotland

The great and the good of the HIV and sexual health worlds descended on Edinburgh in April for an international conference.

The BHIVA BASHH conference was a chance to learn about the latest research in these fields, and to share best practice with colleagues from around the world.

With the conference coming to Edinburgh, it was a fantastic opportunity for Waverley Care to highlight the work we are doing across Scotland.

We were proud to present three of our projects – Caring Conversations, Wave and the Health in Faith Agenda – to delegates.

“Each workshop looks at something different – it’s been exciting and I’m learning as I go. We have a lot of fun, talking and laughing, and I’ve been able to bring my children along. You can just do it and not worry about the stress” Sarah
Introducing... Tam Armstrong

Tam has been working with Waverley Care for the past decade, starting out in Milestone before joining our Fife project in 2016. We caught up with him to hear about his role, about his favourite fundraising memories and about his love of Donegal.

How long have you been with Waverley Care?
I first joined the team back in 2008. I can’t quite believe it’s been that long! Before that, I was an engineer working on photocopiers.

That’s quite a change. What inspired you to come to Waverley Care?
It was through my wife – she was working at Milestone. Anytime I came to her work, I enjoyed the atmosphere and the positivity around the building. It made me realise that I wanted to work in the same field.

Can you tell us about your role?
I’m community-based and travel all over Fife. I’m there to provide practical support to service users, whether it’s attending appointments and assessments or helping them with benefit applications.

The people we’re working with can have quite chaotic lives so I try to build relationships and encourage them to engage with the service to improve their physical and mental health.

What are the main challenges of providing support in Fife?
Fife covers a vast area and there are lots of small communities spread across it so travel is a large part of the job. The people we work with often struggle with issues like drug and alcohol dependency so getting them to engage can be difficult.

You’ve done a lot of fundraising for Waverley Care – what’s the most memorable thing you’ve done?
I’d have to say walking the West Highland Way twice, along with my best friend Ollie the collie! I’ve also been involved in lots of discos and raffles!

Away from work, what do you like to do in your spare time?
Golf, walking and quality family time with my wife and two daughters.

Where is your favourite holiday destination?
Donegal, Ireland. It has some of the most amazing hills and white sandy beaches you’ll see anywhere in the world.

What is your favourite TV show?
24 Hours in Police Custody.

Who would play you in the movie of your life?
James Corden.

What’s your favourite meal?
Any kind of seafood.

What’s your favourite joke?
Too rude to mention!

Who inspires you?
My mother-in-law, for her kindness, caring and compassion to all around her. She always makes time for people, especially when they are having issues or troubles in their lives.

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Self-test kits funded

Our African Health Project will be able to help an additional 500 people to know their HIV status this year, after NHS funding was agreed to provide self-testing kits.

The kits, which can give results in 15 minutes, will be made available in Greater Glasgow, Lanarkshire and Forth Valley.

The funding follows a successful pilot which found that the kits helped break down barriers that prevent more Africans from accessing testing.

Self-testing kits are usually ordered online for home use. However, our project will make them available for use through our existing outreach work with African communities, including at local events.

The project offers individuals a quick, easy testing option alongside accurate information about living with HIV. It also offers a community-based option that can be taken at a time and place to suit the individual.

The ambition is to ensure that more people are able to know their status earlier, helping to reduce new HIV infections and allowing those living with HIV to access treatment and support.
When did you first find out you were living with HIV?
I was in first year at school. I remember watching the film, *Team America*. Near the start there’s a parody of the musical *RENT*, where they sing a song called *Everyone Has AIDS*. I remember finding it funny. My mum sat me down and explained that I was living with HIV.

I was a kid who’d been going to hospital for years and I didn’t really understand why. Then everything just clicked.

Do you remember how you felt when you first found out?
I kind of accepted it. I knew I was healthy and that I’d be fine, but also that I could get sick if I didn’t keep taking my medication. I never got scared of that side of it though.

What have been the main challenges of living with HIV?
Things around relationships have been quite difficult – particularly telling friends. Only a couple of friends know. I feel like they’re people I can trust.

Even though I feel comfortable about living with HIV, I’ve never thought there was any point in telling everyone – they don’t need to know.

When did you first come into contact with Waverley Care?
It was around the same time I found out I was living with HIV. I can’t remember exactly how it came about, but it was the hospital that put us in touch.

I met [Children and Families Project Worker] Lynne, she came to my house and she’s been there for me ever since.

Do you remember the first time you came along to Poz Youth?
I remember everyone being older than me. At first, it felt a little intimidating – I was just thinking ‘what is this?’ It went away quickly though once I got to know people.

What do you feel you’ve got out of being involved in the group?
I’d say confidence, and accepting who I am. Through the group I’ve met lots of people and I realised that everyone finds their own way to cope. I don’t want HIV to be a burden.

Is there a particular memory of the group that sticks out?
Lynne helped get me into a camp in England called Freedom 2 Be [which is organised by the Children’s HIV Association]. I met people from across the UK who I’m still in touch with to this day.

You recently organised a song-writing workshop for the group, how was that?
It was a great experience. At first they were a little shy but by the end they were all into it.

Everyone had words they wanted to share and we scrambled them about over a beat to make lyrics.

It really helped people open up – they were saying things that they would never have thought to say otherwise.

Do you think moving forward you might want to work with young people?
Absolutely. It was a really inspiring experience – teaching them something new and giving them that experience.

At the same time, I was learning about myself and what I can do to help people. I know that living with HIV can be stressful but I feel like I can be someone they can talk to.

You have a qualification in sound engineering and are studying music business – how’s that going?
Really well! The course covers a lot of the behind the scenes aspects of the business from management and promotion to health and safety.

I’d love to start my own company managing and promoting local artists in Glasgow. I don’t feel we have that at the moment and I want to help people who represent this city.

Away from your studies, what do you like to do with your spare time?
Music’s my passion. I spend time with friends who like to make music. I want to help them record and support them at gigs. That’s why I want to learn – to work with people I know and help them develop.

Who is the biggest influence in your life?
I guess from a business perspective, I’d say Jay-Z. I like how he started out and where he is now, owning his own streaming company and label. He represents his city – I want to represent mine.

*Name has been changed to protect individual’s privacy.*
Fundraising Round-up

The sun’s out, summer’s in full swing and, with the Fringe fast approaching, the fundraising team is gearing up for a busy few months!

Throughout August we’ll be resuming our long-running partnership with our friends at the Pleasance.

This year, our fundraising partnership looks set to break the £500,000 barrier with tickets already on sale for a host of shows supporting our work.

If comedy’s your thing, our annual Tartan Ribbon Comedy Benefit is a must-see. The show always brings together some of the biggest names on the comedy circuit, so keep an eye out for the line-up announcement as August approaches. Meanwhile, the return of Amusical promises a raucous night of entertainment as comedians test their singing skills and perform the best-loved hits of musical theatre!

If you prefer something a little more thought provoking, maybe check out Fronting, a play from Darren Hardie exploring HIV stigma as a young man tries to process his diagnosis.

As always we’re on the hunt for bands of bucketeers to get involved in collections at the Pleasance. Interested? Then email fringe@waverleycare.org to find out more.

Away from the Pleasance, our Off the Kerb Comedy Gala returns to the Playhouse. With Joel Dommett and Tom Allen already confirmed as hosts, it looks set to live up to its reputation as the biggest comedy show on the Fringe.

Ending on a musical note, our friends at Loud and Proud and The Bohemians both return with their long running Fringe shows, while Captivate Theatre bring their interpretation of RENT to the Gilded Balloon.

Hot on the heels of the Fringe, we’re delighted to be welcoming our Patron, Bob Chilcott back to Edinburgh in September for another of his immensely popular Come and Sing workshops. The event will focus on a range of Bob’s music, culminating in an early evening concert, including his captivating choral suite Five Days that Changed the World. To find out more and book tickets visit www.waverleycare.org/chilcott.

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Thank you for the Music

Since the last issue of Positive Interest, the amazing Ben Parry has joined us for not one, but two fantastic Come and Sing events in Edinburgh.

Back in February, our ABBA show, kindly sponsored by MHD Law, had everyone saying Thank you for the Music, while June’s Musicality cherry-picked some of the best songs from musical theatre. A huge thank you to Ben, our musicians and the 600+ singers who joined in, helping to raise £12,180.

Continuing the musical theme, our friends at Edinburgh Music Theatre and The Bohemians returned to the stage over the spring. EMT’s production of Guys & Dolls brought in £1,200 on the buckets, while the Bohs’ Footloose raised £1,500.

Chris from The Bohemians had to shave his substantial beard for the show and raised a trim and tidy £1,060 for his efforts!

Finally, the amazing Edinburgh Concert Band returned with their annual Summer Sparkler - a fantastic night of music helped raise £560 for Waverley Care.

Fundraising Round-up
A tale of two cities
The capitals of Scotland and the UK were the backdrop to two of our supporters’ fundraising efforts as they took part in the London and Edinburgh marathons.

First up, Natalie (pictured opposite) took to the start line of the London Marathon, raising over £2,600 including Gift Aid. Meanwhile, back in Scotland, India lined up for the Edinburgh Marathon, raising over £500. Congratulations to both of them on their fitness and fundraising achievements!

Feel inspired to set your own challenge? Check our waverleycare.org/events, or contact Holly (see below).

Meet Holly
We’re delighted to introduce you to the newest member of our Fundraising Team, Holly Rawlings.

Holly has joined the team as our new Community and Events Fundraiser and she’s here to encourage and help our amazing supporters to get involved and raise lots of money for Waverley Care.

If you’ve had an idea for fundraising, whether it’s a bake sale or beard shave, a marathon or a mountain climb, then you can talk to Holly for help. Get in touch on 0131 556 9710 or email holly.rawlings@waverleycare.org.

Punk for Pam
Punk fans from across the UK and beyond descended on Punk for Pam festivals in Edinburgh, Manchester and Birmingham in recent months.

Over the years Punk for Pam has raised an amazing £20,000 for Waverley Care. The festival is organised by Jock Blyth, of the band GBH, in memory of his sister Pam, who was a service user at Milestone. A huge thanks to everyone involved in this year’s festivals.
Focus on: Money Matters

When you’re struggling to make ends meet, it can have a serious impact on your physical and mental health. Unfortunately, for many people living with HIV or hepatitis C, this sort of financial hardship is a daily reality.

The explanations for this are complex but, put simply, HIV and hepatitis C tend to disproportionately affect people who are already vulnerable to other health and social inequalities – including poverty.

Over the last few years, we have been working with an increasing number of people to support them to manage their money as the financial crisis and changes to the welfare system have taken their toll.

One of the ways we can help people is around employability skills. We support people with things like confidence-building, gaining work experience and providing tips on interviewing for a job.

Unfortunately, many of the people we work with face a mix of complex challenges that limit their ability to work and can leave them vulnerable to poverty. That can include issues around substance dependency, history of abuse, or complications with their physical and mental health.

One of the first things we do when people come to us with money worries is to help check they’re accessing any additional financial support they may be eligible for. That covers the whole range of benefits from Housing and Income Support, to Child and Working Tax Credits.

Poverty is just one aspect of a complex mix of circumstances faced by many of our service users. However, by helping people to access the support they are eligible for, and reducing the burden of poverty, we can help create a more stable situation from which they can begin to address the challenges they face.

Anyone living with HIV or hepatitis C who is struggling to make ends meet can get in touch with us for advice and support.
A few weeks back, I was up in Inverness to join our Wave team for a sexual health education workshop at Charleston Academy.

Among the themed zones that pupils worked through was one that focused on mobile phone apps and the personal, often intimate information that people share about themselves.

The session highlighted extreme examples where posts and photos came back to haunt young people, and explained how to stay safe online. It was an eye opening experience, and one that has been making headlines of late.

In a digital age, we share so much of our lives with tech giants and retailers. I shudder to think of the information that Google, Facebook and the rest hold on every aspect of my life, from the places I’ve visited or causes I support, to the food in my weekly shop.

Against this backdrop, the deluge of privacy policy and data protection emails everyone’s been receiving seems a welcome, if slightly irritating step towards being more in control of who knows what about our lives.

In the work we do, Waverley Care has always been mindful of the need to treat the information we hold with the utmost care and responsibility, whether it’s about our service users, supporters, volunteers or staff.

The arrival of new regulations under GDPR has been an opportunity for us to check our processes, make sure they’re up to scratch and ensure that respect for the people we work with remains at the heart of our approach.

This kind of regulation and red tape is a side of charity work that people rarely see. You’ll never find a charity (at least not a successful one) appealing to their supporters to fund a data protection officer or legal advice on human resources.

However, if we are to continue to provide effective services and expand our horizons with innovative projects like Wave, we need to ensure that our public profile is underpinned by effective management.

If we do this, we can then focus on sharing stories that demonstrate the impact and value of the work we do with people living with or affected by HIV and hepatitis C, and those at risk of poor sexual health.
Thank you to...

Apex Hotels, Appletree Trust, Barclays, BBC Children in Need Appeal, The Bohemians Lyric Opera Company, Brechin Cathedral, CC Blooms, Comprehensive Design Architects, The Craignish Trust, Dive Queer Party, Dr Guthrie’s Association, Edinburgh Music Theatre, The Edinburgh Playhouse, Ernst and Young, Festival City Theatres Trust, Filmhouse, Fresh Air, Glasshouse Edinburgh, Gordon Fraser Charitable Trust, Granton Parish Church, Heriot-Watt University, Immunology & Infectious Diseases Society, James Thomson’s Collection, Kevock Choir, Lloyds Banking Group, Make A Difference Trust, Margaret Murdoch Charitable Trust, PrideSoc, The Queen’s Hall, Rae Macintosh Musicroom, Royal Bank of Scotland plc, Sky UK Limited, Society of High Constables of Edinburgh, St Peter’s Episcopal Church, Ward Family Charitable Trust, Wood Mackenzie

Events Diary

**Tuesday 14 August 2018**

**Tartan Ribbon Comedy Benefit**

Pleasance Grand, Edinburgh

Our Flagship event at the Pleasance! Join us for a top night of comedy with all proceeds going to Waverley Care

Tickets on sale now from www.pleasance.co.uk.

**Saturday 18 August 2018**

**Loud & Proud on the Fringe 2018**

St Cuthbert’s Church, Edinburgh

Scotland’s LGBT choir return to the Fringe performing everything from Burns to The Proclaimers.

Visit www.waverleycare.org/events for tickets.

**Saturday 18 August 2018**

**Waverley Care Comedy Gala**

Edinburgh Playhouse

Join hosts, Tom Allen and Joel Dommett, as they head an all-star line-up for Edinburgh’s biggest comedy event.

Visit www.atgtickets.com for tickets.

**Wednesday 22 – Friday 24 August 2018**

**Bohemians: Reimagined**

Stockbridge Church, Edinburgh

Our friends at The Bohemians return to the Fringe with a fresh take on some of the biggest hits of musical theatre.

Visit www.edfringe.com for tickets.

**Saturday 22 September 2018**

**Come and Sing with Bob Chilcott**

St Cuthbert’s Church, Edinburgh

We welcome our Patron, Bob Chilcott, back to Edinburgh to lead one of his immensely popular singing days.

Booking now open, visit www.waverleycare.org/chilcott.

**Saturday 1 December 2018**

**Tartan Ribbon Dinner**

The Hub, Edinburgh

Join us on World AIDS Day for an entertainment-packed night in support of Waverley Care.

Your black tie evening will include:
- Champagne reception
- Three-course dinner with half bottle of wine
- Silent and live auctions
- Entertainment, including comedian, Jayde Adams

*Individual tickets: £90 per head
*Corporate tickets: £1,200* per table of 10

*Includes an advert in the programme.

Bookings now open. For full details, visit www.waverleycare.org/tartanribbondinner

In association with Meridian Media

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