School’s Out!

Young people show support for Waverley Care
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

Chinese Health Project

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: Georgie, an inspiring young supporter challenging stigma and raising awareness at school. Find out more on page 7.
Welcome
This summer’s Pride season marks 50 years since the Stonewall riots in New York; a watershed moment in LGBT equality where the community began fighting back against years of horrific oppression. In the 50 years since Stonewall, we’ve been fortunate in the UK to see major advances in LGBT equality and an increasing visibility of LGBT people in public life.

During Pride, Waverley Care was involved in events across Scotland engaging with communities, talking about our services and how people can access testing and support for HIV and sexual health.

Pride and the 50th anniversary of Stonewall are a strong reminder to all at Waverley Care of how much inequality and discrimination impacts on those affected by HIV and hepatitis C. Fear, stigma and social disparity are still making it more difficult for people to access testing, support services and to live the best lives they can. At Waverley Care, we are proud of the work we do across Scotland, challenging stigma and breaking down the barriers that individuals and communities face. Our work ensures those most in need of help are offered the support they need. But we need your help to achieve our goal.

This year we are encouraging people to lace up their boots and take part in The Kiltwalk. I’ve signed up, along with a team of Waverley Care colleagues and we would love you, your family, friends or colleagues to come and walk with us! Every step taken and every pound raised will help support people affected by HIV and hepatitis C. Thanks to The Hunter Foundation, all the money raised is topped up by an extra 40% – so our collective hard work will make an even bigger impact.

We are also looking forward to another great year bucket shaking at the Pleasance and across the city during the Fringe Festival, raising money and speaking with people about our services. So if walking isn’t your cup of tea, hopefully you will be able to support us by attending our events, volunteering to bucket shake or by generously donating. Your support makes a real difference and we are incredibly grateful.

Grant Sugden, Chief Executive

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

In March, we welcomed nine new volunteers to our services. Our new volunteers were trained on a variety of topics, from HIV, hepatitis C and sexual health to listening skills, boundaries and mental health awareness. Following the training, we received some wonderful feedback including new volunteer Sandra telling us, “I really feel I’m part of the charity already”.

In June, our Prison Link Service was featured in the World Hepatitis Alliance’s new advocacy resource ‘Find the Missing Millions’, as an example of good practice in finding, testing and treating people who may be living with hepatitis C. Since our Prison Link Service has been working in HMP Low Moss, 712 people have attended our induction sessions and 316 people who have attended these sessions have been referred on for testing – highlighting the impact working in partnership with Prisons in Scotland can have on finding the missing millions. To see the full resource, go to www.worldhepatitisalliance.org.

Following the publication of new research on Glasgow’s HIV outbreak, our HIV Street Support Project was featured on BBC Reporting Scotland, The Nine and BBC News at One. During the feature, Project Manager Mhairi McKeen showed how a rapid HIV test is carried out while highlighting the risk and impact of HIV on people who are made vulnerable through poverty, homelessness and trauma in Glasgow city centre. Working with the BBC has meant we’ve been able to challenge HIV stigma in the wider Scottish society, by raising awareness of the ongoing Glasgow outbreak.
Focus on: Self Management for Young People

Our new Self Management Programme for 19-30 year olds addresses some of the inequalities and vulnerabilities faced by young people living with HIV.

Our Children and Families Project has been working with children and young people living with HIV since 1992. We have learned a great deal over the years, most importantly that young people need to be listened to, in order to help create the change they need to live well with HIV.

Lynne, our Children and Families support worker, has been developing the programme with a group of young adults previously supported by our Poz Youth service for 12–18 year olds living with HIV. They felt that existing adult support services did not meet their needs as young adults finding their way in life. They talked honestly to Lynne about how difficult they find it to adhere to their strict medication regime, how the stigma of HIV affects their self-confidence and how they often feel they are two people, the ‘face’ they put on for the outside world and the person with HIV they keep secret. They wanted to create a change and make life better for young people living with HIV across Scotland and thanks to funding from the Health and Social Care Alliance Scotland [The Alliance], they have worked with Lynne to help develop a new National Self Management Programme by, and for, 19–30 year olds living with HIV.

Up and Running

The Programme launched with its first workshop in April and during the next few months the group will be talking about a variety of issues. These will include managing HIV medication in the real world, talking to others about HIV, life skills (managing money, job and university applications), PrEP and U=U, relationships and looking after emotional and mental health. The workshops offer a safe space to sound off, to listen, to learn, to bond and to laugh with other participants.

Developed to build confidence, self-esteem and understanding, the programme allows young people to take control of, and responsibility for, their health. It enables them to make good health and lifestyle choices, reducing the health and social care inequalities experienced by those living with a highly stigmatised chronic long-term condition.

If you would like more information about the Self Management Programme, please get in touch with Lynne at: lynne.williamson@waverleycare.org

It’s not just about teaching those who don’t have HIV not to be afraid of us. It’s about teaching those with HIV that we are worthy. I don’t want anyone else to cry themselves to sleep at night because they feel dirty, diseased, unimportant, dangerous or unlovable. Because that is not true. — Ava*

* Name has been changed to protect individual’s privacy.

If you would like more information about the Self Management Programme, please get in touch with Lynne at: lynne.williamson@waverleycare.org

Lynne Williamson, Support Worker

* Name has been changed to protect individual’s privacy.
Our Children and Families Project recently returned from their annual residential break on the Ardnamurchan Peninsula

Here’s a flavour of what they were up to:

Please support our work

We are proud of the exciting and innovative programmes and projects we run, like our Self Management Programme for 19-30 year olds featured in this issue. They exist because we tirelessly adapt to the changing needs of people in Scotland affected by HIV or hepatitis C. Please consider making a donation to allow us to continue helping people all over Scotland and know that you are making a real difference to peoples lives.

You can make a donation to support our work in a number of ways:

Online: visit waverleycare.org/donate

Phone: call our Fundraising Team on 0131 556 9710 (Mon-Fri, 9am to 5pm) with your card details at hand

Cheque: make your cheque out to 'Waverley Care'. Then complete the form below and post it, along with your cheque, to: Waverley Care, FREEPOST RSBX-RZUK-EBRZ, 1 Mansfield Place, Edinburgh EH3 6NB

Please tick one of the following boxes:

I wish Waverley Care to treat all donations I have made in the last four years and all future donations I make as Gift Aid donations, until I notify you otherwise.

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.

Please do not claim Gift Aid on my donation and cancel any previous declaration I have made.

Title Forename(s) Surname
Address Postcode

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.

Signature Date
The Kiltwalk brings together walkers of all ages and abilities to have fun and raise funds for their chosen charity. It would be fantastic to see 100 people walking in support of Waverley Care to mark our 30th anniversary and we’re hoping you’ll be one of them!

The big day is Sunday 15 September and there are three distances you can choose:

- **The Wee Wander:** 5 miles (£12.80 entry fee)
- **The Big Stroll:** 15.5 miles (£31.69 entry fee)
- **The Mighty Stride:** 24 miles (£31.69 entry fee)

Your entry fee covers all the costs associated with your participation and includes your walker guide, meal voucher, finishers medal, snacks and refreshments along the route, as well as a full day and night of entertainment in the Kiltwalk Village. Waverley Care will provide you with all the fundraising and motivational support you could ever ask for!

There is no minimum fundraising target for the event, so you can take part and raise what you can. Thanks to The Hunter Foundation, each Kiltwalker’s fundraising receives an extra 40% boost. So if you raise £100 in sponsorship for Waverley Care, we will receive £140!

Registering is easy. Simply head to [www.thekiltwalk.co.uk](http://www.thekiltwalk.co.uk), click ‘Register Now!’ and choose Edinburgh and then follow the instructions. You can then set up a fundraising page and you’re ready to tell your friends all about your sponsored walk and how to donate!

The Edinburgh Kiltwalk was an amazing experience! It’s accessible to everyone, no matter what your fitness level.

**Meet the walkers**

Ross Sansom, one of our fantastic walkers from 2018 told us, “The Edinburgh Kiltwalk was an amazing experience! It’s accessible to everyone, no matter what your fitness level. I chose the 15 mile route and fundraised for Waverley Care because I really believe in the work they are doing. It helped keep me motivated the whole way through the walk too! If you’re thinking about walking, all I can say is grab a friend and sign-up for Waverley Care! You’ll be helping an amazing charity.”

Jen Goff, Waverley Care Communications and Engagement Officer, is taking part in 2019 and told us about why she’s letting her feet do the talking in September: “I’m getting involved in this year’s Kiltwalk to raise money for the amazing work my colleagues do every day across Scotland. From working on the streets in Glasgow making sure people who are homeless get HIV testing and support, to travelling across the Highlands helping young people learn about sexual health and relationships. I’m lucky enough to see the real life impact of their work and hear the stories of lives they’ve changed for the better. The Kiltwalk is the perfect event to support all this amazing work – the extra 40% boost in fundraising is a huge positive for us! I’ll be lacing up my boots and doing my bit this year, it would be brilliant to have you walking alongside me, raising funds for Waverley Care and marking our 30th anniversary.”

We would love to see you out walking for Waverley Care on 15 September. Head over to [www.thekiltwalk.co.uk](http://www.thekiltwalk.co.uk) to sign up today. We’re looking forward to a great day out, so come along and join in the fun!
Sainsbury’s helping hand
Thank you to all the staff and customers of Sainsbury’s on Shandwick Place in Edinburgh for supporting Waverley Care during Pride Month!
We had a great few weeks collecting donations and raising awareness of HIV and hepatitis C in store.
A special thank you to Peter for organising their activities and a huge congratulations to Ardit for raising £180 in a sponsored silence!

World AIDS Day 2019
Every year on 1 December people around the world come together to mark World AIDS Day, an internationally recognised day to raise awareness of HIV and remember those who have died as a result of AIDS. Thanks to advances in medication, HIV is now a manageable life-long condition but there is still work to be done.
Here at Waverley Care, we’ll be fundraising to ensure we can continue supporting those affected by HIV and we’d love it if you were able to join in!
There are lots of fun ways to get involved so why not get your creative hat on this December. You could have a bake sale at work, host a fancy dress competition at school, hold a whisky/wine tasting night at home or take on a challenge and gather sponsorship. You can also use your fundraising to teach your friends and colleagues about HIV and show them why our work is as important as ever. Every pound you raise will help make a positive difference in the lives of people affected by HIV or hepatitis C across Scotland.
To request your World AIDS Day fundraising pack, full of fundraising ideas and tips as well as information about HIV, get in touch with Holly on holly.rawlings@waverleycare.org

Supporter Profile
This week we caught up with Georgie, an inspiring young supporter who has been raising awareness, challenging stigma and raising funds at Dunbar Grammar School. Here’s Georgie’s story...

What inspired you to talk about HIV and fundraise for Waverley Care?
I heard about Waverley Care through my dad who works for the charity. He mentioned that World AIDS Day was approaching and upon looking into the charity and the vital work it does; offering support, education and challenging stigma, I knew it was a cause I wanted to fundraise for.

What were your key messages to students at your school?
I wanted to raise awareness and educate the students at my school – not only about Waverley Care’s wonderful services, but to also help them understand what HIV and hepatitis C are and the impact they have. I talked about the charity and World AIDS Day in assembly and went around classes to ask for donations – in return I gave students a tartan ribbon to wear.

Did you find young people were interested in HIV and the work of Waverley Care?
The students were really responsive! Especially in younger years – they asked lots of questions as many had never heard of HIV/AIDS before. Many kids had just seen the film Bohemian Rhapsody which showed Freddie Mercury’s struggle with AIDS so I was able to use it to explain the virus and show how much has changed with HIV/AIDS, but also how the stigma remains.

How did you feel before doing your first school assembly?
I’m lucky to be one of those people who is comfortable speaking in front of an audience so I enjoyed the assembly! I was delighted to see that my fellow students were interested in what I had to say and took the time to try and understand.

What would you say to someone else thinking about supporting Waverley Care?
I would encourage everyone to get involved and fundraise for the brilliant charity that is Waverley Care! It gives you a sense of fulfillment as you have helped play a part in raising awareness and funds that help the organisation continue to deliver their vital services.

If you would like to know more about how you or your school can fundraise for Waverley Care please get in touch with Holly at holly.rawlings@waverleycare.org
Thank you to...


Facing battles of love, loss and HIV/AIDS in 90’s New York, RENT is a revolutionary rock musical about finding your voice and living for today.

Gilded Balloon Teviot
Debating Hall
8–14 August; 12 noon

Event in support of
Waverley Care
Challenging stigma since 1989

Tickets: Mon–Fri £11 (£9 conc.) • Sat–Sun £12 (£10 conc.)
available at gildedballoon.co.uk/programme/rent

Events Diary

Saturday 10 August 2019
Loud & Proud on the Fringe
Loud & Proud, Scotland’s LGBT choir, returns to the Fringe with another amazing show in support of Waverley Care.

Tuesday 13 August 2019
Tartan Ribbon Comedy Benefit
Amazing night of comedy in support of Waverley Care. Expect another fantastic line-up and a night to remember.

Monday 19 August 2019
Crosstentatious
For one night only, the award-winning cast of Austentatious swap bonnets and breeches in support of Waverley Care, improvising a hilarious new Jane Austen work – based on a suggestion from the audience.

Tuesday 20 August 2019
Comedy Gala
Edinburgh’s biggest comedy event returns to the Fringe in support of Waverley Care with an all-star line-up and big name hosts.

Wednesday 21 August 2019
Amusical
A comedy celebration of all things West End. Comedians go up against each other to perform their favourite musical theatre song with the winner chosen by the audience! All proceeds to Waverley Care.

Sunday 15 September 2019
The Kiltwalk: Edinburgh
Join us as Waverley Care takes on the Kiltwalk! Pound the streets of the capital over 5, 15.5 or 24 miles. All money you raise will be boosted by 40% thanks to the Hunter Foundation!

Friday 5 October 2019
Come and Sing John Rutter
SOLD OUT – Please visit our website for waiting list details

Friday 8 November 2019
Tartan Rainbow Ceilidh
Our second ceilidh of the year! Join us for another great night of dancing with more modern takes on ceilidh classics from The Veritable Ceilidh Club.

For tickets or further details on all our events, visit: waverleycare.org/events

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