



Embrace

A quarterly publication of news and information from Positive Action

FOR THE LATEST INFORMATION ON PA PLEASE VISIT WWW.POSITIVEACTION.ORG.UK

Lights, Camera, Action!



Penny Snowball
Producer

For four days in May, a number of service users, staff, volunteers, therapists and partners had great fun seeing how TV programmes are made.

Observing how the lighting was adjusted and microphones were hidden from view to meet the exacting requirements of the Producer was really interesting, as was seeing how much time, energy and equipment is necessary.

However most of the PA team involved admitted to being very nervous once they were in front of the camera but unnecessarily so as you will see from the finished films.

Having completed the editing, two short films are now 'in the can' which aim to promote the services of PA to potential service users, and to the professionals who would make the referrals.

At the end of four days we had so much great footage that not all of it could be included in the films as they would have become epics(!), so we are going to add lots of additional clips to our website very shortly.

The films will be released for World AIDS Day and you are invited to attend our exclusive premieres - the website will be updated with more information - but there will also be sneaky previews available in the centres so keep an eye open for dates. In the meantime we would like to thank everyone involved for their support.

So long, farewell, auf wiedersehen, adieu...

After more than 13 years close involvement, PA has bid a fond farewell to Dr Peter Robinson.

For many of those 13 years Peter was the Chair of PA and oversaw many changes within the organisation, including the takeover in Southampton, whilst for the remainder he was a very active trustee.

Peter provided constant and unwavering

support to the staff and to the Trustee Board, guiding the development of services to meet the evolving needs of our service users, and will be very missed.

We are, however, not saying 'goodbye' as Peter will remain a friend of the organisation and will continue to support service users in his professional capacity.

We thank you for everything Peter!

World AIDS Day - 1st December

Keep updated via our website and contact the team for more info, or to be involved.

Medication - Home Delivery

In the last couple of editions of 'Embrace' we have referred to the 'home delivery' of meds - confusingly called this as they can also be delivered to sexual health clinics for collection - with the view of providing more information. However, as different clinics are still offering different services currently we suggest that you speak with your own clinic to see if 'home delivery' is available to you. We urge you to do this as it could save clinics paying the VAT on your meds.

Dates for your Diary

Autumn Supper So'ton	Thursday 26th September
Volunteer Training Workshop	Saturday 28th September
Volunteer Induction Training	Saturday 12th October
Inset Day Closure	Wednesday 13th November
Coping with Life's Stresses - Workshop	Wednesday 20th November
World AIDS Day	Sunday 1st December

OPENING HOURS

Aldershot

Mondays

By appointment

9.30am - 7pm

Drop-in 7pm - 10pm

Tuesdays

By appointment

9.30am - 5.30pm

Wednesdays

By appointment

9.30am - 1pm

Drop-in 1pm - 6pm

Thursdays

By appointment

9.30am - 5.30pm

Fridays

Drop-in 10am - 4pm

Portsmouth

Tuesdays

(Weekly)

Drop-in 4pm - 7pm

Appointments are available at other times.

Southampton

Mondays

By appointment

9.30am - 5pm

Tuesdays

By appointment

9.30am - 5pm

Wednesdays

By appointment

9.30am - 5pm

Thursdays

By appointment

9.30am - 2pm

Drop-in 2pm - 8.30pm

Fridays

By appointment

9.30am - 5pm

Positive Experiences

I have long felt that the wall that is HIV stigma will not come crashing down, rather that, brick by brick, it will be chipped away. The ban on gay men donating blood – historically linked to HIV – was only lifted in 2011 and now, in quick succession two more bricks have come away: the law around the supply of HIV home-testing kits has been revisited and the ban on HIV positive medical practitioners performing invasive procedures has been lifted.

This latter is immensely powerful. I viscerally recall my first encounter with medical professionals following my diagnosis of HTLV-III (an early name for HIV). It was 1987 and I was admitted to a hospital in Bournemouth following an overdose. As they wheeled me through A&E I blurted out "Be careful, I'm HIV positive" – it was the first time that I had spoken the name of the virus aloud. I was hastily put into isolation and left to fester in my own emotional distress. Even my drink of tea was delivered in a plastic cup by a nurse in full apron and face mask; the empty cup thrown into a yellow bin in the corner marked 'contaminated sharps destroy by incineration.' Perhaps, even then, the experts knew that I posed little or no risk to others but few on the ground were prepared to accept that.

Now? Well, the public have been told that they must accept that the dentist with the drill or the surgeon with the scalpel may well be HIV positive. The important proviso is that he or she be on effective anti-retroviral treatment. The statistical risk of infection? "One potential infection in anything from 40 to 250,000 years," said Professor Dame Shirley Davies on Radio 4's Today programme, adding "We must stop stigmatising HIV". This is a fact that I shall certainly use to confront, head-on, the out-dated information that often informs prejudice. The public haven't fully grasped this one yet but changes and statements, such as these, strike at the very foundations of that wall.

Peter H

NEWS FROM...

ALDERSHOT

Thanks to the very generous donation and support of the Farnborough Rotary Club, the sofas in the Centre have been beautifully refurbished and are better than new!

The emotional wellbeing workshops being run by mcch are continuing in Aldershot. The next workshop will be held on Wednesday 20th November and will focus on coping with stress. Please contact Simon for more information or to register.

PORTSMOUTH

We are very proud that Andy Burton's considerable voluntary efforts were formally recognised by Community Action in Portsmouth during 'Volunteers

Week'. An article about Andy was included in a commemorative publication and cited that Andy 'has been a huge, consistent support to PA over the last eight years.' Thank you Andy!

We have received some great feedback from service users attending the weekly drop-in at the new venue, which is reflected in the growing numbers of people attending.

SOUTHAMPTON

The new schedule for drop-in started in September. Due to the reduction in funding there is now one, extended, drop-in per week running from 2.00 - 8.30 pm every Thursday with a delicious meal being served at approximately 7pm.

The CAB service will continue to be available on Thursdays, primarily via telephone appointments although Ali will be in the Centre once a month for face-to-face appointments.

Please see page 3 for details of a new men's support group.

By amazing luck the finance team from the prestigious cosmetics company Estée Lauder answered our request for volunteer support to clean and decorate the Centre. Better still, they will be paying for the supplies and undertaking some necessary repairs whilst rolling up their sleeves over 2 days in September.

£165 was raised via an ebay charitable auction of some items donated to Ribbons and by Southampton FC.

SURE Information

Fundraising - We organised a car boot sale in the Aldershot area in June that raised £187 for PA funds. We would like to thank all who donated items for this event. We will be organising another car boot this autumn so if you have any small items that you would like to donate, please contact any member of PA staff or your SURE Representative.

Summer Social - We were blessed with a fine summer's day for the Summer Social at Southsea. In addition to time spent on the beach, a cold buffet lunch was provided in the adjacent park. Many thanks go to PA staff for organising this enjoyable event.

Survey - Our thanks go to all service users who took part in the workshop survey. PA have now compiled the results and are researching external providers to undertake a series of workshops on the HIV related topics that are of most interest.

Contact Us - We would like to hear from you if you have any comments, views or opinions on PA or you would simply just like to be involved with us.

HIV Ban is Lifted

The Government has announced that healthcare workers living with HIV in the UK will be permitted to carry out exposure-prone procedures from April next year, if they are taking HIV treatment, have regular medical monitoring and have an undetectable viral load.

Under current policy all healthcare workers i.e. dentists and surgeons living with HIV are not allowed to carry out such procedures.

However, a recent review of this policy and a public consultation concluded that the actual risk of HIV transmission from a healthcare worker to a patient was extremely small.

There has never been a case of HIV transmission between a HIV positive healthcare worker and their patient in the UK and this change brings UK policy up to date with current scientific evidence on HIV and in line with most other development countries.

Employment Tribunals

Since 29 July 2013, you will have to pay a fee if you want to make a claim to an employment tribunal. The fee to issue a claim will be payable when you send in the claim, and you will have to pay another fee if the case is set for a hearing.

If you are on certain welfare benefits, or on a low income, you may be eligible for fee remission so you won't have to pay any fee or can pay a reduced fee. Also, if you are receiving legal aid, you may be eligible for fee remission.

Since Monday 29 July, there are three ways to make a claim to an employment tribunal:

- **online**
- **by post**
- **by hand**

Further information is on the Ministry of Justice website at www.justice.gov.uk or you can speak with Alister, PA's CAB caseworker.

You should be aware that if you complete an electronic version of the fee remission application form, you will not be able to send proof

of your income online - you'll have to complete the electronic remission form, print it off and then post it in with your original documents, such as pay slips. It will therefore be very important that you take photocopies of all the documents you send in, as they will not be returned to you unless you ask for them to be, and you should send the form and documents by recorded delivery so you have proof they have been sent. If you send in the ET1 form by post, or hand deliver it to a designated office, you will need to enclose a cheque or postal order for the necessary fee, or complete and enclose a fee remission form with the documents to prove your income and outgoings (see above about taking photocopies).

Citizens Advice have written extensive information about the new fees rules which gives guidance about how to assess the strength of a claim and how much a claim might be worth, to see if it is worthwhile pursuing a claim, now a fee has to be paid.

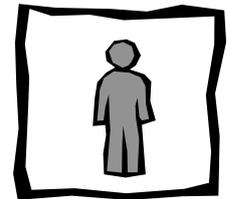
To discuss this in more detail please speak with Alister, or member of the team.

Women's Group



The meetings will be in Southampton on Wednesdays:
16th October
20th November
18th December
from 10am - 11.30am
and will be facilitated by Groundswell.

Men's Group



A new monthly support group for **men who have sex with men** will meet in Southampton on the fourth Tuesday of the month:

24th September
22nd October
26th November
No December meeting
28th January
25th February
25th March

from 6.00 - 9.00pm

This group will be facilitated by Dan Stock from the Solent NHS Health Promotion team.

Please contact Matt for more information.

We have also been approached by a service user who is keen to set-up a support group for **heterosexual men** living with HIV. Please contact a member of the team if you would like to be involved with this.



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The Trustees of Positive Action are:
 Chairperson: Peter Hellowell
 Treasurer: Matthew Plumridge
 Secretary: David Pointet
 Frances White
 James Crawford
 James Austin
 Andrea Leaf

The staff members are:
 Chief Executive: Donna Bone
 Services & Development
 Manager: Brian Bridger
 Support Services Co-ordinators:
 Aldershot & Surrey: Simon Cooke
 Aldershot & Hampshire: Julie Teare
 Portsmouth & Hampshire: Russell Farley
 Southampton: Matt Williams
 Community Engagement
 Co-ordinator: Vacant
 Administrator: Christina Best

The deadline for the next edition is 22/11/13

The Positive Action Trustee Board advise that all articles appearing in this publication represent the individual views of the contributors which do not necessarily represent the views of the Board or the organisation. As such, the board does not accept responsibility for any loss or consequence arising from any article appearing in this publication however caused.

Other Support Organisations and Helplines

In addition to ourselves the following groups provide services and support:

HIV/AIDS Support

Body Positive Dorset, Bournemouth
 01202-297386
Groundswell, Southampton
 02380-631651
St Peters House Project, Redhill
 01737-763000
TVPS, Reading
 0118-9353730
TVPS, Slough
 01628-603400
THT South, Woking
 01483-263160

Sexual Health Clinics

Chertsey (Blanche Herriot)
 01932-722669
Earnsdale (Redhill)
 01737-231350
Frimley Park Hospital
 01276-604105
Guildford (Buryfields)
 01483-537007
Leatherhead
 01372-362845
All Hampshire clinics including Portsmouth
 0300-3002016
Southampton
 0300-1237399

HIV Social Worker

Dawn Scully, Surrey
 01372-832360

Community Clinical Nurse Specialists

Charlotte Broughton, Surrey
 07789-941289
Ian Akin, Surrey
 07917-551901
Ruth Sim, Surrey
 07825-680776
Katrina, Hampshire & Southampton
 02380-900219
Helen Blackman Hampshire & Portsmouth
 02392-680350
Jane Butt, Portsmouth
 02392-680200

National Helplines

i-BASE (treatment info)
 020-7407-8488
NHS Direct
 0845-4647
Sexual Health Line
 0800-567123
THT Direct
 0808-802-1221

Sexuality Support

Ian Cole, Development Worker for Gay Men, Surrey
 01932-355533
Geoff Cook, THT Surrey
 01483-263162

*Sexual Health Promotion Team in: Hampshire: 0300-1239117
 Portsmouth: 02392-680368
 Southampton: 02380-515238*

African/BME Support

Sexual Health Promotion Hants, Southampton, Portsmouth
 0300-1239117
THT Surrey
 01483-263161
Africa Advocacy Foundation
 020-8698-4473

Useful websites

www.aidsmap.com
www.nat.org.uk
www.tht.org.uk
www.hivaware.org.uk
www.myhiv.org.uk
www.mambo.org.uk
www.hants.gov.uk
www.letstalkaboutit.nhs.uk
www.healthygayhampshire.com
www.surreycc.gov.uk
tinyurl.com/surreysexualhealth
www.southampton.gov.uk
www.portsmouth.gov.uk
www.shoutloud.org.uk
www.sheahampshire.net

If you have been exposed to HIV, PEP (Post Exposure Prophylaxis) is available through Sexual Health clinics and A&E departments but must be taken within 72 hours - call or visit immediately after exposure.