

Embrace

A quarterly publication of news and information from Positive Action



World AIDS Day

Hello everyone! I just thought I would take this opportunity to introduce myself as a new member of the Positive Action Team! My name is Alex Broe and I am the new Volunteer and Fundraising Officer at PA. I have met quite a few people over the last month or so but I am sure that there are many more of you that I will have the pleasure of getting to know over the coming months.

Christmas Shoppers to wear red ribbons and show their support for WAD. I'm happy to say that this was a success, and people were very generous.

For more information on exactly what went on for WAD this year, you can go to the PA website:

<http://www.positiveaction.org.uk/wad.php> where you can also see a running total of the amount that we have raised so far (with more coming in by the day). Our running total at the moment stands at **£2302.12** which is impressive in itself, but hopefully over the next few weeks that will continue to rise.

I want to take this opportunity to thank everyone who has supported PA over World AIDS Day this year, especially the volunteers and service users who gave up their free time (especially at the weekend!) to raise awareness, as well as money.

I look forward to meeting, and getting to know more of you over the next few months, and if anyone would like to ask any specific questions relating to WAD, volunteering, fundraising, or anything else, then don't hesitate to get in touch.

From my first week at PA I have been busy planning the World AIDS Day fundraising activities and I am pleased to say that we have done extremely well this year, mostly due to the wonderful support from service users and volunteers, as well as other organisations raising money on our behalf.

The events that took place on 1st December, as well as the weeks leading up, were quite varied, including cake sales, film screenings, awareness events, church services, and cabaret evenings, to name a few.

On the cold, wintery morning of WAD itself, Sunday 1st December, a number of us ventured out to local train stations to put on our best smiles to encourage



Dates for your Diary

For the latest information on PA, details and dates of workshops, groups etc please regularly visit our website - positiveaction.org.uk

New Year's Opening	Thursday 2nd January
Spring Lunch A'shot	Friday 28th March

Free Respite Breaks Available

The wonderful team at KPS Trebullom have been in contact to say that due to a number of cancellations, there are some places available for respite breaks in January, February and March.

adults living with HIV who have not already benefitted from the Lottery funded breaks.

Adult Personal Development Respite Breaks are available free of charge to

If you would like to advantage of a three day respite break in Cornwall and are able to provide your own transport to Cornwall - or to share with other service users - then please speak to a member of the team.

Please see page 3 for information on our Christmas closure. Visit our website for other numbers if you need support over the Christmas period.



The Trustees and the PA Team wish you - our Service Users, Volunteers, Commissioners, Colleagues and Friends - a very Merry Christmas and a Happy New Year!

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

Thanks

We'd like to say a big 'thank you' to those who have supported us over the last few months.

Thank you especially to...

- The London Hotel, Southampton
- Tropics, Portsmouth
- Jillian Doran who cycled 240 miles from London to Amsterdam to raise money for Positive Action. Thank you and well done!
- Everyone who supported our World AIDS Day campaign; please see our website for more details.
- Those who have donated recyclable items and shopped via 'spend and raise'.
- Individual donors and members of PA

All of the donated and fundraised monies which are given to us are added to the Community Fund. This money pays for therapies and social events so it's incredibly valuable.

Positive Experiences

Recently I changed my HIV therapy. But this is not a tale of developing resistance or unmanageable side effects. This is simply an example of how consultation can work. Prior to the appointment, having kept abreast of HIV news, I knew that certain medications were coming off patent and would become available to the NHS at a fraction of the price. At the appointment, the HIV specialist asked me to consider the change: by replacing one branded tablet with two non-branded ones, the drug will be 10% of the price. I asked and had my questions answered: the change will mean a faster absorption of the drug, a higher peak level and a different rate of decline of drug level over the period between doses. I expressed my fears and the specialist reassured me: it was unlikely that the 'higher peak level' would cause nausea (and help was available if it did) and the new 'rate of decline' would not mean any less flexibility if ever I delayed or missed a dose. Finally, after the appointment, the specialist telephoned to confirm a few details and check that I was comfortable with the change: yes, I am happy with the change - having been consulted, I am happy with my choice.

Peter H.

NEWS FROM...

ALDERSHOT

We bade a fond farewell to Julie Teare in November. Julie has been a great support to many in the year that she was working with PA and we all wish her the very best for the future.

PORTSMOUTH

The regulars at Portsmouth drop-in are keen to hear from other service users on ideas and suggestions for additional, social activities that could happen both within and away from drop-ins.

Following a recent trip to the theatre which was enjoyed by all, suggestions have been made for a film night and playing board games. More ideas for other events organised by and for

service users would be welcome. Please contact your SURE representatives, or Russell, to discuss ideas further.

SOUTHAMPTON

Attendance at drop-in has reduced since the change in services which SURE are looking into via a survey for Southampton service users. However the number of other activities are increasing at the Centre which is really great to see.

The group for **young people** living with HIV is meeting in December and will be planning a programme of activities for the new year.

The **Men who have Sex with Men (MSM)** Group is continuing to meet with themes for each session:

January - Living Longer.; what does the future hold?; *February* - Confidence: I know what I want, how do I get it? and *March* - Sexual Confidence.

We are also planning to start another group in February for Women - although the existing Women's Group will continue. The aim of the **SHE Programme** is to build *Strong, HIV positive, Empowered* women. Run as a support group, the aim is to provide opportunities for women to share experiences and ideas about living with HIV, offer helpful HIV information, and to provide empowerment to women.

All of these groups are open to all service users so please speak to a member of the team if you would like more information.

SURE Information

The autumn car boot sale in the Aldershot area raised a further £176 for PA funds and our thanks go to all who donated items. We are now collecting small items for our car boots for next year.

We would like to thank Matt and Russell for hosting the Autumn Social at the Southampton centre. Robert worked his magic yet again, cooking a hot buffet meal with an amazing selection of mains and desserts. SURE organised a quiz and harvest festival raffle that gave an added interest to the evening and helped service users to integrate, which was our main aim.

Following our recent Workshop Survey on HIV related topics, PA are busy seeking out speakers and are planning for the first Workshop to take place in January 2014.

We would like to wish our service users and all associated with PA a Merry Christmas and hope that the New Year will be kind to us all.

Christmas Closure

Positive Action will be closed for the Christmas holidays from Tuesday 24th December - **although there will be no drop-in in Aldershot on the evening of Monday 23rd** - and will re-open on Thursday 2nd January.

Drop-ins will resume in Southampton on Thursday 2nd January, in Aldershot on Friday 3rd January and in Portsmouth on Tuesday 7th.

Over the holidays messages may be left on the PA answer phone to be collected on re-opening.

Please see the back cover of Embrace, or the 'links' page on our website, for other numbers which may be used for information or in an emergency.

Please contact your sexual health clinic for opening times.

CAB Advice Column

Ten top tips to avoid a Christmas debt hang-over - Citizens Advice worked in partnership with Barclaycard to help people avoid falling into debt over Christmas and created the following guide to avoiding debt at Christmas:

1. Plan early for Christmas - Be realistic and budget accordingly. Work out how much you are going to spend on each person – and stick to it. Manage expectations as to what you or Santa can give.

2. Don't forget the everyday bills - Remember that rent, the mortgage, utility bills, food bills and other existing debts still have to be paid – and the consequences can be severe if they're not. Even though it's Christmas, get our priorities right.

3. Don't bank on an overdraft - If you need more money, don't just run up an overdraft without talking to your bank first – it will work out much more expensive.

4. Keep things simple - If you can afford to pay for your goods outright by cash, cheque or debit card, don't be persuaded to take out extended credit agreements unless they really do work out cheaper.

5. Shop around - Try as many different places as possible to find the best price. Buy what you want and not what other people say you need. Be wary of extended warranties; the cost of a repair could be less than the cost of the warranty.

6. Buy safe to be safe - Whatever the deal, what-

ever the temptation, don't buy from unauthorised traders and don't borrow from unauthorised lenders. The initial savings and convenience may prove to be a false economy.

7. Read the small print - Check the hidden extras in any credit agreement. Work out the total amount payable. Ensure that the monthly instalments are within your budget before signing. Interest free credit can seem attractive, but if you don't pay on time, or miss a payment, you could have to pay a lot more.

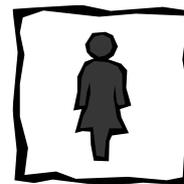
8. Do your own credit checks - If you are going to use a credit card, shop around and compare terms. Some cards charge high interest rates, but provide interest free periods of discounts. Budget for all these costs and put the payment dates in your diary.

9. Be organised - There's a lot to remember at Christmas. If you've borrowed money don't forget that it won't be long before you have to make a payment. Make sure you pay on time, even if it is only the minimum, or you will be faced with additional charges.

10. Start planning and saving for next Christmas - Once Christmas is over, it's worth looking at what you did well and what you didn't. Learn from your mistakes and start planning how you will do things differently next year. This might also be a good time to start saving for next Christmas.

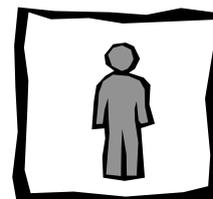
Speak to staff for more info or assistance.

Women's Group



The meetings will be in Southampton on Wednesdays:
18th December
15th January
19th February
19th March
16th April
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** is meeting in Southampton on the fourth Tuesday of the month from 6.00 - 9.00pm:

No December meeting
28th January
25th February
25th March

This group will be facilitated by Dan Stock from the Solent NHS Health Promotion team. Please contact Matt for more information.

Heterosexual Group

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



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The Trustees of Positive Action are:
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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: Vacant
Portsmouth & Hampshire: Russell Farley
Southampton: Matt Williams
Volunteer and Fundraising
Officer: Alex Broe
Administrator: Christina Best

The deadline for the next edition is 21/03/14

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
Redhill (Earnsdale)
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
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
www.healthysurrey.org.uk
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.