



Dates for
your Diary

Volunteer Induction Day	Saturday 15th October
World AIDS Day	Thursday 1st December
Christmas Party	Friday 16th December
Christmas Closure	Thursday 22nd December
New Year Opening	Tuesday 3rd January
Inset Day Closure	10th February
Spring Social	Friday 23rd March
Please see page 3 for further information on events	

Embrace

A quarterly publication of news and information from Positive Action

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

SERVICES UPDATE

Surrey

Following the success of the joint bid by Positive Action, THT and St Peter's House, each organisation has been continuing to deliver core support services across the country.

Additionally, each organisation is hosting specialist staff who are able to provide support to service users within Surrey:

Mary Elliott has joined the team to provide emotional well-being support; Geoff Cook is a community based outreach worker who supports men who have sex with men to access services and Mabel Okoeki provides similar support to members of the BME community. Additionally another new specialist worker will be joining the Surrey wide team shortly to support service users to get into education, training and/or employment.

Emotional Support in Surrey

As part of the Emotional Wellbeing support, Mary will be facilitating a series of workshops called 'Living Life to the Full' which supports individuals to understand why they feel as they do whilst identifying some practical problem solving skills. The next

workshop will be run at St Peter's House shortly. Please speak to Simon or Mary for more information.

Hampshire

Some of the Hampshire service users recently participated in a focus group to consider tender applications from organisations wanting to deliver sexual health services in Hampshire. We are now able to tell you that Solent Health won the tender bid and will shortly take over the delivery of all sexual health services in Hampshire which will include GUM services, termination of pregnancy, contraception etc. This doesn't mean that you will necessarily see different staff in clinics, just that they will be employed by a different organisation.

There will be some changes however as one of the main objectives of this process is to ensure that all services are available to people all across Hampshire no matter where you live.

These changes will take some time to put into action and we will endeavour to keep you updated on the proposals and support you through these changes.

SURE - Service User Representation and Engagement

Positive Action held its first Service User focus group at the end of August, the group will give service users a greater voice within the organisation and the aim will be to represent service users feedback, feed into changes within the organisation, support with fundraising and assist with communication to service users. Within the group there are representatives from Aldershot and Southampton but the group would really like someone who attends the Portsmouth Centre to be involved. If you are interested and would like some more information please speak to Zoe or a member of

the team. The group is still in the early stages of development and decided on a name which is SURE, (Service User Representation and Engagement). The group are planning to have notices up in the Centres as well as communication within the Newsletter and on the website so please look out for them.

We hope this will be a valuable opportunity to improve communication with services users and represent the views and opinions of services users throughout the organisation. If any body would like to join or just feed into the group please speak to a member of the team or a member of SURE.

OPENING HOURS

Aldershot

Mondays

By appointment

9.30am-7pm

Drop-in 7-10pm

Tuesdays

By appointment

9.30am-5.30pm

Wednesdays

By appointment

9.30am - 1pm

Drop-in 1-6pm

Thursdays

By appointment

9.30am-5.30pm

Fridays

Drop-in 10am-4pm

Portsmouth

Tuesdays (fortnightly)

Drop-in 4-7pm

October

11th and 25th

November

8th and 22nd

December

6th and 20th

Appointments are available at other times.

Southampton

Mondays

By appointment

9.30am - 5pm

Tuesdays

By appointment

9.30am - 3pm

Drop-in 3 - 9pm

Wednesdays

By appointment

9.30am - 5pm

Thursdays

By appointment

9.30-11am

Drop-in 11am - 4pm

Fridays

By appointment.

9.30am - 5pm

Thanks

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

Thank you especially to ...

- The University of Portsmouth Students' Union
- BAE Systems
- The ISOBAR
- The Hampshire Boulevard
- Marthas for their continued support which will be sorely missed
- Our new and existing volunteers
- Individual donors and members of PA

All the donated monies will be added to the Community Fund. This is used to purchase goods and services which directly benefit service users.

Peter's Pen

This month has seen what many would argue to be a long-overdue change – the lifting of the all-out ban on gay and bi-sexual men donating blood in the UK. There are still conditions of course but it marks a significant shift in policy.

HIV prevention messages have long been emphasising that it's 'what you do' not 'who you are' that leaves a person open to possible infection. But at both the societal and the personal level these two approaches to identity often become confused. 'What I do' and 'what I am' are linked but not the same. So, who am I? It's a question that my HIV diagnosis has brought into focus over the years. My relationships, my work, my physical ability – all have been challenged and re-defined by my status. Using any of these as the basis for my esteem has left me vulnerable in the face of HIV. So where to find esteem?

A few weeks back I was part of a training day where we explored issues of identity and diversity. An exercise asked us to 'list three words that we'd use to describe ourselves'. I'm keen to be seen as more than 'what I do' and more than any label might suggest... So, here goes: Human – Being – Now...Well, it's a start!

Peter H

NEWS FROM...

ALDERSHOT

Due to current demands, John Quirk (HIV Clinical Nurse Specialist) will be attending Drop-ins less frequently. He will now be offering appointments for his sessions during Friday Drop-ins. So if you would like to see John concerning any health related issues please contact Simon to book an appointment.

We are sad to say goodbye to Nozizwe Ngoni, Health Promotion Officer (SHEA project), who has supported Positive Action over recent years. Her work with the BME community has been really valuable as has her support with facilitating the women's group in Aldershot. We wish her all the best.

PORTSMOUTH

As you may have seen from the article on the front page SURE are looking for at least one service user from Portsmouth to be a representative at the new service users focus group. If you are interested please contact Zoe. Tuesday evenings in Portsmouth now have even more people attending, which is great. However if you can not make these bi-weekly sessions Zoe is available for appointments during the week at pre-arranged times, so please contact her if you are in need of specific support.

It was great to see so many of you make the journey over to Southampton for the Autumn social on the 20th.

SOUTHAMPTON

"On behalf of the Service Users in Southampton, we would like to say thank you to the people behind the scene for making the autumn supper such a success. It was great to see so many from Aldershot and Portsmouth, and we hope you, enjoyed yourselves and made some new friends".

The Citizens Advice Bureau (CAB) appointments have changed from Tuesday to Thursday to co-inside with Drop-in. If you would like support around any housing, benefits, debt or money issues, appointments can be booked through Matt at the Southampton Centre. CAB appointments are available on Fridays in Aldershot and telephonic appointments are also an option if you can not make it to a Centre.

PA News

Christmas Party, Friday 16th Dec

We will be hosting our Christmas Party in a Hampshire village hall for a fun evening of food, games and music. Let's hope its not snowed off! Speak to a member of the team for more details.

Website

Please take a look at the PA website as we have been constantly updating it since its 'new look' launch in December last year. We are still working on some of the site so would appreciate your feedback.

World AIDS Day, December 1st

PA will be involved in a number of different events around this time. We are still waiting on this years theme so please check the website for updated information.

Donations

Donations can now be made to PA via text message, simply text: **PAPA11 £2**, **PAPA11 £5** or **PAPA11 £10** to **70070** to make a donation of the respective amount. For more information please see the website.

Campaign to protect workers rights

The Citizens Advice Bureau is campaigning for a Fair Employment Agency to protect vulnerable workers from rogue employers who deny staff basic workplace rights such as paid holiday. Every year the CAB helps workers whose workplace rights have been abused and denial of paid holiday is one of the biggest problems reported.

Frequently in low paid jobs and without union support, most of the workers missing out on their legal minimum paid holiday entitlement of 20 days plus bank holidays work in care, catering, retail, building and contract cleaning, as well as clothing and food processing factories.

Many are unaware of their basic workplace rights. Others decide not to pursue rightful claims for fear of losing their jobs, or are put off by the prospect of a time consuming and potentially costly Employment Tribunal.

Now the government is carrying out a review of existing workplace rights compliance and enforcement arrangements. In its new report, 'Give us a Break!' national Citizens Advice welcomes this review and calls on the Government to consolidate

HIV in the News

It's that time of year when people have been setting off on holiday, however for those living with HIV there are still some countries which have entry restrictions on HIV positive tourists. This has been declared discriminatory according to the International guidelines on HIV and Human Rights, however some countries still insist on keeping restrictions in place. In a time when HIV stigma and discrimination are some of the main challenges facing people, fighting HIV travel restrictions should be a priority for campaigners. It is only recently that countries such as the US have lifted the ban, some say a little too late, but to celebrate this fact they will be hosting the next international AIDS conference in Washington DC in 2012.

It is important to keep the pressure on other countries to lift the ban, although it is every countries right to have their own criteria for entry, it is still unfair to treat people like criminals as this ends up having a negative implication on the international views surrounding HIV.

Women's Groups:

The Aldershot meetings will be temporarily on hold. If you are interested in facilitating the group please let us know as training and support can be provided.



The Southampton meetings will be on
Wednesdays
19th October
16th November
21st December
from 12.00-3.00pm and
will be facilitated by
Groundswell.



Yoga Groups:

Yoga is taught at both
Centres.

Classes are temporarily
on hold in
Southampton

Thursdays from
10.30am - 12.00pm in
Aldershot.

Please speak to Matt or
Simon if you would like
further information.

the existing employment rights enforcement bodies into a single Fair Employment Agency that also has powers to ensure that all workers get the paid holiday to which they are entitled.

CAB Chief Officer Alex Hughes said: "Our evidence shows that there are too many rogue employers and employment agencies prepared to flout the law and so profit from exploitation. This is not only unfair on workers but also on the many law abiding companies that observe workplace rights."

"We see many people denied paid holiday and this is one of the basic workplace rights which a Fair Employment Agency could help enforce, giving better protection to vulnerable workers, providing better value to the taxpayer and rooting out rogue employers."

For more information on the campaign go to www.citizensadvice.org.uk/campaigns

For more information on your basic rights at work go to the Citizens Advice website www.adviceguide.org.uk or book an appointment with our in house CAB advisor.



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The Trustee/Directors of Positive Action are:
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The staff members are:
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 Services & Development
 Manager: Brian Bridger
 Support Services Co-ordinators:
 Aldershot: Simon Cooke
 Hampshire & Portsmouth: Zoë Collingwood
 Southampton: Matt Williams
 Emotional Wellbeing Support
 Co-ordinator: Mary Elliott
 Community Engagement
 Co-ordinator: Andy Wheeler
 Administrator: Sally Priest
 Please address all comments about this publication and future articles to our usual address.

The copy deadline for entries to the next edition is 21st November 2011.

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

Thames Valley Positive Support, Reading

0118-9503375

Thames Valley Positive Support, Slough

01628-603400

THT South, Woking
01483-263160

GUM/Sexual Health Clinics

Basingstoke

01256-313333

Bordon

01420-488801

Chertsey

01932-722669

Frimley Park Hospital

01276-604105

Guildford

01483-537007

Portsmouth

02392-866796

Southampton

02380-82 5438

Winchester

01962-828372

Community Clinical Nurse Specialists

Jane Butt, Portsmouth

07932713608

Charlotte Broughton, Surrey

07789941289

Felicity Oakley, Surrey

07771772111

John Quirk, Surrey

07971864433

Ruth Sim , Surrey

07825680776

Liz and Katrina, Southampton

02380 900219

HIV Social Worker

Dawn Scully, Surrey

01372-832360

National Helplines

i-BASE (treatment info)

020-7407-8488

NHS Direct

0845-4647

Sexual Health Line

0800-567123

THT Direct

0845-1221200

Sexuality Support

Gay Men Harm Reduction, Surrey

01932-355533

HIV Prevention Service, Hants

0300-1239117

Gay Community Health, So'ton

02380-515238

Inscape, Portsmouth

02392-298950

African/BME Support

African AIDS Helpline

0800-0967500

SHEA, Hants

0800-0751057

THT, Surrey

01483-263160

Useful websites

www.aidsmap.com

www.nat.org.uk

www.tht.org.uk

www.mambo.org.uk

www.hants.gov.uk

www.getiton.nhs.uk

www.surrey.gov.uk

www.sexinsurrey.nhs.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 GUM clinics and A&E departments but must be taken within 72 hours - call or visit immediately after exposure.