



**Dates for
your Diary**

Christmas Party	Saturday 15th December
Closed For Christmas	3pm Friday 21st December
New Year's Opening	Wednesday 2nd January
Inset Day Closure	Thursday 21st February
Volunteer Training Day	Saturday 23rd February

For further information on our Christmas closure dates or what to do if you need urgent support over the Christmas period, please see the article on page 3

Embrace

A quarterly publication of news and information from Positive Action

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

World AIDS Day 2012

This year's World AIDS Day was a great success for PA, with 25 different events and activities happening across Hampshire and Surrey. From church services to college fundraisers, lots of people got involved to help raise awareness and essential funds for PA.

We received some great media coverage including articles in The Times and Southampton's Daily Echo and also gave interviews with BBC Radio Solent. Links to some of these items can be found on our website.

The first ever 'global' Health Day was held in 1988. Since then World AIDS Day on December 1st has become an annual opportunity for people to unite worldwide in the fight against HIV, show their support for people living with HIV and to commemorate people who have died.

We would like to thank all those who have supported PA over this World AIDS Day: to all of the individuals and volunteers who gave so generously of their time and skills, and also those who organised events on our behalf in many different venues to help raise awareness and much needed funds. A fantastic amount has been raised so far and we are still awaiting a number of donations.

A special thank you to...

- Alton College
- South West Trains
- Tropics, Portsmouth
- Frimley Park Hospital
- Hampshire Boulevard, Portsmouth
- The London Hotel, Southampton
- The ISOBAR, Southampton
- Barton Peveril College, Eastleigh
- South Downs College, Havant
- Sparsholt College, Winchester
- Farnborough Sixth Form College
- Brockenhurst College
- Southampton Solent University
- Community Parish of The Holy Angels, Portsmouth
- Lakeside Technology Park, Portsmouth
- Holy Trinity Church, Guildford
- Basingstoke Voluntary Services
- Andersons Restaurant, Farnham
- The LGBT society of Portsmouth Students' Union
- Princess Anne Hospital
- BBC Radio Solent
- Southern Daily Echo
- The Times

Once again thank you to all those who supported PA around this time and wore a red ribbon on World AIDS Day.



The Trustees and Staff team wish you - our Service Users, Volunteers, Commissioners, Colleagues and Friends - a very merry Christmas and a happy and joyful 2013.

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 - 3pm
Drop-in 3pm - 9pm

Wednesdays

By appointment
9.30am - 5pm

Thursdays

By appointment
9.30am-11am
Drop-in 11am - 4pm

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...

- All those who supported around WAD.
- Capita, Portsmouth
- Rob, for his Half Marathon
- The Nomads Theatre, Surrey
- Zurich Community Trust
- BAE Systems
- Those who have donated recyclable items
- 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.

We will be adding the amounts raised around World AIDS Day to our website and will be confirming the final amount in the Spring 2013 edition of Embrace.

Positive Experiences

I'll be 50 next year. Me? 50! It doesn't seem so long ago that I viewed making 25 as a miracle, as for getting to 40 – forget it! But next year I will join a growing percentage of people living with HIV who are 50+.

Physical issues aside – 'Is this change in my health/energy/body shape HIV- or age- related?' – getting older has brought up a slew of challenges. I've not emotionally planned to be here; I've regularly needed to mentally reassess my life and, on a practical front, a chequered work record has left me with no pension plan and limited savings.

Thankfully PA, like other HIV service providers, has long recognised the need to keep abreast of changing demographics. Research (such as that recently commissioned in Southampton) tells me that I'm not alone and PA's person-centred services means that for our maturing service users 'preparing for retirement' will naturally come to the fore with time. Fundamentally, of course, it's great news: people with HIV are getting older!

Finally, as part of our contract, I am tailoring some HIV training for Residential Care Homes to be delivered in the New Year. Believe me I have no shortage of empathy for the residents! **Peter H**

NEWS FROM...

ALDERSHOT

Please note the Aldershot drop-in will close at 3pm on Friday 21st December.

Breathing and Relaxation will resume in the New Year. These sessions are run by Louise on a Thursday morning, speak to Simon for further details.

Jonathan has joined us as a volunteer Podiatrist/Chiroprapist. This service aims to provide general advice and minor treatments. Please speak to Simon for more details.

A new weekly HIV clinic has opened at the Aldershot Centre for Health. See p4 for phone details.

PORTSMOUTH

We have now made the move to the new drop-in location in Portsmouth and are settling in well. We hope that more of you will come to the, now weekly drop-in, every Tuesday from 4pm - 7pm. If you need directions to the new location please speak to Julie.

HIV awareness training for public facing workers in Portsmouth is due to start in the New Year. This training has worked well in Southampton and will now be available in Portsmouth. Please ask the team for details.

SOUTHAMPTON

You should be aware that Southampton City Council have drafted a budget which proposes to halve the amount of funding presently spent on HIV support. The support is currently provided by PA and Groundswell so we have sent a joint response to the proposed cuts explaining the risk involved in reducing these services. We are doing all we can to protect the services and have enclosed some additional information for Southampton residents. Please contact the team if you would like more information, or to support our campaign.

KPS Respite Break

Following on from the article in the Summer edition of Embrace, PA have block booked a 4 day break with KPS Trebullom in March 2013. Places are filling up fast with just a few spaces left, so if you are interested in the respite break please speak to a member of the team for further information.

SURE Information

SURE (Service User Representation and Engagement) aims and functions are to engage service users in providing feedback, represent service users, promote communication to service user and assist with social and fundraising events.

Our fundraising events during 2012 have so far raised £823 (including gift aid) for PA. This was boosted in October by Robert's sponsored run in the Basingstoke Half Marathon, when he smashed his personal best time and finished 27th out of over 1300 runners in an amazing time of 1h 26min. Additional funds were raised in November at the Basingstoke Charity Fayre selling Krispy Kreme doughnuts and children's toys. We are now planning our events for 2013 and would welcome any ideas and help.

Do contact us if you have any particular comments, views or feedback for PA or if you would like to be involved with SURE.

Christmas Closure

Positive Action will close for the Christmas Holidays at 3:00pm on Friday 21st December (including the Aldershot drop-in) and will re-open at 9.30am on Wednesday 2nd January.

Drop-ins will resume in Aldershot on Wednesday 2nd January, Southampton on Thursday 3rd and Portsmouth on Tuesday 8th.

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 the website, for other numbers which may be used for information or in an emergency. Please contact your GU clinic for opening times.

CAB Advice Column

With Christmas a matter of days away more and more people are turning to so called payday loan companies in order to cover their festive costs. Whilst it may seem like a quick and easy way of getting money, whilst you wait for further income, many people fall into the trap of missing deadlines and are not able to pay back the interest rates, once they realise they can't pay back the loan straight away. This creates a downward spiral into further debt, with the consumer losing far more money than planned as interest rates can be as high as 3000%.

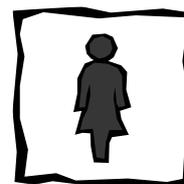
Not only is it risky taking out payday loans from official, registered companies, but there are also fraudulent websites and companies who pretend to offer great rates on loans and then scam the consumer out of more money. So if you do feel you are in a position to be able to take out a payday loan, always check that the company you use is fully registered and licensed by the Office of Fair Trading and try and use a widely recognised lender. Many experts believe that the regulation of

payday loan firms are very poor, so it's important to choose the right one, or ideally not to use them at all. A survey by 'Which?' found that half of borrowers are unable to pay back loans taken out from payday loan firms. Several major lenders have also been under formal investigation by the Office of Fair Trading over their conduct. With this information it would be wise to think very carefully before borrowing from one of the many firms available to the public.

The most important thing is to do your research and be careful when borrowing. Look over your finances to make sure you can pay the loan back and avoid being clobbered with crippling interest payments. Don't always assume that payday loans are the best option and never use them for long term borrowing. Drawing up a budget for the Christmas period may be a better idea and could help to manage your money.

Remember you can get accurate, free debt advice from our in-house CAB Adviser - speak with Simon, Matt or Julie for an appointment - or at any CAB.

Women's Group:



The Southampton meetings will be on Wednesdays:
16th January
20th February
20th March
from 10am - 11.30am
and will be facilitated by Groundswell.

Support Groups:

Some people have indicated that they would benefit from having specific support groups in addition to drop-in. The groups could be defined by such things as sexuality or ethnicity, or simply for men or for women. We have enclosed a survey on this topic - along with some evaluation questions - which we ask you to consider completing as your feedback is valuable in helping us to develop the service.



Breathing and Relaxation Class:

Breathing and Relaxation is taught in Aldershot on Thursdays from 10.30am - 12.00pm
Please speak to Simon if you would like further information.



Positive Action Client Support Limited
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 Registered Company Number: 04610678
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 Aldershot: 01252-345019
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 Email: info@positiveaction.org.uk
 Web: www.positiveaction.org.uk

The Trustee/Directors of Positive Action are:
 Chairperson: Peter Hellowell
 Treasurer: Matthew Plumridge
 Secretary: David Pointet
 Peter Robinson
 Ann Woolley
 Frances White
 Rachel Wookey
 James Crawford
 James Austin

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: Vacant
 Southampton: Matt Williams
 Community Engagement
 Co-ordinator: Andy Wheeler
 Administrator: Christina Best
 The copy deadline for the next edition is 5th March 2012.

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*

GUM/Sexual Health Clinics

*Chertsey (Blanche Herriot)
 01932-722669
 Frimley Park Hospital
 01276-604105
 Guildford (Farnham Road)
 01483-537007
 Leatherhead
 01372-362845
 All Hampshire clinics including
 Portsmouth
 0300-3002012
 Southampton
 0300-1237399*

HIV Social Worker

*Dawn Scully, Surrey
 01372-832360*

Community Clinical Nurse Specialists

*Charlotte Broughton, Surrey
 07789941289
 Felicity Oakley, Surrey
 07771772111
 John Quirk, Surrey
 07971864433
 Ruth Sim, Surrey
 07825680776
 Liz and 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

*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
 Mabel Okoeki, THT Surrey
 01483-263161
 Africa Advocacy Foundation
 020-7708-3649*

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

Have Your Say

Positive Action's Snap Shot Survey - December 2012

Positive Action (PA) aims to provide an inclusive service to a diverse group of service users, aiming to meet all service users' needs. Our drop-in sessions are as inclusive as possible but we also understand there may be a need for specific tailored opportunities for groups to meet, defined by things such as their gender, sexuality, culture or religious background.

Please help us by taking a few moments to complete this survey – only answer for yourself – not what you think other people may answer.

If you need any help with the questionnaire please speak to a member of the team. Please return completed questionnaires by **18/01/2013**.

1. Is drop-in beneficial?

a. Yes No Not applicable (I don't access this service)

b. If 'Yes or No' please explain why.

2. Would you be comfortable for discussions about sexual health, cultural issues etc to be discussed in...

a. a completely mixed environment, ie drop-in (comfortable) (not comfortable)

b. on a one to one level (comfortable) (not comfortable)

c. Not applicable to me

3. I would be more comfortable discussing sexual/cultural issues within a support group aimed specifically at me and a characteristic that I can identify with (i.e. groups specific to, same sex, culture or religion, for example)*

Agree strongly Agree neither disagree disagree strongly

Please explain which types of groups and why.

*Please help us by listing your most important characteristics in relation to the support you may expect from PA. For instance you might write something like "I have a strong religious faith" or "I am a straight man". List whatever you like and as many/ few as you like.

We would also like to gain some general feedback about the overall service we offer. Please help us to do this by completing the following questions below. Your feedback is valuable to us.

4. How valuable is PA's support to you?

5. Do you find the staff and volunteers helpful, respectful and knowledgeable?

6. What do you benefit from by accessing the centres and/or PA staff?

7. What is it that makes PA's support different from any other you may currently or have previously accessed?

8. Do you find our leaflets, website, policies etc (including wording) easy to access and to understand?

9. Which Centre, if any, do you usually attend?

Thank you for your time, please post this back to the below address or bring it to one of the drop-in centres by **18/01/2013**. Alternatively if you would like an electronic copy please email info@positiveaction.org.uk. Please include any further comments on a separate sheet.

If you would like to receive a response from PA please include your name below.

.....

Positive Action, PO Box 237, Aldershot, Hampshire, GU11 3XP



December 2012

Dear service users and friends of Positive Action,

Positive Action and Groundswell's current contracts with Southampton City Council will finish in March 2013 as expected. Accordingly we have been expecting, and preparing, to tender for new contracts from 1st April. What we hadn't expected, however, was the proposal by Southampton City Council to halve the HIV services budget from that date and were unaware of this proposition until we received notification on 12th November.

We are currently awaiting the service specification which will detail the requirements of the one new contract for support provision in Southampton. Until the documents are published we will not know exactly what services will be included but are now preparing to adjust our bid for the reduced funding. Positive Action remain confident of submitting a competitive tender for the new contract - for whatever is included - and hope to know the outcome in February.

Positive Action and Groundswell are continuing to work in partnership to challenge the proposed cuts to the HIV budget in Southampton and accordingly submitted a joint response to the Council and a statement to The Echo for World AIDS Day.

Some of the key points we have made are:

- Currently, Southampton City Council receives £154,000 from a Government grant earmarked - though not ring-fenced - expressly to help address the specific and complex social care needs of people living with HIV in Southampton. Only £66,000 of this HIV/AIDS Support Grant is currently shared between two charities in the city to provide a range of HIV services, the remaining £88,000 of the current allocation has already been absorbed into the general social care budget in Southampton.
- The proposal is to halve the amount of HIV/AIDS Support Grant funding spent on HIV support through the voluntary organisations. This proposal comes despite the facts - the Council's own budget note states this clearly - that "level of incidence of HIV/Aids in young adults has increased by more than half over the past five years and that this proposal may reduce the viability of the organisations, which as a result could mean that no specialist service will be available in the city". What risk does this pose, not only for those already struggling in living with HIV, but the risk to those who may yet be unaware of their status?
- HIV continues to be one of the most important communicable diseases in the UK with almost 100,000 now living in the UK with HIV. It is well-documented that these numbers rise exponentially year on year. It is an infection associated with high costs of treatment and care, and a high number of potential years of life lost. Social care combined with adhering to medical treatment is key to an individual's health and well-being and continuing to raise awareness is critical to the long term healthy future of our communities.

If you feel able to add your voice to our campaign, you can add your support by contacting your local Councillor directly or by emailing democratic.services@southampton.gov.uk .

Please be assured that we are doing all that we can to protect the budget and the service.

Donna Bone, Chief Executive

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t: Aldershot 01252-345019 t : Southampton 02380-225511 e: info@positiveaction.org.uk w: www.positiveaction.org.uk

Positive Action Client Support Limited, Registered in England and Wales, Registered Number 4610678

Registered Office: 66, Pwlllemlin Road, Cardiff, CF5 2NH Charity Number 1099146

Field Training Services – Charity Reward Scheme 2012/2013

Field Training Services always aims to support local businesses and charities within the Rushmoor community. In 2012/2013, Field Training Services are raising awareness of our Emergency First Aid courses and promoting local charities at the same time.

For each person who attends one of our public Emergency First Aid courses at our training venue in Aldershot, a gift of £10.00 will be donated to Positive Action. For each person who attends an Emergency First Aid course within their workplace, supplied by Field Training Services, a gift of £5.00 will be donated to Positive Action.

	Date & Time of Courses in 2013		Venue	Cost per person
Emergency First Aid	Thursday 31 st January	(9.00am – 3.30pm)	Aldershot Town FC	£100.00 + VAT
Emergency First Aid	Thursday 28 th February	(9.00am – 3.30pm)	Aldershot Town FC	£100.00 + VAT
Emergency First Aid	Thursday 28 th March	(9.00am – 3.30pm)	Aldershot Town FC	£100.00 + VAT
Emergency First Aid	Thursday 25 th April	(9.00am – 3.30pm)	Aldershot Town FC	£100.00 + VAT
Emergency First Aid	Thursday 30 th May	(9.00am – 3.30pm)	Aldershot Town FC	£100.00 + VAT
Emergency First Aid	Thursday 27 th June	(9.00am – 3.30pm)	Aldershot Town FC	£100.00 + VAT

Field Training Services is able to train up to 12 people per group. **If you require Emergency First Aid training to be delivered in your workplace, a quotation can be sent to you by request.** Other training courses are available.

If you have any questions or would like to book places on one of our Public Emergency First Aid training courses please email: training@fieldtrainingservices.co.uk and we will be happy to assist you.