



**Dates for your Diary**

**For the latest information on PA, details and dates of workshops, groups etc please regularly visit our website at - [positiveaction.org.uk](http://positiveaction.org.uk)**

<b>Christmas Party &amp; Panto</b>	<b>Wednesday 17th December</b>
<b>Clinical Discussion Panel</b>	<b>Wednesday 11th February</b>
<b>Closed for Staff Training</b>	<b>Wednesday 11th March</b>

**Please see page 3 for information on our Christmas closure. Visit our website for more details.**

# Embrace

*A quarterly publication of news and information from Positive Action*

## We're Going Electronic!

In keeping up with technology and the up-to-date methods of communication, this will be the last edition of our Embrace newsletter in this printed format.

After almost eleven years, we will be moving to an electronic format which you will be able to view via your PC, notepad or mobile, or that you can print out and read.

The benefits of this is that we will not be restricted to the number of words we can use, we will be able to introduce colour and include more photos.

Another real bonus is that we will be able to include links to articles and items of interest to you.

If you already receive an email version of this newsletter you won't need to do anything as we will transfer your details into the new system.

Otherwise, please sign-up to receive the new newsletter via our website [www.positiveaction.org.uk](http://www.positiveaction.org.uk)

Please contact a member of the team if you would prefer to continue receiving a paper copy or have any comments.

## World AIDS Day

We had a busy period over World AIDS Day, both for fundraising activities and also opportunities to raise awareness of HIV.

We were delighted to see a number of our MPs wearing red ribbons during the PM's Questions in response to our email campaign.

At the time of going to print we are still receiving donations but expect to have raised in excess of £2,000.

### HIV Awareness training was delivered to:

- Hampshire Constabulary's Lesbian and Gay Liaison Officers
- Young people living at Step-by-Step in Aldershot
- Members of HIVE at Southampton University.

### Fundraising events were undertaken at:

- Farnborough 6th Form
- Alton College

- South Downs College
  - Portsmouth Uni LGBT Society
- Collections were undertaken at:**
- Southampton Railway Station
  - Portsmouth City Council
  - Zurich Insurance in Farnborough
  - Buryfields Sexual Health Clinic
  - Frimley Park Sexual Health Clinic
  - Princess Anne's Maternity Dept
- Special events were hosted by:**
- The London in Southampton and
  - Ralph's Cellar Bar in Farnham
- World AIDS Day was marked by:**
- The Community Parish of the Holy Angels of Portsmouth
  - The Spinnaker Tower, Portsmouth
  - Southampton City Council's Guild Hall
- Positive Action were featured by:**
- Radio Woking
  - Southampton's Daily Echo
- Messages were sent by Facebook and tweeted** by hundreds of people including the famous illusionist Derren Brown!



The Trustees and the PA Team wish you - our service users, volunteers, commissioners, partners, 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 financially over World AIDS Day.

### Thank you especially to...

- The London, Southampton
- Ralph's, Farnham
- Hampshire Police LAGLOs
- Farnborough 6th Form College
- South Downs College
- Alton College
- Portsmouth Uni LGBT Society
- Frimley Park Sexual Health Clinic
- Buryfields Sexual health Clinics
- Tropics, Portsmouth
- Portsmouth City Council
- Zurich Insurance
- Individual donors and members of PA

**We'd also like to thank the volunteers and individuals who baked cakes, sold doughnuts, distributed ribbons, collected money and generally supported our WAD campaign; we couldn't do it without you!**

## Positive Experiences

This year my build up to World AIDS Day began early when, as part of my recent holiday, I visited The Raphael Centre (an HIV support service) in Grahamstown, South Africa.

It was humbling meeting with staff and volunteers to compare and contrast our experiences of supporting people living with HIV under such different circumstances: different demographics, resources and even treatment options...

One shared issue, however, loomed large: raising public awareness in the face of continuing stigma. The Raphael Centre had recently relocated to the city centre and to large high-profile premises but they were still struggling to identify people to speak about their diagnosis for a planned 'Voices of HIV' campaign. The upshot was that I quickly found myself at Radio Gramhams-town being interviewed by a very enthusiastic young presenter; our conversation framed by adverts for local businesses in the click-filled Xhosa language.

Less than a month later and some 6,000 miles away, I'm having similar conversations with, among others, Police Officers at Netley and students at Solent University – all very much as in previous years only now with a better appreciation of HIV's global impact and World AIDS Day role as an international awareness-raising event.

*Peter*

## NEWS FROM...

### ALDERSHOT

The new singing group - officially called 'Singing in Mind' - but otherwise known as Sing-a-long-a-Cisco! - will be moving to Wednesday afternoons from 7th January.

The group is run by mcch by colleagues of Judi and Zoe and runs 3-4.30 pm. It's a wonderful opportunity to simply sing-a-long to your favourite songs and to forget the stresses of life!

### SOUTHAMPTON

We have an update from the Sexual Health

HIV Clinic - the Southampton pharmacy clinic is running on Thursday mornings 9.00 - 11.30.

This clinic is for patients who would like advice about drug interactions, switching treatments, starting treatment or concerns around poly-pharmacy (being prescribed medication from several different sources).

The Wednesday morning blood clinic has moved to Thursday afternoons: 15:30 - 16.55 and the Non Medical Prescriber clinic (CNS HIV) runs on

Wednesday afternoons at 14:00 - 16:30.

Don't forget that you can also see Katrina in drop-in to informally discuss any concerns.

### PORTSMOUTH

Russell is now regularly available to meet in clinic at St Mary's.

He will be rotating his appointments across clinics being run by Dr Mani, Dr Bloom and Dr Hari on a weekly basis.

Appointments to see Russell can be made via the clinic or by contacting Russell directly.

### **Our next workshop will be held in Aldershot on Wednesday 11th February, 6-9pm.**

Clinical staff from Buryfields Sexual Health Clinic will be responding to your questions on a discussion panel; topics are likely to include Ageing with HIV, the use of Pre-Exposure Prophylaxis. All service users are welcome. Please speak to staff to book your place and to arrange transport.

## SURE Information

We are all looking forward to the Christmas Party followed by a visit to the Princess Hall at Aldershot to see the Snow White pantomime. SURE will be providing Goody Bags and a drink to all service users attending.

One of our activities for World Aids Day was a Disco at the Cellar in Farnham. It would have been nice to see a few more attend but even so we managed to raise £230 for SURE's fund. All money that we raise is for the benefit of service users in one way or another.

In response to our previous survey, PA organised the first workshop on Positively Eating. We all think we eat healthily but the Food Chain had other ideas for us.

Our section on Positive Action's website is now LIVE so keep an eye on it especially the Pinboard with all the latest bits of news.

Your SURE Reps would like to wish you all a Merry Christmas and a Happy New Year.

## In the News

The Care Quality Commission (CQC) is the independent regulator of health and adult social care in England. Their purpose is to make sure health and social care services provide people with safe, effective, compassionate, high-quality care.

They monitor, inspect and regulate services to make sure the services meet fundamental standards of quality and safety, and publish what they find, including performance ratings to help people choose care.

They are currently seeking views on their planned inspection of primary care dental services. Donna has already passed on some information from service users who have commented about problems for people living with HIV accessing dental services.

You can see more and feed back on their plans at [www.cqc.org.uk](http://www.cqc.org.uk)

## Women's Group

The meetings will be in Southampton on Wednesdays:  
 17th December  
 21st January  
 18th February  
 18th March  
 from 10am - 11.30am  
 and will be facilitated by Groundswell.

## In Your Area!

Positive Action staff are available to meet with you in sexual health clinics.

Currently staff have regular sessions scheduled in:  
 Basingstoke (Crown Heights)  
 Southampton (RSH)  
 Portsmouth (St Mary's)  
 Guildford (Buryfields).

However, we would be pleased to meet with you at other clinics in Hampshire or Surrey if that is helpful to you.

Please contact the team at PA or at your clinic to arrange an appointment.



## Christmas Closure

PA will be closed for the Christmas holidays from Wednesday 24th December and will re-open on Monday 5th January.

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.

## More HIV Activism

Having completed the UK-CAB activism training, I was wondering how to practice my new skills, when I was unexpectedly invited to speak at the Solent NHS Board of Directors meeting. The Directors wanted to hear a 'story' of a service user to close the gap between the governance body and us who actually use a GU clinic. For me, it was a great opportunity to combine some advocacy 'asks' with my own experiences, and weave in some of the larger issues that we face as people living with HIV.

In preparation I wrote a list of what had helped me on my 'health journey' and what had been the biggest challenges. After I had spoken the Board discussed some of my concerns and suggested actions and remedies. It was very exhilarating and empowering: I hadn't anticipated their willingness for change. I was also really glad I had prepared and had a good understanding of the HIV advocacy agenda. It meant I could talk with authority and turn my lived experience into a case for change.

I was quite surprised by the Board's lack of knowledge of the issues we face and the challenges that the shake up in the NHS has brought. This is why patient engagement is so important. It is not a box to be ticked, nor are we pesky complaining patients. We can work together to find solutions. But, we need advocacy training and our engagement embedded into the process of change – not just at the beginning but all the way through. We need our participation to be meaningful – after all, it is our time and expertise we are offering, and our services and health we seek to improve.

*Jane*

## CAB ADVICE COLUMN

HM Revenue and Customs (HMRC) are sending out annual tax summaries to around 24 million people. These will show how much tax and National Insurance Contributions (NIC) you have paid (and at which rate), and how your share of tax and NIC is spent on things like health, education and defence.

The annual tax summary you might receive shortly will be for the 2013/14 tax year – that is, for the 12 months ended 5 April 2014. The new tax summary is only for information – it's not a bill.

You don't need to contact HMRC or your em-

ployer to check it, or take any other action. However, it is based on the records that HMRC have about you. So if you think it contains errors, you should contact HMRC as this may mean that there is a problem with your records.

Don't confuse the tax summary with a P800 calculation that may be sent to you after the end of the tax year if you have underpaid or overpaid tax under PAYE.

Please speak with Alister if you receive a summary and would like some help understanding it.



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The Trustees of Positive Action are:  
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Secretary: David Pointet  
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Manager: Brian Bridger  
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Portsmouth: Russell Farley  
Southampton: Matt Williams  
Volunteer and Fundraising  
Officer: Alex Broe  
Operations Co-ordinator: Michael La Porte

The deadline for the next newsletter is 06/02/14

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)  
01483-783340  
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

Ian Akin, Surrey  
07917-551901  
Ruth Sim, Surrey  
07825-680776  
Katrina Humphreys, Hampshire &  
So'ton  
02380-900219  
Julie Barker, Hampshire & So'ton  
07920-518794  
Ynez Symonds  
Hampshire & Portsmouth  
07775 822 428  
Jane Butt, Portsmouth  
02392-680200

### National Helplines

i-BASE (treatment info)  
020-7407-8488  
NHS Direct  
0845-4647  
Sexual Health Line  
0300-123 7123  
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](http://www.aidsmap.com)  
[www.nat.org.uk](http://www.nat.org.uk)  
[www.tht.org.uk](http://www.tht.org.uk)  
[www.hivaware.org.uk](http://www.hivaware.org.uk)  
[www.myhiv.org.uk](http://www.myhiv.org.uk)  
[www.mambo.org.uk](http://www.mambo.org.uk)  
[www.hants.gov.uk](http://www.hants.gov.uk)  
[www.letstalkaboutit.nhs.uk](http://www.letstalkaboutit.nhs.uk)  
[www.healthygayhampshire.com](http://www.healthygayhampshire.com)  
[www.surreycc.gov.uk](http://www.surreycc.gov.uk)  
[www.healthysurrey.org.uk](http://www.healthysurrey.org.uk)  
[www.southampton.gov.uk](http://www.southampton.gov.uk)  
[www.portsmouth.gov.uk](http://www.portsmouth.gov.uk)  
[www.shoutloud.org.uk](http://www.shoutloud.org.uk)  
[www.sheahampshire.net](http://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.**