



**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**

<b>Volunteer Training Workshop</b>	<b>Saturday 10th May</b>
<b>SURE Donkey Derby Fundraiser</b>	<b>Monday 26th May</b>
<b>Inset Day Closure</b>	<b>Wednesday 4th June</b>
<b>Summer Party - P'mouth?</b>	<b>Sunday 13th July</b>
<b>Autumn Supper So'ton</b>	<b>Thursday 9th October</b>

# Embrace

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

## WALKING THE WALK(S)



**Gordon 'crosses the line' in Guildhall Square, Portsmouth**

How far would you go to raise funds for Positive Action? Well, over the weekend of the 15-16 March Gordon Ferguson went way beyond what is expected of a volunteer fundraiser, when he walked two marathons (the full 26.2 miles) on two consecutive days - that's a total of 52.4 miles! 'I walked my first marathon last year,' explained Gordon, 'and while it was a challenge, I wanted to see how far I

could push myself. Having set my goal, I wanted it to be not only a fundraising opportunity but also an awareness raising exercise for Positive Action and HIV generally.' And he certainly succeeded on both accounts - his two walks (in high-viz jacket emblazoned with the PA logo) around first Bournemouth and then Portsmouth saw him interviewed live on Radio Solent while a host of generous donations from friends, family and well-wishes pushed him to a magnificent total of over £2,000. 'It was tough,' he admits, 'and I'm not looking to do anything like it again in a hurry - but the wonderful cards from staff and service users were very much appreciated and really brought home what I have done and how the money will be put to good use.'

## Rapid HIV Testing

Our partners in Solent Sexual Health Promotion are now providing Rapid HIV tests in the community - a service that may be particularly attractive to the partners of PLWH or people opting to be tested away from a clinical setting. The test being used is 'INSTI', chosen as it provides a high standard of results and is easy to use in a variety of settings. The test is quick and easy. A small drop of blood is taken from a

finger and the result is available after just 60 seconds. The tests are available in community settings, and all also at PA to partners of registered service users. Please speak to a member of the team if your partner would like to book a test at PA or call the Solent team on 01256 300436 or visit [www.letstalkaboutit.nhs.uk](http://www.letstalkaboutit.nhs.uk) and search for 'quick check for community availability.'

## Walk for Life - 8 June 2014

SURE are looking for heroes, heroines and villains! This year we would like to enter a team in the THT Walk for Life in central London (and the theme is 'Heroes, Heroines and Villains') This leisurely 10k (6.2 miles) walk is a wheelchair and buggy -friendly route that starts and finishes in Bloomsbury Square Gardens, takes in many London landmarks and is followed by a picnic in the park. THT are expecting between 500-1000 walkers this year so it should be a fun day, with the opportunity

to join in the camaraderie, while being able to stay 'anonymous' if desired (especially if you decide to dress up!). By participating in Walk for Life, you can raise money for PA (through sponsorship from family, friends, work mates etc.) 75% of what you raise will come to PA and 25% goes to THT. There is a £7 entry fee for the walk. If there is sufficient interest from service users, staff and volunteers, PA will arrange transport, refreshments and even the picnic! In order to gauge interest, please let PA or your SURE rep know by 30th April.

## 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...

- Gordon Ferguson for his fabulous double marathon!
- Staff at Estee Lauder, Fareham
- Farnborough Rotary Club
- Johnson's Wax, Frimley
- Staff at Portsmouth City Council
- Waitrose in Frimley, Godalming and Southsea
- Ralph's, Farnham
- Tropics, Portsmouth
- 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

I've always viewed the HIV test from the perspective of the individual taking the test, yet it's clearly more than the divide between 'thinking yourself HIV negative or being of unknown status' and 'knowing your HIV status'. How and when a test is provided must in some way shape public attitudes.

Recently I had reason to really sit and think through what the new Rapid HIV Test meant to someone, like me, living with HIV and it struck me that a quicker, more easily accessed test – of itself – shows that HIV is not what it used to be; that a positive diagnosis is not what it used to be.

The shift is subtle but it is a shift - like that other recent change that allows HIV positive surgeons and dentists to return to work once treatment has done its job - it's chip, chip, chipping away at that wall of stigma...That divide between being HIV positive and not is such that, today, there really is no place for HIV prejudice and discrimination in our society. HIV is increasingly part of our everyday lives so, whether a person is living with HIV or not, HIV is now something we all have to get on and live with.

Peter H.

## NEWS FROM...

### ALDERSHOT

The 'Spring Lunch' was attended by 62 service users plus staff, therapists and volunteers so it was quite cosy in the Centre! A lovely buffet was enjoyed by all and the Centre buzzed with chatter and laughter. The event also provided an opportunity to say farewell to Simon who has played a huge part of PA in Aldershot for more than six years. We wished Simon all the best on his forthcoming travels and thanked him for his tireless support.

We are continuing the search for a new Support Services Co-ordinator and look forward to updating you in

that ASAP. In the meantime the services are continuing and being facilitated by Brian, Russell and Matt, supported by other staff and volunteers.

### PORTSMOUTH

The drop-in continues to be well supported by specialist nurses and sexual health promotion specialist so don't forget that you can arrange appointments to see Helen Blackman, Jane Butt or Scott Deacon by contacting Russell.

Following the success of last year's summer picnic we are hoping to host it in Portsmouth again so it would be great opportunity to meet more Ports-

mouth service users.

### SOUTHAMPTON

The HIV Specialist Nurse, Katrina Humphreys, has begun regular attendance at Charlotte Jackson House. Katrina is able to provide clinical support in the comfort and safety of the Centre without the time constraints of clinical appointments. Please see the website for dates when Katrina will be available at the Centre or speak to Matt to book an appointment.

Estee Lauder have continued to support us very generously and have donated a number of items of furniture for the Centre including some lovely leather sofas which don't sag!

**Our Summer social event will be held on Sunday 13th July. Please keep the date and watch out for more details on our website or via the centres.**

## SURE Information

SURE's fundraising raised £577 including gift aid during 2013 for the Community Fund. We're collecting small items for our car boot sales for this year so please have your donated items at your centre for collection.

We would like to thank the Portsmouth centre for hosting the Christmas Social. Following a buffet meal, SURE supplied with a "Goody Bags" to take to a pantomime. A real treat.

The Spring Social held in Aldershot was something special and a record number of service users attended. Again, we were treated to an extensive buffet meal and SURE organised an Easter raffle. This was also Simon's last day and with emotions flowing, it was sadly time to say goodbye to a very special guy. In recognition for all his help, support and guidance, he was presented with various presents including a watch that Aldershot service users gave so generously towards. It goes without saying that we will all miss him so much...

Email us - [sure.representation@hotmail.co.uk](mailto:sure.representation@hotmail.co.uk)

## In the News

Government proposals to extend patient data sharing have been delayed following talks between BMA and NHS England where it was agreed that more needs to be done to improve patient understanding about the programme, including how this will affect GP records, the protections in place to preserve anonymity, the benefits of greater sharing and a patient's right to opt out.

As things stand, the National AIDS Trust (NAT) believes that if patients opt-out then identifiable information will **NOT** be available to the Health and Social Care Information Centre (HSCIC) or any agency, unless there is a legal basis to do so, for example through a court order.

NAT has raised their concerns with the HSCIC and asked for clarification. Visit publications on [www.nat.org.uk](http://www.nat.org.uk) for the 'HIV Patient Information and NHS factsheet'.

## CAB ADVICE COLUMN

### Citizens Advice is campaigning for improvements to ESA tests

You may be aware that ATOS is ending its contract to conduct work capability assessments early. The Government is now deciding which companies will run the tests that determine people's ability to work when they fall sick or are injured. - and whether they will receive ESA (Employment and Support Allowance).

At CAB we think that the present tests are not fit for purpose. We believe significant improvements are needed to ensure that they are fair, consistent and right first time. We are calling on the Government to make some key changes:

- The Department of Work and Pensions (DWP) should listen to evidence from the health and social care professionals.
- Medical evidence (required to make a case) should be provided free of charge.
- Companies running the work capability assessments should be held accountable for poor quality assessments or bad customer service.

- The DWP should continue to pay people ESA while a second opinion is given.

### Do you have a story to share?

If you have experience of ESA CAB would love to hear from you. Your experiences can help inform our campaign and help ensure the voices of people that are being affected by these tests are heard.

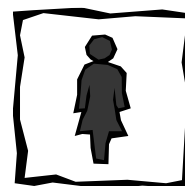
There are a number of ways that you can share your story with us:

1. Via our blog <http://blogs.citizensadvice.org.uk/blog/was-it-fit-for-work-for-you/>
2. By tweeting it, using the hashtag #FitforWork or
3. By sharing it on our Facebook timeline <https://www.facebook.com/CitizensAdvice>.
4. Speak to Alister at PA

### You and your claim

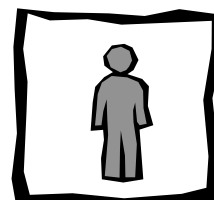
If you have any concerns about your claim for ESA we working with PA to guide and help you. Please make an appointment to see Alister who will be happy to discuss any concerns that you may have.

## Women's Group



The meetings will be in Southampton on Wednesdays:  
21st May  
18th June  
16th July  
20th August  
from 10am - 11.30am  
and will be facilitated by Groundswell.

## Men's Group



The monthly MSM group has been temporarily suspended to enable our sexual health promotion partners to re-assess how we can provide that support.  
Please contact Matt for more information.

## Do you know?

On December 1st how has this landmark shown its support for people



living with HIV?  
See side bar on back page



Positive Action Client Support Limited  
 Registered Charity Number: 1099146  
 Registered Company Number: 04610678  
 Head Office: PO Box 237, Aldershot, Hampshire, GU11 3XP

Freephone: 0800 980 1990  
 Aldershot: 01252-345019  
 Southampton: 02380-225511  
 Email: [info@positiveaction.org.uk](mailto:info@positiveaction.org.uk)  
 Web: [www.positiveaction.org.uk](http://www.positiveaction.org.uk)

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: Vacant  
 Portsmouth: Russell Farley  
 Southampton: Matt Williams  
 Volunteer and Fundraising  
 Officer: Alex Broe  
 Administrator: Vacant

The deadline for the next edition is 30/05/14

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*  
 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.***

Did you know? Portsmouth's Spinnaker Tower has been floodlit in red to mark World AIDS Day for the last 8 years.