



**Dates for
your Diary**

Aldershot Closed	Wednesday 13th July
Summer BBQ	Saturday 30th July
Volunteer Induction Day	Saturday 17th September
Autumn Supper Sot'on	Tuesday 20th September
Inset Day Closure	Wednesday 28th September
World AIDS Day	Thursday 1st December
Christmas Party	Friday 16th December
Please see page 3 for further information on social events	

Embrace

A quarterly publication of news and information from Positive Action

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

FINANCIAL UPDATE

Since the publication of our spring newsletter we have received formal notification from all of our current funders. We are delighted - and very relieved - that there have been no further reductions than the ones we were already aware of.

As reported previously this has resulted in a reduction in funding for 2011/12 of approximately £30,000 which is obviously a considerable amount and will impact upon service provision.

Core Services

The priority of the Board and the team has been to maintain and protect our core services which we have been able to do. This has been achieved partly by reviewing areas of budgeted expenditure such as facilities, catering, house keeping and salaries.

Reserves Money

We shall continue to endeavour to raise additional funds but in the meantime the Board have agreed to meet the shortfall in expenditure from the reserves money. This money is held 'in reserve' for emergencies, loss of funding, late payments etc so needs to be protected as far as possible as we don't yet know what the future will bring.

Travel Expenses

We have also needed to review our policy on travel expenses which we

have done in consultation with many other voluntary organisations across Hampshire.

The revised policy enables us to continue to provide financial support for those on low incomes to access our services. However, if you are struggling to access our services due to financial difficulties please do speak to a member of the team.

Save Postage - and the Planet!

To help reduce cost, wastage and our carbon footprint we are aiming to send more newsletters electronically rather than by post. If you would prefer to receive 'Embrace' via email please email info@positiveaction.org.uk. Remember each copy we email rather than posting will save us the cost of a stamp, an envelope, a copy of the newsletter, three labels and the time it takes to fold the newsletter and stuff the envelope, so it's really worth it. However if you prefer a hard copy of the newsletter we are still happy to send this out.

MICHAEL BRADLEY

It's with great sadness that we share the news of the passing of Michael Bradley.

Michael was a committed Trustee and passionate supporter of PA for many years and remained a valued friend of the organisation since retiring his position in 2008.

Our most sincere condolences are extended to Michael's family and friends.

Summer Party!

This year's summer party will be on Saturday July 30th. It is sure to be a fun day and a great opportunity for services users from all the centres to meet up and enjoy an afternoon of food, fun and games.

We will plan to do a BBQ on the day with plenty of snacks and drinks so let's hope the weather holds out!

We will be providing transport from each of the Centres so if you would like a lift please do let us know. Alternatively, we can provide you with directions if you would like to make your own way there.

We hope as many can attend as possible to make it a really great event.



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

July

5th and 19th

August

2nd, 16th and 30th

September

13th and 27th

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.

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 Big Lottery Fund
- The Zurich Community Trust
- The Rotary Club of Farnborough
- The ISOBAR
- Guildford Area Gay Society
- Our new and existing volunteers
- Our marathon runners Wayne, Serena and Peter H
- 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

'Taking the plunge', the lead article in May's issue of HIV Treatment Update (HTU), provided guidance about returning to work following a long period on benefits. 'It makes it all look so easy,' I thought, 'some volunteering and refresh your CV... not once does it mention the fear.'

A decade on and I find myself reassessing my return to work. Diagnosed in 1984 with HIV, my health slowly deteriorated until 1998 when I had progressed to AIDS. I made it through the 14 years on a mix of hand-to-mouth odd jobbing and benefits. In 1999 I started on the 'new' treatments. I responded so well that, by the end of the year, I was mentally signed up to get back to work. It was 2001 before I cut my link with the benefit system and fear was no longer a central part of the equation: I was merely taking the next step.

In some way or other I did all the things the HTU article suggested which prepared me for my return to work. And my fears? Well they were eroded by the very actions I was taking. In their place, a deeper sense of self: me, Peter – a whole person who happens to have HIV. Today that 'it's-too-risky' approach has been replaced by a 'can-do' attitude. I took the plunge, returned to work and – forgive the pun – things are going swimmingly!

Peter H

NEWS FROM...

ALDERSHOT

Due to our boiler being replaced we are closing the Aldershot Centre on the 12th and 13th July which means there will be no drop-in session on Wednesday 13th July.

The Aldershot Centre will be hosting an eight week 'Living Life to the Full' programme starting on 29th June. This is designed to help you tackle everyday problems that we all face and to learn key 'life skills' that will help you feel better, happier and more in control of your life. Sessions run each Wednesday from 10-12.30.

This programme is a pilot and if successful we plan to roll it out in Southampton later on in the year.

PORTSMOUTH

You may have noticed a new face at Portsmouth; Zoë, our new Service Support Co-ordinator has joined us. Before joining PA Zoë was working for Kernow Positive Support, a similar organisation based in Cornwall and has recently made the move back to the South Coast.

She has settled into the job well and has enjoyed meeting lots of new people. If you haven't yet met Zoë then pop along to the Portsmouth drop-in, dates and times are in the left hand column.

Zoë will also be supporting those within Hampshire so additionally will be attending Southampton and Aldershot when required.

SOUTHAMPTON

We would like to thank our volunteer chef who has been preparing the delicious meals for our Tuesday evening drop-in. It has been great to see the numbers increasing on Tuesday and hope to see you there soon.

We are pleased to be able to continue our therapy service in Southampton due to funding from the Big Lottery Fund. We are fortunate to offer sessions each Thursday providing acupuncture and aromatherapy. For more information or if you would like to book a therapy please speak to Matt.



Social Events 2011

Summer BBQ, Saturday 30th July

We will host our summer BBQ in a Hampshire village for an afternoon of fun, food and games. Lets hope the weather is as nice as last year!

Autumn Social, Tuesday 20th Sept

The second of our Centre-based socials, a relaxed supper at the Southampton Centre for all service users from all areas. We will be arranging transport from the Aldershot and Portsmouth Centre's.

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 again!

Positive Nation is now back in production, this magazine has been a very popular HIV publication and is available from each of the Centres.

HIV in the News

THT has launched a new online tool called myHIV. It's designed for people living with HIV and is unique in allowing people to tailor its imagery and key content.

The site enables people living with HIV to access interactive services tailored to their individual needs, requirements and stage of diagnosis, wherever they live in the UK. By registering on the site they get access to:

- An area where you can privately and securely store information on their health and treatment so they can monitor and actively manage their HIV and stay adherent to treatment
- A reminder function for clinic appointments
- A graph function for tracking CD4 counts and viral loads
- Forums for people to build communities and offer support to each other
- Online counselling and advice
- The myHIV newsletter, Positive Update

To find out more or to register go to www.myhiv.org.uk and get access to all these great tools.

Employment and Support Allowance

This financial year marks the full 'migration' of Incapacity Benefit recipients over to a new benefit, Employment and Support Allowance (ESA). This will involve a re-assessment of all Incapacity Benefit claims, which will happen between now and 2014.

We understand that there is some uncertainty around this which is why we have included information from the joint NAT/THT Q&A advice sheet.

What is ESA?

ESA is the new benefit for anyone who cannot work due to disability or illness. It has been around since Oct 2008 for new claimants, but now existing Incapacity Benefit claimants will also be assessed for ESA. The migration is happening now through to 2014 and the date of reassessment for ESA will be based on when you would be due for a review of your Incapacity Benefit claim. You will be notified by the Department for Work and Pensions (DWP) that you will be reassessed; you don't need to approach them yourself.

What does the reassessment for ESA involve?

1. You will receive a questionnaire, a form called the ESA50, asking about how your health limits your ability to work. The form will also ask for contact details of your Doctor.
2. You may get a phone call to arrange a face-to-face meeting with a healthcare professional contracted by DWP.
3. You must attend your assessment interview where you will be asked a range of questions about your physical and mental health.
4. You will receive notification of the decision on your claim. If you are found eligible for ESA the next steps will be explained. If you are not found eligible you will be advised on claiming JSA and you may wish to appeal your decision.

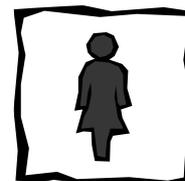
How can I prepare for the review?

If you have any concerns about the review or benefits in general please book an appointment with Mary (our CAB Advisor) through either Simon or Matt at the Centres.

Women's Groups:

The Aldershot meetings will be on Wednesdays
6th July
3rd August
7th July

2:30—3:30pm



The Southampton meetings will be on Wednesdays
20th July
17th August
21st September
from 12.00-3.00pm and will be facilitated by Groundswell.



Yoga Groups:

Yoga continues to be taught at both Centres.

Classes are held on Tuesdays from 11.00am - 12.30pm in Southampton and on Thursdays from 10.30am - 12.00pm in Aldershot.

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



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

The staff members are:
 Chief Executive: Donna Bone
 Services & Development
 Manager: Brian Bridger
 Support Services Co-ordinators:
 Aldershot: Simon Cooke
 Hampshire & Portsmouth: Zoë Collingwood
 Southampton: Matt Williams
 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 8th September 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 locally:

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
 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.